

The effect of skill exercises enhanced by visual responses in learning football scoring skills for female students

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Search summary:

Skill training is the basis for students to learn skills for all events and sports and not only for futsal football, if practiced in an orderly manner on the basis of correct scientific bases, and is specifically prepared to conform to the type of motor duty required of the student to perform or do, and promotes visual feedback to provide information on performance or skill to be learned or corrective information.

The problem of research lies in the weakness of these two skills in the second-grade middle students, so the researcher prepared skilled exercises enhanced by feedback to address this problem, and the goal of the research is to identify the effect of skill exercises enhanced by visual feedback in learning my skills Handling and scoring football lounges for middle school students, while the research community is represented by) 531(female students for the second middle grade of theaverage martyr Iman, the sample was) 02(student from division (a) experimental, and) 02(Student from Division B) Officer.

1 - Introducing research:

The sports field has recently witnessed great progress in various sports, whether in individual or team games, and this was not the result of coincidence, but came with perseverance and hard work by researchers, teachers and coaches through their deep understanding of the foundations and rules contained in these games through research and constant access to everything new to add new information by followers of modern scientific methods and methods and various devices and tools, whether in training or learning to reach Advanced level of performance.

Skill training is an essential part of students' learning skills for all events and sports, if practiced in an orderly manner on a scientific basis, and is specifically designed to suit the type of motor duty required of the student to perform or do, and promotes feedback to provide information about the performance or skill to be learned or corrective information, and the use of feedback is one of the important topics on which the learning or training processes are based, and its importance is concentrated in Correcting and enhancing skill responses, and the information they provide to bring female students to the highest level of performance, and the use of visual feedback as a means of providing accurate information about performance that helps in the development and improvement of skill performance in all sports, and the importance of visual feedback is one of the essential elements in acquiring learning and

developing and mastering it, which is an accompanying process for every step of learning and is indispensable, and urges the learner to drive to complete the exercise, Gain skill and avoid errors, and how to correct.

Football lounges are one of the mass games that have peculiarities and basics that can be known to anyone who follows and watches matches, and the workers in the field of learning or training must know them and then transfer them to students or players, through which educational curricula can be built to help bring students to a level of performance and reduce mistakes during the course of learning, hence the importance of researching how female students learn football for the halls according to scientific bases and that Through the preparation of the researcher skilled exercises enhanced by visual feedback, which helps to encourage female players to continue training while excluding the factor of fear and failure and not the validity of boredom and added the element of suspense and excitement for training as well as help to reduce effort and shorten the time in learning, hence the importance of research in the use of skilled exercises enhanced by visual feedback that provides a amount of information about the proper performance of skills.

2 Search problem:

Through the researcher's observation and knowledge of previous studies and research, the researcher found a real problem lies in the presence of weakness in these skills for second-grade students average (handling, scoring) and from this weakness the researcher studied this problem and investigated its causes and developed appropriate solutions for it, preparing exercises enhanced by visual feedback, and also it is possible to formulate the problem with the following questions:

Is there an effect of skill exercises enhanced by visual feedback in learning some of the basic skills of futsal football for the second average female students.

3 Search goal:

- Preparation of skilled exercises enhanced by visual feedback for the handling and scoring skills of middle-school students.

-Learn about the impact of skilled exercises enhanced by visual feedback in learning the skills of handling and scoring in the lounge football for middle school students.

4 Imposing research:

5. There are statistically significant differences between the tribal and per- tests of the pilot group in learning the skills of handling and scoring in the lounge football for middle-school students.

-There are statistically significant differences in the distance tests between the two experimental and controlling groups in learning the skills of handling and scoring in the lounge football for middle-school students.

5 areas of research:

5-1 human field: second graders average.

5-2 temporal field: 4/52/0252 to 04/5/0252.

5-3 Spatial Area: Medium Square Martyr Iman for Girls.

2-1 skill exercises:

Exercise is an essential part of preparing female players for all events and sports if practiced in an orderly manner on scientific grounds, and is specifically designed to adapt the type of motor duty required of the player to perform or do it, and the exercise plays an important role in preparing for sports games and competitions.

Many sports educators have developed many definitions that define the meaning and concept of exercise, which Hamdi and Ahmed, 0250:p.55, have defined as "all exercises practiced without tools and tools or on fixed devices that perform

- For educational purpose during physical and critical construction to achieve the high level of ability to work sports or professional, which also reaches the final stage of competition."

Nahda, 0253,p.512(exercises) is defined as a set of physical conditions and movements aimed at forming and building the body and developing its various motor abilities to reach the individual to the highest possible level of athletic and functional performance(professional) in various fields of life based on the educational and scientific foundations of the art of movement. "Skill exercises are very important in the practice of futsal football as these exercises perform in the form of games are more like what happens in the conditions of the game, but these exercises are not without a goal but are put by the coach to achieve a goal of goals including physical, skill, calligraphic, psychological, mental and mental goal" & Vic Herman

. p8, 0251, Rainer

2.2 The concept of feedback: -

The term feedback has become common in many different fields, such as: psychology, education, science, social sciences, physical education and other areas, it is a necessity of control, control and modification processes accompanying various fields such as education and others, and its necessity lies in developing behavior and doing different jobs and pushing individuals towards learning and modifying their work in a consistent manner.

Many scientists and researchers have addressed feedback, as the term feedback was not widely used, but it was known and conformed to a common term (knowledge of results), so feedback is a process in which an individual acquires information about the validity of his previous response so that he can adapt his or her behavior and avoid mistakes. Normative, therefore, the concept of feedback is mainly linked to the learner's evaluation of his behavior" (Osman,0222,p.512).

He defined it (Wajih Mahjoub0225)as "external or sensory information entered during or after the response in order to improve achievement and correct information about the movement's itinerary, which is the process of facilitating learning and sports training") blocked, 0225,p.21. Feedback is defined as "information that shows the difference between the specific goal of performance and the performance that players actually perform, or the amount of qualitative information about performance errors that have to do with the success or failure of the movement, which is the main thing in determining educational processes, or is the information that learners receive about their achievement", Mufti, 0220,p.51.

Feedback means motivation because it provokes the individual to exert continuous and continuous effort and perseverance in order to learn and perform better and be enhanced because it is encouraging and stabilizing the correct response and it is as a whole information that the learner can obtain from different external and internal sources or together before or after performance or during or after performance with the aim of correcting responses to optimal response, which is one of the basic conditions and variables of the learning process, a reflection of the extent of interaction between the teacher and the learner") Improved, 0254,p. 522(.

2-3 Basic skills selected for football for lounges:

2-3-1 handling:

Handling is one of the most frequent basic skills in the football halls, using the length of the game time and the team that is good for its players with high accuracy and at the right time and towards the goal of the opponent during the game is always characterized by team play. The term handling means "passing the ball or delivering the ball from one player to another in order to complete the attack or keep it, as all studies indicate that passing the ball is the main means of attacking the goal of the opposing team", Mufti, 0253,p.531.

The skill of handling is one of the most used skills by the players, which calls for focusing on them and taking care of them and mastering them properly, the team whose players are good at passing the ball properly and well able to carry out their defensive and offensive duties in the field, while we see the opposite in a team whose players do not know the types of passing the ball properly and thus waste many opportunities and thus affect the level of performance which may lead to the loss of the game (Thomas dooley, 2015 , p 9(.

"Handling is one of the most important techniques of the football game for lounges due to its frequent use throughout the game time, with emphasis on an important element in handling which is accuracy, and there is nothing that destroys the team more than inaccurate handling, and the correct handling is the ones that meet the conditions that come (accuracy, timing, strength (") Frat and Haval,0255,p.021 (mentions) Thomas dooley, 2015,p11 (Group play must be characterized by accurate and timely handling between single-team players to move the ball towards the opponent's goal as soon as possible, and that the football of the halls confirms the fast team play that is its character fast handling with the use of deception during handling, and that the South Americans prefer short and quick maneuvers so we see them the best in the game of football for the lounges characterized by high skill when playing in the penalty area in the regular football game; For lounges from a young age and then they move on to regular football.

Football experts tell the halls that it is the cross-passing that determines the character of the game and the fact that the cross-pass is the most influential element on this character, and that it is the main element in the progress of the team towards the goal of the other team, and that how it uses cross-passing determines the character of the game, and in football for lounges prefer strong ground manolas, which are the fastest to reach the colleague as soon as possible and used frequently in play and to build attacks due to Easy control of the ball by the future player leading to the execution of attacks in as long as possible before the opposing team organizes its defense)2015, p57, Vic Herman & Rainer engler ; (. As excellent players can pass the ball to the weaker side of the defender and is usually the side of the fixed foot due to the difficulty of using the foot on which the weight of the body is based, if the ball passes in

front of this heavy foot the player finds herself unable to cut it, because she must first transfer the weight of her body to the other leg and this takes time besides the time needed to extend the other foot in front of the body p624, 2014, Jeff Raymer(.

2-3-2 scoring:

Scoring is one of the most important basic skills in the halls, through which many of the results of the matches are determined, and all the things that women players do on the field are in the direction of creating a suitable scoring opportunity.

The term scoring on goal means "the player's attempt to bring the ball into the goal by kicking the ball, whether using speed, force or accuracy" (Mufti, 0253,p.562),and the scoring skill is also defined as "one of the means of individual attack, which requires the player to concentrate and high technical skill in the performance of various types of kicking the ball by foot to achieve a goal in the goal of the opposing team") Frat and Haval,0255,p.026.

So scoring is an actual attempt by the attacking player to get the ball into the goal of the opponent, which is one of the most important parts of the offensive play, but one of the most important basics of football for the halls ever, and his mediation can end the effort exerted by the team in the start of the attack and build and develop it

And a team whose players are good at scoring is feared by other teams, and the chance of winning the game is great, and unlike that team that does not know its scoring players the chance to win the game is not. The higher the rate of good scoring on goal, the greater the likelihood of scoring goals, the better the game appears in scoring goals, and the scoring depends heavily on the experience and level of training of the player) p81, 2014, Jeff Raymer(

3- Research methodology and field procedures:

3.1 Research approach:

The researcher adopted the experimental approach in the method of the two equal groups (experimental, control (with tribal and per- testing in order to suit the nature of the research and its objectives, as the two groups are tested tribally to identify their variables or skills, and then apply the exercises to the experimental group, and then apply a per- test to balance and draw conclusions.

3-2 The research community and its sample:

The researcher chose her research community from the second grade of the middle school martyr Iman for girls, from the average second grade students (531 (female students by four people) A, B, C, and A), the researcher chose division (a) (also random way to represent the experimental group, and division) c (to represent the control group, and then the researcher excluded the failed students, the players in the school team, and excluded the students who did not attend when conducting the research tests.

The number of the trial group represents b) 02(second-grade (a) students selected in the random way (draw), as well as the number of the control group(02)second-grade (c) students selected in the same way, so the sample ratio became 056605).

3-3 Sample parity:

Parity is the equality between the members of the group or totals in the research variables, which is an attempt to reach a single starting point before entering the research and investigation, so the researcher conducted the process of parity of skills in question using appropriate statistical means, as shown in table 5(the results showed no differences between the sample members in the handling and rolling skills any randomness under the degree of freedom) 32(and at indicative level)21,2(meaning that the sample started from the One point of initiation.

Table (0) shows the equivalence of the sample

Significance	Ratio Error	Calculated T	Control Group		Group Experimental		unit scaling	Variables	t
			on	Q	on	Q			
random	10291	00113	109.1	30011	00351	30511	degree	Handling	0
random	10515	105.5	009.2	50211	00954	40251	degree	Scoring	2

Degree of freedom 32 below the level of significance 2621

3.4 The methods, tools and devices used in the research:

3.4.1 Information collection methods:

- Arab and foreign scientific sources and references.
- Testing and measurement.
- World Information Network (Internet).
- Reconnaissance experiments.
- Data dump forms.

3-4-2 Devices and tools used in the research:

- School yard.
- Footballs for Chinese-origin legal lounges number 2(no.) 4.
- Small targets number) 0() 5 m x 21 cm. (
- Manual calculator type (vertex) Chinese origin number) 5(.

- Chinese-origin digital electronic timers number)2(.
- Samsung 43-inch screens (number 0.
- Length measurement bar.
- Dyes and brushes.
- Wooden ruler for planning.
- Chalk.
- Colored adhesive tape.
- Plastic number 6.
- Laptop(type) LENOVO(Chinese origin number) 3.
- Fox Whistle Number0.
- SPSS program.

3-5 research tests:

3-5-1 Handling (Resurrected, 2100,p.211):

Test name: Handling test towards the target of its dimensions (12 × 21 cm (from a distance)261m.

Purpose of the test: Measuring handling accuracy.

Tools:

- 5- Balls (quintet) number 1 .
- 0- Measuring bar.
- 3. Small target dimensions) 12 × 21 cm).

Performance description:

The laboratory stands with the ball 261m away from the target, and when the signal is heard he handles the ball and it is fixed towards the goal, as shown in the form (0).

Performance conditions:

- The test starts from ball 5(and ends with ball no. 1).

Registration method:

- The laboratory is given 1(attempts.
- The laboratory (2 degrees) is counted for a successful attempt.
- The laboratory is calculated (one degree) for the attempt to touch the crossbar ball or the operators.
- The laboratory is calculated (zero) grades for the failed attempt.

3-5-2 Scoring test towards a goal divided into numbered squares from both sides (Saddam)

210,p.22.

Test name: Test scoring towards the goal of football for lounges divided into numbered boxes from both sides.

Purpose of the test: Measure the accuracy of scoring towards the target.

Tools:

- 5- Footballs (lounges) number 1 (.
- 0- Tape to set the scoring area for the test.
- 3- The goal of football for lounges.
- 4- Football field for lounges.

Description of performance: 1(balls are placed in different places and specified by a distance of) 52m) from the target as the laboratory scoring in the areas indicated in the test according to its importance and difficulty and sequentially one after the other distance between one ball and another) 12(cm. as shown in the form) 2 .

Performance conditions: The test starts from the ball (5) and ends with ball no. 1 .

Registration method: - Calculates the number of injuries that enter or affect the aspects of the goals as follows: -

- 4(scoring scores in field No. 4) 4(.
- 3(scoring scores in field No. 3).
- 0(2 degrees when scoring in field No. 0) (.
- 5 (1score when scoring in field No. 5).
- (0) beyond the limits of the goal.
- The lab is given one try.

3. Reconnaissance experiment:

The researcher conducted a reconnaissance experiment on Wednesday (Coincidence) 4/52/0252 (in the medium (Martyr Iman), a sample of 52(students outside the original research sample and similar to them), through which the researcher was able to identify the negatives that are likely to affect the results of the research:

5. Learn about the negatives at work.

0. Streamlined work.

3. Distribute tasks to your assistant team.

4. Test the validity of tools and devices.

1. Check the sample response to the tests.

6. Achieving the scientific conditions of the tests (honesty, stability, objectivity. (

3.1 Tribal tests:

The researcher conducted tribal tests on Thursday 50/52/0252 (in themedium (Martyr Iman) at 5:00 a.m., as the tests were conducted handling and scoring, so the researcher clarified the tests for the sample and presented it before the tests were performed so that the students would have a clear perception of the nature of these tests and how they performed, the tests were completed at 55p.m.

3.2 The main experience:

The researcher conducted the main experiment of the research by introducing the independent variable on the experimental group, which began on (Monday) 56/52/0252 (and in fact two units per week (Monday, Wednesday) and for 2 (weeks in total) 56 (educational unit preceded by an educational unit to clarify some of the procedures for the experiment The experiment ended on Thursday (55/50/0252).

- **The researcher performed the procedures in using visual feedback.**
- The researcher adopted the source of external feedback, by providing information related to the task to be carried out through an external source, namely the display and the videos it presents about the skills in question.
- In terms of the time of use, the researcher used them before performance (before performing or starting the exercise), after performance (end of skill performance), by displaying exercises for 20(2 seconds) before performance, and also after performance (late) i.e. after the performance of the exercise, and the researcher also reviewed them after the educational unit.
- In terms of feedback functions, it was used as a media or information function for the purpose of informing the player about the performance that has been and should be done.
- After the end of the training unit, the researcher downloads the videos on a private channel on the YouTube website, to be reviewed by the students at home, and this process provides a huge amount of revenue of information for female students about the skill.

3-9Per- test:

The researcher conducted the per- tests of the experimental and controlled research groups on Tuesday (Coincidentally) 50/50/0252 (taking into account the provision of the same temporal and spatial conditions and means used in tribal tests and the same auxiliary team to reduce extraneous factors or conditions that may have an impact on the tests.

3.10 Statistical means:

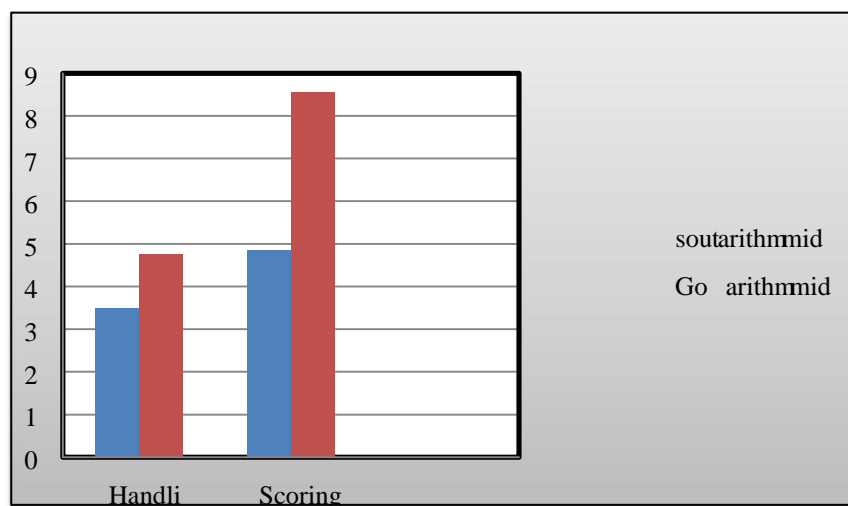
The researcher adopted the SPSS statistical portfolio to process data and draw conclusions.

4- View and discuss the results:

4.0 Presentation, analysis and discussion of the results of the tribal and per- tests of the pilot group.

Table) 2
Computational circles show the standard deviations under consideration for the experimental group

Post		Tribal		unit scaling	Variable processors
on	Q	on	Q		
.. 901	40151	00351	30511	degree	Handling
001.0	20551	00954	40251	degree	Scoring



Form) 3(graph shows the value of tribal and per- computational circles

4.2.1 Discussion of the results of the pilot group:

Table 3,0shows that there are moral differences for the two skills studied (handling, scoring) and for the sake of the per- test according to the computational circles mentioned in table 0(

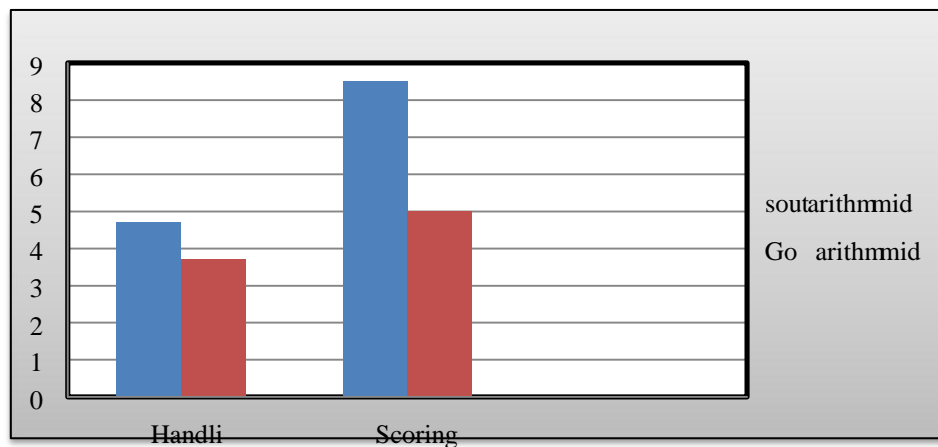
-010- The use enhanced by visual feedback that played a major role in learning these skills by providing a lot of information about performance because the student performs the skill and returns to the screen that shows a video clip about the performance of the skill, as well as the number of repetitions interspersed with sufficient breaks, this confirmed (Abbas Abdul Karim, 0254 p.43)that"the student develops significantly when receiving direct feedback and retraining as many times as possible with consideration of the number of times possible. "Rest periods, preferably positive, provide enough opportunity for students to master and perform better skills because exercising too much skills and returning them properly helps them perform properly during play."

Visual feedback has a great role to play in giving a lot of focused information on how to perform the skills studied, when you see the skill on the display be an idea and a perception of how to perform the skill and this is confirmed (Qasim Lam,0221, p.301)("Those who have not seen the new skill are unable to visualize the movement and resort to external sources that help modify the course of his movement", he also noted that most studies and research confirm that feedback is important For beginners when learning a new skill because behavior needs information about what to do and how successful it is as it needs information during the course of the behavior itself, as well as confirmed (Nabil,0222, p.22)he stressed that visual means are through which to acquire the typical visual perception of skill and compare it with actual performance.

4.3Presentation, analysis and discussion of the results of the per- tests of the experimental and controlling groups.

Table 4(shows the results of the per- tests under consideration for the experimental and controlling groups

Significance	T value		Control Group		Group Experimental		Unit of measurement	Processors Variables
	Ratio Error	Calculated T	on	Q	on	Q		
Moral	10114	30012	001.9	30151	.. 901	40151	degree	Handling
Moral	10111	50291	20312	50151	001.0	20551	degree	Scoring



Form) 4(graph shows thevalue of the per- computational circles of the experimental and controlled groups

4.3.0 Discussion of the results of the pilot and controlled groups in per- tests:

Table 4showsthe moral differences of the two studied skills (handling, scoring) and for the benefit of the experimental group according to the calculations, because the computational circles of the experimental group are greater than those of the control group except for the skill of rolling because the unit measured by time (the lower time has the advantage).

The researcher attributes the moral differences of the experimental group exercises enhanced by visual feedback because it corrects the performance directly when performing the exercise because it provides a basis for balancing what was done by the player and what he should have done, for feedback according to (Schmidt) "the feedback increases the energy and motivation of individuals, enhances the correct performance and avoids the wrong performance, and increases the independence of the learner in relying on himself to identify and address mistakes and propose a way to correct the motor course of skill," recalls Nahdeh Abdul Zeid, 0222,p.56("Media feedback gives an information function and the information function takes the lead in feedback functions because the information derived from performance is the exact source on which the player or learner depends in balancing the response with the result of the response or between what has been done and what should be done."

The focus on giving appropriate repetitions and using educational means such as display and accurately commensurate with the abilities of the students at this stage, and the continuous guidance by the teacher in motivating the students to watch the correct performance and carry out these exercises while working to correct mistakes through replay contributed to positive effects at the level of female players, and the results of the study are consistent with the results of the study by Kacem Latam et al. 0221, p.22(and) Ali Sobhi Khalaf (0222) "Educational means help to save the effort and time of learners and teachers and help to stimulate motivation among learners," recalls Nahda Abdul Zeid, "that feedback leads to desirable changes in the behavior of the player or learner and improves his performance."

5.1 Conclusions:

- The skilled exercises enhanced by feedback applied to the experimental group had a great impact in learning skill, handling and scoring. This improvement in performance was reflected as a result of the correct repetition of the exercises and in accordance with the scientific method.
- The repetition of skilled exercises enhanced by feedback and progression is easy to hard and simple to compound on scientific grounds has had a significant impact in learning the skill of handling and scoring.
- Visual feedback plays an active role in learning skills through the display, which has contributed to providing a huge amount of information about the skills studied.
- The diversity of exercises used, with the help of visual feedback and with the help of displays, has added to the educational unit the thrill and excitement factor, which has been significantly reflected in the learning of the skills studied.

5.2 Recommendations:

- Adoption of nutrition-enhanced exercises in the curriculum of sports education in girls' middle school.
- Adopting the scientific method when preparing and applying exercises and observing the sample level in terms of age, sex and gradient from easy to difficult and simple to complex.
- The need to use modern educational means in the lesson such as displays.
- Ensure that accurate and frequent information is provided about the skills to be learned through the type of feedback used.
- 1- The need to conduct other studies on other skills and different events.

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