



## WHICH TRAINING IMPROVES THE ABILITY TO CONTROL AND MANIPULATE THE BALL WITHIN THE GOALKEEPER IN FOOTBALL?

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### Abstract:

A goalkeeper is special because he is the team's last line of defence and the first line of offense. Being the last person on the defensive gives him the privilege to handle the ball [1]. Since the changes to the laws of the football game [2] it does not allow the goalkeeper to take the ball back from the defender by hands. Where the pass back to the goalkeeper will now be punished with a free kick if the keeper picks it up? From the props, our study focus on the demand goalkeeper due to the changes in the laws of the football game where our background confirms that The goalkeeper should work hard in these conditions [3] for this reason, this study has to answer the question: Which training improves the ability to both control and manipulate the ball with both feet since the foot controls the ball most of the time, it is essential for goalkeepers? [4]. Where our results confirm the need to integrate the goalkeeper in the sessions ball control case the Algerian coaches.

**Keywords:** ability to both control and manipulate ball to feet, goalkeeper, soccer game

### Introduction

The goalkeeper is a specialist player but nevertheless an integral part of a football team, with considerable influence and responsibility within the team [5]. Talking about

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goalkeepers means talking about a “*unique, unusual, but above all a wonderfully perfumed flower*”. It is their distinctiveness that makes them rare, unpredictable and sets them apart [6] whereas a goalkeeper's job is to keep the ball from traveling over the goal line. To do this, a goalkeeper utilizes a different set of skills than a field player and is therefore implemented as a separate class [7].

Once the ball is in the goalkeeper's hands or at his feet, the goalkeeper becomes an orchestrator [8] where the good distribution of the football is crucial for a goalkeeper and his team meanwhile the goalkeeper has control of the ball during a match [9]. From the proof, our study focus on the demands goalkeeper due to the changes in the laws of the football game where our background confirms that the goalkeeper should work hard in these conditions (Alex Welsh, 2014) for this reason.

This study has to answer to the question: Which training improves the ability to both control and manipulate ball with feet since the foot controls the ball is essential for goalkeeper (Jerry Kindall, John Winkin, 2000)? Where our coaches engaging a specialist goalkeeping coach training session for each week, which held guard job away from the rolls as much as the last line of defence. From the above, the research objectives focus on which training improves the ability to both control and manipulate the ball with both feet since the foot controls the ball most of the time, it is essential for goalkeepers?

## **Material and Methods**

### **Search approach**

The researchers used the experimental approach in this study with two groups, a group that trains with coach goalkeepers and the other with both coaches for the last the four weeks during the period of preparation.

### **The research sample**

Represents all youth under 20 years from the Mostaganem football league for the 2013-2014 sports season, with a total of 12 goalkeepers, holds in their posts their homogeneity is calculated based on age range training age and tests skill used in the current study see table 1.

### **Testing Protocol**

#### **1. Tests skill**

The tests were performed on the same natural grass soccer field and the subjects were wearing soccer specific sportswear. As the pre-test was performed as the re-test.

## 2. Test Extinction ball, The reception of a high ball, Test the control ball from the running and Test Control of the ball directed

The objective of these tests that *"the player controls the next balls either ground or higher or half high in the framework of the rules of the game"* skill suppression (mute or pause or absorption of the ball) to control it and put it, where those skills are basic skills and they are important for the player to follow the suppression of the ball with the change of direction that is moving with the ball [10] [11].

### Training units proposed

A total of 12 goalkeepers were divided in two groups, a group that trains with coach goalkeepers and the other with both coaches for the last the four weeks during the period of preparation.

### Statistical Analyses

The T student was used to compare the results of the pre and post tests used for the experimental and control groups. The statistical methods are based on the arithmetic average standard deviation, in addition to the equation of the progress ratio to know the output throughout the basic experiment in the research.

### Results

**Table 1:** The homogeneity of the sample in pre-tests

TESTS	T Counted	T Tabulated	Statistical Significant
Age	<b>1.37</b>	<b>2.23</b>	Insignificant
Weight	<b>0.71</b>		Insignificant
Tallness	<b>0.34</b>		Insignificant
Training age	1.02		Insignificant
Test Extinction ball	<b>1.36</b>		Insignificant
Test The reception of a high ball	<b>0.41</b>		Insignificant
Test The control ball from the running	<b>1.75</b>		Insignificant
Test Control of the ball directed	<b>0.22</b>		Insignificant

**Table 2:** The comparisons between the pre-test and post-test samples groups

		Control	Empirical	T Counted	T Table	P≤0.05
Test Extinction ball	Mean±SD	3.66±2	4.33±2.35	2.33	2.03	Significant
Test The reception of a high ball	Mean±SD	2.05±0.76	2.61±1.54	2.55		Significant
Test The control ball from the run	Mean±SD	1.88±1.16	2.77±1.47	2.06		Significant
Test Control of the ball directed	Mean±SD	2.33±1.52	2.77±2.47	2.09		Significant

Depending on the data collected and the significant the comparisons between the pre-test and post-test researcher using the means of collecting data used in this study, the most important results have revealed that the goalkeepers which trains with both coach is better than the group which trains with coach goalkeepers in the ability to control and manipulate the ball.

Since that, we have agreed that the abilities of control require specific training for the goalkeepers, where our results line indicate [12] that goalkeeper fitness training should focus on developing the ability to control and manipulate the ball. Where [13] confirm it in an assured first touch and ball control. Meanwhile [14] indicate that the goalkeepers are concerned to master the ball under their control with all parts of the body that the laws permit.

## Conclusions

The researchers concluded basis of their results that goalkeeper fitness training should focus on developing the ability to control and manipulate the ball. Where [15] confirms that players in each position must train to perform the specific physical requirements of their positions the case of the goalkeepers. From the proof we agree that the goalkeeper training sessions can be devised in two sections [16] keeping skills and fitness training ability to control and manipulate the ball. Though the above where the applications of the laws goalkeeper are the first aim of every training session, our coaches must improve the ability to both control and manipulate the ball among goalkeepers where these skills are essential for goalkeeper as keeping skills [17]. We recommended to our Algerian coaches as well to that they need to integrate the goalkeeper ball control sessions.

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