

See discussions, stats, and author profiles for this publication at: <https://www.researchgate.net/publication/286454286>

# THE IMPACT DIMENSIONAL OF DELIMITERS ON TESTING AND TRAINING DUELS DRIBBLING IN YOUNG SOCCER (UNDER 15 YEAR)

Article in *European Journal of Scientific Research* · December 2015

CITATIONS

3

READS

1,183

2 authors:



**Mohammed Zerf**

Université Abdelhamid Ibn Badis Mostaganem

95 PUBLICATIONS 68 CITATIONS

[SEE PROFILE](#)



**Bengoua Ali**

Mostaganem University

36 PUBLICATIONS 27 CITATIONS

[SEE PROFILE](#)

Some of the authors of this publication are also working on these related projects:



football [View project](#)



health and wellbeing [View project](#)

# **THE IMPACT DIMENSIONAL OF DELIMITERS ON TESTING AND TRAINING DUELS DRIBBLING IN YOUNG SOCCER (UNDER 15 YEAR)**

*Zerf Mohammed MCA*

*Bengoua Ali, PhD supervisor*

Physical and Sports Education Institute Mostaganem,  
Sports Training department laboratory OPAPS,  
University Abdel Hamid Ibn Badis Mostaganem, Mostaganem, Algeria

---

## **Abstract**

The delimiters are the most important tools, widely used in training and tests soccer, because they embodies the dimensions of the surface and the role of defender in major of the exercises for Soccer. That literature review 90% of soccer books use the smallest delimiters (plate) and 100% of our young soccer Algerians coaches (under 15 year) composed their sessions. from that the objective of our study focuses on the different forms and volumes of these last lend, based on these differences our hypothesis confirms that they affected the information (indicators from the external environment) and qualities coordinators during the change of direction (obstruction of the upper body player). Our experience is based on a practical protocol of Vankersschaver Jacques1982 from his study entitled "Role of Visual Index and Cognitive Process in the Acquisition of a Gesture Football Technique". Were we have introducing the different kinds of delimiters (fig1) and the inactive player to determine the most type of delimiter appropriate to evaluate and train duels with ball in young soccer. Were our finding confirmed: (1) The mannequin is the most delimiter appropriate for testing and progress in duels soccer. (2) The progress in training duels requires the smallest (familiar with the gest) arrive at the mannequin to perform with the gest (1vs1). (3) The objective of duels requires the involvement of the commitment of peripheral vision for information and central vision to master the ball. From that, the best dribbler is the player who lifts his head when he moves with the ball.

---

**Keywords:** Dimensions of delimiters, Duels, dribbling, young soccer under 15 year





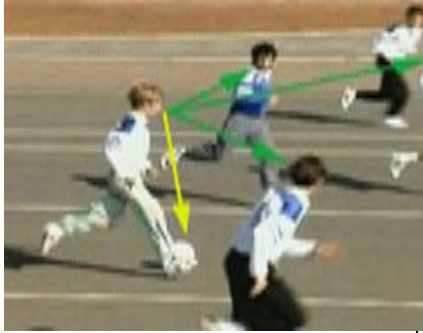
## **Introduction**

Dribbling in soccer is the ability to control the ball with the feet while moving around the field. The player with that “something special” makes the crowd sit up with anticipation when he gets the ball at her feet. (Wang, 2006) Perfect ball control can be broken down into four stages: -Preparation for the initial contact with the ball (perception, running into free space, adopting a suitable body position (Shriener, Peter, 2009). From that, Dribbling is one of the most important and fundamental soccer skills. Every soccer player must execute dribbling well because it is intertwined with many other skills such as passing, defeating an opponent, adjusting the pace, implementing (Debra Laparth, 2009). Depending on the importance of this skill, our study based in indicates of (Claude Doucet, 2005) that the category under 15 year is as stage discovery to discover football with 11 players. (Philippe Leroux, 2006) Confirms that the work requires adaptation, including the development of basal and efficiency gained within a complex way that serves its predecessor competitive training. (Bouzid Drissi, 2004) believes that the importance of this station is the development of develop dynamic visualization and processing information coming from the external environment (discount / colleague) in order to assess the situation (time and vacuum) in the construction of tactical thinking.

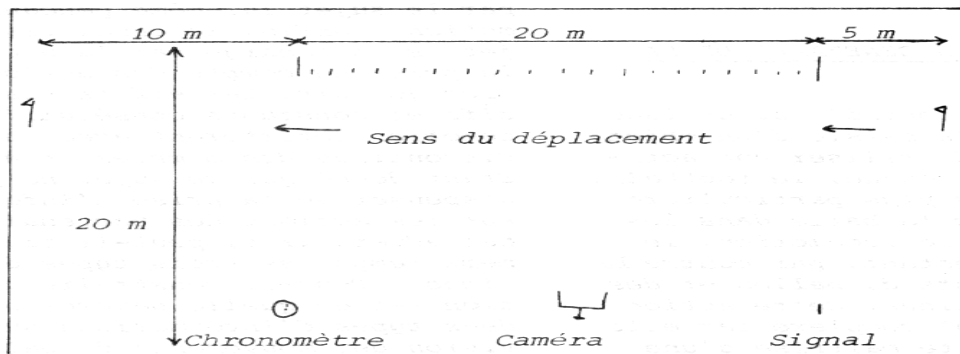
The importance of this study was to reveal impact of the different forms and volumes of the delimiters in evaluation of difficulty control motor in dribbling soccer ball between the training and the exigency of the competition situations. For that, we have chosen the analysis of Regression, correlation, Anova and the LSD, to determine the most type of delimiter appropriate to evaluate and train duels with Ball in Young soccer (under 15 year).

## **Method**

The study sample consisted of 21 players who master the skill dribbling and play in the national championship (Oran football league) that we have tested in four situations for the interest of which difference can we observed in our protocol experimental.

Fig1 the different forms and volumes of The delimiters used in training and tests soccer				
Situation1	Situation2	Situation3	Situation 4	The objectives of dribbling under year15
				

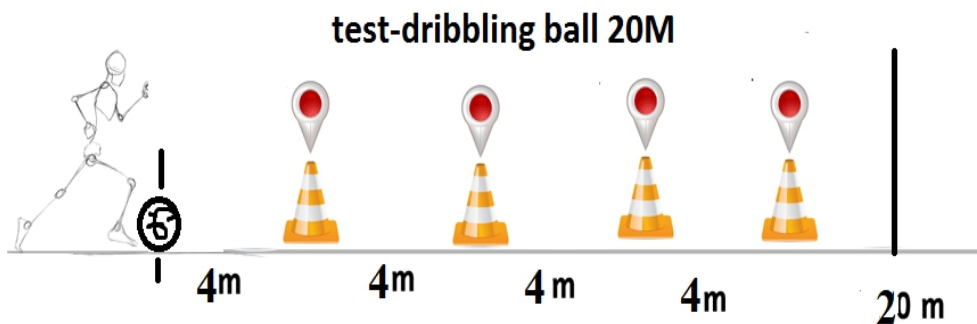
Inspire from Figure 2. Organization Equipment experience Vankersschaver Jacques1982  
 (J. VANKERSSCHAVER, 1982) Case 910, 13288 MARSEILLE Cedex



**Procedures**


The Players chosen were tested in four situations environment bases on the test-dribbling ball (fig3 Based in situation indict in fig 1)

Fig3 test-dribbling Ball soccer



**Results:**

Table 1 shows the results of the sample within the proposed positions (Time)

PLAYERS Time	 plate	 Pike	 mannequin	 DEFENDER
1	4.81	6.43	7.05	7.06
2	4.93	6.31	7.02	7.04
3	6.38	7.09	8.09	8.07
4	5.8	7.15	7.75	7.7
5	5.32	6.88	7.52	7.59
6	5.55	6.52	7.29	7.3
7	6.12	6.49	7.46	7.44
8	4.72	5.96	6.62	6.59
9	4.83	5.95	6.29	6.31
10	4.99	6.88	7	7.11
11	4.74	7	7.88	7.89
12	4.84	6.92	7.48	7.52
13	4.98	6.82	7.26	7.23
14	5.89	6.89	7.18	7.17
15	5.56	5.72	6.77	6.8
16	5.62	6.72	6.86	6.84
17	5.45	6.94	8.22	8.25
18	4.99	7.12	7.03	7
19	5.02	6.58	6.75	6.78
20	4.97	6.55	6.85	6.8
21	5.8	7.45	8.69	8.7
MEAN	5.30	6.68	7.29	7.29
SD	0.494151	0.436401	0.584254	0.58542

Through Table 1 where the arithmetic average calculate shows that, the difference size and shape of the delimiters are difficulties that we must consider when we evaluate the dribbling skill in Young Soccer (under 15 year)

Table 2 shows Nature of the Correlations within the proposed positions(Time)

		Plate	Pike	Mannequin	Defender
Time plate	Pearson Correlation	1	.314	.498*	.481*
	Sig. (2-tailed)		.165	.022	.027
	N	21	21	21	21
Time Pike	Pearson Correlation	.314	1	.760**	.756**
	Sig. (2-tailed)	.165		.000	.000
	N	21	21	21	21
Time mannequin	Pearson Correlation	.498*	.760**	1	.998**
	Sig. (2-tailed)	.022	.000		.000
	N	21	21	21	21
Time DEFENDER	Pearson Correlation	.481*	.756**	.998**	1
	Sig. (2-tailed)	.027	.000	.000	
	N	21	21	21	21

\*. Correlation is significant at the 0.05 level (2-tailed).

\*\* . Correlation is significant at the 0.01 level (2-tailed).

By Table 2, which represents the Correlations within the proposed positions we confirm that all the proposed positions measure and evaluate the dribbling skill in Young Soccer (under 15 year) Since the significance of the Correlations within the proposed positions varied from case to case (0.05 TO 0.01)we Posed the following question

- Which delimiter is the most appropriate to evaluate and train duels (1V1) in Young soccer (under 15 year)! Whom we leads to calculate Anova

**Table 3 shows ANOVA To the proposed positions(Time)**

the proposed positions

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	55.509	3	18.503	66.012	.000
Within Groups	22.424	80	.280		
Total	77.932	83			

By contrast, F calculation it is statistically significant In favor of witch proposed positions for that we have calculated LSD

**Table 4 shows Multiple Comparisons of the proposed positions(Time)**

LSD of the

Dependent proposed  
Variable: positions

(I) VAR00005		Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
					Lower Bound	Upper Bound
Time Plate	Time Pike	-1.40043*	.16152	.000	-1.7219	-1.0790
	Time Mannequin	-1.97725*	.16152	.000	-2.2987	-1.6558
	Time Defender	-2.02005*	.16763	.000	-2.3536	-1.6865
Time Pike	Time Plate	1.40043*	.16152	.000	1.0790	1.7219
	Time Mannequin	-.57682*	.15963	.001	-.8945	-.2591
	Time Defender	-.61962*	.16581	.000	-.9496	-.2896
Time Mannequin	Time Plate	1.97725*	.16152	.000	1.6558	2.2987
	Time Pike	.57682*	.15963	.001	.2591	.8945
	Time Defender	-.04280	.16581	.797	-.3728	.2872
Time Defender	Time Plate	2.02005*	.16763	.000	1.6865	2.3536
	Time Pike	.61962*	.16581	.000	.2896	.9496
	Time Mannequin	.04280	.16581	.797	-.2872	.3728

\*. The mean difference is significant at the 0.05 level.

From the table 4 all the comparison are on the favor of Time Defender accept his comparison with Time Mannequin. Since the significance is not significant between Time Defender and Time Mannequin, we chose to study causal relationships by the regression methods

Table 5. (a): shows the regression method, Variables Entered/Removed<sup>a</sup>

Model	Variables Entered	Variables Removed	Method
1	Time mannequin		Stepwise (Criteria: Probability-of-F-to-enter <= .050, Probability-of-F-to-remove >= .100).

a. Dependent Variable: Defender

From the table 5 (a) we note that the regression method, which is, used in a manner model 1 is the Stepwise where the program has shown the introduce of Time mannequin as the independent variables in the equation of multiple linear regression.

Table 5. (b) shows the Model Summary<sup>b</sup>

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics					Durbin-Watson
					R Square Change	F Change	df1	df2	Sig. F Change	
1	.998 <sup>a</sup>	.996	.995	.04019	.996	4223.807	1	19	.000	2.354

a. Predictors: (Constant), mannequin

b. Dependent Variable: Defender

Table 5 (b), we note that the four values of the sample correlation and the coefficient(R Square- Adjusted R Square), are significant in the Predictors used in Model 1. Form that we confirmed the independent explanatory variables Time mannequin was able to explain the changes in the Dependent Variable Time Defender in measure and evaluate the dribbling skill required and the rest (0.02) is attributable to other factors.

Table 5. (c) shows ANOVA<sup>a</sup>

Model	Sum of Squares	df	Mean Square	F	Sig.
1 Regression	6.824	1	6.824	4223.807	.000 <sup>b</sup>
Residual	.031	19	.002		
Total	6.854	20			

a. Dependent Variable: DEFENDER

b. Predictors: (Constant), mannequin

As it is noted in Table 5 (c) of the variables Predictors includes in analysis to defined the explanatory power of the model 1 based by the calculi of F. As can be seen from the High explanatory power of Multiple linear regression model from a statistical point the F test High moral (P <0.000), from that we confirms the High moral explanatory power of the models chosen of the multiple linear regression statistical.

Table 5. (d): shows Coefficients<sup>a</sup>

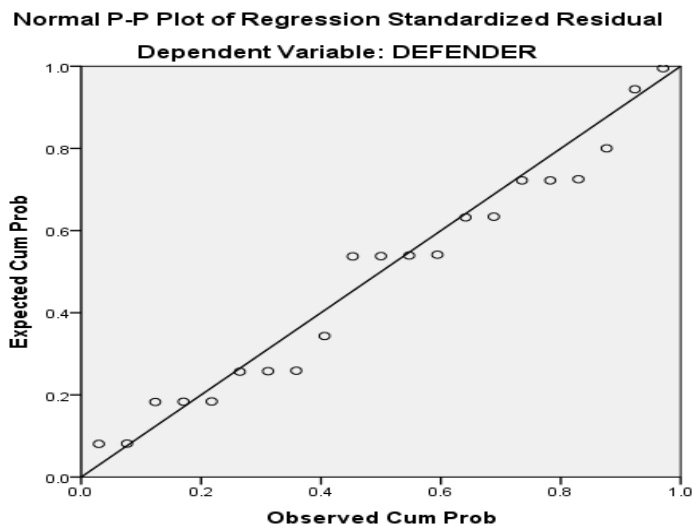
Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B	
	B	Std. Error	Beta			Lower Bound	Upper Bound
1 (Constant)	.008	.112		.071	.944	-.227	.243
Time mannequin	1.000	.015	.998	64.991	.000	.968	1.032

a. Dependent Variable: Defender

We conclude from the Table 5 (d) that the independent variables were significant from a statistical point of these tests that we confirmed by t (at the moral level of  $P \leq 0.000$ ) in all comparisons, which it is the Reason to explanatory power of the moral analysis of variance Regression. Form that our equation: Regression line Time Defender = 0,008+ time of mannequin

**Figure 4: shows Normal P-P Plot of Regression Standardized Residual**

Dependent Variable: time case Defender. Diagram of the points that we find clustered around the Line so the data (residuals) distributed according to the normal distribution of the variables expertise in our study



We conclude from the Table 5 (a-b-c-d) that the mannequin is the delimiter the most appropriate to evaluate and train duels with ball in young soccer (under 15 year). The reason of our chosen topic is Due to: first -confirmation of (Mowaffaq al-Asaad Mahmoud, 2009)the individual, skills in football cannot be measured directly, secondly to -the conflict that the dribbling test measures the speed and agility for some authors where (Philippe Leroux, 2006) confirms that this test measures the speed not the



agility. From the conflict, our finding and recommendations agreed with instructions of (Ekalh Suleiman and Abdel Karim Abdel Rahman Youssef, 2002): that the length of the delimiters must exceed 1.50 meter to measure the agility as motor quality. Generally said from this study, the researcher attributed the importance of it in the processing information where the input which influences the output of the ability adopt the correct movement. Form that we agreed with the notice of (Hassan M. Abou-abida 2008): that the soccer decision depends on the player's ability to respond to external stimulation in the real situations (competition as duel 1vs1).

### **Conclusion**

Duels are between 30 and 40% of the shares of a football game. The duel is a conservation action (dribble), which aims to find a partner in a free space or to score goals. From the Conclusion of (ASEP, 2009), that too much emphasis has been given to learning the techniques and not enough on learning the art, that is to say, learning is how to use the techniques in competition. Our study reference came to explain the impact of demotion of the delimiters chosen as a tool in evaluation or training in the adaptation of the correct movement in duels. Which is consistent with the study (Zerf Mohammed, 2012) that defects of the short delimiters, it lies in the absence of block top section of the body, which contributes to focus on the ball. Whereas depending on training in advanced stage contributes to develop the central vision in the account of the peripheral vision, which contributed to the loss of control in the body and ball due to the lifting of the head, or change direction because of a lack of physical requirements (agility balance flexibility). As for the height not wide (Pike) the problematic is due to the similarity lies in the skill and accomplishment Living situation that the output absence of opposition for the upper part of the body. We guide to recommend that the most type of delimiter appropriate to evaluate and train duels with ball in young soccer (under 15 year) is the mannequin. Because our finding confirmed:

(1) The mannequin is the most delimiter appropriate for testing and progress in duels soccer. (2) The progress in training duels requires the smallest (familiar with the gest) arrive at the mannequin to perform 1vs1. (3) The objective of duels requires the involvement of the commitment of peripheral vision for information and central vision to master the ball. From that, the best dribbler is the player who lifts his head when he moves with the ball.

## References :

- ASEP. (2009). *Entraîner les jeunes footballeurs*. (76, Ed.) France: De Boeck Supérieur.
- Bouzid Drissi. ( 2004). *Caractéristiques -morpho-fonctionnelles et technico-tactiques de la performance*. Université D'Alger: These de Doctorat d'état Faculté des Sciences Sociales Université D'Alger.
- Claude Doucet. (2005). *Football: Perfectionnement Tactique*. France: Editions Amphora.
- Debra Laparth. (2009). *Coaching Girls' Soccer Successfully*. USA: Human Kinetics.
- Ekahl Suleiman talk show and Abdel Karim Abdel Rahman Youssef. (2002). The impact on the type of ground-level achievement in the test satisfied 50 m. *Journal of Physical Education*, 11(2).
- Hassan Abu Abou-abida. (2008). *Preparation skills for soccer players Theoretical and Applied*. Egypt: Alexandria Library.
- J. VANKERSSCHAVER. (1982). *ROLE DES INDICES VISUELS ET DES PROCESSUS COGNITIFS DANS L'ACQUISITION D'UN GESTE TECHNIQUE AU FOOTBALL*. Centre de Recherche de l'U.E.R.E.P.S, 5.
- Mowaffaq al-Asaad Mahmoud. (2009). *Tactic tests in soccer*. House Dejlla.
- Philippe Leroux. (2006). *Football, Planification et Entraînement*. (E. Amphora, Ed.) France.
- Shriener, Peter. (2009). *Soccer: Perfect Ball Control*. UK: Meyer & Meyer Verlag.
- Wang, J. (2006). *Soccer made easy: From fundamentals to championship play*. USA: Amazon France.
- Zerf Mohammed. (2012). *The Impact of the Quality of the Delimiters in the evaluation and planning dribbling skill in young soccer(under 15 year)*. ALGERIA: University Alger 3.