

APPROACHES TO REALIZATION OF YEAR CYCLE OF IRAQ FOOTBALL PLAYERS' SPORT TRAINING

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Abstract. *Purpose:* to substantiate ways of increase of Iraq football players' training process effectiveness, depending on calendar of events. *Material:* analysis of technical-tactic actions was conducted by quantitative and qualitative characteristics of football players in every match. The analysis was presented by mean indicators of matches of the first (n=15) and second (n=15) rounds of championships of Iraq premier league 2011-2014. *Results:* we realized conception of periodization of Iraq elite football players' sport training. Specific conditions of periodization of Iraq sportsmen's training have been worked out and substantiated. Scientific-methodic basis of perfection of Iraq football players' training process management has been formed. On the base of heuristic simulation we formulated algorithm of realization of Iraq premier league football players' year cycle training. It is recommended to use higher and more significant loads with correlation 50% and 30% from total scope of training sessions. *Conclusions:* On principles of rational combination we built hierarchy of macro-cycles' structural components, combined in single, formed year cycle during long term competition season.

Key words: technique, tactic, fitness, football, periodization.

Introduction

Social-economical and political problems of Iraq have not permitted to realize, recent decades, the accumulated empirical experience of Iraq specialists. It resulted in recession of this kind of sports [5, 9].

At present, in system of Iraq football players' training there are absent systemic principles of sport training organization [1]. Absence of systemic approach to realization of structure of sport training's year cycle reduces opportunities for realization of coaches' empiric knowledge (experience). This experience is based on wide arsenal of football players' special training means and methods, on ability to organize training session. Methodic approaches to football players' training are not combined in single system and do not obey to principles of sport training's periodization. It weakens possibility of rational construction of training process in micro-, meso- and macro-structures of year cycle. Besides, effectiveness of control of adaptation processes in compliance with targets of training and competition functioning in certain periods of sport training's year cycle also reduces [2].

Analyzing opportunities for perfection of sport training system, we considered that this system shall be built on the base of general theoretical principles of training process's construction, considering specificities of regional sport system [7, 12]. With it, it is underlined that formation of such approach can be influenced by various factors. They are [6, 11, 17]: structure of national championship and Cup of country; calendar of international tournaments of advanced clubs and combined team; level of competition in national championship; legal relations between federation, clubs and combined teams; professionalization and commercialization of this kind of sports; social-economical laws of country and other factors.

For Iraq it is of principle importance to have political stability and therefore opportunity to organize full fledged sport training during long term competition season. It creates main conditions for rational building of training process on systemic principles of sport theory [8, 12, 16] and on organizational-methodic principles of training process in football. In this case it is also necessary to consider opportunities for their realization in specific conditions of Iraq. It was determined that in theory and practice of Iraq football players' training there is deficit of scientifically substantiated approaches to organization of training process during year. Especially it is noticeable in those links of training, where influence is rendered by scientific-methodic provisioning of Iraq football players' training. Absence of scientifically grounded principles of periodization of sport training in Iraq football does not permit to build training process considering formation of sportsmen's favorable adaptation during year cycle of training [18, 20]. It is still more difficult because this process shall develop considering calendar of events, sportsmen's participation in important matches during long-term competition season [19].

In this connection solution of this problem is rather urgent direction of researches for Iraq. This solution is rather interesting for perfection of System of Iraq football players' training. It is a supplement for theory of sport games, which devoted to realization of systemic principles of sport theory in specific conditions of sport training.

Purpose, tasks of the work, material and methods

The purpose of the work is to substantiate ways of increase of Iraq football players' training process effectiveness, depending on calendar of events.

The analysis of football players technical-tactic actions was presented by mean indicators of matches of the first (n=15) and second (n=15) rounds of championships of Iraq premier league 2011-2014.

Results of the researches

It has been found that differences between methodic approaches to building of Iraq and Ukrainian football players' sport trainings are connected with specificities of training loads system's formation in preparatory and competition period, videlicet:

✓ Scope of Iraq football players' training work in one week is less than the same of advanced world football players: 17.3 ± 1.2 , Different experts' opinions were expressed through coefficient of indicators' difference (CV): CV=6.9% hours in training micro-cycles; 16.3 ± 4.1 hours, CV=24.5% in competitions' micro-cycles.

✓ Amount of training sessions, oriented on recreation of Iraq football players in advanced and competition micro-cycles is not sufficient: 1.7 ± 1.0 , CV=60.1% hours a week in preparatory period; 1.8 ± 0.7 hours a week, CV=36.1% in competition period.

✓ Amount of two-times training sessions has not been determined. Statistically unconfident distinctions point at absence of systemic approach to usage of two-times sessions. Differences of experts' opinions were 77–81.6%.

✓ Technology of systemic usage of training sessions with great, significant, moderate and low loads is absent. 22.5% of respondents noted that it is necessary to use great and significant loads with correlation 50% and 30% from total scope of trainings. More than 50% of respondents could not definitely answer concerning place, time and conditions of training loads systemic application in system of advanced and recreational micro-cycles.

The presented data witness about absence of systemic approach to building of training process on the base of rational combining of different training loads and orientation in preparation of Iraq football players.

Ways of this problem's solution

On the base of heuristic simulation we formulated algorithm of realization of year cycle realization for Iraq premier league football players. It includes specially organized sequence of actions:

- 1) Choice of strategy of sport training during year – analysis of calendar structure;
- 2) Marking out of phase of acquiring, preservation or loss of sport form; determination of amount and structure of micro-cycles (depending on calendar density, periods of pre-competition training and pauses between structural components of championship, first and second rounds);
- 3) Formation of training periods and stages;
- 4) Formation of sport training's structure at levels of micro-, meso-structures; formation of training sessions' system; realization of advanced, one-peak and multi-peaks competition micro-cycles on this base.

We have determined orientation of sport trainings in different periods of year cycle. It was formed, considering laws of short-term and long-term adaptation reactions' processes in acquiring, preservation and losing of sport form. Also specificity of formation of first and seconds training micro-cycles was determined. It is a difference between sport training's orientation between first and second macro-cycles.

First macro-cycle (first round of championship) implies formation of organism's functional reserves; provisioning of achieved potential's positive transition with passing from preparatory to special work; perfection of special endurance; perfection of technical-tactic sportsmanship.

Transition period is period of temporary loss of sport form.

Second macro-cycle (second round of championship) implies restoration of reserves of special endurance's functional base; perfection of special endurance; perfection of technical-tactic sportsmanship.

Considering realization of sport theory principles and specificity of calendar of events we have worked out model of sport training of football players of professional club Al Naft, Basra, Iraq in season 2013–2014 (See fig.1).

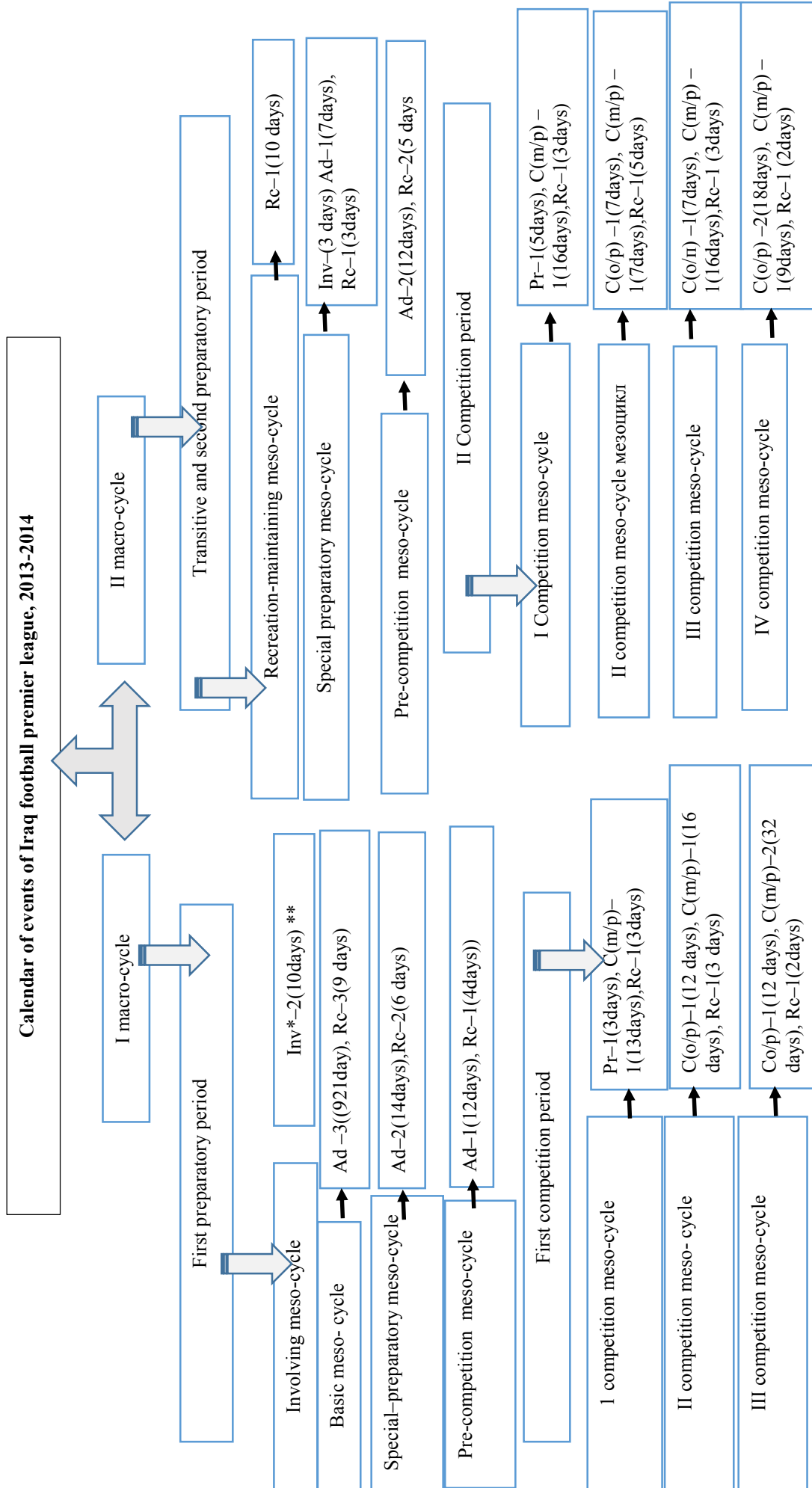


Fig.1. Model of year cycle of sport training of team from Al Naft, Basra, Iraq, season 2013-2014:

Notes: * -micro-cycles: Ad -advanced, Rc - recreational, Inv. - involving, Or. - preparatory, C(o/p)- competition one-peak, C(m/p) -competition, multi-

As a result of optimization of year cycle structure of Iraq premier league football players' training we received confident changes of qualitative indicators of sportsmen's technical-tactic actions. These data are presented in figs. 2 and 3.

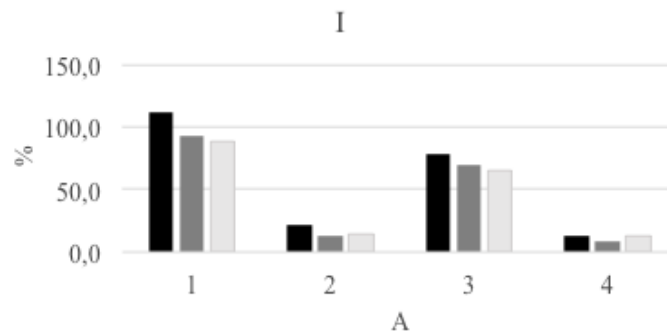


Fig.2. Structure of TTA in attack in first and second rounds of championship of Iraq (premier league):

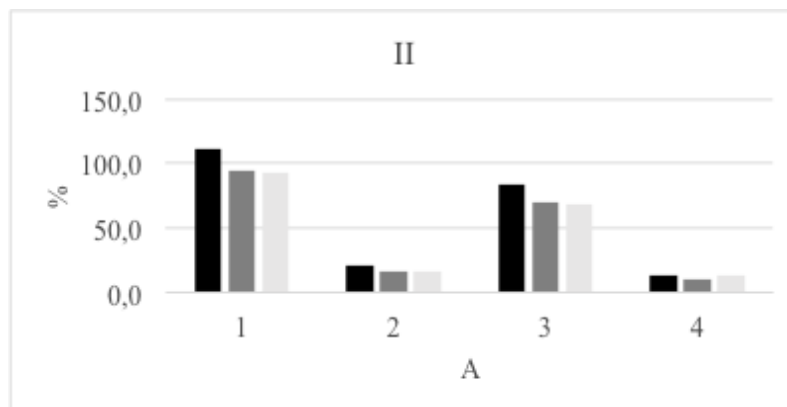


Fig.2. Structure of TTA in attack in first and second rounds of championship of Iraq (premier league):

I –first round; II –second round; A – technical-tactic actions in attack; 1–total of attacks; 2 – quick attacks; 3 – positional attacks; 4 – attacks from standards;

- season 2013-2014;
- season 2012-2013;
- season 2011-2012

The presented model is based on realization of systemic principles of sport training's periodization. The model permitted to systemically approach to training process organization, considering interconnection of two the most important factors – calendar of events and laws of formation of short-term and long term adaptation reactions in specially organized sport training system. In fig.1 we can see that I process of one year sport training all phases are considered: acquiring, preservation and loss of sport form. On this basis we worked out structure of two micro-cycles, which included: preparatory and competition periods, stages of training, special structure of competition period.

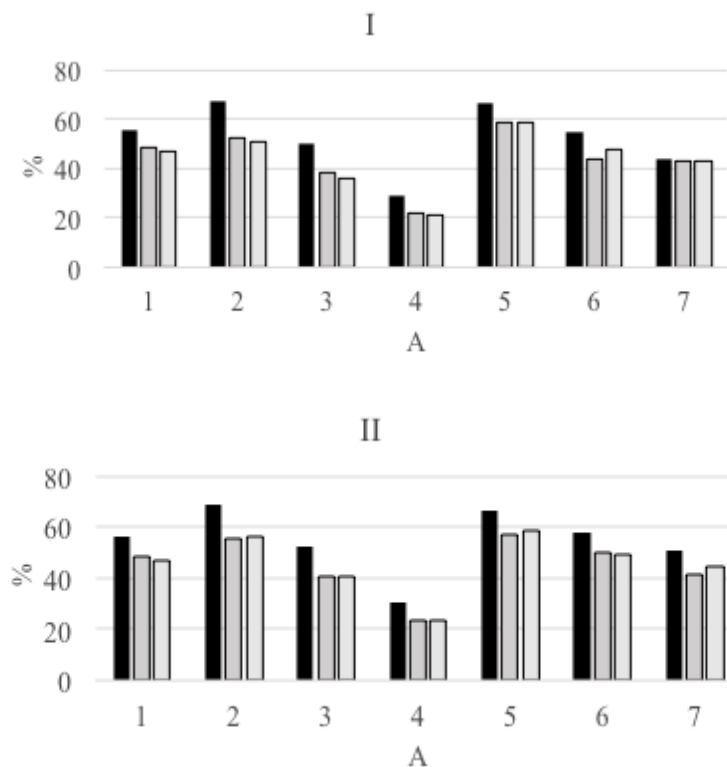


Fig.3. Structure of TTA in attack in first and second rounds of championship of Iraq (premier league):

I –first round; II –second round; A – technical-tactic actions in attack; 1–holding of ball in %; 2 – passes, % of accurate; 3 –passes in penalty box, % of accurate;; 4 – kicks in target, % of accurate; 5 – strokes, % of accurate; 6 – duels, won from top, %; duels, won from below.

–season 2013-2014;
–season 2012-2013;
–season 2011-2012

In figs. 2 and 3 we gave dynamic of technical-tactic actions (TTA) of football players in attack and in general in match (mean indicators of first and second rounds of premier league championship) in process of competition seasons of Iraq premier league 2011–2014, 2012–2013, 2013–2014. In fig. 2 TTA are given as different attacks. One can see in the figure that in season 2013-2014 there was registered higher quantity of attacks and quick and positional attacks than in season 2011-2013 ($p < 0.05$). Coefficients of differences between indicators (CV) did not exceed 15%, and were within 2.2-4.7% by most of indicators.

In fig.3 we present quantitative and qualitative TTA characteristics in first and second rounds of championship. In figure it is shown differences between TTA of Al Naft team 2013–2014 season and in 2011-2013 season ($p < 0.05$). Coefficients of differences between indicators (CV) did not exceed 15% and were within 1.7-3.7% by most of indicators.

Discussion

Choice of strategy of periodization in football is the most difficult process. It is conditioned by duration of competition period (up to 10 months in year) [10]. In the base of training year cycle structure's organization there is analysis of calendar of events as well as marking out of periods of acquiring, preservation and temporary loss of sport form in year cycle [15]. Realization of this process is based on consideration of laws of short-term and long term adaptation reactions in process of perfection and improvement of sportsmen's, special for football, physical conditions [4, 13, 14]. On this base we determined periods of sport training, during which sportsmen prepare for season or participate in main competitions of season.

In this connection at the very beginning of sport training process's building holistic structures of sport training shall be marked out – macro-cycles. Macro-cycles are system-formation factor of realization of micro and meso-structures

of sport training. They ensure all complex of sport training measures on preparation and participation of sportsmen in competitions [2, 3].

In this connection for Iraq solution of this problem is based on searching of ways of realization of sport theory systemic principles, considering specificity of Iraq football players' sport training. These directions were realized in the present research with implementation of theory of sport training's periodization [12] in conditions of Iraq football players' training. Working out and substantiation of specific conditions of training periodization for Iraq permitted to form scientific-methodic basis of management system's perfection at several levels. This is a system of planning, simulation prognostication and control. Besides, we worked out system of training impacts.

Realization of sport theory systemic principles resulted in working out of approaches to periodization of sport training of Iraq elite football players of premier league. They include certain algorithm of actions on organization and planning of sport training system as well as some systemic principles of combination of micro-, meso- and macro-structures of elite football players' sport training. On this base we perfected structure of premier league team's sport training.

Systemizing of methodic principles of training process's planning for year cycle resulted in improvement of sport results. It was observed against the background of advanced football players' withdrawal and rejuvenation of the team. Optimization of sport training structure permitted to increase effectiveness of year cycle training system, to form pre-conditions for systemic enriching of the worked out structure with definite means. With it we considered laws of realization of micro-, meso- and macro-structures of meso-cycle.

Conclusions

1. Conception of sport training periodization for Iraq elite premier league football players had been realized. It includes algorithm of actions on organization and planning of sport training system. This algorithm is based on systemic principles of sport theory, which ensure rational combination of micro- meso- and macro structures of elite football players' sport training. It also considers specificities of sport training organization in Iraq.

2. It has been shown that sport training structure of Iraq football players was perfected in such way that it became a system. In this system reduction or increase of one of system's components effectiveness reduces or increases effectiveness of all system of sport training in year cycle. Hierarchy of macro-cycles' structural components, combined in integral formed year cycle during long term competition seas has been built on these principles.

3. Basing on realization of principles of sport training periodization during year cycle we received confident changes of sportsmen technical-tactic actions' quantitative and qualitative indicators: in attacks, in accuracy of passes, in kicks to target, in effectiveness of stroke, in won duels. Application of periodization system resulted in increase of most of technical tactic indicators by 8.2–14.5%. ($p < 0.05$).

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Conflict of interests

The authors declare that there is no conflict of interests.

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