



The effect of anaerobic exercises on some physical and skill variables in developing scoring accuracy for youth football players

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Abstract

If the first segment includes the introduction and the significance of the research, then there were four sections in all. Given that football relies on physical prowess, talent, and functionality to translate attacks, the researcher briefly discussed the significance of sports training science to the game's realism. The significance of the study in the impact of aerobic workouts focusing on a few skill and physical factors in developing the accuracy of scoring, but the problem of the research lies in the omission of the use of according to a precise level, aerobic workouts for certain both physically and technically capabilities in the daily training units impacted their offensive performance deficiency, which is the primary pillar on which the findings are based of the matches are based. The purpose of the study is to determine the effects of anaerobic workouts on certain physical and skill characteristics and to prepare anaerobic exercises on these variables in order to improve the accuracy of scoring young football players. In folding the accuracy of scoring for During the football game, the researcher used the skill and physical tests. Ten players were assigned to the experimental group, while ten players were assigned to the control group. The investigator employed the statistical football players in their youth. The human field of study comprised (10/1/202025) until (25/3/202025) The arena of the student sports club served as the spatial field. The investigation used the experimental approach and the research sample consisted of (20) players from the Student Sports Club for the youth category. bag (spss) to obtain the outcomes. The study came to the conclusion that aerobic exercises effects on a few skill and physical factors and the influence on the accuracy of scoring provided by the investigator for the youth football players since it has a favorable effect. Therefore, the researcher recommends the

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interest of the trainers to use aerobic workouts that focus on certain physical and skill variables in their daily instruction curricula that affect the accuracy of scoring the youth football players

Keywords: anaerobic exercises, physical and skill variables, developing scoring, youth football players.

Introduction

The whole of the sciences sport's sciences, physical education, and educational, genera of specifically training have a basic and efficient function in growing reaching a high degree of athletic achievement. The foundational science of sports science, physical education, and the other disciplines is the science of training The service of the study of sports science instruction and that the growth in practice in a variety of athletic events resulted from the application of research and theoretical studies in practice, that resulted in the improvement of the sports level, which depends on physical, skill, written and psychological abilities. The developed countries of the world were interested in the context of sports. The importance of the research was a fantastic interest in training the age groups of their numbers in an optimal manner, as they represent the foundation for attaining the greatest results founded on scientific planning and training in accordance with scientific foundations, rather than on individual experiences that need to be combined with this, (HalahAtiyah et al., 2024) their high level of physical fitness, and the growth of their group mentality to create a cohesive team concept based on the idea that football requires all aspects of fitness. in order to perform it. Strength, speed, tyes ,Flexibility, endurance, and agility play a key role in making the play ebasis in order to get the highest levels. Football is among the in terms of their abilities and high skills r able to implement the skills of this deliberate game, as well as performing the play plans that have become the key that the coach manages to win. the games that have drawn more and more attention from people all across the world, as seen by the remarkable growth in player numbers. High levels of players' physical, skilled, linear, and mental performance were characteristics of this evolution. As for the problem of research, (Farhan et al., 2016) it was the knowledge - and practice-based training method, and the reliance on field experience without the use of science, which goes against one of the fundamental principles for cultivating that experience and promoting its expansion . As a result of the researcher's observation and follow-up of the game developments as a former player and currently trained and watching most of the training units, the majority of coaches are not aware of the anaerobic activities that football depends and of their training curricula, especially in the units of particular planning and competition , which perform its exercises with a high maximum intensity or less than the maximum intensity commensurate with the nature of the team's play, where the speed in performance and accuracy in the implementation of helps the team to invest in the implementation of thdaily instruction

in their duties, and for this reason, the researcher paid no attention to the exercise counter on some skilled physical variables in developing the accuracy of responsibilities and how to connect anaerobic exercises with their skill development, and thus scoring in football.

The objectives of the investigation intended to create anaerobic workouts for a few skill and physical factors. In developing the accuracy of scoring for young players in football. Learn about the impact of anaerobic training on a few skill and physical factors in creating the accuracy of scoring for youth football players. The hypotheses of the research were that the experimental and control groups' pre and post-test results differ statistically significantly, favoring the post-test. The post-tests of the experimental and control groups differ statistically significantly, with the experimental group scoring higher. The areas of research were the human field represented by the players of the student sports club for the youth category at the age of (under 19 years). For the time range (10/1/2025) until (25/3/2025). The spatial field is where the Student Sports Club plays. Within the previous studies related to the subject of the research, the study (Improving Muhammad 2021) was conducted in the Faculty of Physical Education and Sports Sciences/ University of Karbala. The study aimed to define the effectiveness of the Sakyo exercises in the maximum anaerobic ability and the skill of scoring football and some of the biokinetic and skill abilities of football players. The research sample exaggerated (23) using the experimental approach to design the control and experimental groups with pre- and post-training. The results reached the experimental approach by the researcher in the design of the control and experimental groups with pre-training and post-training. The research sample reached (20) The results were similar exercises positive in the development of special endurance and attacking accuracy of football players for youth and to identify the impact between the experimental control group and the endurance of score.

Method and tools

In scientific research, technique is crucial since the researcher has a direct impact on the study's value and findings. To fit the needs of the study, two equivalent experimental and control groups were created using an experimental approach. The researcher frequently uses the procedures for choosing the study sample and gathering data and information. to determine the community of his research based on the phenomenon or problem that he chooses for his research, that is, "the researcher chooses a sample that he deems to represent the original community that he is studying honestly" (Mohammed Hassan Allawi:2000: 222). The researcher chose his research sample in a deliberate manner from the youth of the Student Sports Football Club at the age of (under 19) years, their number is (20) players, and they were split into two experimental and control groups, ensuring that the two study groups had equal physical and skill capacities as well as fundamental competencies. The control group's use of

the Arabic and foreign language trainer had an impact on the experimental group's individual attack, whereas the experimental group used anaerobic workouts on some variables (physical and skill). sources and references. International Information Network (Internet) football field. Stadium of different height. interval timer Burke measuring tape A football representative of the exploratory experiment on a sample consisting of (6) young players from the Sports Oil Club. The researcher relied on scientific references and sources in the science of sports training, as well as the opinions of experts and football specialists, to consider the training level of the age groups, their talents, and the study sample. The study also utilized the innervation concept of workouts to boost performance intensity, starting with basic exercises and working up to more complicated ones. Club from the Youth League clubs for the football season 2024/2025 from Baghdad Governorate. The tests were conducted on 10/1/2025 at 4:00 pm and at the Sports Oil Club Stadium, and that knowledge of the time taken to implement the tests, and Pre-tests included the researcher's understanding of the likelihood of the assistant work team using the tools and gadgets, the challenges he would encounter, and the amount of time required for the testing. The researcher administered the physical and skill composite tests to the primary research sample of 20 players with the work team's assistance. 4:00 pm on 11/1/2025 at the Student Sports Club Stadium After completing the tests, the equivalence of the control and experimental groups in the pre-tests was extracted using the (T) test for unrelated samples. Preparation of anaerobic workouts on a few skill and physical factors Anaerobic drills on a few factors (skill and physical) and their effect on the evolution of the collective assault in football were produced by the researcher for youths under the age of 19 is spread across 24 training units over 8 weeks, from December 1, 2025, to December 3, 2025. This is enough time to change how movements and body waste are implemented toward exercises by 3 training units per week and vary the time of exercises used. (35-40) From the main department, that helps the player to adapt, which facilitates the mastery of the scoring process in the direction of various tests. The researcher conducted the tests after completing the implementation effects anaerobic workouts on certain abilities and factors, as well as how they affect the growth of scoring accuracy on 13/3/2025. In order to conduct the post-test as closely as possible to the pre-test, the researcher was eager to match the location and conditions. Means in statistics: For independent samples symmetric tests, the researcher employed the bag statistical (spss) data processing to provide mean standard deviation simple correlation coefficient (Pearson) testing (T). FINDINGS: Presentation of the arithmetic media, standard deviation, value (T) of favoritism and the level of significance of the tests for pre and post physical tests under study for the individuals of the research sample

Results

Table (1) Shows the arithmetic media, the standard deviation, the value of (t) calculated, and the significance of the differences between the pre and posttests of the physical variables of the experimental and control groups.

	Variables activity	grou p	Unit Measureme nt	Tribal News		Post-test		Withdraw n	tabula r	Sig
				Mea n	Pr	Mea n	pr			
1	Running 30m from high start	#	sec	3,543	0,218	3,377	0,222	4,079	2,26	Corporat e
		Lette r /Daa d	sec	3,497	0,326	3,442	0,294	2,696	2,26	Corporat e
2	Power Cha racterit ic of Speed	#	sec	4,543	0,308	4,286	0,84	3,722	2,26	Corporat e
		Lette r /Daa d	sec	4,129	0,576	4,001	0,552	2,192	2,26	Corporat e

The table value is at the level of significance (0.05) and the degree of freedom is 9 and it is (2,26)

Table (1) shows the outcomes of the pre-test and post-test of the physical variables that the individual of the groups that were experimental and contro underwent in the variables (running 30m where the value of (t) (which was determined for the control group, respectively, 2,696–2,192), which is more than the value of (t), and from the high start—the strong characteristic of speed table at the significance leve (0.05) and the degree of freedom (9), which is (2,26),It indicates that there were statistically significant changes between the before and posttests, favoring the post tests. However, the experimental value of (t) that corresponds to the collection of physical factors sprinting 30 meters from the high start – the strength characteristic of speed), was 2,696, which is higher than the degree of freedom (9), which is (2,26), and the value of (t), which is tabular at the level of significance (0.05). This indicates that there are differences between the pre and posttests in favor of the experimental group's posttests in these variables. Through the presentation and interpretation of the particular test findings, the 30m run from the high start is discussed. the high and for a brief moment, the side jump revealed notable distinctions between the before and posttests and for the benefit of the post and for both the experimental and control groups, despite the difference in the exercises

in the two groups, which indicates the development of this variable after the primary experiment. The researcher credits the trainer's curriculum, which he created within the elements that make up the training load and which aids in the growth of the player's level, with the development of the running variable for the control group from the high start. and since Football requires this athletic skill depending on the situation and cases of playing football, especially jumping and rebounding. This is what Siraj Al-Din stressed, "Any movements that last for a long time and increase the number of resistances to be overcome hinder running and make the player roll, rotate, camouflage, jump and back, so the football player had to gain the ability to run. As for the development in the experimental group, the researcher attributes this development to aerobic exercises prepared by the researcher by continuing the scientifically organized training process that enables the player to improve his level if these characteristics are Scientific exercises and the rationing of the components of the training load. Since the football game requires the player to perform different and varied movements throughout the time of the rotating game, twisting and returning, continuous jumping and zigzag running, the football player must acquire the characteristic of enduring strength, and this is confirmed by Abu Al-Ela" To acquire blindness of real physiological adaptations, the athlete must be organized Provides consistent and ongoing instruction for a period of no less than (8-12) weeks. Members of the research sample benefited from these workouts as they developed, and the player's performance improved as a result of enhancing this physical capacity via several repetitions that were marked by the characteristic of running from the beginning, as well as repetitions for several times, which leads to the stabilization of proper performance in a timely manner and raises the ability of physical abilities through the presentation and loading of the results of the test of endurance of speed and jogging. Discussion – the strength characteristic of speed. Significant differences emerged between the pre-posttests and for the benefit of the post-test and for both experimental and control groups, despite the difference of the exercises given between the two groups. The development of the test appeared in the post-test of the control and experimental groups. Because the trainer's approach was defined by interconnection Considering the elements of the training load and because the football game is specific in nature, the researcher attributes this development in the control group to the trainer's approach to ongoing training that improves the physical and technical level terms of running at multiple distances, it is necessary to train on the ability to endure speed, and this is confirmed (Hassan Al-Sayed Abu Abdah : 2001: 42) that the team-based essence of football is defined by quick play throughout the match and the constant switching between sprinting quickly for long distances, whether attacking or defending." The experimental group's development can be attributed to the focus on training load components such as intensity, size, comfort, and quick performance at a lower intensity than the maximum. This resulted in the players developing a condition of functional adaptability that allowed them

to play at a high speed for as long as possible in a laboratory. This is what quick performance is needed for the football game

Table (2) Shows the statistical parameters, calculated and tabular values (T), and the level of

significance of the pre-tests of the experimental and control groups of the skill variables

	Variab les Skill	grou p	Unit Measurem ent	Tribal News		Post-test		Calculat ed	Tabul ar (T) Value	Significan ce of difference s
				mean	pr	mean	pr			
1	Ball Scoring	#	Grade	10,90 0	3,31 4	17,20 0	2,44 0	9,211	2,26	Corporate
		Lett er /Daa d	Grade	9,800	5,30 8	12,10 0	4,12 1	4,867	2,26	Corporate
2	Back handling	#	Grade	3,600	2,48 1	6,300	0,82 0	2,30	2,26	Corporate
		Lett er /Daa d	Grade	3,800	1,32 1	4,900	1,29 0	1,261	2,26	Corporate

Table value at the level of significance (0.05) and degree of freedom (9) and is (262and 2)

Table 2 displays the statistical indicators of the pre-skilled and post-skilled test results that the experimental and control group members took in the skill variable. The control group's calculated value of (t) was the largest value of (t) for a table at the level of significance Between 50 and 0 freedoms (9), amounting to (2,26), indicating that there was statistical significance in the differences. and in favor of the post-test. The pre-test and post-test changes were statistically significant while the experimental group's computed value of (t) was higher than the values of (t) at the degree of freedom (9), which are (262) and 2), and the level of significance (50 and 0).and positive. Talk about scoring with balls and managing the outcomes of the test for running and speed endurance by presenting and loading them .Even though the two groups' activities differed, there were notable variations between the pre-posttests and in favor of the post-test for both the experimental and control groups There was a change in the post-test findings for both the experimental and control groups. In terms of ongoing training that improves the technological, functional, and physical level, the researcher attributes this

progress in the control group to the trainer. The method used by the trainer was described as by linking the components of the training load, and since the football game is special in terms of running at multiple distances, it is necessary to train on the ability to endure speed, and this is confirmed by (Omar Abu Al-Majd and Abu Al-Ela Abdelfattah: 2007: 124)The current speedy performance throughout the game and the constant change by sprinting rapidly over several distances are characteristics of the team-based nature of football. whether defensively or by attacking. " As for the experimental group, the development is due to the focus on the components of the training load in terms of intensity, size, comfort and fast performance with less intensity than the maximum, which led to the creation of a state of compatibility for players to work at high speed for as long as possible. This requires the football game to perform fast and at different distances for as long as possible, as well as the curriculum prepared by the researcher, which was prepared with great accuracy. It is codified in line with the specificity of the football game, as confirmed by Mohamed Othman." The trainer can increase the training load gradually within the training rhythm of the physical feedback level if he can ascertain the ideal moment for recovery to take place: The experimental and control groups' feedback test variables and post-test assistance significantly improved, according to the data that were presented and downloaded in the table. The researcher attributes this development to the experimental group. The emphasis on the elements of the training load is what caused the development, which led to the creation of a state of functional adaptation in the players to work at a high speed for as long as possible. This requires the football game to perform as fast as possible and standardized in line with the specificity of the football game. This was confirmed by Mohamed Othman. If the trainer was able to determine the correct timing for the recovery of recovery, he could raise the gradual increase in the training load within the training rhythm that improves the skill aspect, which helps the player to master scoring in post-tests to the effectiveness of the trainings trainings designed to visit a potential that would raise the player's ability level, which were created by the trainer for the control group. Hanafi Othman attests to this in terms of proficiency, which is very necessary and must receive the same importance from the trainer

Table (2) Shows the statistical parameters, calculated and tabular values (T), and the level of

significance of the pre-tests of the experimental and control groups of the skill variables

	Variables activity	group	Unit Measurement	Post-test		Calculated t value	tabular	Significance of differences
				Mean	pr			
1	Jogging 30m from high start	#	sec	3,377	0,222	0,554	2,10	corporate
		Letter /Daad	sec	3,442	0,294	0,554		
2	Power Characteristic of Speed	#	sec	4,001	0,552	1,450		corporate
		Letter /Daad	sec	4,286	0,284	1,450		

Shows the arithmetic media, the standard deviation, the value of (t) calculated, and he importance of the variations in the physical variable post-test outcomes between the experimental and control study groups. The discussion variables' experimental and control groups are: "-" A 30-meter run away from the high star The subsequent assessments of the experimental and control groups showed notable differences, with the experimental group showing the growth of the force tolerance variable. The qualities of the researcher The post-tests of the experimental and control groups showed notable differences, with the experimental group showing the growth of the force tolerance variable. This progress is attributed by the researcher to the exercises created by , the researcher and this is confirmed (Al-Tai :2006: 82) Since the characteristic of running 30m is especially important in the game of football, as it is characterized by the fact that half of the work done during the game by the player in the training in the race and this works to increase the training size by increasing performance as long work can measure the characteristic of carrying the force as well as the gradient in size and the interval of comfort, which is built on the basis of a process that infers the ability of the player to perform the interval of rest for groups by the process. The body was trained for muscular training inside the planned training's training units roughout the training modules in the established curriculum and thus is what requires the specificity of the game of football and this is what Abu Al-Ula

stressed "The game of football requires the development of these qualities because of the importance of the process of developing tactical mechanisms aimed at developing muscular endurance Resulting from the power of the air with the tactical system, that is, bearing the force and bearing the speed. Discussion - The strength distinguished by speed through viewing and downloading the results of the post-tests of the experimental and control research groups in the variable of force mixed with speed Speed In the 30m test, significant differences experimental and control research groups and in favor of the experimental group, which indicates the blindness of the development of the speed tolerance attributes this development to the exercises prepared in the training curriculum. The football game requires performance to be characterized by speed tolerance to increase the ability of the player to perform short, medium and fast distances, and I have not seen many during that the nature of the player's steps varies from jogging to sprinting. Exercises have been developed according to the requirements of the game. This is confirmed by Abu Al-Ula and Nasiruddin, since the football game requires the ability and ability of the player on the field for the longest possible period of time during the game, because the player offers the implementation of many different situations according to the circumstances of the game from quick starts and variable levels, whether in training or the game, where the average speed is achieved after a certain distance to the fatigue factor, so the player must enjoy a high degree of spss

Table (4) shows the statistical parameters, its calculated and tabular values (C), the level of significance of the tests and the dimension of the control and experimental groups of the skill

Variables activity	group	Unit Measure ment	Post-test		Calcul ated t value	tabular	Significance of differences
			Mean	P r			
Ball Scoring	#	sec	17,20	2,440	3,367	2,10	corporate
	Letter /Daad	sec	12,10	4,121	3,367		
Back handling	#	sec	6,300	0,810	2,860		corporate

Table value at the level of significance (50and 0) degree of freedom (18), amounting to (10and 2)

The table shows the statistical indicators of the results of the post-tests, the skill tests that the members of the experimental and control group underwent in a skill variable, where the value of (t) calculated was (3,367), which is greater than the value of (t) table at the level of significance (50 and 0) and the degree of freedom (18), which is (10and 2), which indicates that

the differences between the post-tests were statistically significant between the experimental and control groups and in favor of the experimental group. Discussing the results, the researcher believes that the development in physical and skill performance is the result of exercises prepared by the researcher according to scientific foundations in training, which contributed to raising the capabilities of physical and skill players, which have an important role and the ability of the player to bear performance during the stadium, and since the football game is constantly evolving and the speed of performance, and this is confirmed (Abu Al-Ola Ahmed: 1997: 168) that the total exercises or physical efforts wave, which lead to adaptations or functional change in the internal body systems to achieve a high level of athletic achievement) Through the presentation and analysis of the results shown in the tables, it was found that there are differences in the experimental and control variable and in favor of the experimental group, which indicates the occurrence of a development in the skill aspects, the researcher attributes this moral development to the quality of the exercises used, which contained a set of complex exercises by implementing the rapid planning game, which aims to achieve progress in implementation with speed in performance, as there is almost no exercise without linear performance and under a real playing atmosphere, as the researcher prepared special physical and skill exercises in the training units, this led to the development of the exercise time for players because The continuation of the application necessitates the implementation process with the least appropriate time during play in order to achieve the required goal, which helped the player to master scoring from different distances and the direction of several, and because the football game requires privacy in modern play plans and that players perform the best planned performance to achieve the desired goals and purpose, and this is confirmed (Mufti Ibrahim : 1994: 74) Repetition of skillful physical exercises that are similar to what is in play because there is a special player can shorten the time and ability to perform the game at the best level. " If the quality of the exercises that simulate the course of play and matches contributed significantly to the sense of the player's position in the influential places and the player can face the goal as soon as possible and this has an impact on the development of the chance of the player confirms (Mufti Ibrahim :1994 : 143) that the sport of specialized Football enables the exit of the best and most high amounts of unique physical attributes and a precise degree of competent, linear performance

CONCLUSIONS:

- A favorable effect of aerobic exercise on a few skill and physical factors that the researcher employed to improve young football players' scoring accuracy
- Mastering the attack helps players create more intricate attacking plans against the opponent and is simple for them to execute with high accuracy
- The aerobic exercises he used to develop the right foot increased the percentage of the skill of the left foot in the distinctive force of the speed of two men and facilitated the scoring process.

Recommendations

- Verify the implementation of aerobic activities and place a high value on them in their curriculum for age-group football contests and special preparation. Growth in scoring precision
- Emphasizing the growth of physical capabilities as the foundation for developing the skill side that aids in planner development.
- Focusing on developing fundamental abilities based on sound scientific principles, which reduces time and effort and enhances players' ability to score more points

Appendices

Determine the tests used in the research:

Physical tests:

In order for the researcher to determine the physical abilities that a football player needs to perform his skill-based tasks, he surveyed many scientific publications and studies in the field of physical fitness to identify the most important and necessary ones for football players.

30m high start sprint test⁽¹⁾

- Purpose of the test: to measure the translational velocity.
- Tools: Clock, timer, indicators, plaster (Bork), measuring tape in meters.
- Performance description: The tester is described directly behind the line, and upon hearing the start signal, he runs and tries to reach the finish line in the shortest possible time.
- Recording: Time is calculated in seconds to the nearest tenth of a second.(100/1)

Power characterized by speed^[2].

- Purpose of the test: To measure the speed-specific strength of the leg muscles.
- Tools: Stopwatch – Indicators – Plasterboard – Measuring tape in meters
- Performance description: The tester stands at the starting line, with the jumping foot on the starting line, and the free leg

Free to the rear and upon hearing the start signal, the tester begins to hop for a distance of 30 meters. Each tester is given two attempts, the best of which is recorded.

Time is measured in seconds to the nearest tenth of a second.(100/1)

To test the ball scoring^[3].

- Purpose of the test: To measure scoring accuracy.
- Tools used: seven footballs, a marker, a rope to divide the goal, and a goal divided into specific areas.
- The method of performance is to distribute the balls in the penalty area, and start running from behind the marker on the penalty arc towards the first ball, then aiming, then turning around the marker, then heading for the second ball, and so on with all the balls, and the goal is scored higher than the ground level, and the player is free to choose which foot to use, provided that the performance is done from a running position.

- Registration method:

The score is calculated by the sum of the scores the player gets from scoring the seven balls, as follows: The player is awarded (3) scores if the ball enters the two designated areas.(2,1)

The player is awarded one point if the ball enters the designated area.(3)

The player is awarded zero if the ball goes out of the goal.

To handle the apostate^[4])

- Purpose of the test: To measure handling accuracy and speed.
- Tools: wall – stopwatch – balls – tape measure – gypsum (Bork)
- Test description: The tester stands behind the line drawn for him, which is (8 m) away from the wall, and the tester's face is facing the wall. Upon hearing the start signal, the tester kicks the ball towards the wall in turns. Each tester is given two attempts, the best of which is recorded, noting that the test time is (20 seconds).

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