



CREATIONS de UiTM

INTERNATIONAL MEGA INNOVATION CARNIVAL 2024

Navigating Innovation and Seizing Global Fortune

CHANGE THE WORLD THROUGH INNOVATION

e-PROCEEDING

27th APRIL 2024

UNIVERSITI TEKNOLOGI MARA
CAWANGAN SELANGOR, KAMPUS DENGKIL
MALAYSIA

ORGANISED BY:



Pusat
Asasi

FOOTBALL TRAINING MODULE UNDER-19: A MODULE TO IMPROVE COMPETITIVE FOOTBALL MATCH ON ASASI FOOTBALL TEAM

*Mohd Helmy Yusof, Muhammad Taufiq Rosdan, Muhammad Ali Firdaus Mohd Nazri, Muhammad Amar Faridulafraz and Ahmad Hafiz Naufal Rosdan

Centre of Foundation Studies, Universiti Teknologi MARA, Cawangan Selangor, Kampus Dengkil, 43800 Dengkil, Selangor, Malaysia

*Corresponding author: mohdhelmy_87@uitm.edu.my

ABSTRACT

Football is one of the most popular team sports in the world that involve kicking a ball to score a goal by eleven player per team. University student (collage) is one of the footballer age levels, but the main problem is they are facing with busy schedule, specifically to manage their academy and football playing time. Addressing the challenge of pack and tight schedules for university students involving in football requires a flexible and efficient training approach. Therefore, this football training module is designed based on S.E.T. strategy that aims to provide a holistic approach to develop young university footballers without neglecting their academic work. This module consists of systematics schedule training activities focusing not only on technical and tactical aspects but also on physical fitness, mental resilience, and teamwork. In addition, small-sided games, and game-based scenarios (game simulation), enable Under 19 (U19) get the opportunities to develop every aspect of football game play. By utilizing this football training module in their drill, out of seven participations on competitive match and friendly, 5 won (71.4% winning percentage) and 2 drew (28.6%) is achieved. Ultimately, by following this structured module, university students under U19 players can enhance their skills and knowledge of the football game, preparing them for success both on and off the field without neglecting their academy achievements.

Keywords: Football; University U19; Pack and Tight Schedule; Training Module; S.E.T.

1. INTRODUCTION

Becoming a good footballer requires dedication, practice, and a strong understanding of the game. Players must consistently train to improve their individual technical skills. They should also work on their physical strength, speed, and agility through regular fitness training and conditioning.

Creating a balanced training schedule is crucial for university students under the age of 19 who are busy with their academic studies. Most of the student in Centre of Foundation Studies, Universiti Teknologi MARA is facing the tight and pack academy schedule form 8.00am to 5.00pm (may extend to 6.00pm). Not only facing with their tight academy schedule, but they are also busy with a lot of assignments and others university activities. Previous study shown, effective football training required an average 4 hours per day and 3 days/week for professional football player (Morgans et al., 2014). Developing an effective training program for U19 players involves a flexible and comprehensive approach that addresses technical, tactical,

physical, and psychological aspects of the game. In addition to technical and physical training, psychological aspects and time of training should also be considered when designing training modules for U19 football players.

Therefore, the training module for football U19 is introduced by applying the S.E.T. (Simple, Efficient, Tip-top) strategy, consist of well-planned football training activities that can incorporate systematic time management and flexible training schedules. Ultimately, a well-rounded training module for U19 football players should encompass technical, physical, tactical, and psychological elements to prepare them for the demands of the game at a higher level without neglecting their academy responsibilities.

2. METHODOLOGY

2.1. Idea and concept.

Applying S.E.T. strategy and system. SET is abbreviation for Simple, Efficient and Tip-top. “S - Simple, easy to understand, and flexible to practice”, “E – efficient and implementable at their age/level” and lasty “T - top tip by getting the good results.

2.2. Components arrangement.

By developing SET strategy system, three major components on football training are included in this training module which are Technical, Tactical and Game simulations.

2.3. Content Editing

This football training module is in eBook format. All the editing process including picture, figure and picture with instruction are edited by using Canva and Soccer coaching-board Software.

2.4. Training schedule

Three days of training session is scheduled per week. The schedule for training session is made for each evening session, specifically on Wednesday, Thursday, and Friday, 5.30pm to 7.15pm. Meanwhile, Saturday is selected focusing on friendly and competitive match.

3. RESULTS AND DISCUSSION



Figure 1. Training Module Frontpage

NO 1: TECHNICAL
5. PASSING #5

INSTRUCTION (IN NUMBER ORDER)

- NO 1 – PASS
- NO 2a/2b –MOVE ACROSS/CIRCLE THE MARKER (LEFT/RIGHT)
- NO 3 – PASS
- RECEIVE THE BALL AND TURNING LEFT/RIGHT TO P3 AND PASS
- *VARRY (PASS ONE-TWO/PASS HOLD AND PASS BACK)

OBJECTIVE/AIM

- TO ENHANCE SKILL IN PASSING & BALL RECEIVING
- TO ENHANCE AGILITY AND FITNESS THROUGH QUICK MOVEMENT
- TO ENHANCE COMMUNICATION SKILL

DESCRIPTION
P2/P3 – PLAYER 2/3
M – MARKER/CORNER
YELLOW ARROW INDICATE PASS
GREEN ARROW INDICATE MOVEMENT

NO 1: TECHNICAL
6. PASSING WITH SCREENING AND AWARENESS #1

INSTRUCTION (IN NUMBER ORDER)

- NO 1 – LOOK WHICH CARD LIFT BY P3
- NO 2 – ASK P2 TO PASS
- NO 3 – IF ORANGE CARD, PASS BACK TO P2
- *VARRY (PASS ONE-TWO/PASS HOLD AND PASS BACK)

OBJECTIVE/AIM

- TO ENHANCE SCREENING AND AWARENESS
- TRAIN THINKING AND QUICK DECISION
- TO ENHANCE COMMUNICATION SKILL

DESCRIPTION
P2/P3/P4 – PLAYER 2/3/4
M – MARKER/CORNER
O – ORANGE CARD
C1 – WHITE CARD
YELLOW ARROW INDICATE PASS
GREEN ARROW INDICATE MOVEMENT

NO 1: TECHNICAL
8. RONDO PASSING

INSTRUCTION (IN NUMBER ORDER)

- NO 1 – PASS (ONE-TWO PASS)
- NO 2a-d – ONE TOUCH PASS TO P3/P5
- *VARRY (PASS ONE-TWO/PASS HOLD AND PASS BACK)
- *B1/B2 CAN MOVE FORWARD/REVERSE/LEFT/RIGHT

OBJECTIVE/AIM

- TO ENHANCE PASSING (ONE-TWO, SCREENING – AWARENESS & ABILITY TO RELIEF PRESSURE FROM OPPO)
- TRAIN THINKING AND QUICK DECISION
- TO ENHANCE COMMUNICATION SKILL

DESCRIPTION
P1 – P5 – PLAYER 1-5
M – MARKER/CORNER
YELLOW ARROW INDICATE PASS
GREEN ARROW INDICATE MOVEMENT

NO 2: AGILITY & STRENGTH
TABATA/HIIT IN STRENGTH ACTIVITIES

INSTRUCTION

- TABATA/ HIIT (high-intensity interval training)
- Example: perform an exercise at max intensity for 20 seconds and then rest for 10 seconds. 8 times for a total of FOUR minutes including COOL DOWN.
- *VARRY (FOLLOW COACH INSTRUCTION DURING TRAINING)
- *CAN COMBINE ALL ACTIVITIES OR STAND ALONE FOR EACH SESSION

OBJECTIVE/AIM

- TO ENHANCE INDIVIDUAL STRENGTH

AGILITY LADDER DRILLS

Figure 2. Example of various training activities with simple picture and clear instructions.

NO 4: TRAINING ACTIVITIES
SCHEDULE

EXERCISE/TRAINING ACTIVITY	SETS/REPS	REST
EXERCISE A		
1. Warm-up	10 minutes	} 3-5 minutes for each activity
2. Passing (short)	25 minutes	
3. Scan & Awareness	20 minutes	
4. Small Game (7 vs 7)	20 minutes	
EXERCISE B		
1. Warm-up	10 minutes	} 3-5 minutes for each activity
2. Passing (long)	20 minutes	
3. Rondo	20 minutes	
4. Small Game (7 vs 7)	25 minutes	
EXERCISE C		
1. Warm-up	10 minutes	} 3-5 minutes for each activity
2. Passing (short & long)	20 minutes	
3. Tactical Formation	20 minutes	
4. Simulation Game (11 vs 11)	30 minutes	
Every Saturday, MATCH DAY/FRIENDLY/COMPETITIVE MATCH		

Figure 3. Example of TRAINING SCHEDULE, with specific exercise, sets and rest intervals. All the activities will be applied during training sessions.

RESULT (COMPETITIVE MATCH)

5 WIN
(71.4%)

2 DRAW
(18.6%)

vs KPM FC
vs DAGANG BROTHERS FC
vs UITM TAPAH FC
vs BORAK BOLA FC
vs PANTHERA FC

vs UPNM
vs GRAMPURITCH FC

Figure 4. Result on their competitive match against the opponent of the same age group.

In this training module, with a visually appealing front page (Figure 1) this training module presents a detailed breakdown of various aspects crucial for football development tailored for university student involve in football. In the technical section (Figure 2) they will learn about fundamental skills such as dribbling, passing, agility and strength exercises, ensuring they are always at the top of the game. By applying the concept of TABATA (high-intensity interval training method), can increase player's overall stamina, explosiveness, and recovery time (Hill-Haas et al., 2012). Furthermore, the specific training schedule (Figure 3) offers a well-structured plan to optimize the period of training sessions, balancing skill development and rest time to maximize the performance on competitive and match days.

With the good training and guidance by the coach provided in this training module, the team (ASID FC, UiTM Dengkil) achieved an outstanding 71.4%-win rate, and a 18.6% draw rate with zero percentage loss. The competitive match result shown (Figure 4) was not just a lofty goal, but an achievable reality.

4. CONCLUSION

This football training module invented by following SET strategy successfully prepared and enhance the performance of the students of Asid Football Club, UITM Dengkil and it effectively equipped students with the necessary technical and tactical skills to enhance both individual and team performance in soccer, without neglecting their study time. Ultimately, this module ensures that they achieve excellent results in any competitive matches football games they participate in.

ACKNOWLEDGEMENT

We would like to express our sincere gratitude in the achievement of developing the FOOTBALL TRAINING MODULE FOR UNIVERSITY STUDENT UNDER-19; the group members of the project Mohd Helmy Yusof (Leader), and all the team members, and most importantly University of Technology MARA(UiTM), Dengkil Campus provided us with the opportunity to complete this project. We are grateful for the support and guidance we received from the university. Our group members worked hard and dedicatedly to complete this project. We hope this module will make a good impact to the UiTM Dengkil Football club (ASID FC).

REFERENCES

Editors, T. (2022, November 1). football summary. <https://www.britannica.com/summary/football-soccer>

Hill-Haas, S V., Dawson, B., Impellizzeri, F M., & Coutts, A J. (2012, October 7). Physiology of Small-Sided Games Training in Football. <https://link.springer.com/article/10.2165/11539740-000000000-00000>

Morgans R., Orme P., Anderson L. and Drust B. a cOfroki., Marheni, E., & Afrizal, S. (2014, December). Principles and practices of training for soccer.