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The Relationship of Some Physical and Motor Abilities to the Skills of Evasiveness and Scoring Football for Young People

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Abstract

Football has gained great importance and great importance in most of the countries of the world because of its wide popularity and broad fan base as it is a popular mass games to many individuals of different levels and age groups as it is a fast, exciting and entertaining game that requires the frequent performance of motor skills that occur at a time Kassir imposes on players the mastery of various skills that are the basis for competition between players and teams by building sound and strong foundations to overcome the different playing positions, and the importance of research is embodied in providing sufficient information about the relationship of physical and motor abilities with the skills of dribbling and scoring, and the research aimed to identify the relationship between Some physical and motor abilities with the skills of dribbling and scoring football, and the researchers assumed that there was a statistically significant correlation between some physical and motor abilities with the skills of dribbling and scoring football, and the researcher used the descriptive approach to suit the nature of the research, and the sample of the research was Dhi Qar Youth Football Club players.The relationship of some physical and motor abilities to the skills of evasiveness and scoring football for young people.

Keywords: *Physical and Motor Abilities, Skills of Evasiveness and Scoring Football for Young People*

Chapter one

1- Definition of research

1-1- Introduction to the research and its importance:

The world is witnessing amazing scientific progress in all areas of life. Science has achieved a great leap and is still in a continuous development to achieve greater progress. Sport has a share of this progress, as he has stepped into the field of sports and made great strides and expansion through the use of other sciences that have a relationship in the field of sports that affect them in addition to supporting many the principles and targeting of many rules, as a result of this development and achieving the best results in all sporting events. Exciting and entertaining, which requires the frequent performance of motor skills that occur in a short time. It requires players to master the various skills that are the basis of competition between players and teams by building sound and strong foundations to overcome the different playing positions. “To the proper functioning of the body’s movements, which guarantee us to save time, effort and delay the fatigue which requires the players to acquire many physical, motor and skill capabilities and give the opportunity to most of the players to use their skill capabilities correctly and in line with the team's planning performance during sports competitions that contribute

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to developing the capabilities of players in reaching the highest levels of football and the skill of dribbling with a ball The foot is one of the basic skills that players need to move and advance the ball to get rid of the opponent, in addition to the scoring skill, through which the players and the team decide the outcome of the game and thus achieving victory over the opposing team, which requires the players to master the skills and perform them at the same level along the match time through capabilities Physical and motor that contribute to the smooth performance of the skill.

The importance of the research lies in providing information about the relationship of physical and motor abilities with the skills of dribbling and scoring football, and therefore this information is a nature tool for the coach and makes the training process sound scientific and thus providing economy with effort and time for both players and coaches, and the more knowledge and information of coaches, the more efficient their abilities in Use information to improve physical, motor, and skill performance and generalize the information gained about the most appropriate art of performance.

1-2- Research problem

Through the researchers' follow-up to the youth of Dhi Qar club in football during experimental matches and training, we note that there is a weakness in the skills of dribbling and scoring if you find it easy to cut the ball by the defender or the difficulty of getting rid of the attacker who owns the ball from the defender »also we find a low level of focus in performance with continued time in the game This may be the result of weak physical and motor abilities, and some coaches may not be interested in developing physical and motor abilities in this decline, which requires studying this problem in a way that shows the relationship between physical and motor abilities with the skill of dribbling and scoring football.

1-3- Research objectives

1- Knowing the relationship between some physical and motor abilities with the skill of dodging football.
2- Knowing the relationship between some physical and motor abilities with football scoring skill.

1-4- Research hypotheses

The presence of a statistically significant correlation between some physical and motor abilities with the skills of dribbling and scoring football.

1-5- fields of research

1-5-1 The Human Domain: Dhi Qar Football Club youth football players.

1-5-2- Timeframe: 3/15/2019 to 4/24/2019

1-5-3- Spatial field: The Sacrifice Football Stadium.

Chapter Two

2- Research methodology and field procedures:

2-1-Research Methodology

The two researchers used the descriptive approach as it suits the nature of the research.

2-2- The research community and its sample:

The research community was chosen in an intentional way, and they are Dhi Qar club football players for the football season 2019-2020, and the number is (20) players. As for the research sample, it was (15) players, who represent the proportion (75%) From the parent community.

2-3- Methods, tools and devices used in the research:

Arab sources, a questionnaire for determining physical and motor abilities, a questionnaire to determine the tests, personal interviews, a tape measure, chalk, whistle, clock, five football balls and 10 characters (10), a manual calculator type (cassia), a track and field track.

2-4- Determining some physical and motor abilities used in the research:

Due to the abundance of physical abilities and in order to limit the most important of them to football players, the researchers prepared a special questionnaire to explore the opinions of experts, and specialists to determine the most important physical and motor abilities, and their tests, the form was presented to (10) experts and specialists Appendix (1) within the jurisdiction of (Sports training, tests and measurements, football) In the light of the results of the questionnaire, physical and motor abilities were tested and tested, which got a percentage of (75%) and above (Bloom: 121,1983).

Table(1)

It shows the experts agree on physical and motor ability tests.

T	adjectives	Physical abilities	Agreement rate		the exams	Agreement rate
1	Power	at the speed strength Distinguished of the two men	**% 80**	1	Partition of each leg .(separately (30 m	**%10**
				2	logs for Three farthest distance the from each man .separately	**%10**
				3	Partridge estrange not is each man distance for .individually	**%80**
2	the speed	Kinetic speed	**% 75**	1	Running in the place for (15) seconds	**%75**
				2	Kick the ball on a mastaba for 30 seconds	**%10**
				3	Kick the ball on a mastaba for (40) seconds	**%th15**
3	Compatibility		**%80**	1	.Running as 8	**%10**
				2	Numbered . test circuit	**%80**
				3	. test Skipping rope	**%10**
4	Agility		**%80**	1	Zigzag running .between the tracks	**%80**
				2	. Zigzag running ball	**%10**
				3	. Test Barrow Fitness	**%10**

2-5- Tests used in the research:

2-5-1- Physical tests:

Distinguished Force Test for Speed (Qais Naji and Bastawisi Ahmad: 346,1987)

Name of the test: The force marked with velocity.

The purpose of the test is to alternately measure the force marked by the muscles of the legs.

Tools: tape measure, stopwatch.

Method of performance and measurement: The laboratory stands on the starting line and is focused on the right foot to perform three records on the foot, followed by three records on the left foot, for the largest possible distance, and not to touch any part of the body without the feet of the part of the ground, the distance is measured to the largest distance covered by the right leg followed Left leg and registration is done by collecting the lab piece with the left and right leg

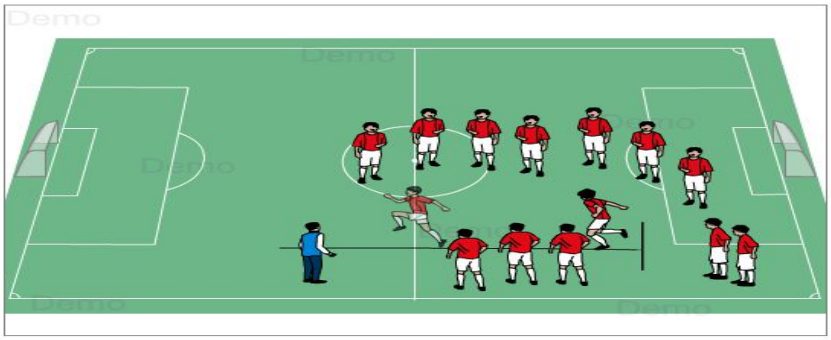

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Figure 1
Shows the partridge for the maximum distance for each man separately.

2-5-2- Kinetic speed: Running in place for 15 seconds (Zuhair Qasim Al-Khashab (and others): 134,1987)
The purpose of the test: to measure the frequency of movement of the two men.
Tools: stopwatch, keel or thread.
Test procedure: Stand in front of the timer so that the crossbar or thread is tight between the posters and the thigh of the player when it is parallel to the ground. Running at each step of the crossbar or thread level starts counting the number of times on one of the knees.

2-4-2-Kinetic tests:
1- Compatibility Test: Numbered Circuit Test (Resan Khraybet: 183,1992)
The purpose of the test: To measure the compatibility of the legs and eyes.
Tools: stop watch, draw eight circles on the ground, with a diameter of 60 cm each.
Test procedure: The laboratory stands inside circle No. (1) Upon hearing the signal, starting with standing with feet on to number (2) and continuing with performance until reaching circle no. (8).
Recording method: records the time from the start of the test until the end.

Figure (2)

Test shows numbered circuits

3- Fitness test: winding run between characters (Resan Khreibet: 210,1992)

The purpose of the test: To measure fitness for both sexes.

Instruments: four signs or low contraindications, one hour off.

Test procedure: From standing at the starting line, the distance from the starting line to the first blocker is (3) meters and a distance of one meter between each blocker and another is calculated for the player whose time is recorded when running between the characters.

Recording method: records the time from the start of running to the end.

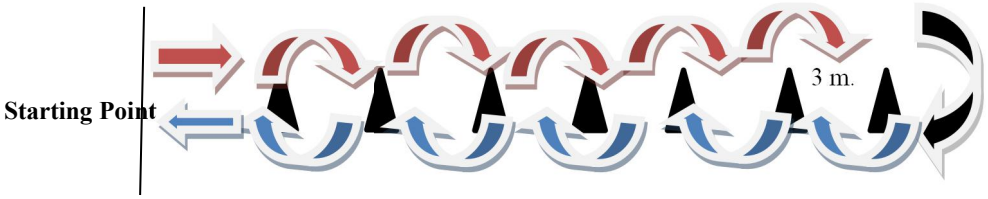


Figure 3
The winding run test shows between characters

2-4-3- Skill tests

1- **Football dribbling test:** jagged ball run (Zuhair Qasim Al-Khashab (and others): 212, 1987)

Test purpose: agility.

Tools: legal football, tape measure, stopwatch, (5) characters.

Measures:

- Planning the test area: The player stands with the ball behind the starting line, and when the starting signal is given, the player runs the ball with the foot between the strings according to the shape drawn in the drawing.

- Calculates time to the nearest 1 | 10 of a second.

Score: The player's score is the average total time the player takes to complete the two attempts

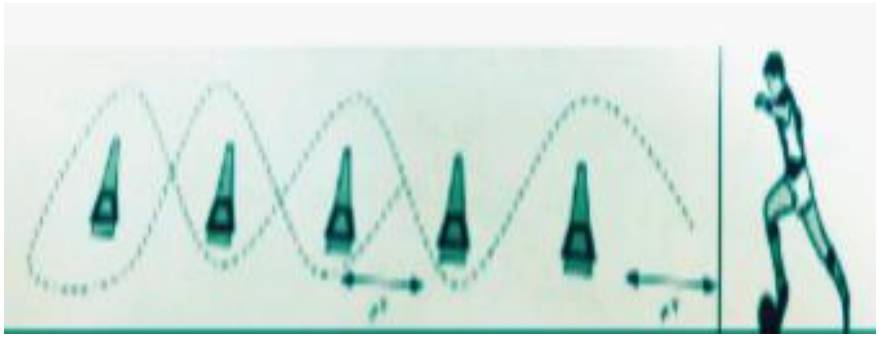


Figure 4
Shows the ball runoff test.

2- Scoring

Name of the test: Scoring against a crossed target (Raad Hussein Hamza: PhD thesis, 2003).

Test purpose: To measure scoring accuracy.

Tools used: (7) balls, one stick, a goal line.

Method of performance: Seven balls are distributed on the penalty area line and the player begins to run from behind the person on the penalty arc towards the first ball, aiming and returning around the person and then heading to the second ball, and so the test continues with the other balls so that the performance is done from the running position.

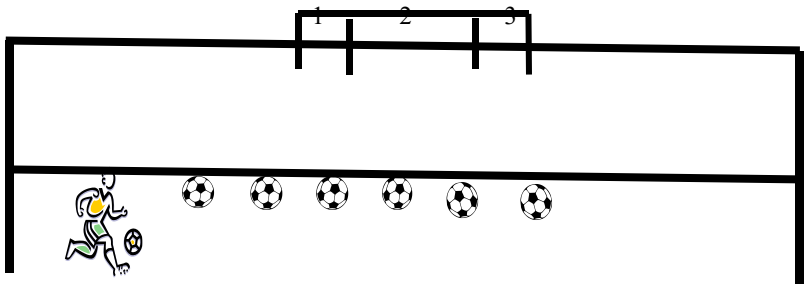
Recording method: the score is calculated for the total score that the player gets from scoring the balls (7) as follows:

- The player is awarded (3) scores if he enters the ball in both regions (1,2).

- The player is awarded one score if he enters the ball in the area specified by the number (3).
- The player is given a zero if the ball goes out of the goal area.

The total score of the player during the full test Is 21.

Figure (5)



Scoring test demonstrates a divided goal

2-5- Piloting experience

The researchers conducted the exploratory experiment for the tests placed on physical, motor and skill capabilities on (5) players from the research community and outside the sample, on Friday, 3/22/2019 at 4:00 pm and on the soccer sacrifice stadium.

2-6- Field research procedures

The search tests were applied in the days (Monday, Tuesday, Wednesday) and corresponding to, 10,9,8 \ 4 \ 2018, as on the first and second days physical and motor tests were performed and on the third day on the skill tests were conducted in the presence of the assistant work team and on the sacrifice stadium For soccer, the player's achievement was measured in each test.

2-7- Statistical means:

- percentage.
- Arithmetic mean.
- standard deviation.

Correlation coefficient (Pearson).

Chapter Three

3- Presenting, analyzing and discussing the results:

3-1- Presenting and analyzing the results of the relationship of physical and motor abilities with the skill of dribbling football.

Table (2)

It shows arithmetic mean, standard deviations, and correlation coefficient value between physical and motor abilities with football dribbling skill

Significance level	(T) Calculated	Dodging skill		Physical and motor abilities		Variables
		standard deviation	the middle Arithmetic	standard deviation	Arithmetic mean	
Not significant	0.291	1.103	10.913	1.398	12.275	Force marked with speed
Significant	0.547	1.103	10.913	7.745	62.467	Kinetic speed

Significant	0.523	1.103	10.913	2.621	7.624	**Compatibility**
Significant	0.573	1.103	10.913	1.074	9.363	**Agility**

Whereas, the value of the index correlation coefficient at the degree of freedom (13) and the significance level (0.05) is (0.512).

Through table No. (1), it was found that the mean of the force marked with velocity is (12,275) and a standard deviation (1,398), and the mean of the dribbling skill in football (0,291) and a standard deviation (1.103) and the value of the correlation coefficient (0.291) which is smaller than the value of (T) Tabularity at the degree of freedom (13) and the level of significance (0.05) This indicates that there is no correlation between the skill of dribbling and the force distinguished by the speed, while the mean of the kinetic velocity is (62,467) and with a standard deviation (7,745) and the arithmetic mean of the skill of dribbling with a ball The foot is (10.913) and with a standard deviation (1,103) and the correlation coefficient value (0,547) is greater than the tabular value (R) at the degree of freedom (13) and the level of significance (0.05) This indicates a correlation between dribbling skill and kinetic speed, and also during Table (1) shows that the mean mean for compatibility is (7,624) with a standard deviation (2,621), and the mean for football dribbling skill is (10,913) with a standard deviation (1,103) and the correlation coefficient value is (0,573) which is greater than the (R) tabular value at Freedom degree (13) and significance level (0.05). This indicates a correlation between the skill of women Language and compatibility and that the mathematical mean for agility is (9,363), with a standard deviation (1,074), and the mean for football dribbling skill is (10,913), with a standard deviation (1,103), and the correlation coefficient value is (1,074), which is greater than the tabular value (t) at the degree of freedom (13) The significance level (0.05) indicates that there is a correlation between the skill of dribbling and agility.

1-1-3 Discuss the results of the correlation between physical and motor abilities with football dribbling skill.

It has been shown through Table No. (1) that there is a significant correlation between kinetic speed and dribbling in football, as “kinetic speed is considered a necessity of football, especially in the speed of dribbling, and that the kinetic speed helps the player to run quickly with short and fast steps. Starting from one situation to another and running towards the ball and not waiting for it ”(Mufti Ibrahim Hammad: 2009, 207), and the researchers believe that the footballer should use the maximum speed he has during dribbling because that helps him to pass the opponent quickly and with a high degree of skill, as well as through Displaying and analyzing the previous results. The results indicated that there is a significant correlation between agility and football deflection, and that agility is a special physical ability that arises for football, especially in dribbling skill, despite its inability to perform the gymnastic skills, for example, that soccer performs, and for this reason the football player is characterized With the skill that indicates side by side with the ability of agility, he who has a skill is able to perform the movements in high agility that the football player when performing the dribbling skill needs a high agility in moving from a place To another as quickly and as quickly as possible, and also showed through the presentation and analysis of the preceding that there is a significant correlation between compatibility and evasive football, and the importance of compatibility through the individual's movements require the use of more than one of the body members at one time, especially if these organs are working in More than one direction at the same time "and that the compatibility used in football is the general consensus, through the performance of some skills, including elusive, and when the player exchanges the ball from one foot to another and the passage between the players. The compatibility that is in the skill of dribbling is the compatibility of the eye and the feet because the player while performing the dribbling skill must distribute consideration between the opposing player and the ball to help him in crossing the player with a high degree of mastery "(Zuhair Qasim Al-Khashab (and others): 175,1999).

2-3 Presenting and analyzing the results of the relationship of physical and motor abilities with football scoring skill.

Table (3)

It shows arithmetic mean, standard deviations, and correlation coefficient value between physical and motor abilities with football scoring skill.

Significance level	(T) Calculated	skill Scoring		Physical and motor abilities		Variables
		standard deviation	the middle Arithmetic	standard deviation	Arithmetic mean	
Not significant	0.262	1.125	10.884	1.398	12.275	Force marked with speed
Significant	0.571	1.125	10.884	7.745	62.467	speed Kinetic
Significant	0.545	1.125	10.884	2.621	7.624	Compatibility
Significant	0.557	1.125	10.884	1.074	9.363	Agility

Whereas, the value of the index correlation coefficient at the degree of freedom (13) and the significance level (0.05) is (0.512) .Through Table No. (2) it was found that the mean for the force marked with velocity is (12,275) and with a standard deviation (1,398), the mean for football scoring skill (10.884) and with a standard deviation (1.125) and the correlation coefficient value (0.262) which is smaller than the value (T) Tabularity at the degree of freedom (13) and the level of significance (0.05), and this indicates that there is no correlation between the scoring skill and the force distinguished by the speed, while the mean for the kinetic velocity was (62,467) and with a standard deviation (7,745) and the mean for the scoring skill with a ball The foot is (10.884) with a standard deviation (1.125) and the correlation coefficient value (0.571) is greater than the tabular value (R) at the degree of freedom (13) and the significance level (0.05) This indicates a correlation relationship between kinetic speed and scoring skill, as well as from During Table (2) it was found that the mean for compatibility is (7,624) with a standard deviation (2,621), and the mean for football scoring skill is (10.884) and with a standard deviation (1.125) and the correlation coefficient value is (0.545) which is greater than the (R) tabular value At a degree of freedom (13) and a significance level (0.05), this indicates a correlation between compatibility and Maha Scoring times, and that the mean for fitness is (9,363) with a standard deviation (1,074), and the mean for scoring skill in football is (10.884) and with a standard deviation (1,125) and the correlation coefficient value is (0.557) which is greater than the tabular value (t) at the degree of freedom (13) and the significance level (0.05). This indicates an association between fitness and football scoring skill.

1-2-3 Discuss the results of the correlation between physical and motor abilities with football scoring skill.

Through the presentation of Table (2) and its analysis, the results showed a significant relationship between kinetic speed and scoring skill, whereby Muhammad Hassan Allawi sees "it is the achievement of a movement or a kinetic skill at the lowest possible time" (Muhammad Hassan Allawi, 1992, 153), and the researchers see that scoring skill It requires the player to have a high mobility speed in order to move from defense to attack and reach the opponent's goal and then scoring in the opponent's goal and resolving the match, as well as through the presentation and analysis of the table the results showed a significant relationship between compatibility and goal scoring in football, where Raisan Khreibet sees that compatibility The individual's ability to perform a number of complex movements simultaneously "(Raisan Khoreibt, 1989, 163). Therefore, compatibility is required by the soccer player during movements that require the presence of compatibility between the feet and the eye as in the scoring skill, and through this compatibility the player will perform the scoring skill in a manner Consistent and good, therefore, scoring is "a basic skill in football and through which matches can be decided" (Mowaffaq Asaad, 1997, 27), and the researcher believes that "scoring is the possibility of the team players working to accurately hit the goal in order to bear fruit in the efforts made during the match" And also Through the presentation and analysis of previous results, the results showed a significant relationship between agility and goal scoring in football, and agility is one of the necessary motor capabilities and important in the sports field and various games, including football. The player needs agility significantly during scoring, where whenever the player enjoys a high degree of agility The higher the accuracy of his scoring on this basis, agility is one of the motor capabilities that the player needs during the scoring skill, and defines gravity "the ability to change the positions of the body or its direction quickly and accurately in a proper time, whether it is the whole body or part of it, whether on the ground or the air" (Muhammad Hassan Allawi: 1986, 170).

Chapter Four

4 Conclusions and recommendations

4-1- Conclusions

• It appears that the skill of dribbling in football did not have anything to do with the strength characteristic of speed.

• It was found that the skill of dribbling in soccer has a direct correlation with kinetic speed.

• It appears that the skill of dribbling in soccer has a direct correlation with compatibility and agility.

• It appeared that the football scoring skill was directly related to physical abilities (kinetic speed) and kinetic abilities (compatibility, agility).

4-2- Recommendations

• The need to pay attention to kinetic speed while training basic football skills (dribbling, scoring).

• The need to pay attention to physical and motor abilities during training for basic football skills.

• The necessity of conducting similar research on other football skills that may be related to physical and motor abilities.

• The necessity of conducting similar research on individuals better than Dhi Qar football club.

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Supplement No. (1)

Physical and motor abilities and appropriate tests.

Degree	the exams	Physical and motor abilities
	1- Partition of each leg separately (30 m).	Force marked with speed
	2- Three logs for the farthest distance from each man separately.	
	3- Partridge is not an estrange distance for each man individually.	
	1- Running in the place for (15) seconds	Kinetic speed
	2- Kick the ball on a mastaba for 30 seconds	
	3- Kick the ball on a mastaba for (40) seconds	
	1- 2 x 25m shuttle test	Speed up

	2- Test (130 m) apostate	
	3- Running test (150 m) apostate	
	1- Stand with feet apart for maximum range	**Positive flexibility**
	2- From sitting position open - extend the knees fully to work on the feet apart to the maximum extent.	
	3- The test of bending the trunk forward from standing.	
	1- Walking test on the plate.	**Moving balance**
	2- Test the transition around marks.	
	3- The instep test.	
	1- Running in the form of (8).	**Compatibility**
	2- Numbered circuit test,	
	3- Skipping rope test.	
	1- Zigzag running between the tracks.	**Agility**
	2- Zigzag running ball.	
	3- Barrow Fitness Test.	