

Recreational Programs as an Approach to Sports Training Planning for Physical Trainers in Football

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Abstract:

The importance of this study lies in highlighting recreational programs and their impact on training planning among physical trainers, as it aims to emphasize the role of recreational programs in sports training, as well as to identify one of the training planning methods used by physical trainers. The general hypothesis states the following: Recreational programs are considered one of the training planning methods among trainers. The researchers used the descriptive method in the form of a survey study, and the sample was selected using a purposive (intentional) method, comprising 86% of the original population in the third age group (25 physical trainers). The researchers relied on a questionnaire as the study tool, supplemented by interviews. The study results indicated that recreational programs are considered one of the training planning methods for physical trainers.

Keywords: Recreational programs – Training planning – Physical trainer.

Introduction and Problem Statement :

Sports training is a comprehensive process aimed at improving athletic performance, achieved through a planned training program for preparation and competition. It is a systematic practice characterized by dynamism and constant change and must be managed by a qualified coach through whom the athlete and the team can develop and improve their latent abilities (Aidi, 2017, p. 05) ; It is important to note the differences between modern scientific sports training and other similar activities, as there are many activities practiced under the name of sports practice that do not utilize the scientific foundations of sports training, as these activities rely on the implementation of spontaneous, improvised training units that do not stem from a scientific training plan, and the progress in the levels of the athletes who perform them is often attributed to factors of physical and functional maturity and development rather than to the impact of the activities carried out during them (Hamad Mufti Ibrahim, 2001, p. 19) .

Sports training planning, as a necessary and effective means of ensuring continuous progress in athletic performance, encompasses not only the goal it seeks to achieve but also

all the factors upon which it is based to achieve that goal; It should not be understood that planning is always associated with long-term periods; rather, it is necessary to plan for short-term periods, during which detailed goals and tasks for each stage can be defined (Khuwaildi, 2020, p. 02) .

There is no doubt that a good result comes after a certain amount of significant effort, and this effort cannot be managed arbitrarily but requires prior planning and calculations. In other words, well-thought-out and quality work yields only good results; thus, good athletic performance necessitates scientific, well-thought-out, and advance planning implemented by the coach (Habara, Mazroua, & Shteivi, 2012, p. 437) .

By analogy, the demands of football require players to possess high physical fitness to perform defensive and offensive duties, make physical sprints to control the ball, and effectively execute skills... etc. This requires the coach to implement training programs with the optimal selection of specific training methods and techniques for developing and maintaining physical fitness components during this training phase (Hawar, 2019, p. 33) .

In this regard, the student researcher notes that with the continuous growth and evolution of tactical applications, physical and technical performance requirements, and the accompanying drain on mental, emotional, and physical energy, psychological preparation has become an essential component of an athlete's training—alongside physical, technical, and tactical preparation—to achieve peak athletic form; because psychological preparation has become one of the crucial aspects of training to enable the athlete to achieve high technical levels through personal traits such as courage, perseverance, self-confidence, cooperation, and self-management as well as the ability to utilize higher mental processes such as thinking, memory, perception, imagination, and defense under challenging competitive conditions; Psychological preparation has also become one of the factors influencing the outcomes of closely contested matches where competition intensifies during tense moments between technically comparable teams, and the results of the match are decided by the team that is better prepared psychologically and administratively (Attia, 2017, p.312) .

Sports emerged and developed within the context of leisure to the utmost extent during free time, and although sports have become independent from leisure in the modern era as a socio-cultural system, they remain and will continue to be linked to leisure because the essence of sports is founded, as discussed in the first article, on recreational goals, and because there are many commonalities between the values of the two systems in terms of their importance to humans, such as pleasure, amusement, joy, stress relief, relaxation, health, and fitness, aesthetic experience, excitement, competition, physical exertion, personal achievement, fair play, self-expression, and self-actualization, among others. All of these are considered fundamental human values and needs, especially in the modern era, where factors of alienation affect the individual and nearly erode their human personality (Kamal Darwish, 1990, p. 301).

Throughout life, humans undergo physical, mental, psychological, and social development from one stage to the next. Perhaps the stage that has most occupied researchers and educators is the university stage, as it is a unique phase during which students undergo physiological and psychological changes. It is also recognized as a turning point in human life that influences their entire existence, as well as their social, moral, and psychological behavior. The student's psyche is often shaken by outbursts characterized by violence and impulsivity, while from time to time they are overcome by feelings of restlessness, frustration, and apathy. Through recreational physical and athletic activities, the individual reflects on their feelings and emotions, develops their mental faculties, matures, understands, produces, and expresses their energy ; their talents emerge, their knowledge grows, and their behaving a healthy direction, which is the very goal of recreational education.

The terms "leisure" and "recreation" are often used interchangeably, and indeed, the activity is practiced during leisure time, but not all leisure-time activities are recreational. If the activity an individual engages in during their leisure time is not purposeful and does not harness their physical, mental, and emotional potential to aid personal development, we cannot consider it a recreational activity (Tahani Abdelsalam, 2000, p. 121)

Rouini (2018) notes that a football match demands tremendous physical ability and quick reflexes from the player, as well as the ability to overcome obstacles and resolve successive challenges by performing a series of movements and actions that require precision and mastery. Therefore, players need many psychological and mental qualities such as patience, self-confidence, endurance, perseverance, motivation, and concentration, which requires psychological and mental preparation for the player (Rouini, 2018, p. 06) .

Al-Barai (2012) notes that a player's attainment of the highest levels is determined by several factors, the most important of which is the sports coach, as reaching those levels is directly linked to the coach's ability to manage the training process—that is, planning and organizing training—and to his ability to care for, guide, and mentor the sports team. Thus, the coach can be viewed as a leader who carries out the technical management of the team or athletes in a specialized sport. Therefore, a successful coach must possess the skills, competencies, and practical coaching abilities derived from theoretical and practical concepts and knowledge in the field of specialization (Al-Barai, 2012, p. 305) .

Playing football does not require many resources or tools. All these characteristics and others have made football the focus of attention and engagement for many specialists in the field of sports training in particular, as they have adopted a scientific approach to improve the performance of football players and teams, leveraging the scientific and technological advancements of the modern era. This, of course, led to significant advancements in the game and its various aspects, including physical, skill-based, technical, and tactical aspects, which affect different parts of the body in various ways. This has made them of paramount importance in the practice of this sport. Consequently, the development of technical and tactical skills and their execution has become a true indicator of the extent of motor skill

development in this sport. All of this has led many recent studies to focus on examining the characteristics of these skills—whether motorpsychological or socio-motor, as well as the modern methods and techniques used to master the proper motor performance of these skills (Qasmi, 2014, p. 555) .

This led us to pose the following question: Are recreational programs considered one of the training planning methods for the third age group?

Sub-questions :

- Do recreational programs influence the planning process in sports recreation ?
- Do recreational programs influence training planning methods for physical educators ?

- General Hypothesis :

Recreational programs are considered one of the training planning methods for physical trainers

Sub-hypotheses :

- Recreational programs influence the planning process of physical trainers
- Recreational programs influence physical trainers' training planning methods

- Research objectives :

- To identify the impact of recreational programs on physical trainers' planning.
- To determine the extent to which recreational programs contribute to physical trainers

Significance of the research:

The importance of this study lies in highlighting recreational physical activity and its impact on the sports planning process; the researcher also hopes that this study will serve as a new scientific contribution to the field of scientific knowledge in Algeria.

Definition of Concepts and Research Terminology:

Sports planning is defined as: The training plan is considered one of the most important prerequisites for ensuring the success of the training process, as the plan outlines the training conditions and the use of the means and methods specific to achieving the objectives set for the player's preparation stages and future athletic results, which the players must achieve (Zaki, Nada, & Zaki, 2002, p. 139) .

Similar and Related Studies:

1 – The study (Mazari and Dahmani, 2020) titled: The extent to which training planning contributes to athletic achievement among handball players in the 14–15 age group.

The study aimed to determine the role of training planning in achieving athletic performance among handball players. A descriptive approach was employed, and the sample consisted of 15 coaches working with athletes aged 14–15, who were selected through purposive sampling. A questionnaire was used to collect data. The results indicated that most coaches with experience in handball coaching manage the planning process effectively compared to less experienced coaches. Allocating adequate time for training helps players acquire handball skills and improve their performance. Most coaches also affirmed that planning is the most

effective method for achieving good technical performance, and the majority of coaches trust the planning process in training and setting goals.

2 – Study: (Taheri and Aboura 2020) titled: “The Role of Training Programs in Improving Physical Fitness Components in football Players.”

The study aims to highlight the role of training programs in improving physical fitness components among soccer players (U20). A descriptive-analytical approach was used, with a sample of 4 clubs comprising 80 players. Questionnaires were administered to the players, and interviews were conducted with the coaches. After analyzing the results of both tools, the researcher concluded that training program planning differs between general physical conditioning and specific physical conditioning ; coaches attach great importance to training programs; and coaches base their training program planning on physical attributes.

3 – Study (Masoudi, 2019) titled: The Role of Planning in Modern Training for the Development of Basic Skills and Physical Attributes Related to football.

The study aimed to reveal the role of planning in modern training for the development of certain basic skills and physical attributes related to youth football, by designing a training program using various training methods targeted at soccer players and determining its impact on both physical attributes and basic skills. An experimental approach with pre- and post-tests was used, The study was conducted on football players from the city of Djelfa who play in the inter-club division, aged 13 to 15 years, totaling 20 participants divided into two groups: 10 in the control group and 10 in the experimental group. To collect data, various skill and physical tests were used. The results showed no statistically significant differences between the control group and the experimental group in the pre-test, and statistically significant differences were found between the control group and the experimental group in the post-test, confirming the role of planning in modern training in the development of basic skills and physical attributes related to football for the experimental group.

Commentary on Previous and Similar Studies Previous studies agreed on a common objective : to determine the contribution of planning to the sports training process.

Most previous studies employed a descriptive approach, with the exception of the study by , which used an experimental approach with pre- and post-tests for two experimental and control groups.

The previous studies were consistent in their sample, as the study was applied to a sample of coaches of various team sports such as football and handball, with the exception of the study (Masoudi, 2019) , which was applied to football players aged 13 to 15.

Most previous studies used a questionnaire to collect data, with the exception of the study by (Masoudi, 2019) , which used skill and physical tests.

Research Methodology :

The first step toward enabling researchers to complete their research and produce in-depth, accurate, and reliable results is selecting the appropriate methodology to study the research problem (Ihsan Muhammad al-Hussein, 1994, p. 47) .

Research Population :

The original population of the study consists of players from professional sports clubs in the first division of the Algerian league, according to data provided by the Algerian Football Federation for the 2020–2021 season.

Research Sample and Selection Method :

We sought to obtain more accurate, objective, and realistic results ; the research sample consisted of the managers of professional sports clubs in the Algerian First Division, based on data provided by the Algerian Football Federation for the 2020-2021 season. The research sample was selected using a purposive sampling method.

Preliminary Study :

As part of our study on the topic “Recreational Programs as a contacted physical trainers at professional football clubs in Algeria to assess the use of recreational programs as a training planning method.

As part of this study, a questionnaire was administered to club presidents to gather information and ideas and to verify hypotheses.

Based on this, prior to the main study, we conducted a pilot study with a sample of six trainers, the purpose of which was as follows :

- The validity, reliability, and objectivity of the questionnaire.
- The extent to which the research sample responded to the questionnaire items.
- Difficulties that might hinder the distribution of the questionnaires.
- Ensuring the clarity of the instructions.

On the first day, February 8, 2021, the study sample was identified, and some interviews were conducted with sample members as a preliminary step for the study we are about to implement.

On the second day, 02/23/2021, the questionnaire items were finalized, addressing two main themes : the first theme concerns training programs, while the second theme concerns sports planning methods.

Research Tool Specifications:

Our study utilized two axes : the first axis measures recreational programs, while the second measures sports planning methods. This was done after modifying and adding some items based on the reviewers' feedback, resulting in a final sample of 12 items.

Scientific Foundations of Research Instruments : In order for the results of the instrument used in the field study to be reliable and trustworthy, it must meet scientific criteria (validity, reliability, and objectivity).

Scientific criteria for the instrument :

Authenticity : It was verified as follows:

Content Validity :

To verify the authenticity of the tool's content and ensure it met the fundamental criteria of the research tool, we presented it to expert reviewers specializing in the field of physical and sports science and technology who are recognized in this area of study. These included professors of higher education and doctors from the Nour Al-Bashir University Center and the University of Mostaganem

$$\sqrt{\text{reliability}} = \text{Internal validity coefficient (Mohamed Sobhi Hassanein, 1995, p. 183)}$$

Instrument Reliability :

To determine the reliability coefficient, the questionnaire was administered to the same pilot sample and then re-administered two weeks later. The r-value for both the recreational programs and the athletic coping strategies subscale ranged from 0.89 to 0.91, indicating an acceptable level of reliability for the study :

Table One: Shows the number of items in each dimension and the reliability and validity values of the questionnaire using the total method.

Dimensions	Number of Items	Sample Size	Degrees of Freedom	Level Significance	Stability coefficient	Reliability coefficient
Recreational Sports Programs	12	06	05	0.05	0.89	0.94
Mathematical Planning Methods	12	06	05	0.05	0.91	0.95
Overall questionnaire	24	06	0.05	0.05	0.90	0.95

Presentation and Analysis of Table No (01): In Table No. (01), we used the test-retest method to determine the reliability and validity coefficients. This method involves

distributing the questionnaire to a single group of managers twice consecutively on two different days. The correlation between the scores from the first and second administrations indicates the stability(stability). We used the simple correlation coefficient (Pearson) to derive the stability and reliability coefficients. Table No. (01) shows that all questionnaire items have high reliability and stability scores, as the correlation coefficients between the regulations governing professional sports and funding sources reached (0.90, 0.95) at a significance level of (0.05), indicating that this correlation is statistically significant for all dimensions and items of the questionnaire.

Table 2 shows the validity and reliability of the questionnaire using split-half analysis.

Dimensions	Number of Items	Sample Size	Degrees of freedom	Level Significance	Stability coefficient	Reliability coefficient
Recreational Sports Programs	12	03	02	0.05	0.93	0.96
Mathematical Planning Methods	12	03	02	0.05	0.95	0.97
Overall questionnaire	24	03	02	0.05	0.94	0.96

Presentation and Analysis of Table No (02): In Table 2, we used the test-retest method to determine the reliability and validity coefficients. This method involves distributing the questionnaire to a single group of participants twice in succession on two different days. The correlation between the scores from the first and second administrations indicates the stability(stability). We used the Spearman-Brown method to derive the stability and reliability coefficients. Table Two shows that all questionnaire items also have high reliability and stability scores, as the correlation coefficients between recreational programs and sports planning methods (0.96, 0.94) at a degree of freedom (0.02) and a significance level (0.05), indicating that this correlation is statistically significant for all questionnaire items.

Objectivity : One of the important factors that must be present in the test (questionnaire items) is objectivity, which means freedom from bias and prejudice in opinions. Objectivity means describing an individual's abilities as they actually exist, since the most important characteristic of a good measurement (questionnaire) is that it be objective in measuring the phenomenon it was originally designed to measure, and that there be a complete understanding among all research participants of what they will be performing (**Marwan Abdul Hamid Ibrahim, 1992, p. 52**) . Since the questionnaire was presented to expert reviewers to clarify the statements, formulate them in an understandable and straightforward manner, and remove ambiguous or inappropriate ones in order to ensure the questionnaire's

validity—which was confirmed—as well as to establish its reliability, it is evident that the questionnaire is characterized by a high degree of objectivity.

The Basic Study :

After finalizing the questionnaire design, we distributed it to the selected sample group in early March 2021. After collecting, sorting, and reviewing the responses, we presented a discussion and analysis of the results. Some questionnaires were excluded due to incomplete responses, and others because they were not returned. The end, the final number of valid questionnaires was 14. We created tables for these questions, including the number of responses and the corresponding percentages. Finally, we present our conclusions, clarifying the validity of the hypotheses included in the study.

Statistical Methods :

Among the tools or methods we use in this research to aid in the process of description, analysis, and interpretation are statistical tools.

These tools focus on the mathematical methods or processes necessary for collecting, describing, organizing, processing, analyzing, and interpreting quantitative numerical data ; thus, statistical tools are considered essential for measurement and research.

- Correcting each respondent's questionnaire individually according to the correction method specific to each scale.

- Transcribe the numerical data from the questionnaires into the appropriate forms and enter it into the computer to perform statistical analysis according to the statistical methods used in the study.

Presentation and Analysis of Results :

Presentation and analysis of results : First hypothesis :

First axis (recreational programs) :

Question No. (01) : Do they aim to improve the psychological abilities associated with performance? - Always applies - Sometimes applies - Never applies.

Answers Statements	Applies Always		Sometime s		Does not apply at all		Ka ² Calculated	Ka ² Tabulated value	Level Significance	Degree Degrees of freedom	Significance Statistical
	t	%	T	%	T	%	14.6	05.99	0.05	02	D

Phrase No. (01)	03	27	17	60	03	13					
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Table No. (03) : Shows that the goal is to improve the psychological capabilities associated with performance.

It is clear from the results shown in Table No (03), which represents the graduates’ responses to the first question, that 27% of respondents believe that the objective of improving the psychological abilities associated with performance always applies, while 60% of respondents believe it applies sometimes, and 13% of respondents believe it does not apply at all. Since the **calculated chi-square** value of 14.6 is greater than **the tabulated chi-square value** of 0.599 (), there is statistical significance in favor of the hypothesis that the goal is to improve performance-related psychological abilities.

Conclusion : The researchers concluded from the above that most participants believe that the laws aim to improve the psychological abilities associated with performance, and this is due to their importance to players at this stage

Presentation and Analysis of Results Second Hypothesis:

Second Axis (Sports Planning Methods):

Question No (01): Is the use of a timing sheet appropriate for determining the appropriate durations for each training task? - Always applies - Sometimes applies - Never applies.

Answers Statements	Applies Always		Sometimes		Does not apply at all		Ka 2 Calculated	Ka2 Tabulated value	Level Significance	Degree of freedom	Significance Statistical
	T	%	T	%	T	%	1.7	05.99	0.05	02	D
Phrase No. (01)	14	40	16	60	00	00					

Table No (04): Shows that the use of a time-tracking form to determine the appropriate times for each training task.

It is clear from the results shown in Table No (04), which represents the instructors’ responses to the first question, that 40% of instructors believe that their work allows them the opportunity to use a time-tracking form to determine the appropriate times for each training

task, and that this applies always, while 60% of graduates believe it applies sometimes, and 0% of students believe it does not apply at all because their work does not allow them the opportunity to use a time-recording form to determine the appropriate times for each training task. Since the **calculated chi-square** value is 12.2, which is greater than **the critical chi-square value** (0.99), there is statistical significance in favor of using a time-logging form to determine the appropriate times for each training task.

Conclusion : The researcher concluded from the above that most coaches believe their work allows them the opportunity to use a time-tracking form to determine the appropriate times for each training task, which is sometimes applicable. This is due to its importance for players at this stage, as noted by Ra'ash Kamal under the heading "Professional Sports and Their Effectiveness in Raising the Level of football" (**Raach, K., 2017, p. 28**)

Discussion of Results and Hypotheses :

Discussion of the First Hypothesis :

The text of the first hypothesis is : "The recreational program affects the planning process for the physical trainer category." The results shown in Table **three** indicate that a large number of coaches believe recreational programs aim to improve the psychological abilities associated with performance, which is sometimes applicable. This is due to their importance for players at this stage, as I have noted, and this finding is consistent with the study (Khaled Ali Al-Barai. (November) , which concluded by constructing a proposed model for the determinants of sports training planning for team sports coaches; As for the study (Mreishish, 2012) , it was found that most coaches affirm that planning is the most effective method for achieving good skill performance, and the majority of coaches believe that the availability of material and human resources significantly influences the training planning process and, consequently, skill performance. Furthermore, they believe that allocating adequate and sufficient time for training helps players acquire handball skills and improve their performance. Therefore, we conclude that the first sub-hypothesis has been confirmed.

Discussion of the Second Hypothesis :

The text of the second hypothesis is : Recreational programs, as one of the training planning methods for physical trainers, have an impact "Based on the results shown in Table **7**, the researchers found that most trainers use a time-logging form to determine the appropriate times for each training task , which is sometimes applicable due to its importance for players at this stage. This was also noted in the study by Foukrash Zoubaida (Ph.D.) in (2017) titled "The Transition from Amateur to Professional Activity and Its Impact on Administrative Management," which aligns with the study by , which clarified that the coach develops an annual training plan, and the team is not evaluated based on the previous season before the

training plan is established, Training planning is based on scientific principles; however, the club's management does not provide all the necessary

material and human resources to implement the training plan. Matches are planned, but training sessions are not.

Hence, planned training plays an important and fundamental role, as the training process here involves multiple, diverse, and complex requirements and duties. The coach must devise appropriate solutions. For example, a football player's athletic performance does not depend solely on physical fitness in terms of strength, speed, endurance, agility, and flexibility, but also on his ability to perform basic skills and integrate them into complex team strategies as a group, in addition to individual strategies, and finally on educational and psychological aspects: such as determination, fighting spirit, and sacrifice for the team and working toward its victory (Hanfi, 1994, p. 293). We therefore conclude that the second sub-hypothesis has been verified.

Conclusions :

Based on the results of our study presented below, the researcher concludes that :

- The majority of physical trainers believe that recreational programs help implement sports planning.
- Coaches look forward to using recreational programs in sports training for physical trainers.
- The Algerian Federation shows no interest in recreational sports programs for physical trainers.

Suggestions and Recommendations :

The researcher proposes the following :

- Sports coaches should incorporate recreational programs for physical trainers.
- Coaches and sports officials should recommend the implementation of recreational sports programs for physical trainers.
- Trainees should be encouraged to implement recreational sports programs at sports clubs for the physically challenged

Conclusion :

Achieving athletic success requires finding appropriate methods and solutions and discovering new and modern approaches in sports training, such as the use of integrated physical conditioning—a method employed in football where physical attributes like strength

and speed are developed through skill-based exercises that incorporate physical elements. The ability to win and achieve results depends on attaining the highest possible level of physical, technical, tactical, and mental abilities; therefore, there must be systematic and organized planning in sports training. Developing a program that focuses on the precise development of physical and technical attributes in football is no easy task; it requires scientific expertise and in-depth knowledge of the intricacies of sports training—whether from a physiological or motor perspective, or in terms of controlling training loads designed to develop general physical fitness for

various sports activities or specific physical attributes specific to a particular sport.

Careful planning of sports training programs is considered the best approach to preparing and delivering them in a way that suits the players' needs throughout the sports season in general, as it is a crucial topic due to its connection to the

practical realities of the sports training process. Planning is the core of the training process, as it encompasses all aspects of the athletic process from top to bottom and in all directions. The importance of sports training planning is highlighted by its systematic identification of athletes' needs in various team and combat sports, as well as the enhancement of physical, skill-based, technical, and psychological competencies. The need to accurately identify training needs has become evident, as sports programs often fail to fully meet the actual training needs of athletes. Good planning means making the best use of time, as the training plan and its components are completed within a specific, pre-determined timeframe without waste or delay. Time is measured in days, weeks, and months, and nothing can be wasted, as planning gives time its full value and outlines how to invest it to achieve the planning process's objectives.

Planning is the crucial tool that precisely defines the goal set in the plan and prevents deviation or distraction from it; it is constantly reinforced and kept in focus to prevent it from being lost or neglected, especially since planning is a forward-looking process in which everyone works together to achieve the set goals rather than drift away from them, as it is closely linked to reality and the available financial and human resources. The planning process cannot succeed without a precise assessment of the material and human resources available to

the club or organization in order to invest them and incorporate them into the training plan, while avoiding capabilities and resources that are unavailable or unguaranteed, so that planning does not become a figment of the imagination, disconnected from reality and the resources actually available.

It is clear to us that existing regulations effectively contribute to the success of athletes' performance, while the problem and obstacle lie in the financial aspect, as we find that all clubs suffer financially. This is due to a lack of diversification in the primary sources of funding and the absence of a clear financing strategy in the sports sector—such as marketing, investment in human resources, and investment in facilities and infrastructure, or their complete absence. We hope that professionalism will be embodied in a scientific and peaceful manner, drawing on global professional experiences—including those in some Arab countries—to improve the athletic performance of Algeria's most popular football clubs.

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