



The Effect of Super Set Training in Agilitz and Some Attacking Skills of Futsal for Femals

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Abstract

The current study addressed the impact of super set training on the level of agility and some offensive skills of women's futsal. The research sample included players of the Iraqi national futsal team participating in the qualifiers for the Asian Cup China 2025, Group One, which was held in Thailand. The researcher used the experimental method with a single sample design with pre- and post-tests to suit the nature of the research. The researcher conducted the tests after ensuring the suitability of the tests to the research sample. The tests were applied to the research sample consisting of (20 players). The research variables included the skills of rolling, handling, suppression and scoring, in addition to the kinetic variable, which is agility. After extracting and processing the results, it became clear that there was a positive impact on the research sample and that there was effectiveness in using super set training.

Keywords: futsal, superset training, attacking skills

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Introduction

The achievements being made in many countries and across various sports are nothing but genuine evidence of these countries' commitment to sport at all levels, and this stems from ongoing efforts to develop the attributes required to achieve these achievements – whether these attributes are physical technical, tactical or psychological – in accordance with the requirements of each sport, as well as the application of various modern sciences Such as sports training science sports biomechanics, and the anatomical and physiological characteristics of the human body as well as other sciences that contribute positively to the training process as well as the use of equipment, tools aids and all training resources that support the training process, thereby helping to advance the technical aspects of the sport and take it to the highest sporting levels Modern training simulates the individual and collective abilities of female players; on this basis, researchers and coaches are focusing on the training methods and techniques used to develop female players in futsal, as this sport is characterized by high physical exertion, which requires specialized training and programmed to develop the physical technical tactical and psychological requirements of the game, using methods and techniques suited to each player's ability as well as developing the motor skills associated with skill development Abilities are defined as a set of coordinated abilities one of which is the ability to respond quickly to motor stimuli which Mathews (Mathews, 2012, p. 126) as the ability to perform movements rapidly after hearing or seeing signals (auditory, visual) with the aim of completing a motor task as quickly as possible. Meanwhile, As'ad Lazim and Samer Sa'ad define skilful performance (As'ad Lazim, 2023, p. 49) as the player's ability to link skills together with a high degree of fluidity accuracy and speed during performance.

The researchers reviewed a number of previous studies which provided valuable insights; one study (Al-Deen, 2021, pp. 134–158) found that the quality of technical and tactical performance among young footballers depends to a large extent on their cooperative abilities, whilst a study by Mahdi Fadel Mohsen and Sadiq Ja'far Sadiq (2023, pp. 272–286) demonstrated the effectiveness of developing coordination abilities in the research sample using a training programmed furthermore a lack of coordination exercises affects players' performance.

Research Objectives

to investigate the effect of superset training on fitness levels and certain offensive skills in women's futsal. Based on previous studies this research highlights the importance of examining the impact of such training on female futsal players.

Method and Tools

A methodology is the means or approach a researcher takes to solve a research problem the nature of the problem dictates a specific methodology that the researcher uses to arrive at the truth (Nouri Ibrahim Al-Shouk, Rafi' Saleh Fathi, 2004, p. 51). Therefore the researcher employed the single-sample experimental design as an appropriate method for achieving the study's objectives and given its suitability for the nature of the study. The research sample was selected using a purposive sampling method, as noted by Al-Maghribi (2009, p. 136) "that part of the population that is carefully selected according to sound scientific rules and principles such that it accurately represents the study population." The research sample consisted of the players on the Iraqi women's national futsal team for the current sports season, totaling 20 players after 6 players were excluded for having participated in the pilot study.

The researcher drew upon a large number of Arabic and foreign sources and references as well as field tests through which she measured the variables under study.

Table1. *shows the study population and the number of players on the Iraqi women's national futsal team*

NO	Research Sample	Total Number	Exploratory Sample	Main Experiment
	Iraqi Women's National Futsal Team	26	6	20

Table2. *shows physical and motor abilities and the percentages of opinions expressed by experts and specialists*

NO	Variables	Agreed	Percentage	Disagree	Percentage
.1	Impact Force	11	% 100	0	---
.2	Force Endurance	11	% 100	0	---
.3	Speed-Specific Strength	11	% 100	0	---
.4	Maximum Strength	5	% 45.45	6	% 54.54
.5	Transitional Speed	11	% 85.71	3	% 14.28
.6	Speed Endurance	4	% 36.36	7	% 63.63
.7	Reaction Speed	4	% 36.36	7	% 63.63
.8	Agility	11	% 100	0	---

Percentage%75

The researcher used a number of tests to measure the required variables

A scoring test on a target divided into zones from a distance of 10 metres (Kamel, 2007, p. 83).

A 4-against-2 ball possession test lasting 45 seconds (Salwa, 2022, p. 78).

Firefighting Skills Test (Al-Azzawi, 1991, p. 77).

Illinois Rolling Test (Davis, 2000, p. 129)

Results

The researcher drew her conclusions after collecting the data through the tests and analyzing it statistically using the SPSS statistical package, as shown in the following tab

Table3. *shows the descriptive statistics for the tests carried out on the research sample*

NO	Variable	Unit of measurement	mean	SD	Maximum value	Minimum value	Skewness
1	Extinguishing test	Degree	9.10	1.119	10	7	0.716
2	Handling test	Degree/time	12.05	1.849	15	9	-0.081
3	Rolling test	Time	25.836	2.671	30.64	21.28	0.387
4	Scoring test	Degree	5.00	1.214	8	3	0.785
11	Agility	Degree	18.168	1.117	20.16	16.38	0.210

Table4. *shows the arithmetic means standard deviations and calculated T-values for the pre- and post-tests in the offensive skills tests*

variables	Pre-tests		Post-tests		ES	SEd	T	SIG
	mean	SD	mean	SD				
Extinguishing test	9.100	1.119	9.450	0.759	0.587	0.131	2.665	0.015
Handling test	12.050	1.848	13.150	1.268	1.410	0.315	3.487	0.002
Rolling test	25.836	2.671	23.086	2.066	2.844	0.636	4.323	0.000
Targeting test	5.000	1.213	5.800	1.507	1.151	0.257	3.106	0.005
Agility	18.168	1.117	17.150	0.883	0.920	0.205	4.945	0.000

significant at the 0.05 significance level with 19 df

Discussion

Table 3 which details the pre- and post-tests for offensive skills in the research sample, shows that the results of the statistical analysis indicate that the arithmetic means and the (Sig) values for the offensive skill tests – namely, ‘blocking’ ‘handling’ ‘dribbling’ and



‘scoring’ – are all below the significance level of 0.05 indicating that the differences are statistically significant, and in favour of the post-tests for the aforementioned skills. Based on these results the researcher explains that the relative change in these skills is attributable to several key factors which in her view include the intensity of the training sessions used during the national team’s special preparation period—which comprised two training sessions per day one in the morning and one in the evening—as well as the training methods employed by the researcher including endurance training based on the ‘Super C’ method which are primarily aimed at developing physical and motor abilities that directly influence the development of skills and abilities in general as noted by As’ad Lazim and Samer Sa’ad (2023, p. 66) Physical abilities have a direct impact on the performance of fundamental skills in futsal. Clarke (2023, p. 8) that ‘consistent strength training is effective and has an impact on the performance of football players, particularly strength endurance training’. The researcher concurs with this view, as strength training provides players with a high degree of stability and body control during performance as well as the ability to withstand physical demands whilst playing. Table 4 shows the details the pre- and post-tests for the agility test shows that the results of the statistical analysis indicate that the arithmetic means and the significance level (Sig) are below the significance threshold of 0.05 suggesting that the differences are statistically significant and in favor of the post-test.

The researcher attributes the improvement in fitness levels to the effect of the independent variable namely the superset training programmer used in the main experiment of the study which was implemented with the players of the national futsal team over a period of 8 weeks in addition to the specific training programmed employed by the coaching staff. All of these abilities contribute to varying degrees to the overall effective performance of a futsal player during matches and competitions. A player whose physical indicators are at a good level will see an improvement in both her technical and psychological indicators at the same time as all these abilities are directly linked to performance and this is reflected in the development of all these abilities.



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