

The effect of exercises similar to playing in the development of motor response and skill performance of youth in football

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Abstract

The world today is witnessing a remarkable development in learning methods and methods, which necessitates the existence of programs that enable the learner to develop skill performance in order to develop his abilities, capabilities, response, tendencies and desires. The design of the two experimental equivalent groups on a sample of (20) players who were randomly selected from among the football school players at the age of under (19) for the sports season 2021/2022. The skills of youth in soccer, and researchers have recommended to use exercises similar to playing in developing the motor response and skillful performance of youth in soccer.

Keywords: Playing, motor, response and skill.

INTRODUCTION

The progress that occurred in the fields of life in general and in the field of sports competitions was not a coincidence, but was the result of efforts made by scientists and specialists in the academic and applied fields using a scientific methodology aimed at developing the capabilities and skills of players at all levels.

Football has had a large share of the development witnessed by individual and team sports, and this is considered the first game in the world by audience, interest and excitement. Therefore, football coaches are racing against time in order to improve all aspects of preparing this physical, skill, tactical, psychological and mental game. Therefore, the coaches were looking into everything that develops and develops these aspects, especially the skill side, and they found that the exercises performed by the player play a major role in developing the aspects of the mentioned numbers, including the skill side, which (Arnold 1981) mentioned “which is that what is

required of the learner to apply problems Variety to implement the skill in different situations and to practice performing the skill in a situation as similar or close to real playing situations as possible.” Mental skills have a major role in the behavior and Motor behavior of the human being in general and the Motor skills of the game played by the athlete in particular, including football, through the economy of effort and accuracy in decision-making through accurate information and various Motor programs stored in memory, which leads to response The fine motor and thus access to the integration of the qualities and capabilities of the physical, motor and skill needed by the football player (Abu Ela Ahmed Abdel Fattah, 1977).

The importance of the research comes in the use of an important type of exercises, namely, exercises similar to playing, which play a direct role in the diversity of Motor programs stored in the practice skills and thus use them in various offensive and defensive positions, and then it will lead to young players practicing many movements similar to playing

situations and this in turn leads to Develop motor response and skill performance during competition.

Research problem

The development and development of mental processes in football starts from the age groups due to the specificity of this game and its distinction by the huge number of different and constantly changing responses during the match, and accordingly we find that the player must be characterized by the correct and quick motor response at the appropriate moment in following up on the different aspects of play and it leads to the lack of He retained his good skill performance, but the researchers, through their experience and follow-up to some youth teams, found that most of the coaches focus in the vocabulary of their training curricula on developing the physical and Motor aspects, and their lack of interest in applying scientific methods that include developing the Motor response and skill performance of the players within their training curricula while using exercises similar to playing Which called on the researchers to use these exercises as a contribution to raising the level of the game.

Research objectives

1. Preparing similar exercises to play to develop the motor response and skillful performance of youth in football.
2. Know the effect of exercises similar to playing in the development of the motor response of youth in football.
3. Know the effect of exercises similar to playing in developing the skillful performance of youth in football.

Research hypotheses

1. There is an effect of exercises similar to playing in the development of the motor response of youth in football.
2. There is an effect of exercises similar to playing in developing the skillful performance of youth in football.

Research fields

- The human field: Diyala Sports Club for football for ages under 19 years.
- The temporal domain: The period from 9/29/2021 to 01/20/2022.
- The spatial domain: - The football stadium of Diyala Sports Club.

Research methodology and field procedures

Research Methodology

The researcher used the experimental method for its suitability and the nature of the research.

The research sample

The research sample included (20) juniors from Diyala Sports Club for the junior category for ages under 19 years and who are officially registered in the statements of the Iraqi Central Football Association for the 2021-2022 sports season with the exclusion of goalkeepers from the tests, which constitutes (71.43) of the research community of (28) .

Equipment and tools used and means of collecting information

By means of research tools, "the means by which the researcher can collect data and solve his problem to achieve the objectives of the research, whatever those tools are of data, samples and devices"(Abu El-Ala Ahmed Abdel-Fattah and Ahmed Nasr El-Din Saad, 1993).

Equipment and tools used in research

- A computer (P4) + CDs.
- Data Show.
- A light device pointing with an arrow to the right and another to the left.
- Manual calculator type ((Sharp.
- Sconce weighing device made in China.
- Length measuring tape.

- Figures (10).
- Flag.
- Two (2) electronic stopwatches, type (T.F) made (Chinese).
- Burke to plan and define test areas.
- Footballs (10)
- Adhesive tape to divide the target.
- Pencils number (30).
- (5) chairs.
- Mobile training objectives by measuring the legal objective.
- Football stadium .
- Whistle type (AGME).

Means of collecting information

- Arabic and foreign sources and references.
- Personal interviews.
- Questionnaire forms.
- Tests and measures.
- Observation and experimentation.
- Forms for recording the results of the tests for the players.
- Statistical means.

Define search variables

Motor response

Table (1) shows the Motor response variable and its test that was adopted in the research and which was applied to the sample members.

Table (1). *Shows the motor response and the test used in the research*

Variables	Selected tests
Motor response	10m running test for a sequential stimulus

Basic soccer skills

Table (2) shows the basic football skills that were adopted in the research, and the same table shows the tests of these skills that were applied to the sample members.

Table (2). *Show basic skills and their tests used in research*

Basic Skill	Selected test
Passing	Pass the ball about (3) circles on the ground (3-5-7) m for a distance of (15) concentric.
Evasion (deception)	The movement of the player with the ball by dribbling and passing from one side.
Scoring	Scoring a number of balls towards a target divided into squares.

To prevent the influence of individual differences in the indicators of youth growth on the research variables that affect the results of the experiment, the homogeneity of the sample is required through the normal distribution curve. The law of the skew coefficient was used for growth indicators (height, mass, and age).

Table (3). *Shows the homogeneity of the sample in growth indicators (height, mass, age)*

Growth indicators	Units	Mean	Std	Median	Skewness
Length	cm	171	2.58	171	- 0.76
Weight	kg	59.18	2.17	59	+ 0.93
Age	year	18.52	0.84	18.5	- 0.42

Table (3) shows the homogeneity of the research sample in the growth indicators (height, weight, age). As the values were confined between ± 3 , as “whenever the values of the torsion coefficient are confined between (± 3), this indicates that the degrees are moderately distributed.

Pilot studies

1. First pilot study : The researcher conducted the first exploratory experiment on 4/10/2021 in order to find out the suitability of similar exercises to playing on the research

sample, as the experiment was conducted with the entire sample (28) players.

2. Second pilot study: The second exploratory experiment was conducted on 10/10/2021 on a sample of (5) players who were not from the research sample and from the research community, in order to identify the validity and suitability of the tests to the level of the sample and the subject of the research.

Main search procedures

pre tests

After completing the collection and homogenization of the sample. The pretests of the research sample were conducted on 10/13/2021 at the Diyala Sports Stadium in football. The conditions for the tests, the way they were conducted, and the work team were fixed in order to achieve the same conditions as possible when conducting posttests.

Main experience

After completing the number of exercises similar to playing, the main experiment was

Table (4). *Shows the values of the arithmetic means of the differences, the sum of the squares of the deviations of the differences from the mean of those differences, the calculated and tabulated (t) value, and the significance of the differences between the pre and posttests of the motor response*

Tests	Units	Mean diff.	Std diff.	value (t)		Significance of differences
				calculated	Tabular*	
10m running test for a sequential stimulus	Sec.	0.59	2.98	6.46	2.06	Sig.

From the presentation and analysis shown in Table (4), these results showed that there are statistically significant differences between the pre and posttests of the research sample in the motor response tests and in favor of the post test

This shows the extent to which the exercises similar to playing that were introduced in the training curriculum affect the development of the motor response, as it is one of the most important mental skills that a soccer player needs to great degrees during learning motor skills, especially during training units, and this skill requires the highest degree or level of attention for the purpose of understanding The

worked on the research sample for a period of (8) weeks, starting on 10/15/2021 until 11/12/2021, with three training units per week (Saturday, Monday, Wednesday) and the number of training units was (24) units, and the time of each training unit took (75 minutes) to (90 minutes), as the researchers' work is limited to the educational and applied parts only of the main section of the training unit. The time is (45 minutes) and (10 minutes) were allocated for the educational part and (35 minutes). For the practical part, and to work in all other departments of the training unit with the training cadre of the youth team of the Diyala Sports Club in football (Osama Kamel Ratib, 1995).

Post-tests

Post-tests were conducted for the research sample on 12/13/2021, and the researcher followed the same conditions and procedures for the pretests.

Results and discussions

player has all the parts of the motor skill to be learned and trained on" (Amerah Hanna Mark, 1994), which leads to giving an integrated picture of the nature of the motor performance of the skill to be implemented or the plan to be trained on. And the vocabulary of the training curriculum, which included exercises similar to playing, was successful in the development of the motor response time, because it contains exercises and formations characterized by their motor performance by moving the body movement from one skill to another, which will lead to "increasing the speed of the efficiency of the player's nervous system in managing the muscular work that leads to reaching The flexibility of the nervous processes with a high

ability to move between the processes of excitation and the processes of palming "(Thamer Mohsen and Sami Al-Saffar, 1988).

And the use of exercises similar to various play and repetitions will lead to the muscle's

Table (5). *Shows the values of the arithmetic means of the differences, the sum of squares of the deviations of the differences from the mean of those differences, the calculated and tabular (t) value, and the significance of the differences between the pre and posttests of basic skills*

Tests	Units	Mean diff.	Std diff.	value (t)		Significance of differences
				calculated	Tabular*	
Pass the ball about (3) circles on the ground (3-5-7) m for a distance of (15) concentric.	Degree 15-0	3.05	49.17	6.73	2.06	Sig.
The movement of the player with the ball by dribbling and passing from one side.	Degree 10-0	1.44	34.34	7.28		Sig
Scoring a number of balls towards a target divided into squares.	Degree 25-0	3.84	55.47	9.45		Sig

From the presentation and analysis shown in Table (5), these results showed that there are statistically significant differences between the pre and posttests of the research sample in the basic skills tests and in favor of the post test.

The researcher attributes this development in the skill of handling to the exercises similar to playing that were introduced in the training curriculum, which consist of more than one basic skill and through the process of continuous and continuous training, which led to an increase in the player's ability to perform the required special skills or tactical aspects, which are the fruit of experience The player in the implementation of these requirements. As a result of practicing skill training and the process of repetition that occurred through various exercises during the training units and under conditions similar to playing, this led to the development of the handling skill. As for the evasive skill (deception), it is the movements that the player resorts to get rid of the opponent and keep the ball(Diaa Nagy Abboud, 2003).

All this development led to the process of linking the three stages of evasion (deception), and this leads to the implementation of the duty in a timely manner, quickly and in the shortest possible time. The results also indicated that similar exercises introduced in the training

ability to contract and relax at a high speed, "The ability of the muscle to relax and stretch is an important factor to achieve high speed and good skill performance." (Hanafi Mukhtar, 1990).

curriculum lead to the development of the skill of scoring significantly, as this skill needs intensive and continuous training to be adopted directly into the element of accuracy that develops through continued continuous and successful training(Abdel Qader Zainal, 1994).

And the scoring skill requires high attention and focus, and the results of the research indicated that exercises similar to playing lead to the development of this skill. Take advantage of the opportunities available to him, especially in scoring cases." (Mohamed Sobhi Hassanein and Sabri Abdel Moneim, 1988)

Conclusions

1. Exercises similar to playing a positive effect in developing the motor response.
2. Exercises similar to playing a positive effect in developing some basic skills (handling, dribbling or deception, scoring).
3. The use of exercises similar to playing within the training curriculum in the special preparation stage has an effective positive impact in developing the motor response and skill performance of the research sample.

Recommendations

1. Adopting exercises similar to playing within the training curricula for youth in football for ages under 19 years.
2. Paying attention to exercises similar to playing because they help to develop the motor response and skillful performance of youth in football for ages under 19 years.
3. The necessity of having specialists in psychology with our national teams to contribute to their psychological and mental construction.

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