

The impact of training plyometric in the development of some requirements of performance skills of football players halls

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Abstract

The rapid development of the football game for the halls came as a result of the use of modern scientific methods in sports training, which contributed to the development of the skill and planning aspects and the success of any training process that depends on the foundations for the integrated preparation of each event, up to the player for the high level of performance and football for the halls from the collective games that have basic principles Multiple and depend on mastery, factors including following appropriate learning and training methods that achieve the required goals with economy in effort and time in the process of learning and training, and the importance of research lies in the application of plumeric exercises to develop the side The skill in the game of soccer for galleries by applying many methods to get out of the traditional and routine templates during training, especially that the chosen method constitutes the researcher the importance of being able to differ in the philosophy and strategy of this method and his money is important in advancing the football training process for the halls for the better and the problem of research lies in the weakness of the physical and skill side Among the football players in the halls and that the traditional training method does not develop the skill side in a large way, so the researcher considered the numbers of blue-collar exercises, which may positively affect the results of the matches and know their impact in developing the skill performance of football for the club. C. The research aims to develop some requirements for the skillful performance of the football players of the halls. The researcher used the experimental one-group approach using the tribal and dimensional measurements of the research sample from the players of the football education teams for the halls and after conducting research procedures and analyzing their results according to the research hypotheses established. The researcher concluded that exercises The palladium used has a positive effect in developing some of the basic skills of soccer for the halls, and the use of modern training tools and different spaces has the effect of developing the skillful performance of football players for the halls. The researcher recommends emphasizing the use of plumeric exercises according to some modern aids and tools and the use of new mechanisms and systems and innovative methods by investing play areas and using various special exercises in all conditions similar to competition in daily training units and the use of various and various exercises

for its impact on the development of skill performance and thus the development of the performance of football players To the halls.

Key words: *training plyometric ,development of some requirements , performance, skills of football, players halls.*

I. Introduction

The use of modern scientific methods in sports training that have contributed to the development of the skill and planning aspects and that the success of any training process depends on the special foundations for the integrated preparation of each activity up to the player to the high level of performance and correct understanding to achieve the duties assigned to him dynamically and skillfully through the coach and create a wonderful performance in harmony and fluidity The movement of the player, individually and collectively, based on reading ideas between the players on the one hand and the coach on the other.

The game of football for halls, like any group game that has its many basic principles depends in its mastery, among other factors, which is adopting appropriate learning methods that achieve the required goals with economy, effort and time in the learning process.

Therefore, there were numerous training procedures used by coaches to increase the player's motivation, as it is one of the internal factors during the different play situations and among these procedures (the nature of exercises) as it is one of the procedural methods that drive to exert the greatest amount of relative activity, which indicates that the course of the training process is in its course Correct Here, the importance of research enables the application of plyometric exercises in developing the skill aspect of the ball game of the halls, in order for this research to help develop the most important aspects of this game and through the application of many of these methods to get out of the traditional and routine templates during training, especially as the chosen method constitutes the importance of the researcher with a difference The philosophy and strategy of this method and its significance in pushing the process of training soccer football for the halls for the better.

Research problem:

Through the follow-up of the researcher and his modest experience as a former player and Asian soccer coach for the halls, he noticed that the traditional training method does not develop the skill side significantly, so I see the preparation of plyometric exercises, which will positively affect the results of the matches of the Diyala education team. For this purpose, the researcher prepared a set of exercises that he wanted to know about their effect in developing the skillful performance of football in the halls of the Diyala education team.

Research objective

Preparation of plyometric exercises and their effect on the skillful performance of football halls

Research hypotheses

There are statistically significant differences between the pre and post tests in favor of the - post test in performing some basic skills in soccer halls.

II. Research Methodology

The researcher used the experimental approach using the one group method (with pre and post testing) as it is the appropriate approach to solve the research problem and achieve its goals

Research community and samples

The research community was chosen in an intentional way, and they are the players of Diyala Education Team, and the participant is in the (Prep) Turbine tournaments (12) players. The researcher used the research design of the one group for pre and post experimental testing.

Research Tools

To provide a set of devices and tools necessary for the purpose of using them to solve the problem, whatever those tools, and to make sure that these tools are suitable for research to achieve hypotheses. In fact, the researcher used the devices, tools and means that helped the researcher to conduct his research, as follows:

Rectameter measuring height and weight. Metal tape measure. stopwatch. Five legal soccer balls, number (10)

The Testes

Measured variables:

Handling, dousing the ball, scoring.

Applied Test

The researcher has applied plumber leaves exercises for the purpose of achieving performance requirements using some previous studies and scientific references to benefit from them when developing the curriculum as well as seeking the help of scientific and practical experiences and some experts in the field of sports training and the football game for lounges My agencies The curriculum was applied to the research sample, and the researcher took into account the unification of all the circumstances of the curriculum, where the research sample was subject to the time of the training unit, its number per week, the size of the repetitions used and the rest periods between one exercise and another and the time of each section

It took ten weeks to complete the exercises at three units per week, and this is consistent with the opinion of (Klin zing: 1996, p78), (Shaky: 1997, p115) that the number of units per week is .between (2-3) units and the number of weeks is not less About six weeks until development can appear

As for rest periods between one exercise and another, ranging from (1-2) minutes, and between groups (3-5) minutes, until recovery is restored, during which positive exercises and general

muscular elasticity are performed, and this is confirmed by each of (Brittenham), (Abu Al-Ela: 1999, p. 64) where they assert that rest should be sufficient to restore strength and start exercising

III. Results and discussed

View and discuss search results:

Table (1) shows the values of the arithmetic mean and the standard deviations in the pre and post tests of the basic skills under discussion.

| Std | A | Variables | |
|-------|-------|-----------|------------------|
| 1.467 | 5.167 | pre | Handling |
| 1.267 | 7.833 | post | |
| 1.084 | 2.917 | pre | dousing the ball |
| 0.718 | 4.167 | post | |
| 1.603 | 6.250 | pre | Scoring |
| 1.267 | 7.833 | post | |

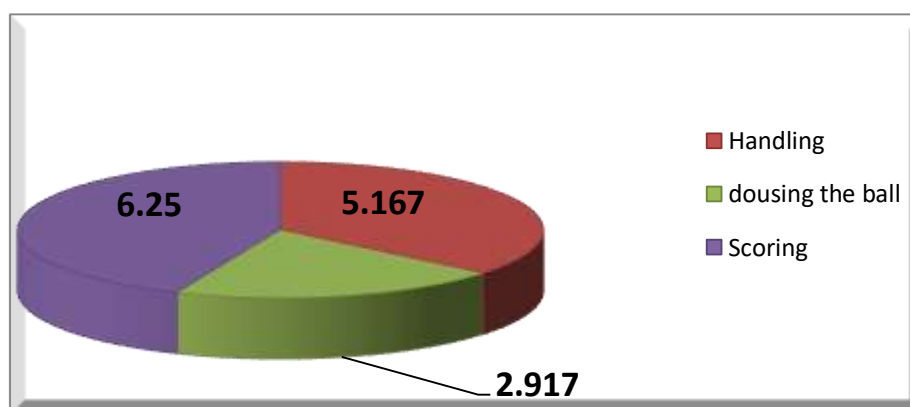


Figure (4) shows the values of the arithmetic mean and the standard deviations in the pre and post tests of the basic skills.

Table (2) shows the values of the arithmetic mean and the standard deviations of differences for the research variables.

| Significance | Significance values | Calculated T-Test | Std differences | A differences | Variables | |
|--------------|---------------------|-------------------|-----------------|---------------|----------------|------------------|
| Sign | .001 | 4.584 | 2.015 | 2.667 | Pre &POST-Test | Handling |
| Sign | .014 | 2.916 | 1.485 | 1.250 | Pre &POST-Test | dousing the ball |
| Sign | .003 | 3.800 | 1.443 | 1.583 | Pre &POST-Test | Scoring |

It appeared through presenting the results and analyzing them in the previous tables that there are significant differences of statistical significance between the pre and post tests of the research sample in the basic skills chosen and in favor of the post test. The researcher attributes it to the quality of the plyometric exercises used during the training curriculum that positively affected the improvement of their level that affected the muscle groups by increasing the number of times the performance of the plyometric exercises as working against various resistance (colleague, tools, space) and for long periods have special importance in a ball The foot of the halls, as we describe the work done during the game by using the oxygenate attempt, and this was confirmed by (Mufti Ibrahim) "The improvement in the level of performance as well as the repetition of several times leads to install the correct tactic quickly and raise the ability to endure quickly as well".

This is confirmed by (Allawi and Abdel Fattah) that a successful coach must plan his training curricula so that he develops the characteristics required for the type of specialist activity of the player and focus on developing the working energy system and working muscle groups involved in performance

IV. Conclusions and recommendations

Conclusion

Through the above presented results and the researcher's analysis and discussion of these results, he reached the following conclusions:

- The plyometric exercises used have had a positive impact in developing some of the basic skills of soccer halls for players of the Diyala education football team in halls.

- The use of modern training tools and various areas has had an impact in developing the skillful performance of football players in the halls of the Diyala national football team.

Recommendations

Through what has been concluded, the researcher recommends the following recommendations:

- Emphasizing the use of plyometric exercises in accordance with some modern methods and tools to help develop the skillful performance of players.

- The need to search for new mechanisms, systems, and innovative methods to develop and develop the skillful performance, physical and motor capabilities of football halls by investing in play areas.

- The necessity of using different special exercises in all conditions similar to competition in the daily training units for players.

- The need to use different and various exercises for her money from the great impact on the development of skill performance and thus the development of tactical performance in football halls

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