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The Efficacy of Specific Technical Development Exercises for Male Football Players at Ly Tu Trong College in Ho Chi Minh City, Vietnam

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Abstract

Background: Football is known as the "king of sports," attracting millions of people to participate in training and watching worldwide. The distinctive features of football are its fast-paced gameplay, high level of confrontation, and the continuous changes in situations on the field. Mastering and skillfully applying basic techniques helps players handle situations accurately and flexibly for brief periods during the match, while also enhancing creativity and tactical effectiveness.

Purposes: The study aims to identify assessment tests and technical development exercises for male athletes of the Ly Tu Trong College of Ho Chi Minh City, Vietnam (LTTC) football team.

Methods: The research participants included 24 male athletes from the LTTC football team, aged 18 to 20, and 20 experts, coaches, and lecturers specializing in football in Ho Chi Minh City, Vietnam. The experimental training program includes 15 technical development exercises, practiced over 5 months, with 3 sessions per week, each lasting 120 minutes, including 30 minutes of strength training.

Results: The results show that after the experiment, the performance of all technical assessment tests for the male players of the LTTC football team had statistically significant differences at a probability threshold of $P < 0.05$ because they all had ttính > t0.05 = 2.069; the average growth rate ($\overline{W}$) was 19.43%, with the "Shooting from 16.50 m" test having the highest average growth rate: $\overline{W}$ = 36.18% and the "Dribbling thru cones 20 m" test having the lowest average growth rate: $\overline{W}$ = 3.72%.

Conclusion: 05 assessment tests and 13 comprehensive technical development exercises have been selected for the male athletes of the LTTC football team.

Keyword: Exercises, technique, Football athletes, Ho Chi Minh City

Introduction

Football is the most popular sport in the world and is often called the “king of sports”. Many people are interested in this sport. Tens of thousands of people go to games in person at stadiums, and millions more watch them on TV and other media. Football is now an important part of the social and

cultural life of many countries because it has simple rules, low costs for organizing and participating, and focuses on teamwork and the thrill of competition. Football is not just a sport; it is also a social phenomenon that has a big impact all over the world [1].

Football is a simple yet complex sport. The complexity of football comes from many factors, such as technique, tactics, physical fitness, psychology, and the ability to adapt to opponents' strategies, combined. As a team sport with confrontation, football always has many surprising and diverse elements, is very attractive, and has high emotional value. [2]. A typical characteristic of modern football is the high and exquisite level of technical skill. Not only do space and time limit the technical level of players, but also their reasonable adaptability in using that technique. Such skill includes the ability to handle the ball in different match situations, move logically to maintain ball control under high pressure and high tempo, and adjust to various match scenarios. Football technique embodies artistry and allure. Technique in football is an expression of talent and confidence, but also intuition. Technique serves as a tool, a component of style; high-speed execution of playing style becomes crucial during tackles, breakthroughs, and finishing moves. For talented players, technique is the starting point and the weapon, the tool for expression and achieving a level of creativity manifested through the effectiveness of technical impact, determined by the precision of the movements they perform. The graceful execution of movements demonstrates the players' ability to maximize efficiency. Football technique is constantly being refined and demonstrated in a unified manner on a foundation of improved physical fitness. Physical fitness and technical skills are the basis for ensuring that players consciously serve tactical intentions during matches, such as positioning, passing, and creating scoring opportunities.

Basic techniques are a system of fundamentals that every player must master to effectively coordinate with teammates in competition [3]. "Football techniques" is a general term to refer to actions, methods, and reasonable movements that players apply in football matches. Basic techniques include juggling, shooting, passing, shooting at the goal, heading, dribbling, feints, tackling, and throw-ins [4, 5].

To effectively execute tactical actions in football, a player's individual technique plays a particularly important role. Throughout the match, players must not only maintain a high intensity of activity but also perform technical movements accurately and appropriately, even as fatigue increases, especially towards the end of the game. In modern football, with the increasing speed of play and the rapid transition between attack and defense, along with the intense level of competition, technique becomes a key factor in helping players handle the ball quickly, control the situation, and make effective decisions [6]. Players need to have good technical skills to be able to pass, receive, dribble, shoot, and tackle accurately while staying focused and coordinated throughout the game. In modern football, controlling space and time is mostly done by controlling the ball, changing the speed of the game, and using the right techniques in the right situations, such as employing quick passes to exploit defensive gaps or using feints to create space for a shot.

Technique is a key factor in how well a player and the whole team do. The higher the level of football, the more players need to have a complete, flexible, and precise technical system. This system is what makes tactical deployment work and improves performance.

Therefore, in current football training at any level, technical training plays an enormous role. Given this importance, we have chosen to conduct research under the title.

"The efficacy of specific technical development exercises for male football players at Ly Tu Trong College in Ho Chi Minh City, Vietnam."

Materials & Methods

Participants

- 24 male athletes from the LTTC football team, aged 18–20.
- Interview subjects include 20 experts, coaches, and lecturers specializing in football in Ho Chi Minh City, Vietnam.

Intervention

To select the appropriate training exercises, first, the researchers carefully reviewed some books and curricula used for Fooball training, such as John Jaman (1976) [7], Nguyen Thiet Tinh (1997) [4], Alagich.R (1998) [8], Nguyen The Truyen, Le Quy Phuong, Nguyen Kim Minh, Nguyen Duc Nhuan, Nguyen Thi Tuyet (1999) [9], Ma Thuyet Dien (2001) [10], Thanh Huyen (2001) [6], Nguyen The Truyen, Nguyen Kim Minh, Tran Quoc Tuan (2002) [11], Vietnam Football Federation (2004) [12, 13], Nguyen Hoang Yen (2015) [14], Vo Van Quyet (2016) [15], Duong Van Hien (2018) [16], Duong Nghiep Chi và cs (2004) [17], Reilly T, Bangsbo J, Franks A.(2000) [18]. Finally, thirteen exercises were carefully selected with consultation of some coaches experienced in football training. Table 1 displays the exercises proposed for the experiment.

Table 1: Description of technical exercises given to the football athletes in the experimental group

Purposes	Exercises
Developing ball juggling techniques	Exercise 1: Juggling the ball
Developing ball cushioning techniques	Exercise 2: Cushion the ball with the foot sole.
	Exercise 3: Cushion the ball with the instep of the foot.
Developing passing techniques	Exercise 4: Passing the ball back and forth with the inside of the foot for a distance of 10, 20, or 30 meters
	Exercise 5: Pass the ball in a square pattern
	Exercise 6: Passing the ball with the inside of the foot for a distance of 30m
Developing shooting technique	Exercise 7: Penalty kick into the goal
	Exercise 8: Shoot the ball into the goal from 16.5 meters.
Developing coordinated techniques	Exercise 9: Wall pass and shoot from 15 meters
	Exercise 10: Dribble through cones 10m, 20m, 30m and shoot on goal
	Exercise 11: Dribble through the zigzag cones 10m x 10m and shoot at the goal.
Throw-in	Exercise 12: Throw-in from a distance without run-up
	Exercise 13: Long throw-in with run-up

As presented in Table 1, the training program for the experimental group included 13 exercises with five purposes. The experiment lasted five months, with three training sessions per week, each lasting 120 minutes, of which 30 minutes were for technical training. The 5-month pedagogical experiment program from February 2023 to June 2023 (21 weeks) included a total of 62 training lesson plans for experimental subjects, which amounted to 124 experimental hours. The time spent on technical training was strictly managed according to the lesson plans, eliminating any external factors that might affect the training, leaving only the impact of the exercises on the experimental subjects. The experiment program was carried out with the assistance of an experienced football coach.

Assessments

The technical skills assessment tests in football for the research subjects consisted of five tests conducted in the initial and post-experimental phases. These tests were determined by three steps: Step 1: Synthesize relevant literature on football techniques from published research works and select 7 suitable tests. Step 2: Conduct interviews with experts, specialists, and coaches, resulting in the selection of 05 tests. Step 3: Check the reliability of the test via the pre-test method [19, 20, 21]. Conduct tests to evaluate the technique on the research participants. Conduct two rounds of testing, with a 5-day interval between the two rounds, and the testing conditions being the same for both. Then, the correlation coefficient (Pearson) (r) of the results of the two trials was calculated. The results show that all five tests have $r > 0.85$ and $P < 0.05$, which ensures the reliability of the test battery and could be used to assess the fitness of the participants. The five test items are described in detail in Table 2 below.

Table 2: Description of football technical testing battery

Test items	The technique are assessed	How to score
Test 1: Juggling the ball (times)	Evaluating ball juggling techniques	The athlete juggles the ball using the instep of their foot for one minute. During the juggling process, if the ball falls to the ground, the athlete picks it up and continues juggling until the time is up.
Test 2: Dribbling the ball through the cones for 20m (s)	Evaluating dribbling techniques	From the starting line (10 m from the first cone), the dribbler runs straight, touching the ball at least 3 times, then dribbles through 5 cones (each cone spaced 2 m apart).
Test 3: Accurate shots from 16.5 meters (times)	Evaluating shooting technique	The ball is fixed 16.5 meters from the goal, dividing it in half vertically (right and left). The player shoots the ball with both feet, 5 times with each foot.
Test 4: Pass the ball accurately into the goal (2x2 m) (times)	Evaluating passing technique	Place the ball 2 m x 2 m, a distance of 20 m, and pass the ball into the goal 5 times consecutively with each foot.
Test 5: Throw-in with run-up (m)	Evaluating the throw-in technique	The throw-in takes a run-up from the 3-meter corridor and throws the ball with both hands, following the rules of the throw-in.

Data analysis

The results of the study were collected at two points of time, before and after the treatment. For the first time, it happened one week right before the experiment. For the second time, it occurred one week after the experiment. All data were calculated with the assistance of SPSS 22.0. The outcomes include mean (M), standard deviation (SD), mean difference, growth rate, or Percent change, paired samples t-Test, correlation coefficient (Pearson).

Results

After the experimental period, the study examined the performance of technical assessment tests of male athletes in the LTTC football team. Based on the collected data, the average performance values of the technical assessment tests of the research group before and after the experiment were compared using the growth rate index, and the mean values of the two samples were tested for correlation (Paired Sample t-test). The results are presented in Table 3 below.

Table 3: Growth rate of technical assessment tests for male athletes of the LTTC football team after the experiment.

No	Test items	Before experiment		After experiment		$\overline{W}$	t	P
		Mean	SD	Mean	SD			
1	Test 1	47.92	3.60	55.67	4.74	14.87	9.24	<0.05
2	Test 2	8.15	0.62	7.85	0.58	3.72	7.87	<0.05
3	Test 3	4.25	0.79	6.13	1.15	36.18	12.40	<0.05
4	Test 4	4.63	0.97	6.42	1.10	33.22	10.54	<0.05
5	Test 5	15.60	0.79	17.10	0.89	9.17	12.76	<0.05
	Technical fitness					19.43		

Df = n – 1 = 23, t_{05} = 2.069

The data in Table 3 shows that after the experiment, the performance of all technical assessment tests of male athletes in the LTTC football team showed statistically significant differences at a probability level of $P < 0.05$ because all had $t > t_{0.05} = 2.069$; the average growth rate ($\overline{W}$) = 19.43%, in which the Standard Shot from 16.50 m (times) test had the highest average growth rate ($\overline{W}$) = 36.18% and the Dribbling Through Cones 20 m (s) test had the lowest average growth rate ($\overline{W}$) = 3.72%.

The analysis above shows that the effectiveness of the selected exercises had a positive impact on the performance of the research subjects in technical assessment tests, thus confirming that the selected exercises were effective.

The study calculated the growth rate of each athlete after the experiment to confirm how effective the selected exercises were on the performance of male athletes in the LTTC football team's technical assessment tests. The results are presented in Table 4.

Table 4: Growth rate of performance in technical assessment tests for each male athlete of the LTTC football team after the experiment.

No	Athletes	Test					
		Test 1	Test 2	Test 3	Test 4	Test 5	$\overline{W}$
1	No. 1	40.71	0.54	54.55	40.00	11.36	29.43
2	No. 2	18.87	4.98	46.15	33.33	9.95	22.66
3	No. 3	5.94	5.56	33.33	28.57	9.97	16.68
4	No. 4	12.50	3.44	22.22	0.00	11.76	9.98
5	No. 5	9.52	0.27	40.00	66.67	11.03	25.50
6	No. 6	7.69	0.83	40.00	15.38	10.30	14.84
7	No. 7	17.82	1.10	40.00	40.00	8.93	21.57
8	No. 8	23.66	2.48	22.22	28.57	6.16	16.62
9	No. 9	21.43	5.02	40.00	22.22	9.92	19.72
10	No. 10	17.82	2.82	46.15	18.18	9.99	18.99
11	No. 11	17.02	7.89	40.00	46.15	2.55	22.72
12	No. 12	12.24	1.44	54.55	15.38	12.24	19.17
13	No. 13	4.00	6.43	40.00	22.22	12.57	17.04
14	No. 14	16.51	6.37	15.38	33.33	1.54	14.63
15	No. 15	10.10	6.73	18.18	40.00	13.74	17.75
16	No. 16	7.55	0.42	40.00	33.33	8.63	17.99
17	No. 17	15.38	2.19	22.22	40.00	14.31	18.82
18	No. 18	15.38	3.04	40.00	46.15	9.95	22.91
19	No. 19	9.90	2.68	22.22	54.55	4.21	18.71
20	No. 20	12.50	4.18	66.67	66.67	4.21	30.84
21	No. 21	11.54	5.61	40.00	33.33	9.94	20.08
22	No. 22	16.67	3.90	22.22	40.00	3.67	17.29
23	No. 23	15.69	6.68	40.00	0.00	12.18	14.91
24	No. 24	16.51	4.72	22.22	33.33	11.03	17.56
$\overline{W}$		14.87	3.72	36.18	33.22	9.17	19.43

The data in Table 4 shows that after the experiment, the performance of all athletes in the technical assessment tests showed growth. Athlete No. 20 had the highest average growth rate, which was 30.84%, and Athlete No. 04 had the lowest average growth rate, which was 9.98%.

Discussion

Through the synthesis and analysis of documents and interviews with experts, professionals, and coaches, this thesis has selected 13 exercises to develop technical skills for male athletes of the LTTC football team. The system of 13 selected exercises is a selection of exercises from previous authors such as Alagich. R (1998) [8], Ma Tuyet Dien (2001) [10], Thanh Huyen (2001) [6], Vietnam Football Federation (2004) [12, 13], Nguyen Thiet Tinh (1997) [4], Nguyen The Truyen - Nguyen Kim Minh - Tran Quoc Tuan (2002) [9], Nguyen Hoang Yen (2015) [14], Duong Van Hien (2018) [16], Duong Nghiep Chi and colleagues (2004) [17]. The selected exercises are a continuation and enhancement of the exercises from the aforementioned authors and have been re-selected to suit the characteristics of the research subjects.

The construction of a system of technical development exercises involves selecting exercises and arranging training content in a systematic, specific sequence, in a scientific manner, which is crucial to the technical development of male athletes on the school's football team. To achieve this goal, through research, collection, synthesis, and analysis of domestic and international documents, and surveys of the practical training of football athletes at sports centers, from coaches directly involved in training, and from football experts in Ho Chi Minh City, etc., this information has served as the basis for systematizing technical development exercises for the research subjects.

Next, through interviews, a desired exercise system was selected, comprising 13 eligible exercises chosen for experimental application to athletes of the LTTC football team. This approach ensured objectivity and sufficient reliability for practical application, serving the training and technical development of the research subjects.

This study developed a technical training program for male athletes on the LTTC football team after five months of training. The program was applied experimentally. The research team developed a technical training program for the research subjects by consulting documents and exchanging ideas with coaches directly involved in training, as well as football experts in Ho Chi Minh City.

The pedagogical experiment was conducted over five months by applying a system of technical development exercises for male athletes of the LTTC football team. According to the five-month training plan, the duration and proportion of technical training exercises were arranged according to the training schedule. Based on the characteristics of each training session, the study arranged the sessions to ensure the development of 2–3 or more techniques. With this approach to selecting and arranging exercises, during the experiment, when asked about their feelings after each training session, all athletes stated that the training format, with its appropriate level of exercise, was suitable for their endurance. Although they felt exhausted, overall, it ensured recovery for the following day's training sessions.

Conclusions

The study selected 13 comprehensive technical development exercises for male athletes in the LTTC football team. For the research participants, the five-month experimental program produced notable technical advancements. It can be concluded that the 13 exercises in the study were effective and suitable for the characteristics of LTTC football players. The study also showed that the tests were reliable and valuable for evaluating the technique of young football team players.

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