The effect of an intensive training program similar to the performance of the interval and repetition methods on the most important physical, skill and functional abilities of advanced football players

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Abstract

The research aimed to develop a training curriculum employing an intensive approach similar to performance using interval and repetition methods, tailored to the abilities of the research sample of football players. The objective was to examine the effect of a training program using this intensive approach on the most critical physical, skill, and functional abilities of advanced football players.

The researchers adopted the experimental method by designing two groups: an experimental group and a control group. The study population consisted of first-division football players in Baghdad Governorate, with a total of 120 players for the 2023–2024 sports season. These players represented six clubs: Al-Muhandisin Club, Al-Ayat Al-Shurta Club, Al-Mahmoudiya Club, Al-Adhamiya Club, Al-Sina'at Al-Kahraba Club, and Al-Hassanain Club.

The research sample was selected from Al-Adhamiya Club and consisted of 23 players, representing 19.17% of the total population. After excluding two goalkeepers and one injured player, the remaining 20 players were divided equally into two groups by lottery:

The experimental group (10 players) was subjected to an intensive training program using an approach similar to performance in interval and repetition methods.

The control group (10 players) followed the regular training method implemented by the team coach.

The training program's distinguishing feature was its use of appropriate methods to achieve its objectives. The researchers adopted two main approaches:

High-intensity interval (phased) training.

Repetition training.

The curriculum included elements designed to develop critical physical, skill, and functional abilities in football. The program consisted of 40 training units, distributed at a rate of five sessions per week. The researchers designed the program based on variables identified by experts and specialists in the field.

Field procedures included pre-tests, implementing the training program, and post-tests. Statistical analysis was conducted using social sciences software to evaluate the results..

Keywords: Training program, intensive method, approaching performance by interval and repetition methods, physical, skill, functional abilities, football

Research Definition

Introduction and Importance of Research:

Football is one of the most popular and widely enjoyed sports globally, offering immense excitement for both players and spectators. The game's beauty and fluidity, particularly when performed by skilled players, make it appear simple and effortless, despite the intricate challenges and demands it entails. These challenges require a combination of complex physical, tactical, and psychological skills.

The sport has undergone significant advancements, not by chance but through systematic scientific planning and the application of modern techniques and methods. It is evident that football performance is heavily influenced by the physical, skill-based, and functional abilities of players. In recent years, the importance of these abilities has grown due to the increasing complexity of the modern game, which demands exceptional physical and skill readiness from players.

Achieving excellence in football necessitates consistent physical and skill development, alongside the enhancement of functional abilities, which play a critical role in improving player performance. Understanding the interplay between these factors forms the foundation for designing effective training programs that enable athletes to reach advanced competitive levels. Furthermore, the success of any training program depends on the use of precise testing methods to evaluate physical, skill, and technical capabilities accurately.

This research emphasizes the importance of studying the effects of intensive training programs designed to mimic actual performance. Such programs play a vital role in developing players' core abilities. Coaches must consider key principles when formulating training plans and conducting competitions, including selecting appropriate exercises and implementing

them effectively to achieve desired outcomes. These efforts aim to prepare athletes to compete at the highest levels of the sport.

Problem Search:-

The success of training programs is directly correlated with the likelihood of achieving positive results. However, through observation of training sessions, researchers identified a significant gap in the reliance on scientifically grounded training methods, particularly the intensive training approach that closely mimics actual performance. This gap arises from the challenges coaches face during tournament preparations, which demand meticulous and efficient planning.

Moreover, issues such as the need for rapid tournament readiness or the irregular commitment of advanced players to training—often due to academic obligations, injury recovery, or other interruptions—negatively impact their physical and functional attributes. These challenges result in a decline in basic skill performance, ultimately hindering the achievement of exceptional outcomes.

To address this problem, the researchers have chosen to develop a scientifically precise training curriculum based on the intensive training method that closely aligns with real-game performance. The goal is to assess its impact on physical, skill, and functional abilities, providing a practical resource for football coaches to enhance their training strategies and achieve higher levels of athletic excellence.

Goal Search:-

Developing a Training Curriculum:

To design an intensive training curriculum that closely simulates actual performance using interval and repetition training methods, tailored to align with the capabilities and needs of the research sample of football players.

Evaluating the Program's Impact:

To determine the effect of the intensive training program—modeled on interval and repetition methods—on enhancing the key physical, skill, and functional abilities of advanced football players

Hypotheses Search:-

Hypothesis 1:
There are statistically significant differences between the results of the pre- and post-tests for both the experimental and control groups, with the post-test results showing improvement in the most important physical, skill, and functional abilities of advanced football players.
Hypothesis 2:
There are statistically significant differences between the post-test results of the experimental and control groups, with the experimental group demonstrating superior improvement in the most important physical, skill, and functional abilities of advanced football players.

Research areas: -

Human Field:

The research will focus on the players of Al-A'dhamiyah Sports Club, a football team from Baghdad Governorate.

Time Frame:

The study will be conducted from November 1, 2023, to May 4, 2024.

Spatial Domain:

The research will take place at the Al-A'dhamiyah Sports Club Stadium, located in Baghdad Governorate.

Research Methodology and Field Procedures

Research Methodology:

The researchers will adopt the experimental method, using a design that includes both control and experimental groups. The experimental method is chosen to evaluate the effects of the training program under controlled conditions and to compare the results between the two groups (experimental and control). This approach will help determine the impact of the intensive training program on the physical, skill, and functional abilities of the players..

Research community and sample:

The research community was identified as football players from first-division clubs in Baghdad Governorate. The total research community consisted of 120 players for the 2023-2024 sports season, representing six clubs: Engineers Club, Police Vehicles Club, Mahmoudia Club, Al-A'dhamiyah Club, Electrical Industries Club, and Al-Hassanain Club.

The research sample was selected from the players of Al-A'dhamiyah Club, comprising 23 players, which represents 19.17% of the total research community. These players were divided into two groups through a random lottery after excluding two goalkeepers and one injured advanced player. As a result, each group consisted of 10 players. One group received the experimental training program, which applied the intensive method of performance approximation, utilizing both interval and repetition methods. The other group, the control group, followed the regular training curriculum as prescribed by the coach.

Experimental design:-

The appropriate experimental design is essential in research, especially in commercial research, as it helps in obtaining answers to the research hypotheses and ensures the accuracy of the experimental setup. In this study, the researchers relied on an experimental design involving two equivalent groups: the control group and the experimental group. Both groups underwent pre- and post-tests to evaluate the effects of the training program. This design allows for a clear comparison between the two groups and helps assess the impact of the experimental intervention on the physical, skill, and functional abilities of the players.

means and tools And devices Used:-

Methods used to collect information:-

1- Arabic sources And foreign.
2- Form In Arabic, to survey the opinions of experts and specialists to determine the most importantPhysical, skill and functional abilities .
3- Data entry form.

Tools And devices Used:-

1- Balls foot Legal Number (10) type (OFFICIAL).
2- Hand watch type (ELYSIAN).
3- Masking tape in different colors.
4- Gypsum (Bork).
5- Number of whistles2)Type (FOX80).
6- Stopwatch type (SEWAN) Chinese originNumber (2).
7- IndicatorsNumber (5).
8- Tape measure (unit of measurement cm).
9- Personal computer type (DELL) Chinese origin.
10- Machine Photography type (Sony) Japanese origin.
11-World Wide Web (INTERNET).

12-football field.

Scientific hand calculator type (KENKO).

Steps to conduct research:-

Define search variables And his tests A:- The researchers adopted the dependent variables based on an analysis of the most important physical, skill and functional variables related to the game of football and based on recent Iraqi studies from 2019-2023. They relied on the strength characterized by speed and transitional speed as physical abilities, rolling and passing as skill abilities in football, the heart rate during rest, the amount of oxygen consumption and the efficiency of the respiratory circulatory system. In addition, the researchers relied on standardized scientific tests that have a coefficient of validity, reliability and objectivity, as in Table (1). These tests were applied to the Iraqi environment for recent years and at the same age level as the research sample. These tests are:

Physical tests:-

Partridge test on one leg for 30mHadi (et al.): 2022: 345)

a test Run 20m and start at 30m(Allah's wealth (and others): 2024:12)

Skill tests:-

Rolling test between (5) indicators:(Karim((others: 2024 :238)

Wall rebound handling test for)Capable: 2020 : 310)

Functional tests:-

Test name: Resting heart rate measurement:(Aboud: 2020: 1418)

Test name: 2400m running test:(Hajim and Al-Hasso: 2024: 147)

Table (1)

Shows the values concerned with the coefficients of stability, subjective validity and objectivity of the research tests.

Objectivity	Self-honesty	Stability level	Unit of measure	Test name	Physical, skill and functional abilities	T
0.96	0.93	0.87	second	Partridge on one leg 30m	powertheCharacterized by speed	1
0.96	0.94	0.90	second	20m sprint test starting at 30m	Transitional velocity	2
0.98	0.97	0.95	second	Roll the pulley back and forth between (5) markers.	Roller	3
0.98	0.97	0.96	repetition	Rebound handling on the wall for (20) seconds.	Handling	4
0.96	0.93	0.87	repetition	Sitting and lying test before measurement for 10 minutes	Resting heart rate	5
0.96	0.93	0.88	minute	2400m running test	Oxygen consumption and respiratory efficiency	6

Exploratory experiment for research tests:-

Before taking the main test it was necessaryprocedureSmall sample pilot experimentfromResearch community, purpose and selection of research methodsandIts tools, as well as extracting the scientific foundations of the tests.,soDeliberateThe researcherstoConducting a pilot experimentMy day 27-28/12/2023On a sample consisting of (5) Players and MRepresented by the clubSports EngineersFrom the first division clubs in Baghdad Governorate who are outside the research sample at exactly (3:00)In the afternoonIts purpose was:

1. Identifying the obstacles facing researchers during the main experiment.
2. Ensure the validity of the devices used.
3. Find out the time required for each test as well as the total time for the tests..
4. Ensure the efficiency of support teams.
5. Ensure the sequence of tests.

The exploratory experiment took (2) days through it conclude The following:-

1. Test sequence suitability.
2. Appropriateness of tests to the research sample.
3. Suitability of the devices used in the research.

Field research procedures:-

Pre-tests:-

I conducted pre-tests for both the control and experimental groups at Al-A'dhamiya Sports Club Stadium for first division clubs in Baghdad Governorate on January 6-7, 2024, at 12:00 noon. The tests, as previously mentioned, were applied with the participation of the support team. To ensure a consistent starting point for both groups, the researchers assessed the equivalence, which serves as an indicator of the pre-test results for the research sample in all variables.

The researchers aimed to achieve equivalence for the research sample by comparing the results of the pre-tests for both the control and

experimental groups. Table (2) presents the equivalence of the two research groups (control and experimental).

Table (2)

It shows the equivalence of the two research groups (Control and experimental)

Significance level	value (T) Table below (0.05) level	Degree of freedom	value (T) calculated	Experimental group		Control group		Unit of measure	Transactions Statistics / Test name
				±A	S	±A	S		
Not significant			1.21-	0.62	8.21	0.53	8.52	Second	Leg speed strength test
Not significant			0.38-	0.23	2.71	0.17	2.75	Second	a testTransitional velocity
Not significant			0.18	1.06	11.16	1.20	11.07	Second	Rolling test
Not significant			0.98-	1.47	6	1.22	7	repetition	Handling test
Not	2.10	18	0.66-	2.06	66.60	1.98	67.20	repeti	Resting heart rate

significant								tion	test
Not significant			1.01-	1.63	13.53	1.46	14.24	minute	Test of oxygen consumption and respiratory efficiency

By applying the law (T) For independent samples on the data for the tests, the calculated (T) value was less than the table (T) value, which means It indicates that the differences between the two groups are not significant, i.e. the two groups are equivalent..

Curriculum Training ProgramIn a condensed style close to the performance:-

Based on the results of the pre-tests of the research sample, the researchers utilized modern scientific sources, along with the expertise and opinions of the supervisor and specialists in the fields of sports training, sports measurements, physiology, and football training programs, to design a comprehensive training curriculum. This curriculum is aimed at enhancing the performance of key physical, skill, and functional abilities in first-division football players.

The use of the intensive performance approach, through interval and repetition methods, plays a significant role in improving players' physical and technical abilities. By tailoring the training to each player's needs and providing exercises suited to their level, substantial improvements in overall athletic performance can be achieved. As a result, this approach is considered a valuable strategy for achieving success in football, particularly for advanced players.

Objectives:-

The aim of the curriculum is to develop the most important physical, skill, and functional capabilities of advanced players in first-division football clubs.

Criteria:-

A. The program should contribute to achieving the specific preparation stage objectives, including physical, skill, and functional goals, for advanced players in first-division football clubs.

B. The content of the curriculum should align with the physical, skill, and functional characteristics of advanced players.

C. Individual differences among advanced players must be taken into account during the curriculum design.

D. Influential tools and resources should be considered during the implementation of the program.

E. The curriculum content should be diverse and flexible in its execution, ensuring a positive and effective impact when applied.

Training program methods:-

The concept of the intensive approach to performance, utilizing interval and repetition methods, represents one of the latest trends in training program design. It focuses on delivering comprehensive training content aimed at enhancing athletic performance both effectively and rapidly. This approach is distinguished by its ability to produce noticeable results in a relatively short period, making it ideal for advanced and ambitious players across various sports, including football. By maximizing the intensity and efficiency of training sessions, this method allows players to achieve significant improvements in their physical, skill, and functional abilities.

Advantages of the intensive approach to performance in the interval and repetitive methods:

Focus on specific goals: The intensive approach is designed to set clear and realistic goals for each training session. This focus helps in precisely measuring progress and continuously improving performance, allowing players to track their development effectively.

Variety and flexibility in training methods: One of the key strengths of the intensive approach is its ability to incorporate a variety of training methods, such as high-intensity interval training (HIIT) and repetition-based exercises. This variety helps prevent monotony, keeping players engaged and motivated throughout the training process.

Adapting to Players' Needs: This approach is highly flexible and takes individual player differences into account. By customizing training sessions to match each player's unique physical and skill levels, it ensures the training is both appropriate and impactful, leading to significant enhancements in their overall performance.

The two main methods of application:

1. High intensity interval method:

- Aims to gradually increase intensity and physical pressure.

- Includes exercises that require high levels of physical effort that help improve cardiorespiratory capacity and muscular endurance.

- Enhances players' ability to perform under pressure and increases their physical endurance.

2. Repetitive training method:

- Focuses on repetition of technical and physical skills, which contributes to enhancing motor memory and improving efficiency.

- Helps in developing the nowCue technical performance and increase the response speed of players during matches.

- It contributes to enhancing players' self-confidence by mastering basic skills.

Contents of the training program and its vocabulary:-

Curriculum Overview for Intensive Training Program Using Interval and Repetition Methods

This program focuses on developing key physical, skill, and functional abilities in football players through an intensive approach. Designed based on expert recommendations, it integrates high-intensity interval and repetition methods tailored to maximize performance improvements.

Program Specifications

Duration: 8 weeks (2 months)

Total Training Units: 40

Weekly Units: 5 (conducted on Friday, Saturday, Sunday, Tuesday, and Wednesday)

Unit Duration: 34 to 88 minutes

Sections and Timings:

Preparatory Section: 15 minutes per session, totaling 600 minutes (10 hours)

Main Section: 63–79 minutes per session, totaling 1,530 minutes (25.5 hours)

Final Section: 10 minutes per session, totaling 400 minutes (6.7 hours)

Total Training Time: 2,530 minutes (42.16 hours) over two months

Training Features

Intensity and Progression:

Work-to-rest ratios include 1:1/2, 1:1, and 1:2.

Performance time ranges from 1 to 30 seconds of maximum effort.

Intensity progresses from high (70% of max) to maximum (100% of max).

Training Methods:

High-intensity interval (phase) training and repetition training methods.

Exercises include obstacles, medicine balls, stairs, and markers.

Designed for individual player needs, with modern techniques and equipment.

Exercise Characteristics:

Focused on high intensities and repetitions near maximum performance levels.

Exercises are current and reflective of cutting-edge practices in football training.

Implementation Details:

Program begins on 11/1/2024 and concludes on 6/3/2024.

Exercises target both physical and skill performance, accommodating individual differences.

This comprehensive curriculum is designed to provide measurable improvements in the physical, technical, and functional aspects of football performance for advanced players.

Post-tests:-

The post-tests for both the control and experimental groups were conducted on Friday and Saturday (8–9 March 2024) at the Al-A'dhamiyah Sports Club Stadium, designated for first-class football clubs in Baghdad Governorate. The tests began at 12:00 PM and were carried out with the support of the assistant work team, the team coach, and his assistant.

The same tests that were utilized during the pre-tests were applied to the research sample, ensuring consistency in procedures and sequence to maintain the validity and reliability of the results.

Means Statistics used in search:-

The researchers used the statistical bag system.(SPSS)To extract the following:

1- Arithmetic mean.
2- Standard deviation.
3- Correlation coefficient (Pearson).
4- a test(**T)**For linked samples.

4- Presentation, analysis and discussion of results:-

Displaying the results of the pre- and post-tests for the control and experimental research groups, analyzing them and discussing them in the studied variables:-

Displaying the results of the pre- and post-tests for the control group.

After that finish The researchers processed the results of the pre- and post-tests of the control group inVariables under investigationHe deliberately included it in the table (3) And as follows:-

Signi	value	The	Deg	value	F H	F	After me	tribal	Unit	Processor

Table (3)

							±A	S	±A	S		
Non-moral	2.26	0.63	9	0.49	0.19	0.03	0.54	8.49	0.53	8.52	Second	a testPower characterized by speed
Non-moral		0.14		1.59-	0.12	0.06-	0.08	2.81	0.17	2.75	Second	a testTransitional velocity
		0.20		1.30	0.53	0.22	0.93	10.85	1.20	11.07	Second	Rolling test
		0.01		3.16-	1.10	1.10-	1.28	7.90	1.22	6.80	Number of times	Handling test
		0.78		0.28	1.10	0.10	2.18	67.10	1.98	67.20	Number of times	Resting heart rate test
		0.06		2.25	0.49	0.35	1.37	13.88	1.46	14.24	minute	HideTo assess the amount of oxygen consumption and the efficiency of the respirator

												y system.

Pre- and post-test results of the control group in physical abilities And the skill

And functional

Displaying, analyzing and discussing the results of the pre- and post-tests of the experimental group on the studied variables:-

Displaying the results of the pre- and post-tests of the experimental group in physical abilitiesSkill and functionalAnd its analysis:-

After that finish The researchers processed the results of the pre- and post-tests of the experimental group in Physical, skill and functional abilities He deliberately included it in the table (4)

Significance of differences	value (t) The table below level (0.05)	The real meaning	Degree of freedom	value (t) calculated	F H	F	After me		tribal		Unit of measure	Processors Statistics / Variables
							±A	S	±A	S		
moral	2.26	0.00	9	5.17	0.27	0.44	0.52	7.76	0.62	8.21	Second	a testPower characterized by speed
moral		0.00		15.75	0.08	0.44	0.18	2.27	0.23	2.71	Second	a testTransitional velocity

moral		0.00		6.30	1.05	2.09	0.62	9.07	1.06	11.16	Second	Rolling test
moral		0.00		7.33-	1.50	3.50-	1.70	9.70	1.47	6.20	Number of times	Handling test
moral		0.01		3.14	1.50	1.50	1.96	65.10	2.06	66.60	Number of times	Resting heart rate test
moral		0.01		6.60	1.48	3.09	0.75	10.44	1.63	13.53	minute	HideTo assess the amount of oxygen consumption and the efficiency of the respiratory system.
		0.00										

The results presented in Table (4) demonstrate significant improvements in the physical, skill, and functional ability tests in favor of the post-test for the experimental group. The researchers attribute these differences to the effectiveness of the intensive training program, designed using a performance-based approach that integrates interval and repetitive methods. This program was developed on solid scientific foundations, carefully considering exercise intensity, training density, and rest

intervals, tailored to align with the abilities and capacities of the experimental group. These factors underscore the validity and precision of the program's planning.

Contributing Factors to Improvement

Program Design and Implementation

The researchers utilized phased (periodic) and repetitive methods while formulating the training program, ensuring it met the intended objectives and demands. The program simulated conditions close to competitive scenarios, reinforcing practical application during training. This aligns with Mahmoud (2019: 501), who emphasized the importance of designing training movements to closely mirror those encountered in competitions.

Utilization of Intensive Training

Ashour et al. (2024: 285) highlighted that intensive training styles enable coaches to manage training variables effectively, leading to the development of essential physical qualities. This program exemplified this principle by fostering significant progress in the experimental group's basic skills, attributed to the use of targeted exercises structured within the curriculum.

Skill Development and Exercise Variety

The researchers carefully selected diverse and scientifically grounded skill exercises aimed at improving performance. These exercises were systematically organized within the training units, adhering to the principle of gradual progression—from easy to difficult and simple to complex. As Ibrahim et al. (2024: 166-167) pointed out, such progression ensures coordination and consistency in training, promoting skill development and adaptability.

Functional Adaptations

The training program addressed functional abilities, with noticeable improvements in heart rate and oxygen consumption efficiency observed

in the post-test compared to the pre-test. The experimental group's performance improved from average to good in tests evaluating oxygen consumption and respiratory-circulatory efficiency. These results indicate the group's adaptation to the physical demands imposed by the training regimen.

Integration of Energy Systems and Performance

The program's design ensured compatibility between the dominant energy systems and the performance tasks. Performance duration was aligned with the controlling energy systems, facilitating effective adaptation and training progression. Capable (2022: 140) highlighted the essential relationship between activity duration and energy system control in structuring active training programs.

Presenting, analyzing and discussing the results of the post-tests for the control and experimental research groups:

Presentation of the results of the post-tests for the control and experimental research groups in physical abilitiesSkill and functional:-

After thatfinishThe researchers processed the results of the post-tests of the control and experimental research groups in physical abilities.Skill and FunctionalHe deliberately included it in the table (5) And as follows:-

Table (5)

Significance level	Table value (t) below level 0.05	The real meaning	Degree of freedom	Calculated value of (t)	Experimental group		Control group		Unit of measure	Statistical transactions
					±A	S	±A	S		

										Test name
moral	2.10	0.00	18	3.04	0.52	7.76	0.54	8.49	Second	a testPower characterized by speed
moral		0.00		8.25	0.18	2.27	0.08	2.81	Second	a testTransitional velocity
		0.00		4.93	0.62	9.07	0.93	10.85	Second	Rolling test
		0.03	18	2.66	1.70	9.70	1.28	7.90	Number of times	Handling test
		0.03		2.80-	1.96	65.10	2.18	67.10	Number of times	Resting heart rate test
		0.00		6.94	0.75	10.44	1.37	13.88	minute	Test to assess the amount of oxygen consumption and the efficiency of the respiratory

										system

Table (5) indicates significant differences in the post-test results between the experimental and control groups, with the experimental group showing superior performance. The researchers attribute this improvement to the effectiveness of the exercises incorporated into the training curriculum. This program was designed based on an intensive approach similar to interval and repetitive methods, utilizing the phased (periodic) and repetitive techniques. These methods involve performing exercises at maximum or near-maximum intensity, which led to the enhancement of speed-strength and transitional speed.

Key Factors Behind the Improvement

Repetition for Skill Mastery

The repetitive nature of the exercises, executed at high intensity, enabled players to refine their abilities through continuous practice. Al-Ali and Shaghati (2010: 148) emphasized that repeated execution allows players to master movements and perform them with greater efficiency and effectiveness.

Development of Neuromuscular Coordination

The program also contributed to improved neuromuscular coordination among advanced players. This was evident in their precise execution of exercises during training. Abu Abdo (2001: 214-216) highlighted the critical role of intra-muscle nerve coordination between fibers as a vital factor influencing speed-strength performance.

The researchers attribute the observed differences in skill abilities to the exercises included in the training program curriculum, particularly those targeting the rolling skill. The program emphasized providing ample opportunities to develop this skill through an intensive approach, incorporating interval and repetitive methods. Specially designed

exercises, using various tools and aids, were included to enhance rolling performance.

As noted by Muwaffaq Al-Mawla, “Incorporating key artificial obstacles or training aids during rolling exercises to make motor performance more challenging leads to its development” (Abdul Mahdi, 2008: 211). The exercises also focused on developing rolling with both the right and left legs, enabling players to improve ball control and maneuverability when penetrating opponents. Repeated practice of rolling techniques, such as rolling with directional changes, rotations, and speed, contributed to the players’ improved ability to move quickly and maintain tight control over the ball.

Handling Skill Development

The post-test results for the handling skill demonstrated significant improvements for both the experimental and control groups, with the experimental group showing more pronounced progress. This was attributed to the handling exercises incorporated into the training program, which simulated competition conditions and employed diverse training methods. These exercises, integrated into the intensive training curriculum, aligned with the findings of Moon et al. (2024: 411), who stated that “Training program conditions should mirror or exceed match conditions to achieve the highest levels of effectiveness. Players must be subjected to various training scenarios to enhance their adaptability”.

This diversity in training conditions helped advanced players adapt to executing skills under varying circumstances, resulting in noticeable improvements in handling performance. The control group, on the other hand, showed limited progress due to a lack of specific handling exercises, minimal emphasis on basic skill development, and insufficient time allocated to this skill.

Functional Abilities

The significant differences in functional ability tests were attributed to the training program applied to the experimental group, designed in an intensive style similar to interval and repetition methods. The structured nature of the program facilitated gradual cardiac adaptations, including

lower heart rates during rest and a quicker return to baseline after exertion.

As Asi (2000: 94) explained, “A structured training program balances sympathetic and parasympathetic control over the sinoatrial node activity, favoring parasympathetic dominance, which leads to a decreased heart rate. In contrast, irregular high-intensity training without adequate rest results in fatigue accumulation, preventing full recovery and maintaining the sympathetic nerve's influence on heart rate”.

This systematic approach enabled the experimental group to develop better cardiovascular efficiency and recover more effectively, ultimately enhancing their overall performance.

The results showed Quantitative Evaluation Test oxygen consumption And the efficiency of the respiratory circulatory system A significant difference between the control and experimental groups in the post-test in favor of the experimental group.The level of the control group became average in the post-test, and the level of the experimental group became good in the post-test.The researchers attribute this to the quality of the training programme included in the programme.TrainingIn the intensive style approaching performance in the interval and repetitive methods, and that this is a training program that led to change and developmentClearOn the player's functional devices, and these changes came as a result of the regulated physical effort that continues in an organized manner for a period of (8) weeks, resulting in an increase in the muscles' ability to consume a greater amount of oxygen and an increase in the production of aerobic energy.It also increases the efficiency of the respiratory circulatory system.The two methods (phased and iterative) have contributed greatly to the development of energy production processes. This is what he pointed out (Abdel Fattah: 2003: 78-79) that"The ability of a person to perform muscular work based on oxygen consumption during direct work. , The indicator isOhFor many physiological processes, including the efficiency of muscles in consuming oxygen.And the efficiency of the respiratory system.

Conclusions

The intensive training program, designed with a performance-oriented approach using interval and repetition methods, demonstrated a substantial positive impact on the physical abilities of advanced football players.

The program significantly enhanced the players' fundamental technical skills, such as ball control, passing, and shooting, highlighting the effectiveness of intensive training in improving technical performance during matches.

Notable improvements in the players' functional performance were observed. Enhanced physical and technical capabilities fostered better communication and teamwork, leading to improved overall team performance.

Both training methods (interval and repetition) proved to be effective in motivating players to implement playing strategies more efficiently, thereby increasing their tactical awareness.

Recommendations

Maintain the application of the intensive performance-based training program, adapting and refining it as necessary to align with the players' evolving needs and developmental progress.

Incorporate interval and repetitive training methods into training curricula to achieve a balanced development of physical and technical skills.

Design individualized training programs tailored to each player's specific skill level and unique requirements, ensuring optimal performance improvements.

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