

The Effect of Complex Skillful Exercises for developing The Endurance Of Distinguished fast Power for Youth Footballers

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Abstract

The study aims to know the extent of the effect of complex exercises for developing the speed of complex football performance on the members of his research sample. The researcher used the experimental approach to its suitability and the nature of the research problem. The research sample included (32) players divided into two control and experimental groups and in order to implement the research steps under the supervision of the researcher to conduct the pre-test of the research sample. After that the training curriculum was applied to the experimental group, then the post-test was conducted and after presenting, analyzing and discussing the results, he concluded that the complex exercises used helped to develop the speed of the complex skill performance with the Introduced to the experimental group and the researcher recommended to take advantage of the training curriculum prepared by the two researchers in building similar training curricula to develop offensive skills with other exercises similar to play and other times.

Keywords: *compound exercises, carrying force marked with speed*

Defining the research:

1-1 Introduction and importance of research:

Football is one of the games that has evolved greatly and reached its climax as a result of the efforts made by specialists and researchers seeking to find the best solutions, methods and training methods to reach the players to the ideal level that serves the team, and football is one of the games that is characterized by excitement and clubs, due to the large number of motor skills related to the qualities Physical and its variables related to the tactical performance represented in employing all the special skills that the player exploits on the field and for the various cases that all aim at delivering the ball to the goal of the opposing team and crowning it with scoring, which represents the final outcome of all individual and group efforts undertaken by the team.

"For the purpose of reaching the player to the highest levels of sports, he must be prepared in a comprehensive and all-round manner, according to his qualifications, specifications, capabilities and willingness in a manner appropriate to his specialization, and in order for the training process to achieve its objectives, attention must be paid to the training components or contents of effectiveness, physical preparation, skillful preparation, planning preparation, preparation Psychological educational"

Compound exercises are one of the various and different means necessary for the development of the football player because they link more than one skill at the same time and speed, and the combined exercises performed by the player are similar to the conditions of the game that he plays and (Amer Fakher) sees it as "a group of exercises that are essential in achieving a intended goal such as exercises that serve and help On learning a soccer skills as well, they are exercises similar to the specialized sports movements or the competition

1-2 Research problem:

By following the field research for the training of teams of first-class clubs, the youth category in Anbar Governorate, he noticed that there was a defect in setting training curricula and the neglect of some trainers of modern scientific methods, relying on traditional methods in different preparation periods, which takes more time and effort than its

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effect is below the level, which is reflected in that The player's performance through early fatigue and the inability of the player to complete the match with the same strength, endurance and speed through slow performance, so the problem of research has emerged in the use of complex exercises with different training methods to develop the strength tolerance of speed for Al-Jazira club players and try the results of this study, which It helps direct the preparation of young players and their reach to the top level.

1-3. Research objectives: -

- 1- Preparing complex exercises to develop the ability to carry the distinctive strength with speed for Al-Khaldiya Island Sports Club players in the youth football category
- 2- Knowing the effect of complex exercises on the players of the individuals in the research sample

1-4 Research hypotheses: -

- 1- There are statistically significant differences between the results of the pre and post tests for the control and experimental groups and for the benefit of the experimental group.
- 2- There are statistically significant differences in the results of the post-test tests for the control and experimental groups and for the benefit of the experimental group.

1-5 Research areas:

- 1-5-1 The human domain: Khaldiya Island Sports Club players in the youth category for the season (2019-2020).
- 1-5-2 Timeframe: for the period from (7/1/2020) until the period (2/28/2020)
- 1-5-3 Spatial field: Al-Khalidiya Sports Club Football Stadium.

Chapter II

2- Research methodology and field procedures:

2-1 Research Methodology:

The researcher used the experimental approach to its relevance to the nature of the problem 0 as the experimental approach is "a deliberate and exact variable for the specific conditions of an accident and note the resulting changes in the accident itself and its interpretation

2-2 Research Sample:

The sample included (37) players, who were deliberately selected, and then they were divided into two groups randomly by lottery by an experimental and control group, where each group included (16) players, after the researcher excluded the researcher.-

A number of players from the two groups. Thus, the sample players became (32) players, with a percentage of (91.42%) of the original community.

2-3 Equipment, tools and means of data collection:

2-3-1 Devices used in the research:

- Computer type (DELL) one number.

3-3-2 Tools used in the research:

- 1- A tape measure of length (50) meters.
- 2- (20) soccer balls.

3- Legal football stadium.

4- Number (20) characters.

3-3-3 Means of collecting information:

Arab and foreign scientific sources

Personal interviews

Observation and experiment

2-4 Field Research Procedures:

2-4-1 Test of strength tolerance at speed:

- Name of the test: Running and jumping test (50) meters.

The goal of the test: to measure the tolerance of the characteristic force by speed.

- Tools: (12) twelve barriers with a height of (40) cm, two terraces with a height of (40) cm, a football field, a stopwatch, a whistle, a test results registration form.

Performance specifications:

The test consists of five consecutive stations that lead the laboratory one after the other:

- The first stage: so that the test begins from the goal line, the player stands a distance of (2) meters from the first obstacle to start running and jumping with the two men from above the barriers placed in the form of a straight line and the number (10) barrier with a height of (40) cm for each barrier, and they are distributed at a distance (9) meters, and the distance between one checkpoint and another is (90) cm, with one touch on the ground when jumping up, and with both legs, i.e. without delay.

- The second stage: After jumping (10) hurdles, the laboratory starts diagonally by running quickly, with an estimated distance of (11) meters.

- The third stage: The laboratory jumps with both legs in a row, left and right, from above the mastaba, with a length of (10) meters and a height of (40) cm, during which the laboratory jumps (12) a jump.

- The fourth stage: After the laboratory has finished jumping from the mastaba, it starts straight for a distance of (10) meters

The fifth stage: In the last stage, the laboratory changes its direction and runs quickly towards two (2) barriers, with a height of (40) cm. The distance between the barrier and the other is (4) meters, in the form of rapid entry and jumping over the barriers with one leg and landing on both legs and distance The track in this stage (10) meters.

The total distance covered in that test is according to the five stages (50) meters distributed as follows (9m, 11m, 10m, 10m, 10m) and (number of jumps = 24 jumps).

Test conditions:

- The tested player did not delay in performing the jumping over the barriers

- The tested player jumped from the top of the terrace when performing (12) jumps so that the jump is with one rhythm and one touch with both legs of the ground.

- The laboratory gives two attempts and we choose the least time.

2-4-2 The first exploratory experiment:

The first exploratory experiment was conducted on 9/2/2012, on a sample consisting of (6) players who are from the research sample and were randomly selected with the presence of the auxiliary team, to identify:

1- The validity and suitability of the test for the sample level.

2- Knowing the difficulties and problems that the researcher may face when implementing the test under investigation.

2-4-3 Pre-test:

The pre-test of the research sample (control and experimental) was carried out on (Saturday, 29/2-2019) at the Khalidiya Island Football Club stadium.

2-4-4 The main experience:

After completing the implementation of the pre-test, the proposed training curriculum was started, as the curriculum was developed after reviewing the principles of mathematical training science. The curriculum included the preparation of complex exercises and their use to develop endurance of strength marked with speed, as the experimental group was trained using the combined exercises proposed by the researcher, while The control group was training in the traditional context followed by the trainer, as the experimental group curriculum contained (24) training units and (3) training units per week, and for a period of (2) months in a row, as the training units were implemented on (Sunday, Tuesday, Thursday) every week, and these exercises included a period of time ranging between (50-80) minutes in each training unit from the time of the main section.

2-4-5 Dimensional tests of the research sample:

The researcher and the assistant team conducted the post-test tests for his research sample (the control group and the experimental group) on (Thursday) 5/26/2019, and the researcher followed the same method that he used in the tribal tests.

2-5 Statistical means: The statistical bag (spps) was used.

4- Presenting, analyzing and discussing the results:

4-1 Presentation, analysis and discussion of the results of the strength-bearing speed test in soccer:

4-4-1 Presenting and analyzing pre- and post-test results to bear the distinct force at the speed of the control group

Table (1)

Shows the statistical parameters to find the differences between the pre and post tests of the control group

T	the exams	measruing unit	the middle Arithmetic		standard deviatio n	Q.	PF	Values Calculated t	Indication of differences
1.	Withstand the force marked with speed	the second	Tribal	27.85	6.43	0.76	0.43	7.6	Morale
			after me	27.85	2.26				

Table (T) value = 2.04 at freedom degree 16 -1 = 15 and at significance level (0.05)

Table (1) shows the value of the mean, the standard deviation, the calculated value (T) and the tabular value of the strength tolerance test with the velocity of the control group.

4-4-2 Presenting and analyzing pre- and post-test results for the strength-bearing strength test for the experimental group

Table (2)

Shows the statistical parameters to find the differences between the pre and post tests of the experimental group

T	the exams	measruing unit	the middle Arithmetic		standard deviatio n	Q.	PF	Values Calculated t	Indication of differences
1.	Withstand the force marked with speed	the second	Tribal	28.01	1.44	3.80	1.60	9.5	Morale
			after me	24.20	2.14				

Table (T) value = 2.04 at freedom degree 16 -1 = 15 and at significance level (0.05)

Table (2) shows the value of the mean, the standard deviation, the calculated value (T) and the tabular value of the strength tolerance test with the velocity in the soccer ball of the experimental group.

4-2 Presentation, analysis and discussion of the results of the post-test to bear the force marked by the speed of football for the control and experimental groups:

Table (3)

Shows the values of the arithmetic mean, the standard deviations, and the value (t) to measure the tolerance of the force marked by velocity and for the control and experimental groups.

T	Variables	Unit of measure	Control group		Experimental group Value (t)		Calculated value	Tabular t	Indication
1.	Withstand the force marked with speed	T	C -	P -+	C -	P -+	4.56	2.04	Morale
			27.85	2.26	24.20	2.14			

Table (T) value = 2.04 at 32-2 freedom = 30 and at significance level (0.05)

Table (3) shows the presence of significant differences in the mean value, standard deviation, calculated (T) value, and the tabular value of the strength tolerance test for football velocity in dimensional tests.

4-2-1 Discuss the results of the post-test for bearing the force marked by the speed of football for the control and experimental groups:

The researcher attributes the reason for the development of the members of the experimental group sample to the combined exercises that were applied that were effective and influential and based on elaborate scientific foundations of a specialized nature. The reason for the development is due to the researcher using the medium and high intensity training methods in causing differences, which earned the sample a clear development at the level of physical characteristics Likewise, iterative performance during the training program, which helped in the development of research variables, which positively improves the level of football players, and this is what he indicated (sliowski Robert: 2013) "that the systematic application of training loads according to the foundations Scientific in training programs will lead to the lifting of the player's functional equipment and thus this is reflected in his physical and skill performance "In addition to ensuring the principle of safety and security and avoiding fear of negative consequences or excessive pregnancy, to suit the physical, skill and planning capabilities of the players, in terms of the diversity of the muscular work and taking into account the effort exerted by the players in one training unit. Which was used and applied to the members of the research sample to develop tolerance of the distinctive strength with speed for Al-Khalidiya Island club players, youth category

5- Conclusions and recommendations:

5-1 Conclusions:

In light of the research objectives and hypotheses, within the limits of the research sample, the research method used, and the nature of the statistical methods used to analyze the findings of the researcher, the following has been concluded: -

- 1- The exercises that were prepared were appropriate for the members of the research sample and had a positive effect in developing the research variables.
- 2- The tests conducted by the researcher were accurate, objective and appropriate for the Ramadi youth club.

5.2 Recommendations

In light of the findings, the researcher recommends the following:

- 1- Emphasizing the use of compound exercises in special training units for all age groups and in the forms that suit them.
- 1- The necessity of increasing the time allocated to the combined exercises in the training units in order for the physical capabilities to take the time in the training units to develop them as required.
- 2- Benefiting from the training curriculum prepared by the researcher in building similar training curricula to develop other physical abilities and on another age group and with other exercises similar to toys and other times.

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