

The Effect of Special Exercises in Soccer Skill Tests for Young Players

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ABSTRACT

The aim of the research is to develop the skill aspect of soccer side among the young players age of (15) years old, because these skills are the basis for the player at the beginning of a way towards developing the rest of the skills. The researcher used the experimental method. The research sample consisted of young players, Al-Kahraba Club, with (10) players (the control group). The subjects were (10) young soccer players from the AL-Zwraa Club. A set of special exercises were designed and the program was applied for developing the basic skills (passing, trapping, dribbling and scoring) for (8) weeks followed by tests. The data was collected and treated using proper statistical operations to conclude a weakness in the skill side of young soccer players and that the proposed program of special exercises have an effective role on developing these skills in young soccer players. Finally, the results showed that were working with their coach.

Keywords: young soccer players, skill tests, soccer, special exercises.

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introduction:

The game of football is one of the games that requires special specifications that enable the player to perform movements and skills in an exemplary manner, as well as possess all the physical qualifications and thus the ability to face the nature of the game, which is characterized by its competitive nature and characteristics that distinguish it. It achieves a high level of excitement, suspense and fun, and is characterized by fast play and the performance of skills. Suitable for the playing situation, in addition to the size of the football field and the time required for precise skill performance throughout the match, The game of football requires mastering many basic skills (driving, handling, and scoring), in addition to acquiring physical qualities so that the player can provide the best for his team. The junior category (age 15) is very important as it is the beginning of the path in player preparation and the first steps in building... His skills, which must be built in a distinct manner, and therefore this will be in the player's interest in the future and will help him master the most important football skills and become easy to apply, enabling him to move to advanced stages of skill, physical and tactical preparation. As for the problem of the research, by informing the researcher about the junior football teams, and I was a former player, the researcher found that there is a weakness in the skill aspect of the game because most coaches perform the skills individually and do not perform them in a complex way to avoid the aspect of boredom and increase the fun and excitement during the training unit. The importance of the research lies in improving the basic skills of players and elevating them, as it is one of the basic pillars in raising the level of skill performance among junior football players, as the coach must choose the method and method of training, and the intensity and volumes it includes, that are appropriate for this age group. The research aims to prepare special exercises to develop the skills of budding football players and to identify the effect of exercises on developing some skills of budding football players. Studies show that special compound exercises have a significant impact on developing the skill and tactical aspect, as confirmed by the study of Lazam & Jasim (2016), Shaghati,. (2015)), (Hamid, 2017) in preparing complex exercises (skills - tactical) to develop some skills, so that the use of the computer program (FT4A) in designing the complex exercises helped in developing some skills and tactical situations, and achieved better results than the complex exercises that did not Designed using (FT4A) program. The study (Majeed & Hassan.,2017), Hamdan & Ghazi.,2020), (Ghawi 2020) showed: in preparing special exercises (physical - physical - skill - skill) using the QUALITY RESPONSE device designed by the researcher and using the (FITLIGHT) which is used for the first time in Iraq using the experimental method by designing two equal groups in the pre- and post-tests to suit the nature of the research. The results showed that the exercises for using the QUALITY RESPONSE and FITLIGHT devices used on the experimental sample were effective and had a positive impact in developing the speed and accuracy of performing some complex skills and physical abilities. The study (Hassan., 2016) (Fadil & Fouad., 2018) and (Marzouk, . 2016) suggested the use of special complex physical exercises and devices with stimuli (audio and visual) in developing some basic physical and skill abilities in women's futsal, as it helped in developing Physical abilities and basic skills. The study (Abbas & Yasser., 2021) (Shamil, 2011) (Hussein. 2016) confirmed that the use of special exercises is effective in developing the accuracy of scoring from stability and movement for the experimental group. The study (Ghawi, . 2020) was: In preparing special exercises (physical - physical - skill - skill) using the QUALITY RESPONSE device designed by the researcher, and using the FITLIGHT device, which is used for the first time in Iraq, had a positive effect in developing the speed and accuracy of

performing some complex skills and physical abilities. Likewise, a study by (Shamkhi, 2014) showed that compound exercises had a positive effect on the differences in physical abilities in indoor football.

Procedures and tools:

The researchers adopted the experimental method in the style of two equal groups (experimental and control) with pre- and post-tests, as this method suits the nature of the research problem, and the research community was chosen from Baghdad club players in the junior category aged (15) years for the sports season (2022-2023), as the number of teams reached (10) teams officially accredited by the Iraqi Football Federation. As for the research sample, it was chosen intentionally because it is one of the regular training teams. The experimental group on which the training curriculum will be applied, as they were chosen randomly, are junior players from Al-Zawraa Club, as the research sample included (10) players, and thus the control group became the junior players of Al-Kahraba Sports Club, also with a number of (10) players.

Table (1) shows the equality of the experimental and control groups in the research variables

m	test	Experimental group		Control group		T	Sig	Statistical significance
		س-	ع ±	س-	ع ±			
1	Handling	10,11	1,44	8,93	0,89	1,64	0,12	Not a sign
2	Scoring	11,89	1,32	11,30	1,56	1,40	0,19	Not a sign
3	Rolling	8,20	1,62	6,92	1,60	1,22	0,26	Not a sign

D at an error rate less than or equal to (0.05) and a degree of freedom (18)

- The researcher chose the research variables (3) basic skills that must be taught and mastered to emerging players, which are (handling, scoring, and dribbling), and chose tests that suit these skills and presented them to the experts. The previous tests were chosen because they are standardized scientific tests that are characterized by (validity and consistency) and were used in similar previous research. In its samples with the sample of this research, A reconnaissance experiment was conducted on Monday, August 1, 2022, to ensure the suitability of the equipment, the time it takes for the test, and the ability of the auxiliary work team. On Thursday, August 4, 2022, the pre-test was conducted on the research sample (experimental) at the Al-Zawraa Club Stadium. At four o'clock in the evening, and on Friday, August 5, 2022, the pre-test was conducted on the (control) group at the Kahraba Sports Stadium at four o'clock in the evening. The researcher prepared special exercises with a number of (24) exercises, for a period of (8) weeks (three units per week). The total number of training units reached (24) training units, and the time of the training unit allocated to the main part of the exercises was (25 - 35) minutes. Its goal is to develop the handling skill, scoring skill, and dribbling skill of the experimental group, starting from Sunday, 8/7/2022, until Thursday, 10/6/2022. The researcher relied on the method of low-intensity interval training that is compatible with the ages of the players, since “the training method The period

is based on an organized sequence of load and rest. After the load, which is determined by a certain intensity and duration, a rest period must follow, and the emerging players need rest times between exercises, especially since they are in the general preparation period, and the level of intensity required for the exercise was determined from Through the time equation, which is (maximum time x 100/required intensity) (Reda, 2008) The tests were conducted for both the control and experimental groups in the same way as the pre-tests. The post-test for the experimental group was conducted on Saturday, 10/8/2022, and the post-test for the control group was conducted on Sunday, 10/9/2022, at the same time, which is four o'clock in the evening, and in the same place, tools, and conditions as It was applied in pre-tests in order to determine the extent of development among the research samples. The researcher used the statistical package (SPSS) to obtain the research results by using the laws of the arithmetic mean, standard deviation, percentage, and T-test.

Results:

Table (2) It shows the arithmetic means of the pre- and post-tests, the average differences, the standard deviation of the differences, and the (t) value calculated for members of the control group.

Variables	measru ing unit	test	Pre.tes t	mea n	sd	(T)	Sis	Statistical significance
Handling	Class	7,20	7,66	0,58	1,61	3,10	0,04	significance
Scoring	Class	8,90	9,97	1,11	2,62	2,53	0,02	significance
Rolling	second	8,11	7,94	0,79	1,28	2,43	0,03	significance

Table (3) It shows the arithmetic means of the pre- and post-tests, the average differences, the standard deviation of the differences, and the (t) value calculated for members of the experimental group.

Variables	measruing unit	test	Pre.test	mean	sd	(T)	Sis	Statistical significance
Handling	Class	7,21	9,53	2,67	1,17	9,65	0,03	significance
Scoring	Class	10,09	12,69	3,04	3,41	5,71	0,04	significance
Rolling	second	8,03	9,69	1,97	2,33	4,93	0,03	significance

Table (4) It shows the arithmetic means, standard deviations, calculated T value, and probability value for the post-tests between the control and experimental groups.

m	Variables	measruing unit	Control group		Experimental group		T	Sig	Statistical significance
			mean	sd	mean	sd			
1	Handling	Class	6,98	1,22	10,11	1,19	4,89	0,04	significance
2	Scoring	Class	9,88	2,08	13,06	2,31	5,10	0,03	significance
3	Rolling	second	9,33	2,18	8,69	2,04	5,03	0.04	significance

Discussion:

It is clear from Tables (2), (3) and (4) the results of the tests for the experimental and control sample, as Table No. (2) shows the results obtained by the control sample, which indicate that there was a slight development that occurred for the emerging players to whom the training curriculum was not applied. Hussein & Nuruddin., 2019) (Baraa, D. A.-D. 2012) The reason for this development is the training curriculum approved by the trainer. Table No. (3) shows the results of the experimental sample to which the training curriculum designed by the researcher was applied, as confirmed by Ghazi & Tariq. ., 2023) and also Essa & Saleh., 2023)) These results indicate that there is a good percentage of development between the pre- and post-tests, in favor of the post-test, and this indicates the success of the training curriculum designed by the researcher. As for Table No. (4), it indicates a comparison of the post-test results for the control and experimental samples (Abass & Mehwes., 2022), as it was shown through the presentation of the results that the experimental sample was superior to the control sample in all research variables, and the researcher attributes Ali & Ramadan (2023). (Hamza, 2011)) The reason for this superiority is that the experimental sample relied on the training curriculum designed by the researcher, while the control sample relied on the routine curriculum available to most trainers of young age groups, as the researcher relied on Aldulaimi. (2009), Jaleel, Q., & Radhi, S. (2008) on complex special exercises that increase the process of fun and suspense among young players. The researcher believes that exercises are of great importance in training, as these exercises play a role in arousal and suspense and as an incentive that helps In bearing the burdens of strenuous exercises carried out in the same competition conditions He mentioned (Al-Sayed, 2002) and 2016). Nabhan) (Abbas., & Yasser 2021) It is performed in playing situations in accordance with the conditions and laws of the practiced activity and works to link the elements of the components of the training load to prepare the football player under competition conditions or close to them, and it also generates in them a great desire to develop in all physical, skillful and tactical aspects and this What was emphasized by (Beck, 1994)(Hisham & Gassem., 2019) Mohameed, S. (2015)) as

he believes that exercises similar to competition conditions are an important means through which the components of the training load can be linked in order to reach the players to the best levels of All physical, skill, psychological and tactical aspects, as stated by (Al-Jasmani, 1984), (Jalal., & Abdul Azeez, T. (2019)), (2021.yasser & mohsin) that the availability of these exercises in the training unit will increase the players' motivation from Learn and master these skills and bring players to the required level. (Beck, 1994)(Hisham & Gassem., 2019) Mohameed, S. (2015)) as he believes that exercises similar to competition conditions are an important means through which the components of the training load can be linked in order to reach the players to the best levels in all physical aspects. And skill, psychological, and tactical, as mentioned by (Al-Jasmani, 1984), (Jalal., & Abdul Azeez, T. (2019)), (2021.yasser & mohsin) that the availability of these exercises in the training unit will increase the players' motivation to learn and master them. Skills and bringing players to the required level.

Conclusions:

- The special exercises were appropriate for the sample and had a positive impact on developing all the variables under study.
- The tests proved their validity to measure handling, rolling and scoring for junior football.
- The tests conducted by the researcher were accurate, objective, and appropriate for junior players.
- Through the tests that the researcher dealt with, they played a major role in developing the skill aspect of junior football players.

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