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The impact of pressure playing style exercises on development the most important biomotor abilities for youth football players

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Abstract
The study's significance stems from its attempt to establish the pressing playing style as a legitimate concept in the context of the defensive training methods used by Iraqi clubs and teams to achieve the desired results. It also seeks to determine the extent to which pressing playing style training exercises affect young football players' development of key biomotor skills in a move to strengthen the sports field. The study's objectives were to develop pressing style of play exercises for the development of young football players' most crucial biomotor skills as well as determine the effect of pressing style of play exercises on the development of those skills. It also served as a practical experiment and resource for researchers in the field of sports. The pre- and post-test that is appropriate for the study problem's type. And to accomplish the desired outcomes, the research sample was chosen using a straightforward random procedure (lottery), with the Youth Sports Project Club serving as the representative of the experimental group., which numbered (22) players, and they were distributed equally into two groups, the experimental group (11) players, and the control group (11) players. The search variables included Sprint speed, motor speed, response speed, agility, coordination, and strength distinguished by speed. The researcher used appropriate statistical methods, and after presenting, analyzing and discussing the results, the researcher reached the following conclusions. Responsiveness, agility, coordination, and strength characteristic of speed) of the experimental group under study.

Keywords: Biomotor skills, responsiveness, agility, coordination

1. Introduction

The football game is one of the most popular games in different parts of the world. Those interested in it, with experience and competence, have been trying to find the best methods and scientific methods through research and studies that they have done to develop the game and reach the level that we see today on the global level in an amazing way, especially between countries. In global and continental championships, which led to the emergence of advanced scientific methods based on methods and theories in sports training, it is not limited to that, but goes beyond that to create modern methods that integrate both physical training with skill or tactical together to shorten the time and for the correct construction of performance or game situations with the development of the physical and motor requirements of that skill or technique of the game.

The football game is one of the games that is played under ever-changing situations through speed of implementation and tactical behavior towards those changing and multiple situations to confront defensive plans and create spaces to reach the goal, or vice versa to dismantle the offensive planning of the team, defend the field, cut the ball and end the attack. Players must have a high level of ability to maintain efficacy in order for the player to become interactive with their surroundings during the game, participate within the group, correctly understand the fulfilment of the tactical duties assigned to him, and create a harmonious and fluid performance with the movement of the player individually and collectively the game.

The speed of play, possession, and pressure on the ball carrier all improved significantly during the football game. The players had to keep up with this development by using

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integrated training programmes, which include fundamental exercises that mirror the game's conditions and focus on both the necessary physical and motor skills in addition to the majority of the game's details. The player's performance, particularly during the defensive or offensive performance in football, influences how the game will unfold through factors like strength, speed, endurance, flexibility, ability, agility, coordination, and others. Given the range of these tactics used by rivals, it is clear from the foregoing that adopting modern techniques and techniques in the process of sports training and playing through them is essential. Thus, the research is important since it is an effort to solidify the pressure play style concept in the reality of the workouts of the Iraqi clubs and teams by using this defensive strategy to get the desired result. Knowing how exercises in the pressing style of play affect young football players' development of their key biomotor talents is the next phase, which is intended to strengthen the sports field through actual trials and benefit sports researchers.

1.1 Research problem
The football game is continually changing, and this evolution was brought about by contemporary techniques built on scientific principles, as a consequence of studies, research, analysis, and proper planning. These techniques did not appear by accident or chance, and they considerably enhanced team performance.

Through the experience of the researcher being a former player in the clubs of the age group leagues in the province of Babil and through his follow-up to the matches of the youth league and the first degree in the province, and the Iraqi Premier League, its lack of the use of defensive methods, including pressing play as a method known for in local or foreign competitions.

Accordingly, the researcher sought to experiment with a modern playing style as a research attempt that works on the development of the physical aspect, which is one of the important and main aspects that determine the outcome of the match, and which the coaches seek through training to reach the highest levels.

This led the researcher to prepare exercises in the style of pressing play and to know its effect on the most important biomotor abilities of young football players.

1.2 Research objective
- Preparing pressure-playing exercises to develop the most important biomotor abilities of young soccer players.
- Identifying the impact of exercises in the pressing style of play in the development of the most important biomotor abilities of young soccer players.

1.3 Research hypothesis
- Pressing style exercises have an impact on the development of the most important biomotor abilities of young soccer players.
- There is an effect in the post-test between the experimental group and the control group on the most important biomotor abilities of young soccer players.

1.4 Research fields
The human field: Players of the Youth Sports Almashrue Club, ages (17-18) years, in football for the 2022-2023 sports season, in Babil Governorate.

Time field
From 1/3/2023 to 10/5/2023.

Spatial field: Al-Mashrou' Sports Club Stadium - Babil Governorate.

1.5 Definition of Terms
1.5.1 pressure play
It is the attacking of the defending team on the opposing team when it has possession of the ball in any part of the field in an organized manner, and it is an offensive tactic related to the defensive tactic, and it is often called the most offensive defensive method, and this method includes pressure on the ball, the opponent, and the area. (Al-Rubaie, Kazem Abd, 2015, p. 43) [1].

The researcher defines it procedurally
A modern style of playing football, the aim of which is the process of retrieving the ball from the opponent or dispersing it as quickly as possible, and it is usually used in the first half of the match, or in the event that the result of the match is in favor of the opposing team.

2. Research methodology and field procedures
2.1 Research Methodology
It is the route used by the researcher to reach his objectives based on a variety of guidelines and precepts, the most crucial of which is probably understanding the nature of the problem being studied, which necessitates the researcher to select the most suitable method to identify the issue at hand. (Mahjoub, Wajih, 2002, p. 35) [2], by creating two equal groups (experimental and control) with two measurements, pre and post, that are compatible with the nature of the study topic, and accomplishing the desired aims, the researcher applied the experimental approach.

Table 1: Shows the experimental design of the research

Groups	Pre-test	Experimental processing	Post-test	Comparisons	
Control	Pre-test for the variables of the study (The most important abilities are bio-kinesthesia, defence, man-to-man, and percentage of possession)	Exercises prepared by the trainer	Post-test for the variables of the study	Pre-test for the variables of the study (most important biomotor abilities)	The difference between the two groups in the post-test
Experimental		pressure playing style exercises	Post-test for the variables of the study		

2.2 The research community and its sample
The research community determined the clubs of the province of Babylon for youth at the ages of (17-18) years with football and adults (10) clubs and they are (Al-Mashrou', Al-Mahaweel, Al-Hilla, Al-Saddah, Al-Musayyib, Al-Baladi, Al-Nil, Al-Hashimiya, Babil, Al-Jawhara) and the total number

of members of the community reached (190), and the research sample was selected in a simple random way and by lottery, and they are the youth of the Project Sports Club in football, which number (25) players, they were divided randomly into two experimental groups (10) players and a control group (10), and the sample was distributed by dividing the players

into groups and according to the playing centers. The selection was randomly by lottery from each centre and the farthest goalkeepers from the pre and post-tests, as (3) players were excluded From the research sample due to the injury of one of them during the exercises and the non-commitment of the players to attend the training units, the first experimental group applied the exercises prepared in the style of pressing play, while the control group applied the defensive duties exercises that are usually applied in the coach's approach, and the research sample constituted (10.52%) of the research community. Table (2) shows the sample used.

Table 2: Shows the research sample

Sample	Number	Club
Experimental	10	Almashrue
Control	10	Almashrue
Exploration and scientific foundations	24	Al-Mahawel and Al-Sada
Total	44 player	

2.2.1 Homogeneity between the two research groups:
The extraneous variables that the researcher used to homogenize the sample were (Length, mass, training age) because the study sample was chosen, in addition to that, homogenization was carried out for the variables under study, as shown in Table (3) and (4) below.

Table 3: Shows the homogeneity of the two research groups in the extraneous variables

Variables	Measuring unit	Experimental		Control		Levin value	Levin value sig	Sig type
		Mean	Std. Deviation	Mean	Std. Deviation			
Mass	Kg	52.300	5.143	53.700	5.618	0.132	0.721	Non sig
Length	Cm	177.100	5.506	176.400	4.718	0.127	0.726	Non sig
Training age	Month	65.100	2.884	65.700	4.191	1.429	0.247	Non sig

Table 4: Homogeneity in the variables under study for the two research groups

Variables		Measuring unit	Experimental		Control		Levin value	Levin value sig	Sig type
			Mean	Std. Deviation	Mean	Std. Deviation			
Agility		Second	25.465	1.923	26.752	1.584	0.765	0.393	Non sig
Sprint speed		Second	4.520	0.251	4.472	0.336	2.088	0.166	Non sig
Motor speed		Number	28.800	2.740	27.300	2.002	0.443	0.514	Non sig
Coordination		Second	7.133	0.476	7.029	0.272	4.211	0.055	Non sig
Strength speed	Right leg		7.528	0.675	7.978	0.689	0.078	0.783	Non sig
	Left leg		7.625	0.649	7.557	0.629	0.008	0.930	Non sig
Motor response	Right leg		1.994	0.099	2.021	0.097	0.046	0.833	Non sig
	Left leg		2.060	0.114	2.046	0.0889	0.662	0.426	Non sig

Through tables (3) and (4), indicate the homogeneity of the research sample in both extraneous variables and under study by relying on the value of Levin's test, since the sig value was less than the significant value, which is 0.05.

2.2.2 Equivalence between the two research groups
The two research groups (experimental and control) are equivalent.

Table 5: When it comes to the study variables

Variables		Measuring unit	Experimental		Control		Levin value	Levin value sig	Sig type
			Mean	Std. Deviation	Mean	Std. Deviation			
Agility		Second	25.465	1.923	26.752	1.584	1.633	0.120	Non sig
Sprint speed		Second	4.520	0.251	4.472	0.336	0.361	0.722	Non sig
Motor speed		Number	28.800	2.740	27.300	2.002	1.397	0.179	Non sig
Coordination		Second	7.133	0.476	7.029	0.272	0.599	0.556	Non sig
Strength speed	Right leg	Second	0.675	7.978	0.689	0.158	0.158	7.528	Non sig
	Left leg	Second	0.649	7.557	0.629	0.815	0.815	7.625	Non sig
Motor response	Right leg	Second	0.099	2.021	0.097	0.616	0.546	1.994	Non sig
	Left leg	Second	0.114	2.046	0.0889	0.304	0.765	2.060	Non sig

Through Table (5) above, we can see that there are no differences between the two research groups since the value of the significance of the differences (T) calculated and the value of its SIG for all variables were more than 0.05, indicating that the difference is not significant. (experimental and control) in the variables under study, therefore, it indicates that both groups are equivalent and that all the two groups are under one starting point, in addition to that, the researcher found homogeneity of variance through the Levine test, which is one of the most powerful statistical tests in finding homogeneity between the values of the groups, which showed us that there is homogeneity for all the studied research variables For the two groups (experimental and control), depending on its calculated value and the value of (SIG) that was greater than 0.05, it is considered homogeneous.

2.3 The means, devices and tools used

2.3.1 Means of collecting information
- Arabic and foreign sources and references.
- Personal interviews
- Resolution.
- Note.
- Tests and measurements.

2.3.2 Tools and devices used
- (Dartfish) program to analyze football matches.
- Legal playing field.
- Legal soccer ball number (15).
- Small goals number (4).
- Cones number (20).
- Collars number (8).
- A figure of 1.5 height, number (5).
- Canon EOS 650D video camera for documenting purposes.
- (1) Lenovo laptop calculator.
- An electronic device for measuring height and weight, made in China.

- Stationery (papers and pens).
- Measuring tape (40 metres).
- A special platform for photography at a height of 4 meters.
- Standing high jump.
- Rubber band

2.4. Field Research Procedures
2.4.1. Determine the study variables
2.4.1.1. Determination of biomotor capabilities
The researcher looked at many scientific sources and references related to the science of sports training in order to identify the most important biomotor abilities needed by the subject of the study. The work resulted in identifying (13) biomotor abilities in order to select the most important capabilities, a questionnaire was designed to survey the opinion of the experts, who numbered (11) experts. After collecting and unpacking the data, the most important abilities that obtained a percentage of (54.54%) were identified. (Bloom, Benjamin & others, 1983, p. 126) [3].

Table 6: Shows the degree of importance and relative importance of experts in the selection of biomotor abilities:

N	Biomotor abilities	Degree importance	Relative importance
1	Sprint speed	99	90%
2	Motor speed	105	95.45%
3	Motor response speed	101	91.81%
4	Explosive capacity	80	72.72%
5	Distinctive strength with speed	102	92.72%
6	The strength characteristic of speed Endurance	78	70.90%
7	Strength Endurance	74	64.54%
8	performance Endurance	71	70.29%
9	Speed Endurance	68	61.81%
10	Agility	98	89.09%
11	Coordination	99	90%
12	Balance	73	66.36%
13	Flexibility	69	62.72%

Table 7: Shows the most important relative biomotor abilities

N	Biomotor abilities	Degree importance	Relative importance
1	Sprint speed	99	90%
2	Motor speed	105	95.45%
3	Motor response speed	101	91.81%
4	Distinctive strength with speed	102	92.72%
5	Agility	98	89.09%
6	Coordination	99	90%

2.4.2. Exploratory experience
The assistant work team assisted the researcher as they conducted the exploratory experiment, at 3:00 PM on Sunday, 5/3/2023.

2.5 The main experience
2.5.1 Pre-Tests
The researcher oversaw the pre-tests for the research sample, which were carried out by the assistant work teams of the two research groups (the experimental and the control group) for biomotor capabilities, as it included the implementation of tests for biomotor capabilities on Tuesday 7/3/2023 at three o'clock in the afternoon at the project sports club stadium.

2.5.2 Application of pressure play exercises
After evaluating relevant studies and scientific sources, the researcher created stress-game-style exercises that aim to enhance biomotor capacities over the time period between 8/3/2023 to 8/5/2023.

These exercises, by their nature, were aimed at defensive exercises and at the same time aimed at targeting the biomotor capabilities under study, in order for these exercises to be able to achieve development in the biomotor capabilities in football, and these exercises were applied during the start of the experiment.

As the researcher was keen in preparing these exercises in a way that is consistent with the nature and conditions of football matches, as (24) exercises were prepared in the style of pressing play, divided from easy to difficult, starting from individual defense to collective defense, as the exercises were distributed by (4) unit exercises. One training course in a manner that takes into account the formation of the training load (intensity, volume and rest) and is consistent with the main objective of the training unit.

The intensity was adopted for the exercises, which are extreme exercises since the nature of these exercises aims to put pressure on the opponent in order to extract the ball and possess it in the shortest possible time. Therefore, the researcher adopted the formation of the load by manipulating rest periods between repetitions and the training volume of one group.

The following is an explanation of how to implement the vocabulary exercises prepared by the researcher for the experimental research sample:

- The total amount of training units (3 units) during the week.
- Training days during the week (Sunday, Tuesday, Thursday) at three in the afternoon.
- The total number of training units (24) units distributed over (8) weeks.
- The exercises were applied within the main section of the training unit.
- The intensity of all exercises is a maximum performance according to the nature and objectives of the technique that requires it.
- The method adopted by the researcher is the method of playing.
- The researcher relied on the ratio of work to rest between exercises is (1:2) and for the groups it is (3) minutes.
- The training curriculum was applied for the last (4) weeks of the special preparation period and the first (4) weeks of semi-trial competitions.
- The training load was reduced in the last two weeks (7,8) because the period in which it took place was a period of semi-competitions and there were experimental matches for the team, to avoid the high effort of the players.

- The training volume was relied upon according to the actual time of the exercises.
- From the major segment, the exercises lasted between 24 and 50 minutes.
- Total volume of training implemented in the pressure play style was (811.31) minutes.

As for the control group, the researcher relied on the curriculum prepared by the team coach, and the exercises were applied on the same training days as the experimental group.

2.5.3. Post-tests
After the completion of the main experiment, the researcher, accompanied by the assistant work team, conducted the post-tests for the study variables on Tuesday 9/5/2023, both the experimental group and the control group had their biomotor abilities tested at three o'clock in the afternoon.

2.6. Tests and measurements used in the research
2.6.1. Determine the tests for biomotor capabilities
2.6.1.1. Running test (30) meters from standing to measure the Sprint speed
- **The aim of the test:** measuring the Sprint speed.
- **Tools used**: running board, whistle, measuring tape, stopwatch and registration form.
- **Method of performance:** When the whistle blows, the tester immediately begins to run, covering a distance of thirty meters.
- **Register**: The tester records the time it took to run for a distance of (30) m/s and is given one attempt.
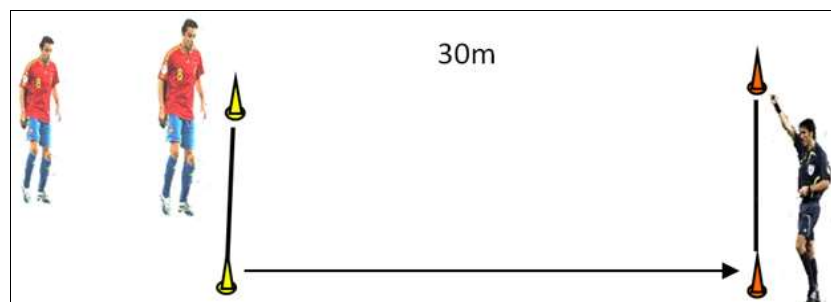
Fig 1: Shows the translational speed test

2.7. Statistical Methods
The results were extracted by the researcher using the SPSS statistical.
- Mean.
- Mediator.
- Standard deviation.
- Pearson correlation coefficient.
- Levine's test (homogeneity of variance).
- t-test for correlated and independent samples.
- Wilcoxon correlated samples test.
- Mann-Whitney test for independent samples

3. Presentation, analysis and discussion of results
The researcher presented the mean and standard deviations in explanatory tables after performing all necessary statistical operations, in order to facilitate the process of observing the results and making a comparison between both experimental and control groups in the tests (pre and post). This was done in order for the researcher to be able to reach the objectives of the research and achieve the hypotheses that he set. In order to achieve the objectives and hypotheses of the research, it was

necessary to conduct distance tests between the experimental and control groups as well as interpret and analyse the results of each test to determine differences and their statistical implications, in accordance with the precise scientific foundations. This was done by determining the impact of pressing play-style exercises on the most crucial biomotor abilities of young football players.

The researcher presented the results of the tests he conducted using the relevant statistical analyses for the research's goals and hypotheses in the following format: statistical tables for analysis and discussion:

3.1 Presenting and analyzing the results of the tests for the biomotor abilities of the control and experimental groups between the results of the pre and post tests and discussing them
3.1.1 Presenting and analyzing the results of the pre and post-tests of the biomotor abilities of the control group
Table (8) shows the means and standard deviations of the pre and post-tests, the difference of the means, the standard error of their means, the calculated (t) value, and the level of

significance in some biomotor abilities under study for the control group.

Table 8: The means and standard deviations of the pre and post-tests

Variables		Experimental		Control		Mean Difference	Std. Deviation Difference	t value	Sig level	Sig type
		Mean	Std. Deviation	Mean	Std. Deviation					
Agility		26.752	1.584	25.629	1.055	1.123	0.262	4.282	0.002	sig
Sprint speed		4.472	0.336	4.352	0.274	0.120	0.081	1.466	0.177	Non sig
Motor speed		27.300	2.002	29.800	1.988	2.500	0.401	6.228	0.000	sig
Coordination		7.029	0.272	6.496	0.337	0.533	0.324	5.197	0.001	sig
strength speed	Right leg	7.978	0.689	7.049	0.647	0.929	0.689	4.259	0.002	sig
	Left leg	7.557	0.629	7.014	0.599	0.543	0.594	2.889	0.018	sig
Motor response	Right leg	2.021	0.097	1.997	0.068	0.024	0.044	1.714	0.121	Non sig
	Left leg	2.046	0.089	2.020	0.079	0.026	0.006	3.788	0.004	sig

From Table (8), we see the following
In susceptibility, the calculated (t) value was (4.282), while the significance of the differences was significant and in favor of the post-test, since the value of (sig) reached 0.002, which is smaller than the value of 0.05.

As for the Sprint speed
The calculated (t) value was (1.466), which is smaller than the tabular (t) value, and accordingly, the significance of the differences was not significant, and the (sig) value was greater than 0.05, which is 0.177.

As for the Motor speed
We note the calculated (t) value (6.228), while the significance of the differences was significant and in favor of the post-test, since the value of (sig) reached 0.000, which is smaller than the value of 0.05.

As for Coordination
The calculated value of (T) was (5.197), while the significance of the differences was significant and in favor of the post-test, since the value of (sig) reached 0.001, which is smaller than the value of 0.05.

As for the speed characteristic of the right leg
The calculated value of (T) was (4.259), while the significance of the differences was significant and in favor of

the post-test, since the value of (sig) reached 0.002, which is smaller than the value of 0.05.

As for the speed characteristic of the right leg
The calculated value of (T) was (4.259), while the significance of the differences was significant and in favor of the post-test, since the value of (sig) reached 0.002, which is smaller than the value of 0.05.

As for the response speed test to the right
The calculated value of (t) was (1.714), while the significance of the differences was not significant because the value of (sig) reached 0.121, which is greater than the value of 0.05.

As for the response speed test for the left
The calculated value of (T) is (3.788), while the significance of the differences was significant and in favor of the post-test, since the value of (sig) reached 0.004, which is smaller than the value of 0.05.

3.1.2 Presenting and analyzing the results of the pre and post-tests of the biomotor abilities of the experimental group
In Table (9) for the experimental group, the means and standard deviations of the pre and post-tests, the difference in the means, the standard error of their means, the computed (t) value, and the degree of significance are all displayed.

Table 9: The experimental group, the means and standard deviations of the pre and post-tests

Variables		Experimental		Control		Mean Difference	Std. Deviation Difference	t value	Sig level	Sig type
		Mean	Std. Deviation	Mean	Std. Deviation					
Agility		25.465	1.923	23.644	2.009	-1.821	0.242	7.512	0.000	sig
Sprint speed		4.520	0.251	4.057	0.126	-0.463	0.057	7.993	0.000	Non sig
Motor speed		28.800	2.740	31.900	2.601	3.100	0.737	4.206	0.002	sig
Coordination		7.133	0.476	6.029	0.409	-1.104	0.485	7.188	0.000	sig
Strength speed	Right leg	7.528	0.675	6.660	0.639	-0.868	0.121	7.122	0.000	sig
	Left leg	7.625	0.649	6.837	0.522	-0.788	0.123	5.958	0.000	sig
Motor response	Right leg	1.994	0.099	1.951	0.070	0.043	0.016	2.590	0.029	Non sig
	Left leg	2.060	0.114	1.989	0.737	-0.071	0.021	3.299	0.009	sig

From Table (9), we see the following
The agility ability reached the calculated (T) value, and it was (7.512), while the significance of the differences was significant and in favor of the post-test, since the value of (sig) reached 0.000, which is smaller than the value of 0.05.

As for the Sprint speed
The calculated value of (T) was (7.993), while the significance of the differences was significant and in favour of the post-test since the value of (sig) reached 0.000, which is smaller than the value of 0.05.

As for the Motor speed
We note that the calculated value of (T) is (4.206), while the significance of the differences was significant and in favour of the post-test since the value of (sig) reached 0.002, which is smaller than the value of 0.05.

As for Coordination
The calculated value of (T) was (7.188), while the significance of the differences was significant and in favor of the post-test, since the value of (sig) reached 0.000, which is

smaller than the value of 0.05.

As for the force distinguished by the speed of the right leg
The calculated value of (T) was (7.122), while the significance of the differences was significant and in favour of the post-test, since the value of (sig) reached 0.000, which is smaller than the value of 0.05.

As for the force distinguished by speed for the left leg
The calculated value of (T) reached (5.958), while the significance of the differences was significant and in favor of the post-test, since the value of (sig) reached 0.000, which is smaller than the value of 0.05.

As for the response speed test to the right
The calculated (t) value was (2.590), while the significance of the differences was significant and in favor of the post-test, since the value of (sig) reached 0.029, which is smaller than the value of 0.05.

As for the response speed test for the left
The calculated value of (T) was (3.299), while the significance of the differences was significant and in favor of the post-test, since the value of (sig) reached 0.009, which is smaller than the value of 0.05.

4. Discussing the results of the tests for the biomotor abilities of the control and experimental groups
The researcher presented and analyzed the results of the pre and post tests for the experimental and control research groups in Tables (8-9), as we can see the results of the experimental group, as it appeared that there were significant differences between the pre and post-tests in biomotor abilities (Agility, Sprint speed, coordination, motor speed and response speed). And the force distinguished by speed) The researcher attributes the reason for this to the nature of the exercises of the experimental group, in contrast to the control group, which relied on traditional exercises in its training.

The exercises prepared by the researcher, which were represented by the pressure play style exercises, have contributed effectively to the development of the biomotor capabilities of the players of the experimental group, in contrast to the control group, which used the method of its own trainer, because these exercises are the most important characteristic of high-strength performance and conditions similar to those of The competition.

The researcher also claims that the players in the experimental group benefited from using these training programmes during the period of special preparation and prior to competitions, which requires the performance of exercises similar to the situations and situations that occur during the match (2012: Dellal, *et al*.) indicates that these exercises It is a way to repeatedly provoke players into situations they may encounter during matches.

5. Conclusions and recommendations
5.1 Conclusions
- The experimental group under study's most crucial biomotor abilities (Sprint speed, motor speed, response speed, agility, coordination, and strength characterised by speed) were developed through pressure play-style exercises.
- The experimental group outperformed the control group in the post-test and in all research variables.

5.2 Recommendations
- Focusing on the need to take into account the pressing style of play from the junior stage, to be a basic basis for them in the future.
- The need to focus on other forms of pressure play (according to play areas), such as pressure play in the middle of the can or the attacking third.
- Using the pressure play style to develop the offensive side, not just the defensive one.
- The need to use the pressure play style in the development of physical, skill and tactical performance.
- The pressing style of play must be mastered in training and experimental matches before applying it in official matches, as it is a double-edged sword. With its mastery, it has become a point of strength for the team by not allowing the players of the opposing team most of the time to behave correctly with the ball while in possession of it, which is what is required, and if it is not mastered, the team is awarded The striker has an opportunity to advance, exploit the spaces and give chances to score goals.
- Conducting additional research and studies utilising pressure play and employing other football centres and samples.

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Appendix

A sample training unit

N	Exercise form	Time	Intensity	Repetition	Groups	Rest Repetition	Rest Groups	Exercise Time	Total time
1		10 second				20 second		5.20 min	
2		15 second				30 second		6.30 min	
3		20 second	extreme intensity	3	2	40 second	180 second	7.40 min	28.20 min
4		25 second				50 second		8.50 min	
The rest time between one exercise and another is (3) min						The total time for the main part of the training unit = 37.20 min			