

# The effect of physical training on the general endurance and fitness of "Beladi" club for advanced football player's

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## **Abstract**

*The proper planning and selection of appropriate exercises enables the trainer to develop physical characteristics and at the same time works to master the player's basic skills and digest play plans. It has been proven that the football player needs in many situations to have the necessary agility, swaying and changing directions, shifting play and various central reactions such as preparing the ball and spinning or avoiding collision with the opponent's body or avoiding obstruction as well as speed of standing from falling on the ground and avoiding injuries and achieving the best achievement. The study proved that endurance is indispensable because it is through which the player can perform an activity in difficult play with high intensity for a long time and maintain this activity without falling in the effectiveness of skills and planning capabilities. It has been proven that the trait of endurance has a close correlation with both strength and speed in order to develop both (bearing strength - bearing speed).*

**Key words:** physical training, fitness, football, Sports Science

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## **Introduction**

Aims research to identify the amount of endurance year and the fitness of the players club my class applicants. Preparing physical exercises in general endurance and agility, and identifying the effect of physical training in general endurance and agility for my club players for the category of applicants. Suppose researchers to that there are differences of significance statistically between the two tests pre and post in the variable endurance year to sample search (Nahla, 2015). There are differences of significance statistically between the two tests pre and post in variable fitness for a sample search. The human sphere: my club's athletic players for the class of applicants participating in the first division. Domain time: for the period from 07/06/2018 until 06/09/2018 for the experiment for the period from 30/04/2018 until 02/07/2019 for search field spatial: Stadium Club My in the area Zayouna (Muhammad, 1988)

## **Literature review**

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The Sports Science has evolved, especially in the game of football, where I took a lot of space in the various aspects of the physical, psychological, technical and physical side for its great importance in the preparation of the team and the player, especially by taking care of all of the process of preparing the physical, especially in the period of preparation for the reception of league competitions and championship other. Whenever the physical preparation is not good, it will lead to the emergence of fatigue and lead to early injuries to the players, which will affect the team's decline during the competitions. Therefore, scientific physical training programs must be prepared for proper physical preparation because it is one of the basic foundations in the world of football. And with regards to that endurance and agility are among the physical, physical, and motor qualities that researchers dealt with, since endurance is the basis upon which other attributes are based on football, and agility is the trait that consists of multiple physical and motor qualities, i.e. comprehensive for most of them. (Ali, 1988) ,Many researchers were interested in codifying training programs, including the study of (Sabah,2005) ,Which proved that the physical, mental and motor abilities should be trained according to the specialized training curricula, as well as the physical and motor qualities that are extremely important to pass the tests for the referees. That the b Program training has developed the latest in testing agility, speed, flexibility and speed carry on the appointed. (Tariq, 2010), and her sample was on football referees. As for her results, she developed endurance, speed and cognitive aspect, and recommended conducting research on different samples. And the importance of the research lies in caring for the special physical preparation of the players and giving him enough time despite the changes that occurred in the training philosophy, but the physical and motor qualities remain the basis of technical and psychological preparation and not neglecting the endurance during the training years whatever the age and level of the players in order to keep the team level high During the competitions (Nahla, 2015). Physical and kinetic characteristics are an integral part of preparing the public for the player and the team and the teams advanced in the game of football we watch with a high level of physical preparation and use of various training programs and the use of diversity in the methods of measurement and testing , and most of the father of Ra SAT samples have been taken either the rulers or age groups and this What the researchers observed during their follow-up to the international and continental tournaments and clubs teams of the Iraqi League. The research problem resulted in the Iraqi player being unable to continue at the same level during the official and competitive match period at the same level and the many early injuries because the coaches did not pay much attention to the general endurance through the objective training programs(Muhammad, 1988). The questions revolve in the minds of researchers are: Do the exercises physical will be the development of endurance year and fitness for a sample search? Do the exercises physical reduce the injuries frequent and early players?

### **Methodology**

*Research Methodology:* The research problem is closely related to the type of scientific method used to arrive at a solution and address the problem, so the researcher used the experimental approach with a single group design.

*Research community and sample:* Chose researcher Wen sample purposively players from the club my degree the first football by (10) players have been excluded (5) players 3 undisciplined exercises and 2 goalkeepers and sample the proportion accounted for 78% of the research community.

*Devices, tools and means of data collection:* Sources and references, stadium football and all its requirements, tape measure, and whistle + clock timing Calculator.

*The tests used in the research:* Running 100 seconds with repetition 3 times (100 x 3) the rest period between each time is 3 minutes to measure overall endurance. Zigzag sphere ran between 10 s and fitted for 40 m (back and forth) with the ball to measure special agility.

*Exploratory experience:* The researcher conducted Wen exploratory experiment on 2018/6/27 at the Stadium Club of my sports on a sample of (8) players from the research sample the original, for the purpose of knowing the time and tools used in the tests and identify training exercises while applied to the sample .

*Tribal tests:* Conducted physical tests at five pm corresponding (29/6/2018) on the sample at the Stadium Club of my sports and tests continued for an hour and a half with the warm - up.

*The main search experience:* After completing researcher Wen preparations all began to experience the main work has been divided into two phases: the stage of a year to prepare the 4 - week phase numbers Special 4 weeks, 12 units agile character play. 11 Agility Units with exercises similar to Football and 12 unit's continuous training method, 11 unit variable mode training and 10 unit modular training method (different). Experience has started on (6/7/2018). a brief summary on Saturday and ended on 6/9/2018 and took the experiment ( 2 months) and by ( 8 ) weeks and was training ranging from medium to high that the variables are endurance, agility and used my way of repetition Inward and continuous training .

*Dimensional tests :* After completing physical exercises on the research sample, the researchers with the help of team assistant to conduct physical tests at five pm corresponding (10/9/2018 ) on the sample in the stadium of my club and the tests lasted for an hour and a quarter with a warm - up.

*Statistical means:* The researcher used statistical methods in dealing with the net results obtained by the researcher: the percentage of reward Arithmetic mean, standard deviation, (T) test for non-independent samples

**Results**

The researchers reached the data after conducting the pre and posttests of the research sample and then it was treated by the appropriate statistical means. The presentation of the results was analyzed, analyzed and discussed as follows:

**1- Results of general tolerance variable in the research sample and analyze it**

**Table (1)**

**It shows the values of the arithmetic mean, the standard deviations, the (T) test values, and the significance of the general tolerance variable**

Before the experiment		After the general numbers							
s	P	s	P	P-	Standar d error	(C) calculate d	(V) tabular	Degree of freedom	indication
513.5	13.55	530	18.55	16,500	-1.58	10.44	2.26	9	moral
Before the experiment		After special numbers							

513.5	13.55	572.3	31.88	-58.80	-5.80	10.13	2.26	9	moral
After the general setup		After special numbers							
5305	18.55	572.3	31.88	-45.30	-40.21	10.76	2.26	9	moral

The researchers used the method of comparing the calculated value of (T) with the tabular value of (T), and it appeared that there were significant differences, being calculated greater than the tabular at the degree of freedom of  $n-1 = 9$  at the error level of 0.05 The unit of measurement for the test is meters

**2- Present the results of the fitness variable in the research sample and analyze it**

**Table (2)**

**It shows the values of the arithmetic mean, the standard deviations, the (T) test values and the significance of the agility variable**

Before the experiment		After the general numbers							
s	P	s	P	P-	Standard error	(C) calculated	(V) tabular	Degree of freedom	indication
6.73	0.323	6.40	0.298	0.33	2.134	41.72	2.26	9	moral
Before the experiment		After special numbers							
6.73	0.323	6.17	0.333	0.56	0.03	18.66	2.26	9	moral
After the general setup		After special numbers							
6.40	0.298	6.17	0.333	0.23	0.011	20.91	2.26	9	moral

The researchers used the method of comparison between the calculated value of (T) and the tabular value of (T). It showed that there were significant differences, being calculated greater than the tabular at the degree of freedom of  $n-1 = 9$  at the error level of 0.05. The unit of measurement for the test is the second and its parts.

**3- Discussion**

The results of the tests obtained by the researchers in the tests before the experiment and after the general and special numbers and through the arithmetic averages and the standard deviation and the results of the tests (T)

that turned into numbers and tables, we note the following : From the table (1 ) above for the endurance attribute , a significant difference appeared, and the reason, according to the researcher's opinion, is due to the increased interest of the trainers in developing the endurance (endurance) of the player through training units for endurance for the preparation stage, as well as attributing that the specialized training with specific goals affects positively In the development of general endurance and diversification of training methods and moving away from the method of continuous training, but the introduction of different tools and training methods that were applied to the sample during the experiment period while maintaining the average intensity of the training and the pulse level that does not exceed 140 n / d and the training period was very appropriate for a change to occur with continuity in Walt Derbies weekly. This confirms that there is a reciprocal relationship between public and private physical preparation, technical and psychological preparation, as well as a reciprocal relationship between the training loads in the SME. As for what has been proven, the division of public and private numbers, especially in activities that require a quality of endurance, is very important to achieve the best levels. **(Resan, 2014)** Adel Abdel-Basir also emphasized that the trait of endurance is influenced by the other characteristics of the individual athlete and there is a difference between fatigue and endurance in terms of training as the athlete trains and reaches the highest level of endurance, but fatigue appears on him and he needs certain rest periods and sometimes signs of fatigue such as perspiration appear High body temperature **(Ali, 1999)**. From the results of the tests obtained by the researcher in the choices before the experiment and after the special numbers and after the period of preparation for the matches and through the arithmetic averages and the standard deviation and the results of the tests (T) that turned into numbers and tables, we note the following : As for when we notice table (2) a or what It was shown that there was a significant difference in the research and the reason according to our opinion that the training used was scientifically developed and codified according to the levels of the players and the training stages that were used repeatedly after each training stage as well as the use of various training tools and returns to the gradual intensity within the training program in the training units And also the accuracy of the test measurement, which gives the smallest details, and therefore the coach will be appointed to discover the sites of weakness and defect among his players and thus develop successful solutions and that the use of programs that depend upon the scientific when describing them, as it is no longer getting to improve the achievement is left to experience or talent, but rather became dependent mainly on science in a solution Many modern training problems. **(Amr-Allah, 1989)** The development process resulting from the commitment to the principles of science training, including the principle of gradual training, the principle of proportionality training with the capabilities and scalability sports pregnancy ", and when the training load is essential from the part of the training program rationing has become a pregnancy due to get a high level of athlete. It is no longer" Reaching the improvement of achievement is left not only to experience or talent, but also depends mainly on science to solve many problems of modern training. **(Saad, 2002)** As he emphasized, In order to obtain real physiological adjustments, the athlete must be organized with organized and continuous training for a period not to less than (8-12) weeks". **(Abo- Ela, 1994)** the curriculum training contributed to the development of the physical abilities that benefit the sample in the course of their performance, as well as interest in performing exercises the right way to achieve the goal and to avoid mistakes and injuries, which affect positive On the different physical capabilities and attributes so that the performance of repetitions characterized by rapid and strong muscle contractions that take enough time, which led to the occurrence of adaptations in the neuromuscular work and then increase the impulse force on both men, "that training on continuous and intense restoration Exercise helps improve compatibility between the movement of the arms and legs and helps to improve the special strength of the muscles of the two men **(Muhammad, 1988)** , as he sees "the diversity in giving one-exercise exercises avoids intellectual confusion

and works to increase the desire for training as well as gaining experience in the diversity of sports performance It leads to the acquisition of various physical characteristics and abilities as well ” (Kamal , 2014 ) , while mentioning that “limiting the running distance, intensity of performance and periods of rest are commensurate with the ability of the players (Rulers). This identification represents the basis for raising the level of training.” (Amr-Allah, 1998) Therefore, the performance of special exercises for governance must take place through training methods for kinetic speed, since in the applied field the government will face situations in which it needs to perform kinetic performances that are different to each other. According to the circumstances of the movements on the field and to avoid both players and the ball at a high speed" (Ali, 1999)

### Conclusions

- 1- That the trainer is concerned with the capacity of endurance in all training stages and the diversification of its training, because it is the basis for physical characteristics.
- 2- That the coaches take an interest in fitness, as it reflects the physical, motor and harmonic capabilities of the players and training at various training stages.
- 3- That there be a general and special training program for the qualification of endurance and agility and that it is put in all stages of preparation and the training curriculum.
- 4- You must keep pace with the development in physical fitness in order to keep pace with the latest physical tests and training curricula according to these tests and take into account the individual differences between the players
- 5- The trainer's use of modern scientific techniques and equipment in the training process
- 6- You must rely on a fitness instructor with great scientific knowledge.

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