

THE EFFECT OF COMBINED EXERCISES TO DEVELOP SOME PHYSICAL ABILITIES AND THE SKILLS OF PASSING AND FOOTBALL SCORING

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Abstract

The study objective to identify the effect of complex exercises on some of the physical and skillful abilities of young Ramadi club players. The research community included youth players in Anbar Governorate. As for the research sample, the Ramadi football club's youth were selected. To achieve the objectives of the study, the two researchers conducted physical and skill tests, and it showed the results are that the differences in tests are moral and for the post-tests, so the researcher recommended relying on coaches who have advanced academic degrees in the field of sports specialization in a way that qualifies them scientifically and educationally to lead youth teams that represent the basis for building the athletic level of the applicants.

Keywords: Combined exercises, physical abilities and skills.

Introduction

Today, the world is witnessing remarkable and continuous progress to achieve everything new in various aspects of life for all sports and the sporting aspect is very important in life because it relies heavily on achievement and what the player achieves in various sporting events, as studies, experiments and scientific research in the sports field aim to raise the level of Players to achieve achievements. Sports, and guides to the easiest and closest scientific methods and training programs to reach the highest levels of sports, by developing the physical, skill, planning and psychological aspects that have benefited and benefited from in the development of methods and methods of sports training and the use of standardized training curricula, which have been applied in a thoughtful way to raise physical competence and skill For the players, to reach the achievement of the goals of the training process, and the success of the curriculum is measured by the extent of progress that the player makes in the type of activity practiced and the general level of the team.

"In order to reach the player to the highest levels of sports, he must be thoroughly prepared in all respects, according to his qualifications, specifications, abilities, and readiness in line with his specialization, and in order for the training process to achieve its objectives, attention must be paid to the components or contents of training for effectiveness, physical preparation, skill preparation, planning preparation, preparation Psycho-educational ".¹ Complex football exercises are one of the game exercises that develop the skill, physical, psychological and mental aspects of football players, being similar to the player's duty in competition conditions, since accuracy is inversely proportional to strength, so training players on scoring accuracy depends on the extent of their possession of the ability to neural compatibility Muscular high to achieve football scoring accuracy, and continuous training of players on scoring with both feet contributes to increasing accuracy.

The force characterized by speed is one of the important physical abilities in all sporting events, and its percentage varies from one event to another, and football is one of the games that require a good level for the player in order to overcome all the resistances facing him, which require rapid performance to complete the motor duty.² Agility is the player's ability to change the position of the body and its direction if it is on the ground or in the air, and special agility is the ability of the player or athlete to change the positions of his body with the tool on the ground or in air movements. "Rapid movement of the entire body with a change in velocity or direction in response to a stimulus" .³The importance of the research lies in preparing complex exercises aimed at developing the physical and skill capacities under study.

Through the two researchers' modest experience in football training, and through their direct observation of many matches, it was found that there is a shortcoming in some physical capacities and skills of football players, which negatively affected the level of accuracy of passing and scoring, and it was noticed that the performance was weak when scoring towards the goal or Passing towards the colleague, which prompted the researchers to delve into this study and solve the research problem and address it, through the use of combined exercises and their effect on improving the physical abilities and skills targeted in the study.

Research objectives

1. Preparing complex exercises to build up some physical capacities and aptitudes under examination.
2. Identifying the impact of complex activities on a portion of the physical and dexterous capacities of football for youth.

Research hypotheses

1. There are measurably huge contrasts in the impact of joined activities on some physical capacities and abilities under investigation.
2. There are measurably critical contrasts between the pre-tests and the post-tests in the examination factors and for the post-tests.

Research fields

- The human field: Players of the Ramadi football club for youth ages (17-19) years.
- Time range: from 1/12/2019 to 1/23/2020.
- Spatial field: Al-Ramadi Football Club Stadium.

Research Methodology

The researchers used the experimental approach to suit the nature of the problem.

The research sample

The two researchers selected the research community from the Anbar governorate clubs for the youth category. The research sample included (20) players for the Ramadi Football Club youth team and the (3) goalkeepers were excluded so that the research sample (17) players.

Tools used in the search

- A tape measure for an area.
- A legal football goal.
- Football stadium.
- (5) target balls.
- Stopwatch.
- Whistle.
- Registration Form.
- (10) badges.

Tests used in the research Speed test strength

- Name of the test: the test of partridge for a maximum distance of (10) seconds.
- The objective of the test: to measure force characterized by speed.
- Tools used: stopwatch, whistle, tape measure, registration form.
- Conducting the test: The laboratory stands behind a specific mark on the ground and after hearing the whistle, he makes the partridge in a straight line defined as quickly as possible and allows the tester to continue the parting when it falls.
- Recording: The distance traveled by the laboratory is recorded during a period of (10) seconds, and it is given to the laboratory at the University of Baghdad, College of Physical Education for Girls, 2010, pg. 27 only one attempt.

The roll-Zigzag test of the ball⁴

- The objective of the test: rapid running with the ball (measuring agility with the ball)
- Necessary tools: legal football. stopwatch . Number of signs (5).
- Measures : The layout of the selection area as shown in the figure below:
 - The player remains with the ball behind the beginning line and at the sign he runs the ball between the signs as per Figure (3).
 - Each player is given two endeavors to score the best of them.
 - Calculates time 1/10 of a second. ○ Scoring: A player's score is the absolute time spent performing.

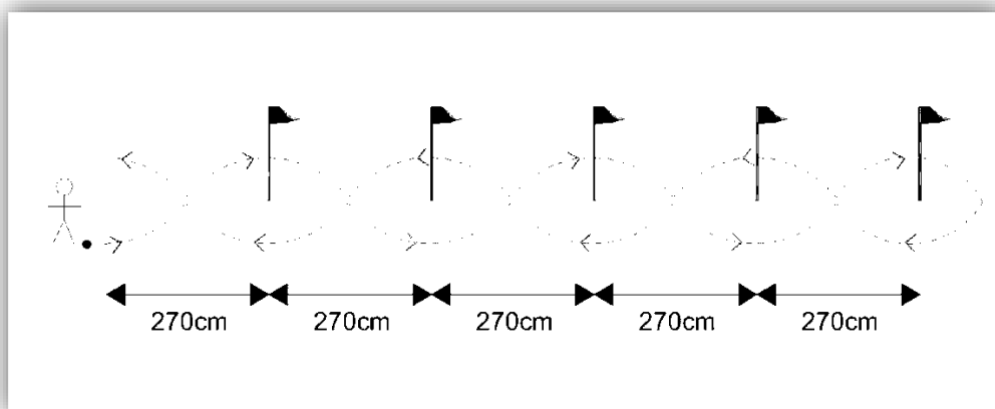


Figure 1. Explain the ball roll test demonstrates

Passing test towards a small target 20 meters away⁵

- The target of the test: to gauge the precision of passing
- Tools utilized: balls (5) little objective measurements (110 cm x 63 cm)
- Research methodology: a line is drawn with a length of (1 m) and a separation of (20 m) from the little objective and a fixed ball is put on the beginning line as appeared in Figure (1)
- Test depiction: The player remains behind the beginning line confronting the little objective and at the programmed signal, he begins passing the ball towards the objective to enter an instrument, and every player is given (5) five continuous endeavors.
- Scoring: The score is determined by the all-out score a player got from passing the five balls and on the following development.
 - Two scores for each right endeavor that enters the little objective.
 - One point if the ball contacts the post or the crossbar and doesn't enter the objective.

Scoring test for a square goal⁶

- Objective of the test: measure the accuracy of scoring towards the goal
- Tools used: tape to mark the target area, a legal football goal, a football field, and (5) football balls.
- Method of performance: (5) balls are put on the punishment line which is 18 yards from the objective line and the separation between one ball and another (1) yards, where the player scores in the zones showed in the test as indicated by its significance and trouble and successively, the ball after the other, provided that the test is done from the position Jogging
- Scoring method: The quantity of wounds entering the set objectives is determined from the two sides, with the goal that the scores are determined for every one of the five balls o 5 marks at square number 5.
 - 4 points at square number 4. o 3 points at square number 3. o 2 degrees at square number 2. o 1 score at square 1.
 - Zero if you went outside the limits of the goal.

The main experience of the search Pre-tests

The two scientists led pre-tests on the exploration test on Sunday 12/1/2019 for the tests (strength, speed, special agility, scoring accuracy, passing accuracy).

Field procedures

- The implementation of the main experiment after two days of pre-tests, on Tuesday 3/12/2019.
- Special exercises were prepared by the two researchers, which are exercises that contribute to the physical and skill preparation for young Ramadi club players and develop (strength distinguished by speed, special agility, passing accuracy, scoring accuracy).
- The implementation of special exercises prepared by the researchers in the main section.
- The preparing educational program proceeded for a time of two months, at a pace of (2) units every week for a time of about two months, the preparation unit time is an hour and a half separated into three segments: Preliminary area (15 Days), principle segment (60 d) and the last segment (15).
- The exercises were applied according to two methods of high intensity interval training from (80_90) and repetitive (from (90 _ 100).

- The duration of the performance and the duration of the interval were taken into account.

Post tests

The researcher conducted the posttests two days after the end of the main experiment, on Wednesday 23/1/2020, with the same conditions that took place in the pre-test

Statistical methods

Appropriate statistical methods were used through the statistical bag (SPSS).

Results and discussions

Table 1. Shows mean, SD, value of (t), and the significant significance of the pre and posttests

Variables	Pretest		Posttest		Mean diff.	SD diff.	(t) calculated	(t) tabulated	Type of significance
	Mean	SD	Mean	SD					
Fast power	39.29	0.27	40.52	0.15	0.64	0.58	4.556	2.131	Sig.
Special agility	13.88	0.26	14.70	0.06	0.94	0.60	6.149		Sig.
Passing accuracy	4.29	1.80	6.70	2.05	1.70	1.29	5.429		Sig.
Scoring accuracy	7.52	0.95	9.70	0.49	0.29	0.26	4.666		Sig.

By observing the results of the tests for the characteristic strength of the speed, we find that the mean of the post test is (39.29) and a standard deviation (0.27). As for the pretest, the mean reached (40.52) and with a standard deviation (0.15), so the result is significant and favorable.

The reason for this to the fact that the training curriculum prepared using weights worked on the development of strength characterized by speed as well as the development of muscle strength,⁷ and that weight training exercises are important in programs for preparing athletes as they maintain the flexibility of the joints that help the player move and control parts of the body in a balanced manner, so it is used As a basic rule for physical, skill and physiological numbers to give the player greater effort and high efficiency,⁸ and that the use of weights helps to develop muscle capacity as well as the speed of movement at rates greater than light weights, and that the training intensity of "(50-70) of maximum capacity works to develop strength distinguished by speed and prolonged strength And the development of muscular ability worked to develop explosive power in players.⁹

By observing the results of the special agility tests, we find that the mean of the post test is (13.88) and a standard deviation (0.26). As for the pre-test, the mean reached (14.70) with a standard deviation (0.06), so the result is significant and in favor of the test. Post. The researchers attribute the reason for this to the fact that the exercises prepared by the researchers contributed greatly to the development of agility among the young Ramadi club players and since agility is a combined ability of force repetitions, reaction speed, motor velocity, control and compatibility, and these exercises are in the context of the complete preparation prepared by the researchers All these qualities are integrated into an internal consistency as they make the individual able to take different positions in all parts of the body or part of it.¹⁰

By observing the results of the passing accuracy tests, we find that the mean of the post test is (4.29) and a standard deviation (1.80). As for the pre-test, the mean reached (6.70) and a standard deviation (2.05). Therefore, the result is significant and in favor of the test. Post. The researchers attribute the reason for this to the fact that the use of skill exercises by the researchers contributed to the estimation of the distance during scoring the ball, and that knowing and perceiving the distance while scoring the ball on the goal, the player knows the distance of the goal from him, he strikes the ball with a force proportional to the distance with the goal.¹¹

By observing the results of the scoring accuracy tests, we find that the mean of the post-test is (7.52) and a standard deviation (0.95). As for the pre-test, the mean (9.70) and a standard deviation (0.49) have reached the mean and in favor of the Post test.

The researchers attribute the reason for this to the suitability of the sensory-motor perception exercises prepared by the researcher with the level of the sample helped to develop the skill of scoring accuracy among young Ramadi club players,¹² so that one of the basic things for the occurrence of learning appropriately is the interest when preparing the exercises at the age level of the sample of the research. In preparing the perception exercises, the spatial movement, and the gradation in skill from easy to difficult,¹³ commensurate with the research sample, which helped to learn their performance and that the exercises developed scientifically commensurate with the ability of the players is one of the important means in acquiring accuracy of scoring.¹⁴

Conclusions

1. The skill and physical exercises prepared by the researcher are among the best exercises for developing young players.
2. The exercises prepared by the two researchers have a positive role in developing the performance level of the young Ramadi football club players.
3. The presence of significant differences between the pre and post tests and in favor of the pre-tests.

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