

# The effect of special exercises for reactive speed( SAQ ) in developing some physical and skilled abilities of young football players

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## **Abstract**

*The football game is one of collective games that have evolved dramatically in the last period and this development was imposed on football players, particularly young people perform physical and skill duties and major tactical and seeks instructors to find the best ways to raise the possibilities , as it was one of these methods are exercises Alsakao where This method has proven its effectiveness , as the importance of the research is evidenced by experimenting with a sports training that is not used in the country, and that this training method will be highlighted through knowing the effect of using special exercises for interactive velocity (SAQ In developing some abilities and skills of young football players . The problem lies in the players' lack of speed of movement and skillful performance during the competition and this is due to the lack of use of exercises that require a high level of reactive speed SAQ) With the skillful performance during the training units, so the researcher decided to use this training method in order to know the extent of benefit, the study aimed to prepare special exercises through interactive speed) SAQ) In the development of some physical and skill capabilities, as well as to recognize these exercises influence in the research sample development, chose the researcher demo b approach the style of the two groups Almtkavitin (experimental and control), select the research community my players Baghdad governorate for young people, such as the players in the youth club air force research sample totaling (20) The deliberate method was chosen, and the researcher conducted two exploratory experiments (exercises and testing), and the scientific foundations were applied to the test, exercises were applied to the research sample for a period of (10) weeks at a rate of (3) units per week with a total of (30) training units . After collecting data and treating them statistically, the researcher concluded that the exercises of saku are of great importance in developing the physical and skill abilities of the research sample in this study.*

**Key Words:** Interactive Velocity (SAQ), Physical and skill capabilities, football

## **Introduction**

The progress that occurs in the recent period in sporting events in general and in differential games in particular is due to the high levels of performance that have been affected by the development in the training process, as it has made a quantum leap, including the training methods, material capabilities, and measurement methods, that one of the most

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important objectives of the planned sports training According to scientific principles, it is to reach players to the highest levels of sports, as it is an "educational and training process aimed in particular at preparing athletes of various levels and physical abilities to reach them to the highest possible level physically, technically, strategically and psychologically through an organized and accurate effect by using physical exercises that make changes Especially in the work of the members and systems of the athletic body " (**Ibrahim, 2008**). Football is one of the team games that have developed significantly in the recent period, and this development has imposed on football players, especially young people, to perform all physical, skill and planning duties together , and because football is a competitive game, performance requires that it be as fast as possible and with high accuracy in order to excel. On the competitor and to reach the desired goal, the speed factor played a prominent role in the skillful performance of the players, and Muhammad Reda notes that "speed is the very important kinetic ability in separating success from failure for many games and sporting activities" (**Ibrahim, 2008**). Likewise, "speed is an important determinant of football results, as the physical, skill and planning performance of modern football has become indispensable in one of his measures on speed" (**Saleh, 1994** ) ,He went off the trainers and organizers of the game to find the best of for ways and most suitable to raise the potential of the players and bring them to the highest levels, as it was one of these methods are Alsakao exercises where proven this technique effective in a range of sports activities practice and used by trainers in the development of the different capacities of the players, And knows Mario "that the term( S. A. Q ) The initials of both are derived from the velocity transition Speed , Agility Agility, And kinetic velocity Quickness " (**Jovanovic, 2011**) ,Interactive velocity training (Sacho training) is suitable for all individual or group sporting events , because it is concerned with developing the physical fitness of players, such as the ability to quickly change direction and move from acceleration to deceleration, as well as anticipation, clarity of mind and speed of reaction, and distinguishes them by the correlation between speed and agility when performing Physical and skillful, as these exercises are characterized by developing the ability of players to perform sports movements with great skill in various sports disciplines , as coaches are always looking for the best and most recent training methods that will raise the players' ability to perform, as the training of saku is one of the most recent methods used in the field The athlete was newly developed as it improves the players 'competence on sports performance by developing the ability to perform rapid movements and has a role in developing the physical, motor and skill abilities of players in the soccer game. "Sports coaches use sake training to help them train players in a way that simulates playing conditions and stances that are not available in traditional programs such as resistances and others. However, despite their importance, they can not replace traditional methods as they are a complementary system to traditional programs aimed at improving speed of various types and general physical fitness and the level of skillful performance and the occurrence of the necessary adaptations. Sakyu training focuses heavily on the proper running model in addition to explosive movement patterns in sports that require maximum speed, agility, and harmonic kinematic speed as a prerequisite for achieving athletic achievement "**(Hashem, 2018)**. The Sakio training system is "an integrated training system that aims to simulate the competitive playing situation by dividing speed into three main components: linear velocity." Speed and the speed of changingAgility Interactive direction and velocity Quickness" (**Khalidi, 2012**) Hence, the researcher has gained the importance of his research experiment with mathematical training is not getting used in the country and that light will be shed on this training style by knowing the effect of the use of special exercises for interactive speed (SAQIn developing some abilities and skills of young football players.

**Research problem** :All sports depends on the player's possession of physical, motor and skill abilities for the purpose of good performance during competition, whether individual or collective , and football is one of these games that greatly

need these abilities because of the speed of performance because it has become a very fast game and this speed In physical, motor and skill performance, it is the one that creates the difference between the players, as it is performed in multiple forms of movement, as well as diversity in play and its working time , and because the researcher is working in the academic field specializing in football and by following him to the youth teams league and informing him of research and modern scientific resources and asking coaches and those interested in a ball game The foot clearly notes the players 'lack of speed of movement and skillful performance during the competition. The researcher attributes this to the lack of use of exercises that require a high level of reactive speed ( SAQ With the skillful performance during the training units in a way that enriches the players and increases their capabilities during the competition, as well as the players' awareness of them and their lack of adaptation to such exercises as they are considered unconventional exercises , so the researcher decided to use this training method in order to know the usefulness of this method in raising the level of capabilities The physical, motor and skill of the players.

**The aim of the research:** The study aims to prepare special exercises through the interactive (speed SAQ) in developing some of the physical and skillful abilities of young football players, identifying the effect of exercises, especially through interactive speed (SAQ) in the development of some physical and skill capabilities.

**The researcher hypothesized** that the special exercises used in the research have a positive effect on the development of some physical abilities and skills of young football players, as well as the existence of statistically significant differences between the results of the pre and post tests for the control and experimental groups and for the benefit of the post. There are also statistically significant differences between the results of the post tests of the two groups: Control and experimental and in favor of the experimental group.

**Previous studies:**

The study of Amir Abbas Mahdi aimed at preparing the Sakyu exercises.SAQ) And its effect on some basic physical and skill abilities and the concentration of the enzyme creatine phosphokinase for deaf gymnasts in futsal, to know the effect of saccio training on some basic physical and skill abilities and the concentration of the enzyme creatine phosphokinase for deaf players in futsal football , and the experimental method was used to design the equivalent control and experimental groups of a sample consisting of ( 20) A player, as the researcher recommended the necessity of using saku exercises because of their profound effect on bringing about changes in the training curriculum and being of a competitive nature among the players, which increases their mental and physical readiness to compete .

**Methodology**

**Method and tools:** The researcher chose the experimental method for its suitability with the nature of the research problem to be solved, and the method of equal groups (control and experimental) was used.

**The research community :** determine my players League youth Baghdad governorate football 's (10) teams were selected young air force Matelot sample totaling 24 players, representing the proportion ( 10 %) of the research community, as it were divided randomly (lottery) To two groups (control and experimental) with (10) players for each group after excluding (3) goalkeepers and one player due to injury.

The researcher conducted parity for the two research groups (control and experimental)

**Table (1) shows the equivalence of the two groups in the research variables**

VARIABLES	MEASURING UNIT	EXPERIMENTAL		CONTROL		VALUES T CALCULATED	THE REAL MORAL	INDICATION LEVEL
		s	P	s	P			

Agility with the ball	time	11.61 40	58443	11.79 00	67620	-0.623	541	Immoral	
Kinematic velocity	Number	27.50 00	1.269 30	26.70 00	1.888 56	1.112	281	Immoral	
Kinematic response speed	time	2.703 0	39637	2.662 0	42174	.224	.825	Immoral	
The transition speed with the ball	time	5.148 0	.34666	5.207 0	29560	-.410	687	Immoral	
Speed and accuracy of receipt and handling	the speed	time	21.93 40	47817	21.79 50	1.148 16	353	.728	Immoral
	Precision	Degree	4.800 0	63246	4.900 0	73786	-.325	.749	Immoral
Speed and accuracy of scoring	the speed	time	15.67 00	.3885 3	16.16 20	91460	-1.566	135	Immoral
	Precision	Degree	2.100 0	73786	1.800 0	.78881	.878	391	Immoral

Moral < (0.05) At a degree of freedom (18) Below significance level (0.05).

The researcher used a set of methods of collecting information, such as Arab and foreign sources, testing and measurement, data dump form, the statistical program (spss), And some devices and tools were used, including a video camera, a computer, a stopwatch, a football stadium, football, whistles, and flat signs.

**Tests used by researcher:**

First test: Name of the test: Slalom running with the ball (agility) (**Mahmoud, 2009**). The objective of the test: Running fast with the ball (measuring agility with the ball)

**Tools used:** legal football, stopwatch, 5 signs ,tape measure.

**Description of the test:** Five signs are placed between each of them (1.5) m, and at a distance from the first person, the starting line is drawn at a distance of (3) m. At the start signal the player rolls the ball (zakzak) around the signs and returns in the same way until it reaches the starting line point as shown in the figure Below .

Scoring: The time is recorded to the nearest (0.01) seconds, given each player two attempts.



**The second test:** Name of the test: Handling towards a bench for a period of (30) seconds (**Khuraibet, 1989**).

**Objective of the test:** Measuring kinematic velocity (handling speed)

Tools used: legal soccer ball, bench, stopwatch, whistle, tape measure.

**Test description:** When the start-up whistle is heard, the player strikes the ball toward a level 3 m long and 40 cm high, which is 3 m away from it and continues handling after the ball bounces for a period of (30) seconds, as shown in the figure below.

**Scoring:** The number of maneuvers performed during (30) seconds is calculated .Each player performs two attempts.



**The third test: The name of the test:** The speed of the kinematic response with the ball in four directions (rate).

(Ibrahim, 1995)

**The objective of the test:** To measure the kinetic response time with the ball in four directions

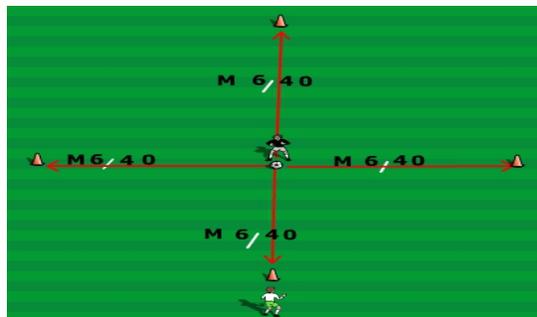
Equipment used: legal football, stopwatch, signs, half a football field.

**Description of the test:** The layout of the test area as shown in the figure below, and the distance between the start point and the end of the test for the four sides is (6.40) m . The tester stands at the starting point with the soccer ball and focuses his gaze on the raised hand of the referee who stands directly in front of him, gives the referee (Get ready) signal to the tester and the referee holds the stopwatch in one of his hands and raises it high, then he quickly moves his armor either to the right, left, front or back and at the same time he turns on the clock, the tester responds to the referee's signal and tries to travel the distance as quickly as possible in the specified direction and when he reaches a line The end the referee stops the stopwatch.

**Recording:** The laboratory is given (8) attempts divided into four directions between one attempt and another (20) seconds. The direction of the attempts is determined randomly; the time for each attempt is calculated. The test's score is the average of the eight attempts.

**Conditions:**

- 1 - The laboratory does not know that what is required of it (8) attempts distributed in the four directions equally.
- 2- The referee must train on the start signal, give the arm signal, and start the watch at the same time.
- 3- The test begins by giving the signal (prepare ... start) and the time period between the two words ranges from (1.5-2) seconds.



**Fourth test: Test name:** The transition velocity (30) m with rolling the ball. (Al-Zubaidi, 2010)

**The objective of the test:** To measure the time of the player's speed with the ball for a distance of (30) meters

**Tools used:** Half of the playing field is marked with (30) meters marked with a starting line and another line for the end, it is also preceded by a distance of (10 meters) for acceleration, a stopwatch, a soccer ball, a whistle, two signs (2), a tape measure.

**Test description:** The player stands behind the starting line (flying start position) and in front of him is a soccer ball. When the signal is heard, the player runs and rolls the ball in front of him within the specified distance (30 m distance), the player rolls as quickly as possible until he passes the finish line.

**Scoring:** The time spent in (30 meters) with the ball and its parts is calculated for the player per second. Only one attempt is given to each player.



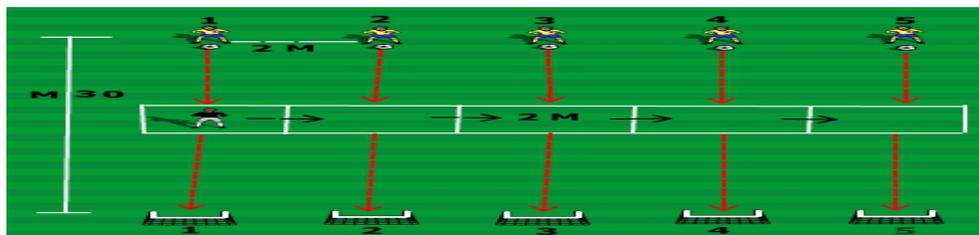
Fifth test: Test name: delivery and handling. (Al-Khashab, 1999)

The goal of the test: time measurement and accuracy of deliveries m and handling.

**Tools used:** 5 signs, a small target (1.5 x 1 m), 5 footballs, a tape measure, a stopwatch, a whistle.

**Test description:** The player stands (5) in a straight cross line and the distance between one player and another is (2) meters, and the players are in front of the five small goals that are 30 meters away from them. The tested player stands in the middle between player No. (1) And goal No. (1) When the start signal is heard, the test player receives the ball from player no. (1), then the rapid rotation within the distance specified by (2 m 2) located in the middle of the distance between the five goals and the cross line, and then handles the ball towards goal no. (1) And so the attempt is repeated with his other five colleagues.

**Registration:** for receiving the ball and how to extinguish them, given the degree of suppression that is within the specified area is approximately (2 m 2), and are not given the degree of suppression, who graduated from the ball in it outside the designated area, for handling does not count any degree in the absence of injury target, while One score is calculated for each injury, the overall performance time is calculated per second , and two attempts are given to each player.



Sixth test: Test name: Scoring from movement (rate). (Mahmoud, 2009)

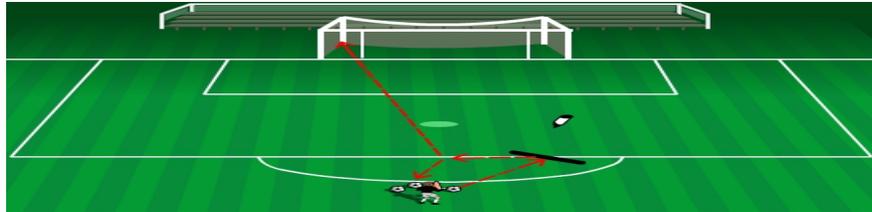
The goal of the test: Measuring Q R Ah accuracy and scoring

**Tools used:** footballs, signs, rope, soccer goal ,whistle, stopwatch, video camera, and bar.

**Description test:** the player standing in front of the penalty area on top of the bow when constructive mode start , the player for handling the ball towards the bench set aside the penalty line and when you return the ball from mastaba the player Baraklha towards the goal , trying to hit the region , the mission of the goal and identified by ( 1 m) on both sides

of the right and left , then he returns to rotate around the person and then handles the ball to the bench, and after it returns he kicks it towards the goal and thus continues the process ( for three balls ) required to be shot towards the goal , and the player has the freedom to choose which foot to perform from the running position.

**Scoring :** The score is calculated according to the total score obtained by the player as a result of scoring the three balls on the goal, and the total time of performance is recorded from the moment when handling the first ball until the moment the third ball reaches the goal, and (2) degree is awarded if the ball enters one of the two specified areas on either side of the goal And (1) a score if the ball touches the pole or the crossbar set to the area, otherwise the player is awarded a zero, and two attempts are given to each player.



**Exploratory experience:** The researcher conducted a pilot experiment, a special testing research on a group of players Youth Club (police) and they research community but outside the main sample on Sunday a brief summary of 12/03/2017 , was intended to find out the validity and appropriate tests for the sample and also know the time required For testing . After that, another exploratory experiment was conducted on the youth of the Police Club as well, which was related to the exercises used in research, as the aim of this was to find out the problems that could accompany them and work to avoid them, as well as to determine the stresses, sizes and rest periods required to be used, as it was Tuesday 12/12 / 2017.

**Scientific foundations:**

Validity of the test: The validity of the test is one of the scientific and necessary measures that must be met by the standards, as it is not possible to rely on the scale that is not honest, as "the test is valid when it measures the purpose for which it was set." (Aweys, 1999) The validity of the content was applied to the tests and the self-validity of the test was extracted by calculating the square root of the test reliability factor.

Stability of the test: The reliability factor for the tests was found through the method of testing and retesting, and it is the best way to find the test reliability factor, and the reliability of the test is "a test on a group of individuals and the scores of each individual were monitored in this test and then the same test was repeated on the same. Group, also were monitored scores of each individual, and the results show that the grades obtained by individuals in the first time to apply the same grades Hsalo of it the second time it is thus expressed about the stability of the test results ". (Farhat, 2007)

As the first test was conducted on a sample reconnaissance experiment totaling 15 players on Sunday a brief summary of 12/03/2017, and then re - apply the test on the sample itself after 7 days , taking into account the circumstances in which the same production rite in which the first test, ie on Sunday Coincidentally 10/12/2017 , after which the simple correlation coefficient (Pearson) was calculated between the first and second test, as the results showed that the test has good stability, as shown below.

**Table (2) shows the reliability of the test results**

VARIABLES	HONESTY		PERSISTENCE		OBJECTIVITY	
	R	The real moral	R	The real moral	R	The real moral

Agility		0.901	0.00	0.813	0.00	0.917	0.00
Kinematic velocity		0.906	0.00	0.821	0.00	0.916	0.00
Kinematic response speed		0.914	0.00	0.835	0.00	0.922	0.00
Transition speed		0.891	0.00	0.793	0.00	0.903	0.00
Speed and accuracy of receipt and handling	Speed	0.917	0.00	0.842	0.00	0.925	0.00
	Accuracy	0.876	0.00	0.768	0.00	0.894	0.00
Speed and accuracy of scoring	Speed	0.923	0.00	0.852	0.00	0.941	0.00
	Accuracy	0.884	0.00	0.783	0.00	0.908	0.00

Moral < (0, 05) At a degree of freedom (14)

Objectivity of the test: The objective test is the test that is not subject to the self-assessments of the evaluators, as the tests developed by the researcher are non-self-controlling tests because they depend on time and grades. Objectivity is considered “freedom from prejudice or intolerance and not to introduce personal factors to the laboratory. Like his opinions and personal whims, his personal inclinations and even his prejudice or fanaticism, it means describing the capabilities of the individual as they actually exist, not as he wants them to be. “(Abdul Majeed, 1999)

Tribal researcher conducted tests on the two sets of search (control and experimental) on Thursday a brief summary 14/12/2017 at three in the afternoon and on the golf club with the help of the Air Force team assistant, the researcher was keen to install all the conditions for the purpose of the tests applied when conducting posteriori tests. The numbers of the exercises by the researcher and applied to the sample by assistant team under the supervision of the researcher, the duration is not due to training (10) weeks of (3) training modules week has started training on Sunday a brief summary 12.17.2017 ended on Thursday a brief summary of 02/22/2018, and thus has been achieved (30) limit of training, and adopted the researcher principle gradient in the size of the exercises and intensity and in the form of scientific and were given suitable rest periods , and are applied in the main section during the time between (25-40 minutes), was Use the high intensity interval training method . After the completion of the application of exercises on the research sample was conducted posteriori tests on Sunday a brief summary 02/25/2018 at three in the afternoon, with an emphasis on the availability of the same conditions that have been performing tribal tests in which as much as possible. For the purpose of processing the data obtained by the researcher, he used the statistical bag (SPSS).

### Results

**Table (3) shows the mean, standard deviation and value of (The computed and the true moral and the level of significance and the difference of the arithmetic means and the deviation of the differences in the pre and posttests of the experimental group.**

Researched variables	measruing unit	The pretest		Post test		Then	P e	Values t Calculated	The real moral	Level Aldla him
		s	P	s	P					
Agility with the ball	time	11.614	58443	10.9580	45013	65,600	15192	4.318	002	moral
Kinematic velocity	Number	27.500	1.26930	29.1000	1.10050	1.60000-	16330	-9.798-	.000	moral
Kinematic response speed	time	2.7030	39637	2.2530	12841	.45000	13030	3.454	.007	moral
Transition speed	time	5.1480	34666	4.5320	.45455	61600	14060	4.381	002	moral

Speed and accuracy of receipt and handling	Speed	time	21.934	47817	20.8520	50865	1.08200	.27518	3.932	.003	moral
	Accuracy	Degree	4.8000	63246	6.6000	69921	1.80000-	13333	-13.500-	.000	moral
Speed and accuracy of scoring	Speed	time	15.670	.38853	15.1420	39049	52,800	16602	3.180	.011	moral
	Accuracy	Degree	2.1000	73786	4.0000	.81650	1.90000-	17951	-10.585-	.000	moral

M p Noi < (0.05) At a degree of freedom)9( Below significance level(0.05)

**Table (4) shows the mean, standard deviation and value of (T) The calculated, real moral, the level of significance, the difference of arithmetic means, and the deviation of the differences in the pre and posttests of the control group.**

Researched variables	measruing unit	The pretest		Post test		Then	P e	Values t Calculated	The real moral	Indicati on level	
		s	P	s	P						
Agility with the ball	time	11.7900	67620	11.7830	67623	.00700	.00153	4.583	.001	moral	
Kinematic velocity	Number	26.7000	1.88856	27.4000	1.64655	.70000-	15275	-4.583-	.001	moral	
Kinematic response speed	time	2.6620	42174	2.6550	42130	.00700	.00153	4.583	.001	moral	
Transition speed	time	5.2070	29560	5.2000	29803	.00700	.00153	4.583	.001	moral	
Speed and accuracy of receipt and handling	Speed	time	21.7950	1.14816	21.7870	1.14665	.00800	.00133	6.000	.000	moral
	Accuracy	Degree	4.9000	73786	5.6000	69921	.70000-	15275	-4.583-	.001	moral
Speed and accuracy of scoring	Speed	time	16.1620	91460	16.1450	90805	01700	.00932	1.825	101	Immoral
	Accuracy	Degree	1.8000	.78881	2.4000	69921	.60000-	16330	-3.674-	005	moral

M p Noi < (0.05) At a degree of freedom)9( Below significance level(0.05)

**Table (5) shows the mean, standard deviation and value of) T The calculated, real significance and level of significance in the post tests of the experimental and control groups**

Researched variables		measuring unit	Experimental group		Control group		Values t Calculated	The real moral	Indication level
			s	P	s	P			
Agility with the ball		time	10.9580	45013	11.7830	67623	3.212	005	moral
Kinematic velocity		Number	29.1000	1.10050	27.4000	1.64655	2.714	014	moral
Kinematic response speed		time	2.2530	12841	2.6550	42130	-2.886	010	moral
Transition speed		time	4.5320	.45455	5.2000	29803	-3.886	.001	moral
Speed and accuracy of receipt and handling	Speed	time	20.8520	50865	21.7870	1.14665	-2.357	036	moral
	Accuracy	Degree	6.6000	69921	5.6000	69921	3.198	005	moral
Speed and accuracy of scoring	Speed	time	15.1420	39049	16.1450	90805	-3.209	005	moral
	Accuracy	Degree	4.0000	.81650	2.4000	69921	4.707	.000	moral

Moral < (0.05)At a degree of freedom (18) below significance level (0.05)

### Discussion

Upon reviewing the previous statistical results, the development of the research group appears to us, where the researcher attributes this to the regularity and continuity of the players by training on interactive speed exercises prepared by the researcher, as they had a positive role in the emergence of these results because they are exercises built on a correct scientific basis and because studied scientific training is considered the main pillar in the construction and preparation of the players taking into account their level where appropriate with their physical abilities and skills, the exercises that were used by Alsakao was the main reason for the development of winning , "Vtdrebat SAQ It is a training method that results in integrated effects of many physical abilities within a single training program .(Singh, 2008) "Saki exercises are considered one of the forms of training that contribute to improving some special physical abilities, the most important of which is speed of all kinds." (Master, 2018). The researcher was keen on the continuity of training because this continuity helps the players to raise their physical and skill capabilities to reach high excellence and good achievement, "The process of sports training must be continuous, permanent and continuous as a basis for reaching the goal and glory of sports, and the rule of continuity depends on the process of repetition in each exercise. Or an activity or training unit, and that any interruption in the continuation of training certainly leads to a decrease in the player's physical and skill competence. "(Hashem, 2018) The sake exercises had a clear and positive effect on the development of the physical and complex skill level of the players. The researcher attributes this development to the effectiveness of the sake exercises, which included alternating between speed training, agility training and kinetic velocity training, where the nature of the kinetic performance of the sake exercises and the succession between velocity, agility and kinetic exercises were similar to an extent Great with kinetic performance while performing complex movements in terms of speed of performance and change of direction, and this was clearly reflected in the research sample. "Sake training has a positive effect on improving the

level of skillful performance (correction, passing accuracy, technical skills, feeling of the ball)". (Al-Sayed, 2018) And also, "Sake training is an integrated training system aimed at improving the level of acceleration." (Roberts, 1997) Al-Saied pointed out that "the training of saku led to an improvement in physical abilities, which in turn is reflected in the level of skill performance". (Master, 2018) The SAKYO exercises approved in this study are complex exercises that depend on its system of work during training on the combination of capabilities in one exercise and this is what helped to develop the variables discussed, "Scientific experiments and sources indicate that there is a close and great relationship between the three training elements, which are speed and agility. speed motor , as is the speed is the ability to perform sequential and similar movements in the shortest time possible, while agility are the ability to rapidly change the conditions of the player during the movement and performance, while the motor speed is the maximum contraction or kinetic response to muscle in less time as possible " .(Patrick WC Lau, 2000) . The use of the principle of gradual pregnancy physical by the researcher when applying the exercises on the players came in line with the capabilities of their physical and skill and also helped on the understanding of wa do not absorb the exercises, the exercises have been given easy to hard as the exercises contained loads of training gradient varying increase intensity where The use of this with the method of fluctuating pregnancy had a positive effect on developing the physical and skill abilities of the research sample, inducing the process of adaptation, and on the level and development of it. "One of the most important things that the trainer must take into account in formulating the vocabulary of the training program is the lack of stability in the loads of the components of physical pregnancy , as the training unit must through which the athlete reaches the stage of fatigue and on the contrary, training is neither useful nor feasible considering that the athlete is accustomed to The performance of the physical effort itself, and on this basis, the principle of a gradual increase in the components of the training load must be taken into consideration and regularly to raise the athletic level (Moses, 2009).

### Conclusions

- 1- Sake exercises contributed significantly to developing the physical and skill capabilities of the research sample in this study.
- 2- Urging researchers to conduct similar studies through the training of saku and stand on its role in training, as well as for other activities.
- 3- The Sakio training positively contributed to the results of the post-tests in favor of the experimental group.

### Recommendations

- 1- Emphasis on the use of saku training by trainers, as it had a clear effect on making changes to the research sample.
- 2- Benefiting from this study by coaches in developing their physical and skill abilities for young players.
- 3- Conducting studies on other samples and other variables in the way saku exercises

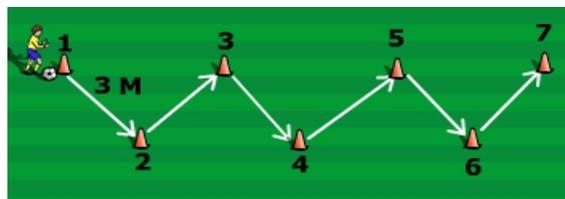
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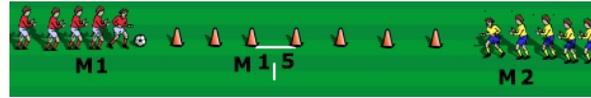
### Exercises

1- The player stops at the starting line (the first person) and when the whistle is heard, the player rolls the ball towards the figure (2) which is (3 m) away, as the player rotates around him and turns towards the figure (3) and so the process continues until he reaches the figure No. (7) It is the end of the exercise, the exercises are performed back-to-back by the players.

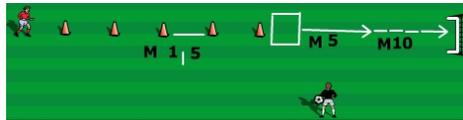


2- Players stand in the form of two groups, each one consisting of (5) opposite players, including (7) signs between each person (1.5 m) and with the first player from the first group a ball and upon hearing the whistle, the player begins to roll the ball between the seven signs and upon completion he handles the ball to His first teammate from the second group

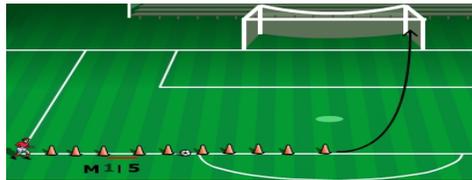
receives the ball and then rolls it between the seven signs and handles the ball upon completion and the process continues to the last player.



3- The player stands at the starting line and when he hears the whistle, he runs between (7) signs between each person (1.5 meters) and when the last person is finished, he passes the ball to the player to receive it and roll it for a distance of (5 meters) and then handles it towards a small target 10 meters away ), The exercise is repeated by the rest of the players.



4- When the start whistle, the player runs between (5) signs between each flag and the other (1.5 m), and upon completion of the fifth sign, the player finds a ball and rolls it between (5) other signs, and after finishing, he directs the goal towards the goal.



5- Stands of players on Mountain shape of each one consisting of (5) players and horizontally opposite distance between them and (4 m) are handling the exchange of the first touch for a period of 20 seconds.



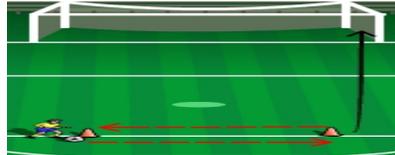
6- Four players stand in the form of a square. The two players (1 and 2) handle the ball to the two players (3 and 4), who handle the ball to the two players (1 and 2) from the first touch, and then they change their position, any player No. (3) moves to a place Player No. (4) And vice versa, and he continues working like this with handling for a period of (30) seconds.



7- Stands of players on Mountain shape of each one consisting of (5) players and horizontally opposite and their distance (3 m) stands the player yen leading yen to exercise at pillar No. 1 and be succeeded by m constructive mode (2) is (3 m) The group 's yen Assistant yen , throwing the ball the level of hip urges the player yen , jumping and handling of the ball and is air towards colleague and after the Wen ran and rotation around the pillar ( 2) and then back to the pillar number (1) , then the players colleagues to pass the ball ground for the performers to exercise the handling of the ball to fellow In direct the work is continued for a period of (3 0 ) seconds.



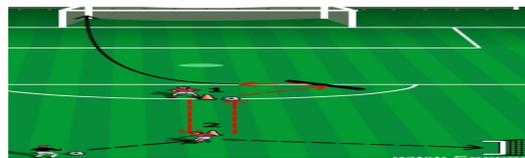
8- Rolling between two figures placed on the penalty area line and in front of the goal the distance between them (4 m) back and forth for a period of (25) seconds, and after the time is over, the player scores on the goal.



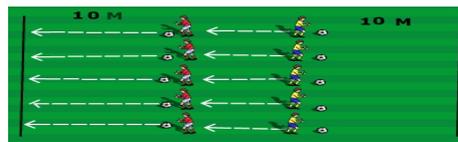
9- Running a distance of (30 meters) from the jog before the starting line and then handling the ball at the end of the race line towards a small goal 8 meters away from the finish line

10- Rolling the ball quickly for a distance of (30 m), and at the end the player scores on the goal from the penalty area line.

11- Running from character number (1) to character (2), with a distance of (15 m), and upon reaching the person (2), the player receives the ball and deals with it towards a small target on the side 10 meters away, and then the player returns to the figure (1) As there is a ball there next to the person for the player to make a double bus with a bench and then score towards the goal.



12- Stands of players on Mountain shape of each one consisting of (5) players and horizontally back towards the back of the distance between them (2 m) and in front of each player 's ball and be each group wearing the color (red and yellow) the trainer to give a prompt by saying one of the two colors , for example , the Red That is, the group that wears the red color is required to roll the ball for a distance of (10 meters), and the yellow group is required to catch up with it and cut the ball from them before reaching the end.

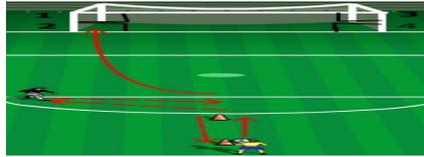


13- The player rolls the ball to a distance of (10 m) and upon reaching the end the coach mentions one of the numbers (1,2,3,4), which are small goal numbers placed in front of the player and the target is required to hit the target whose number the coach mentions.



14- The player runs between two signs, the distance between them (4 m) in front and back, and then passes the ball towards the coach, who in turn prepares the ball on the penalty line and mentions a number of numbers (1,2,3,4), so that

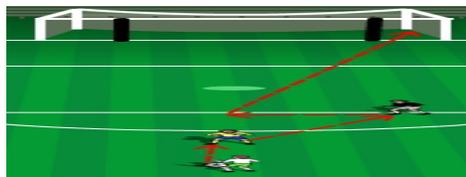
the player is required to score towards the squares of the same number , where he has the goal on a - four boxes are placed in the corners and each box holds number (1,2,3,4).



15- The player stands with two small goals in front of him, each containing a lamp, and they are 10 meters away from the starting line. The lamp is lit by it.



16- The player stands in front of the penalty area with his back on the goal and receives the ball from a colleague as he receives and turns towards the goal and then handles the ball to the coach to make a double bus with him. Left and right), then the player is required to hit the area in which the lamp was lit.



**Appendix (6) The model of the first training module from the first week**

Section	the exercise	The time taken from the unit	Repetition	Rest between repetitions	Groups	Comfort between group	The intensity used
the main	No. ( 1 )	25 minutes	4	60 / s	3	150 / s	85%