

# The Effect of Students' Participation in the Youth Forum Training on the Level of the Second Five-Kick Soccer Players

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## First: The Definition of Research

The definition included the introduction to the research and its importance, as it was touched on the importance of the five-a-side football game and the importance of using accurate practical means in selecting players representing the five-team football for the second Karkh Directorate, as well as the role of youth forums in supporting school sports because of its student and training capacities of cadres. While the research problem was determined that there are no scientific and practical methods in choosing the elements of the five-a-side soccer team in the second Karkh Directorate, but rather are based on observations.

## Research Objectives:

Preparation of a training curriculum to develop the level of the five-a-side football players in the Youth Forum.

- Learn about the effect of training in the youth forum on the performance level of students participating in the five-a-side football game from the research sample.
- The hypothesis was:
- The training curriculum has a statistically significant effect on some physical and skill capabilities of five-a-side football players at the Youth Forum.
- The research also defines the following fields:

The Human Frontier: Students who are 14-14 years old and who are present at the Bayaa Youth Forum.

- Time limit: from 2-10-2015 to 11-12-2015.

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- Spatial limit: Al Bayaa Youth Forum in the second Karkh.

### **Second: Theoretical studies and similar studies:**

The researcher discussed the main axes related to the research topic, which included the topics of what is the game of five football, the most important stages of its development and stages of development, in addition to the most important skills in the game and the most important physical abilities of the game of five football, in addition to similar studies.

### **Third: Research procedures:**

The researcher used the experimental approach on a sample consisting of (15) players from students who are (14-15 years old) who are attending the Al Bayaa Youth Forum, and scientific sources and relevant references were relied on in the research topic for the purpose of achieving the goals of the research and its hypotheses and an exploratory experiment was conducted to identify on the most important obstacles that the researcher may face, then the researcher conducted the tribal tests for the members of the research sample and applied a test battery to them, where he used the battery in the pre-test to find out their level and then applied a two-month training program divided into 24 training units by three units per week, and the appropriate statistical methods were used for the research topic to get to the accurate results.

### **Fourth: Presenting, analyzing, and discussing the results:**

To verify the research hypotheses, the results were presented and discussed according to the researcher's opinions supported by Arab and foreign sources related to the research topic.

### **Fifth: Conclusions and Recommendations:**

Where the researcher reached a number of conclusions, including:

- 1- The ability of the battery to set different levels for players.
- 2- The importance of youth forums to provide school sports cards from students who attend the forum, as the forum works to cultivate students 'talents, so it must be used in an optimal way.
- 3- He found a role in the training program in developing the physical and skill aspect of the research sample.

### **The most Important Recommendations are:**

- 1- Adoption of the batteries (physical and skill) as an objective scientific method for selecting the players for the five-a-side football team for the second Karkh Directorate, to become a working guide to develop the levels of these players according to this careful selection.
- 2- Adoption of the selection of elements for the five-a-side soccer team from students who are present in youth forums because of their physical and skill

capabilities gained from many training in youth forums by virtue of the freedom to attend many times and even holidays so that this feature is used for training outside the official working hours.

- 3- Carrying out a similar study in variables and other aspects related to the selection of the five-player soccer player from physical, functional, and psychological measurements that were not covered in the study.
- 4- Re-conducting the study and the same variables on other age groups and creating appropriate standards for them.

## **Abstract**

Definition of the research included the definition and importance of introduction, touched on the importance of the game of football and the importance of PeCB use the delicate process in choosing players representing team Penta football Karkh Directorate, as well as to the role of youth forums in support of school sports to its student and training capacities of cadres, while the identified problem that there are scientific methods and process in the selection of elected elements Penta football in Karkh Directorate II but is supported on views

**Keywords:** Effect of Students' Participation, Youth Forum Training, Level of the Second Five-Kick Soccer Players

**Objectives of Research:** Preparation of a training curriculum for developing players Quintet football at the youth forum. Identify the impact of workouts in the Youth Forum on the performance level of students involved with the game of football Quintet sample search. It was imposing:-curriculum statistically significant effect on some physical abilities – and skill players Quintet football at the youth forum. The research also identifies the following areas:-reduce human: students who are under the age of 14-15 years and live in the Al-bayaa Youth Forum. Temporal limitation: 2/10/2015-11/12/2015. -Spatial limitation: Baya Al-Karkh Youth Forum II.

**Theoretical Studies, studies of similar:** the researcher has addressed topics related to the subject matter included themes of what is the most important football game of Penta-stages and stages of development, in addition to the most important skills in the game the most important physical abilities for a game of football, the quintet along with similar studies.

**Third:** Research work: the researcher used the experimental method on a sample of (15) Player from students who are aged (14-15 years) attending the Al-bayaa Youth Forum, and rely on scientific sources and relevant references in question for the purpose of achieving the objectives of the research and its prescriptions and was conducting an exploratory experiment to identify the most important obstacles may encounter a researcher then conducted tests, tribal members, researcher sample search applied they battery test, battery test used in tribal knowledge level and then apply them to a two-month training program PBX on 24 modules by three units a week, and

have been using statistical methods appropriate to the theme of access to accurate results.

**Forth:** Present, analyses, and discuss the results and verify hypotheses were present and discuss the results in accordance with the opinions of a researcher supported by Arabic and foreign sources related to the subject.

**Fifth.** conclusions and recommendations: where the searcher has reached a number of conclusions:

1. Battery capacity to identify different levels of players.
2. The importance of youth forums these school sports cards from the students attending the Forum as the Forum works on the talents of students, must be exploited optimally.

The role of the training program in developing physical and skillful side sample searches. The most important recommendations are:

1. to adopt the batteries (physical and skill) objective scientific method for choosing players for a soccer game team Penta Karkh Directorate II, to become a working directory down to develop levels of these players according to this careful selection.
2. Adoption of elements of Penta football from students who are in the youth forums to what they owned him from the physical abilities and skill gained from numerous training in youth forums, by virtue of the freedom to attend many times and even holidays to exploit this feature of training outside working hours.
3. Conduct a similar study on variables and other aspects related to the emerging player's choice Penta football physical and functional measurements.

### **Introduction and the importance of research**

Sport has a prominent position among different peoples and wide and great interest from all countries and the broad public that is concerned with all sports, and sport has made great strides towards progress and progress at all levels and this progress came as a result of adopting the scientific approach and harnessing the science associated with serving all sporting events.

The tests and measurements are considered one of the necessary scientific means in the field of physical education because of its prominent role in the process of proper planning and continued progress. Objective testing and accurate scientific measurement have a great role in giving the real indication of the player's capabilities, so it is necessary to benefit from them in order to improve sports activities in a way In general and in the game of five football in particular.

The five-a-side game is one of the sports games that are characterized by its wide popularity and with its privacy, which comes from its possession of the elements of

excitement and suspense, and it is not surprising that it is a result of the game of football, the mother game. Rather, it is an essential pillar for developing this mass game and providing it with stars.

Iraq is one of the countries that paid attention to this game, due to its popularity and the characteristics and qualities it has, as our teams were able to achieve good results at the Arab and continental levels, and the development of any game comes as a result of the interest of those interested in the creators of that game because they are the tributary of clubs and teams. It is necessary to pay attention to the process of selecting the emerging to play this game because choosing according to the scientific foundations saves effort, time and money, and because the Youth Forum is an important tributary in supporting school sports, since most of the attendees of the forum are students and workers in these institutions are from Owners of expertise in the field of sports it would be important for the exploitation of these energies in support of school sports.

The importance of the research lies in how the accurate selection of the five-a-side soccer players to raise the second karkh of students who wear the youth forum according to the scientific foundations away from improvisation and randomness, through the adoption of physical and skill determinants as an accurate indicator of selection because these variables are important for each game, including the five-ball Accordingly, the researcher decided to adopt two (physical - skill) test batteries in order to use them as a basis for selecting players for a five-a-side soccer team

### **Research problem:**

Note by the researcher to choose the way of the five-team players in football, he found the failure to adopt a mechanism in determining the level of players, but the choice on the basis of viewing, so the researcher considered the adoption of the test battery (rated) [1], to determine the level of the research sample.

### **Research objective:**

Preparing a training curriculum to develop the level of the five-a-side football players in the youth forum. Learn about the effect of training in the youth forum on the level of performance of students participating in the five-a-side football game from the research sample.

### **Hypotheses:**

The training curriculum has a statistically significant effect on some physical and skill capabilities of five-a-side football players at the Youth Forum.

### **Research Limits:**

The Human Frontier: Students who are 14-14 years old and who are present at Al Bayaa Youth Forum.

**Timeframe:** From 2-10-2015 to 11-12-2015.

**Spatial limit:** Bayaa Youth Forum in Karkh II .

### **Theoretical and similar studies**

#### **Theoretical studies:**

#### **History of the Soccer Five game:**

The idea of the five-foot game (futsal) came out of the Uruguayan city (Montevideo) in (1930) when (Juan Carlos Seriani) designed a form consisting of five players for each football team to compete with young people to play on courts the size of basketball courts, External and internal without using the sidewalls, and there is another opinion that attributes the history of the game's emergence to Brazil when the first championship was organized in Brazil in (1955) and at the same time, Uruguay organized a championship in football for the halls.

The game has gained great popularity in South American countries, especially in Brazil, which is the main center of attraction for this game. And the game of soccer for the halls plays in Brazil in the streets and popular areas, as the game does not even need pillars because it provides fun and excitement [1].

Football for the halls began to spread in the countries of the world very quickly in cities, villages, schools, and among children, youth, women, and the game is currently practiced under the auspices of (FIFA) and began spreading in all continents and in Asia, especially Iran, Japan, South Korea, Iraq and Thailand, and in Japan the game spread greatly. The Brazilian player (Zico) has established a special futsal school known as (Zico School) to develop football,

#### **The basics of the five-a-side soccer game [2]**

Football for the halls is one of the games that have specifics and basics that everyone who follows and watches matches can know, and training personnel must know them and then transfer them to the players, and through it can build training curricula that help to bring players to a high level of performance and reduce errors During the course of the match, in addition to increasing the fun and excitement of the players to play and then an increase in the excitement of matches, and since the players have a natural instinct for learning and training, appreciation for football in the halls should be sown for the following reasons:

- 1- It allows players to seek behind the only game on the field, the ball.
- 2- Encouraging the return of the ball as an entertaining and rewarding part in the game.
- 3- It gives many opportunities to score goals, which is really happening.
- 4- Actual participation increases and reduces boredom and lethargy.
- 5- It gives a well-organized gaming environment with innovative minds.

- 6- It mimics the philosophy of player development and is expressed in local and international schools.
- 7- Eliminate complicated rules such as infiltration that may hinder play.
- 8- It reflects the role of the coach.
- 9- It makes the game starting with the coach friendlier because the game is simpler and thus makes it easy to attract more coaches.
- 10- The game allows you to be the teacher.

### **Five-a-side football player:**

A five-a-side football player is no less important than a regular football player, on the contrary, it may be better if he is transferred to the stadiums and there are many opinions that recognize the importance of the football game for the halls before playing regular football, and among these views "(Pele) the jewel Al-Aswadah: (I played football for the halls for two or three years before joining Santos. It is a very important game for developing ball control, passing, rolling, quick thinking, balance, and concentration. Football soccer is very important, no doubt about that), as the Brazilian player Ronaldinho expresses his opinion by saying: (Futsal soccer game is important c A small, especially for ages to develop different skills and grasping the concept of the game that all of Msata and Harakati gained through my game Futsal)" [1]. In order for us to get a player who plays the game well and achieves positive results, he must be taught and trained the things that must be taken into account and applied during the match and this is the responsibility of the coach, and there are some golden points that a five-football player must know, namely:

- 1- The player must never remain to stand, he must be in constant motion along the field.
- 2- It is important to know how to play when the ball is not in the possession of the player, especially if it has a colleague in the same team (giving support and backing), trapping other players, and filling empty places.
- 3- The player must strive not to lose the ball.
- 4- Players must defend behind fake horizontal lines that define the ball when the opposing team attacks.
- 5- The player must not stop looking at the ball.

### **Setup physical:**

Physical preparation means "all operations directed to improving the player's general and private physical abilities and raising the adequacy of the body's functional systems and the integration of its performance [2]. Physical numbers are defined as "the systematic and continuous training method by investing the player's capabilities and physical capabilities during competitions [3].

The physical numbers are divided into:

- 1- General physical preparation: It is the process by which players acquire fitness elements in a comprehensive and balanced way.
- 2- Special physical preparation: It is the process by which players acquire important and necessary physical fitness elements for the type of specialized sport for players [4].

### **Physical preparation for your five footballs:**

It is a physical preparation that is directed towards developing the physical capabilities and increasing the functional ability according to the requirements of the match. The training aims at this stage to prepare the athlete for the sports form, and as a result of that, special exercises that approach the nature of competition increase and continue in this stage gradually increase with the training load while increasing the level of intensity with exercises for preparing your exercises and competition that appear to increase the speed of motor performance and the development of the level of technique and tactics of the player.

And take into account that the higher the intensity, this will be reflected in the size of the training load, as it passes at the beginning of a steady stage and then decreases gradually as the intensity rises and this decrease in the volume of training is initially at the expense of reducing the size of general exercises and at the same time increasing the trend to special exercises that increase during this stage [1].

Physical properties setup your five footballs:

"The special physical numbers are concerned with the necessary and important physical fitness elements in the type of exercise, as:

- 1- The time allotted for private physical preparation is longer than the general physical preparation.
- 2- The used loads are characterized by higher degrees than those used in the general preparation stage.
- 3- The exercises used are all of a specialized nature corresponding to what happens in the sports competition for the type of sport practiced [2].

Most important physical abilities of five-player football:

### **Response speed motor:**

The speed of the kinetic response from the physical capabilities is very important in all sports activities, and the speed of the kinetic response plays a decisive role in football halls, as it resolves many situations because these situations occur most often in a relatively small area and then they play an important role in the outcome of the match.

The kinetic response speed is defined as the "susceptibility to the kinetic reaction to a specific stimulus in the shortest possible time period [3].

Muhammad Salih Al-Wahsh and Mufti Ibrahim indicate that the speed of the kinetic response is "the ability to respond kinematically with the shortest possible time. An example of this is the rapid response to the movement of the ball after its direction has changed [4].

The speed of the kinetic response is one of the necessities of the football player for the halls, as this game needs requirements that impose on the player the speed of the kinetic response, such as changing the direction of movement and the ability to act properly quickly, as the rapid change in the direction of the body and its position are often depending on what the player does the competitor and all this is related to the speed of the player's kinetic response and the ability to start jumping moves, passing the ball and attacking (cutting) the ball as quickly as possible. The player is always busy with the stimuli accompanying the game, so he must choose the appropriate response and take into account that this response is within the laws the game, due to the small size of the stadium, starting movement gives preference to the player, especially when the direction of the ball changes and competition for it with the competing player.

### **Speed motor:**

Kinetic speed is of great importance in different sporting events due to its impact on the performance of different movements. In football, the halls show this clearly according to the many changing situations that occur throughout the stadium and from one place to another, and the kinetic speed is defined as "the performance of one or several compound movements in the least time maybe [1].

Having a player with good motor speed and the ability to execute skills of various simple and complex types generate a capacity to perform all other movements and change them according to the conditions of play.

### **Speed Metastatic**

It is the transition from one place to another in the shortest possible time or "is the ability of the individual to perform similar successive movements in the shortest possible time [2]. As in the fast running behind the ball or participating in defense and attack and switch centers and escape from control or in other words to achieve the basic principles of plans such as the ability to move and exchange centers - support - creating spaces - penetration..etc.

### **Mtaulh Speed:**

It is the ability to perform fast (maintain speed) for the longest possible period or "is the ability to continue to perform identical and asymmetric movements and to repeat them sufficiently and effectively for long periods at high speeds without a decrease in the level of performance efficiency [3].

It is one of the physical capabilities needed by a five-a-side football player, especially in the last minutes of the game, to repeat the performance of speed throughout the duration of the game, as the player remains in a continuous movement, whether in defense or attack in order to acquire and maintain the ball, in addition to that speed practice helps The player resists fatigue when performing at a very high level.

### **Explosive power**

It is one of the basic physical abilities in five-a-side football because of the various movements involved in this game of jumping, kicking the ball, and bouncing from one side to the other. It is defined as "the highest dynamic force that a muscle or muscle group can produce as quickly and once as possible [4].

The importance of the explosive power in the game is the importance of the two components that make up it in this game, as the need for strength and speed appears as two separate elements in many playing situations, as well as the need to merge them as an explosive force in many cases, such as hitting the ball to pass or hitting the ball strongly during scoring or jumping in Sometimes to hit the ball head.

### **Strength characteristic speed:**

It is "the individual's ability to remove the maximum force from a muscle or muscle multiple times in the least possible time [1]. The strength marked by speed is considered a combined physical ability of muscular strength and speed, and this type of speed is the dominant type in the game, and one of the most important requirements for players in this game is due to the fact that physical, skill and planning performance requires a very high speed of performance as. The strength marked by speed is the most obvious physical ability of a player because of the performance power a player needs with a high frequency and speed while hitting the ball or running with it, in addition to the five-foot soccer player needs a high physical preparation in which the focus is on speed and strength because it is not possible to reach To the force marked with speed unless they are a high muscle building and great speed accompanied by a good mastery of skill [2], as the possession of the distinguished force with speed for the five-a-side footballers is not only important from the physical side but also its importance comes in terms of the skill side as well, "as the strength marked by speed is related to the degree of mastery of skill performance [3].

### **Fitness:**

It is the player's ability to change his body conditions, speed, or direction, whether on the ground or in the air in a healthy rhythm [4]. A five-a-side soccer player needs to be agile as an attribute that has an effect on the varying changing situations, such as the speed of change from one performance to another, or the integration of more than one skill with each other, or the change of speed and direction or sudden pausing and aiming after dribbling and controlling the ball smoothly in the least time and effort.

### **Speed performance:**

Kinetic performance is one of the most important and special types of speed for the gymnasium soccer player, which means "performing movement and promises of complex movements in the least possible time [5].

The speed of performance is an important determinant of futsal results, as the physical, skill, and planning performance of the five-a-side soccer has become indispensable to them for speed. When training on speed of performance, we mean "speed of start, change of direction, speed of aiming, and passing in different situations [6]. The rapid performance of motor skills has an important effect on achieving goals and seizing opportunities in different play situations.

### **Flexibility:**

It is the ability to perform various movements in the game for a wide range and freely, that is, the dynamic range is the intended flexibility [1]. Flexibility is an important attribute in learning motor skills. Therefore, it works to prepare the player in an integrated manner alongside other physical characteristics. Flexibility plays a great role in determining the physical level in most games and sporting events, and it is based on the performance of most movements almost, and the degree of flexibility varies from one person to another and is affected by The anatomical and physiological capabilities that the athlete is distinguished from others, and it depends on the flexibility of the muscles and joints, as well as the external temperature of the environment [2].

Flexibility is divided into two parts: [3]

- 1- General flexibility: This can be obtained through continuous training by ball technique and gymnastic exercises.
- 2- Special flexibility: It is very important for the player to include all the muscles and joints of the body and can be gained through exercises to lengthen the ligaments and muscles.

### **Basic football skills with time:**

Basic skills are defined as "game technique and performance that a player performs with the ball directly or the movements he performs in the vicinity of the ball [4]. It means "all necessary movements aiming to be performed for a specific purpose within the framework of the Five Soccer Law, whether or not these movements are with the ball [5].

The skill is the essence of the game, and the player with weak skill cannot reach the high levels, and the basic skills are a way to resolve positions and multiple situations in the stadium with high audacity from the player's strength and make a decision and act with the ball faster than others and this only comes through "mastery" these skills through continuous and continuous training for a long time, the more training

increased the increased performance of the players in the application of skills with accuracy according to the changing circumstances of different play [6].

The possession of these skills does not come spontaneously, but continuous and continuous training is required until their mastery and mastery are achieved, due to the importance, diversity, and multiplicity of these skills in five-a-side football.

The most important basic skills for five-a-side football are:

### **Quenching:**

It is "the player's control of all the balls coming to him, whether the next ball is ground, high or half high in the framework of the law of the game [1].

"The skill of the complex skills of extinction and must be mastered since the early stages of learning because Alambtda E If you have not mastered in the first stages of learning will continue with this error even higher levels [2]. Without quenching, the player cannot perform the scoring, handling, or deception in the correct way, and it will have a negative impact on the team [3].

There are several types of suppression:

- A. Suppression inside the foot.
- B. Outside the foot.
- C. Suppressing the face of the foot.
- D. Put down the foot ( For five-a-side football)
- E. Suppression of various parts of the body (head, chest, knee .(

### **Handling:**

The handling skill of the most skills used in the game of football halls, and the team that fluent players handling and use them accurately in the course of the game is always characterized by collective playing - confidence are influential and important factor in the team and movements, especially in the modern play, which given requires priority in training Until you reach the degree of accuracy.

Handling is the only way for players and the ball to move to areas close to the opponent's goal. Handling is "the tongue of the football game. The more the tongue gets rich, the more it has the ability to communicate what it thinks easily and easily [4]. The right handling is the one that meets the following three conditions (accuracy, timing, and strength) [5]. Handling is an effective skill that, if properly used by the team, would be more effective in confusing the rival team. Handling is divided in terms of the foot's connection to the ball in types, namely:

- A. Handling inside the foot.
- B. Handling in the inner part of the foot.
- C. Handling in the outer part of the foot.

### **Foot-handling.**

Handling is also of two types in terms of accuracy:

- 1- Personal handling with precision to the teammate, which is the most used in the match.
- 2- Handling to the vacuum in the direction of the forward-moving fellow, and this corresponds to the requirements of the modern five-a-side football and facilitates quick access to the goal of the opposing team.

### **Ro-Ro:**

It is considered one of the technical basics of football halls and is used as a means to reach a specific goal that the player seeks and uses when his colleagues are monitored by the opposing team or when the goal is the goal planned.

Rolling the ball is the basis for the individual effort of the player in advancing the ball, penetrating the opponent's defense, and creating an opportunity for fellow players [1]. In the modern football tactic of the halls, which confirms the increase in the number of defenders, the player needs to have a high ability to roll the ball in order to get rid of the defenders and penetrate towards the opponent's goal as the roll must serve the offensive play plans. There are many types of rollers, including [2].

- A. Rolling the ball out of the surface of the foot.
- B. Roll the ball inside the surface of the foot.
- C. Roll the ball on the front section of the instep.
- D. Rolling the ball on the top section of the instep.

Running with the ball is one of the basic and important skills for every player and the modern ball depends on fast movement with changing places and centers, whether with or without the ball [3].

### **Scoring:**

Scoring is the goal of the futsal football game, and the game has no meaning and no excitement without scoring. Scoring is one of the most important parts of offensive football, and one of the most important skills of five-a-side football [4]. A good player is the one who is acting appropriately a particularly in hazardous areas or in the penalty area to the opposing team, which he exploits opportunities if you allow scoring to Almmerny.an skill scoring combines several skills, and the player excellent striker is the one who has the ability to scoring resting in the feet as well as the various parts of the body except for the hands, and the player who is not fluent in scoring loses Kathie area of easy opportunities and the team that does not have a player of or more to the advantage of good scoring goal will be negative consequences. The scoring is "the primary means of determining the result for two equal teams, and it is he who decides the outcome of the efforts of the players and the

coach during the match, as the team that wins the greatest number of injuries during the match is a winner [5].

### **Similar Studies:**

Study of Hussam Saeed Al-Momen (Master Thesis) (2001): [1]

The title of the study: (A suggested approach to developing some physical capabilities and basic skills for five-a-side football players).

### **Objectives of the study:**

Elaboration of a proposed curriculum to develop some physical capabilities and basic skills for five-a-side football players under the age of (19) years. Knowing the effect of the proposed curriculum on the level of development of some physical abilities and the performance of the basic skills of five-a-side football players under the age of (19) years.

### **The research sample:**

The sample of the research, which was chosen intentionally, included the five-year-old youth soccer team, aged under 19 years, with (9) players for each control and experimental group.

### **The most important conclusions:**

The experimental and control groups were characterized by significant differences and rates of development between the results of the pre and post-tests and in favor of the experimental group with physical abilities tests (Nelson test for selective motor response, sitting from lying (Shenna belly) for a period of (30) seconds, running (20 x 5), rapid jogging (30) m from the high start, bend and extend the knees fully for (90) seconds.

Similarities the difference between a similar study and the current study:

Similarity:

Similar in terms of the game (five football).

### **The differences:**

A difference in the sample, as the current study included a sample represented by students attending the Youth Forum to play for the five-ball in the forum when the sample was in the study (Hussam Saeed Al-Mumin) represented by the youth team with five footballers under the age of (19) years.

The difference in basic skills, as the current study contained the damping skill, while the previous study did not address the damping skill.

### **Research methodology and field procedures**

**Research Method**

To achieve the goals of the research, the researcher used the experimental approach to suit him with the nature of the problem. Experimental research is considered to be "the most accurate type of scientific research that can affect the relationship between the variables of the experiment [1].

**Research Sample:**

The sample included the players in the Bayaa Youth Forum who are playing the five-a-side football game, which number (59), and after removing those outside the school and those who are older or smaller than the targeted age group, which is (14-15 years), a total of (23) Player.

The researcher intends to choose (15) players in an intentional way to represent the target research sample, and thus the research sample has become one group.

**Research tools:** The equipment and tools used in the search.

Calculator Laptop Number (1)

Camera type Sony Japanese-made video, number (1).

Balls five ball feet Number (10).

Whistle.

Signs of number (6).

Bras (colored) (50), in two colors.

Colored adhesive tapes means the collection of information :

Arab and foreign sources.

**Research Procedures:**

**Determine the most important physical and skill tests:**

The researcher used a physical - skill test battery rated \* (1) \* to identify the level of the Al-Bayaa Youth Football Club's five-a-side football players. The battery contained four physical tests to measure the physical abilities of the research sample and five skill tests to know the skill level of the research sample, and the researcher conducted stability and objectivity on the test battery in order to know the validity of the paragraphs in the battery. And as shown in tables (1, 2).

**Table (1)** shows the coefficient of persistence and objectivity for physical tests

indication	Objectivity factor	indication	Coefficient of stability	Paragraph	No.
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Moral	0,870	Moral	0.763	(20 m) ran from high start	1
Moral	0.741	Moral	0,811	5x 25m run shuttle	2
Moral	0.921	Moral	0,896	Lateral jumping from above Mastaba, with a height of (30) cm, during (10) seconds	3
Moral	0,857	Moral	0.735	The speed of kicking a wooden square on the wall is 30 cm high during 20 seconds	4

Table (2) shows the coefficient of stability and objectivity for the skill tests

Indication	Objectivity factor	indication	Coefficient of stability	Paragraph	No.
Moral	0.901	moral	0.777	Control the ball (bouncing) inside a circle with a diameter of (1.5) m during (20) seconds (adjusted).	1
Moral	0.712	moral	0,860	Winding run of the ball (rolling) between (5) round trips	2
Moral	0,839	moral	0,702	Stop (put down) the ball's movement	3
Moral	0,972	moral	0.827	Scoring towards a goal divided into numbered squares on both sides (adjusted)	4
Moral	0.769	moral	0,851	Handling towards a small target (50 x 75) cm from a distance of (7.5) m	5

**Moms fat battery test physical - a technique used by the researcher in the tribal tests and post:**

**Specifications for a physical exam**

**First test/transition speed**

**Test name: (20) meters from the high start.**

**The purpose of the test:**

**Measuring the transmission speed.**

**Tools:**

- 1- Stopwatch.
- 2- Whistle.
- 3- Define two parallel lines, the distance between them (20) m. The first line represents the starting line and the other line represents the ending line.

**Performance description:**

The laboratory stands behind the starting line from the high starting position and upon hearing the absolute whistle the laboratory begins with the constant acceleration of the arrival or passing the finish line at the highest possible speed.

### Conditions of performance:

More than one player performs the test together to ensure that the competition factor is available.

### Registration method:

- The laboratory is given only one attempt.
- The time the laboratory takes from the starting line to the finish line is calculated in seconds.

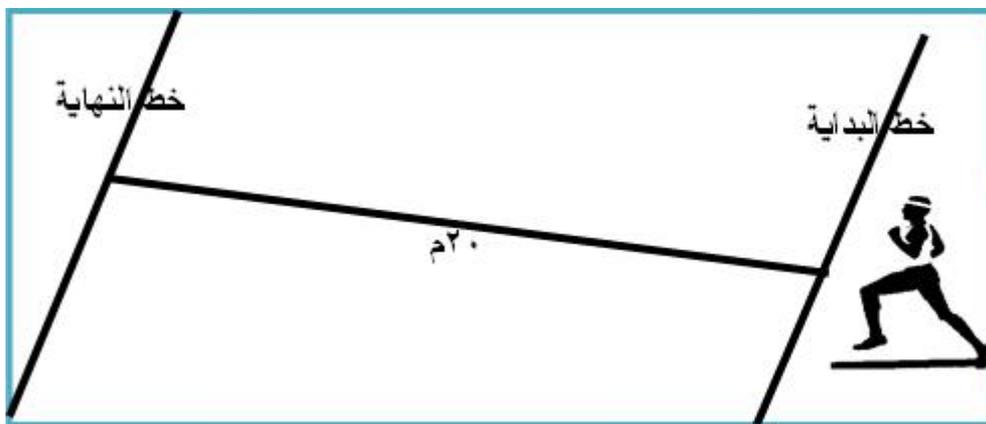


Figure (1) running test 20 from high start

### Second test/ speed handling

Test name: Run 5 x 25m shuttle.

### The purpose of the test:

Speed measurement.

### Tools:

- 1- A field of operation with a length of no less than (25) meters.
- 2- Scale tape.
- 3- Stopwatch.
- 4- Whistle.
- 5- Signs of the number (2).

### Performance description:

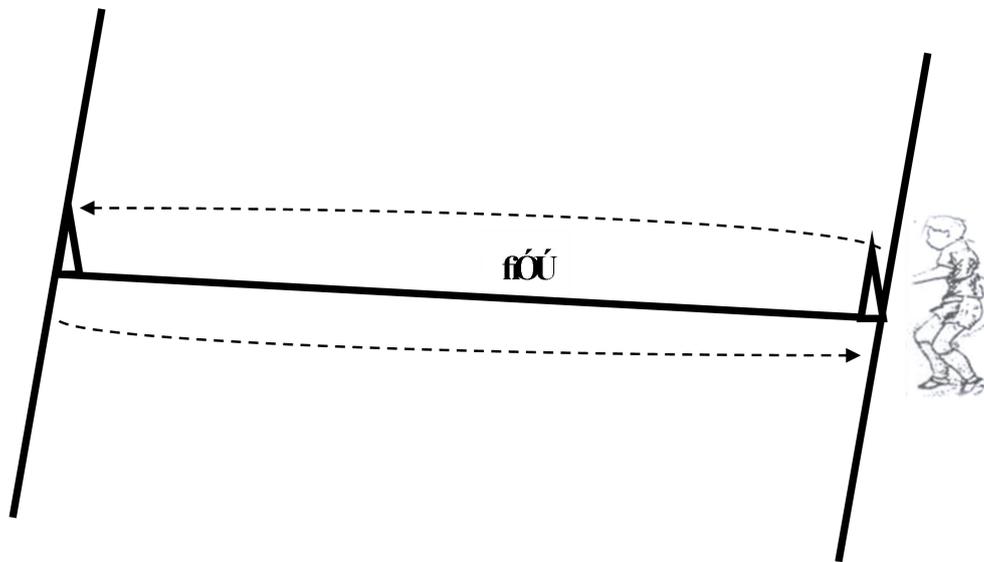
The laboratory stands behind the first person, represented by the starting line, and upon hearing the beep, it extends for a distance of (25) meters, that is, to the second person, and it continues back and forth five times.

**Conditions of performance:**

Every two testers take the test together to ensure the competition factor is available.

**Registration method:**

- The player has one try.
- The laboratory records the time taken to finish the distance per second.



**Figure (2) Running test 5 x 25m shuttle**

**The third test/ force marked with speed**

**Test name: Jumped from the bench, height (30) cm, within (10) seconds.**

**Purpose of the test:**

Measure the strength of the legs muscles.

**Tools:**

- 1- The height of the bench (30) cm and width (15) cm.
- 2- Stopwatch.
- 3- Whistle.

**Performance description:**

The laboratory stands at the bench, with a height of (30) cm and width (15) cm. Upon hearing the signal, you start to jump horizontally with both feet continuously above the ruler for (10) seconds.

**Conditions of performance:**

Every two testers take the test together to ensure the competition factor is available.

**Registration method:**

- The lab has one try.
- Record the number of correct attempts times within (10) seconds.

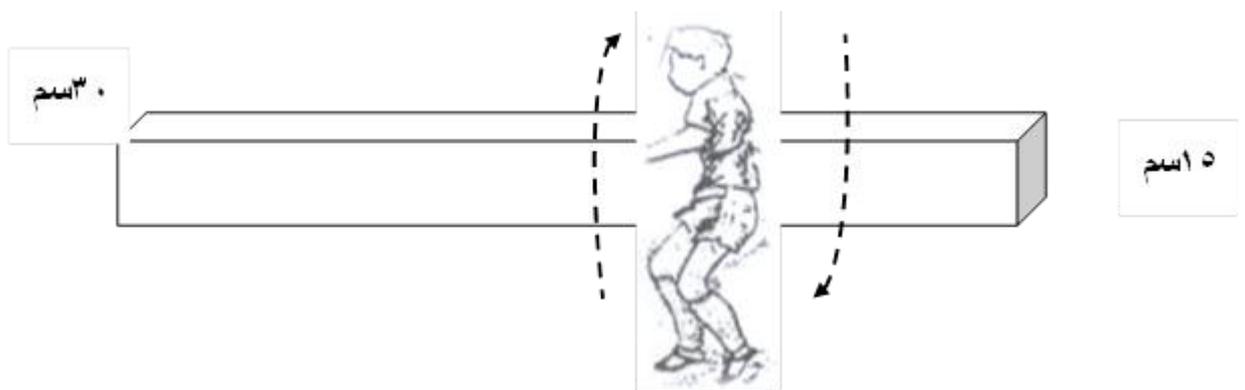


Figure (3) the side jump test from above Mastaba, with a height of (30) cm,

**During (10) seconds**

**Fourth test / kinetic speed**

Test name: The speed of kicking a wooden box on the wall with a height of (45) cm (30) seconds.

**Purpose of the test:**

Measuring the speed of the two men's movement frequency.

**Tools:**

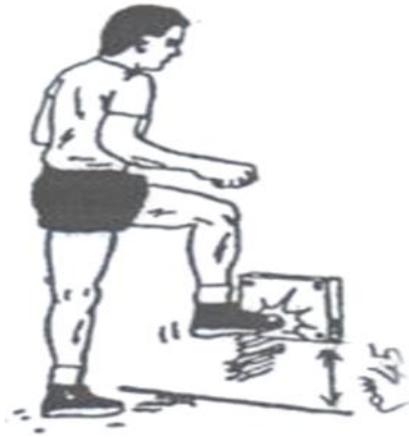
- 1- A wooden board lined with leather, an area of (30) cm, attached to the wall, and its lower edges above the ground surface (45) cm.
- 2- Stopwatch.

**Performance description:**

The laboratory stands in front of the plate, and upon hearing the starting signal, the laboratory touches the plate with the right foot twice in a row (rotation), then the left leg is repeated twice in a row (rotation) as many times as possible in (30) seconds.

**Registration method:**

The laboratory records the number of sessions for a period of (30) seconds. (Hit the board with two feet in a row is a turn).



**Figure (4) Test the speed of kicking a wooden box against a wall, at a height of (45) cm, for a period of (30) seconds**

**Specification test of the Mehari:**

Control and control the test/ first ball

**Test name:** Adjust the ball (recoil) inside a circle with a diameter of (1.5 m) within (20) seconds (average).

**Purpose of the test:**

Measuring the ability to control the ball in the air.

**Tools:**

- 1- Ball No. (5) No. (1).
- 2- A specific area for testing (a circle with a diameter of 1.5 m).
- 3- Stopwatch.
- 4- Whistle.

**Performance description:**

The laboratory raises the ball with one foot from the ground and wears it in the air using any legal part of the body, and maintains it for the maximum number of iterations within (20) seconds within the specified area of the test.

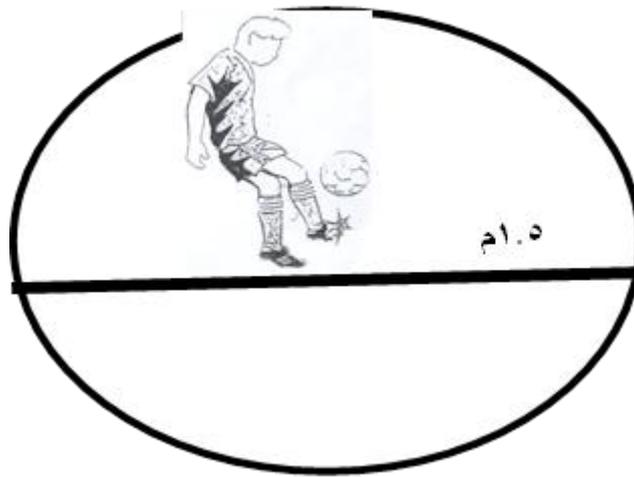
**Conditions of performance:**

- The laboratory does not have the right to drop the ball and if it falls, the attempt ends and records the number of iterations it made.

- Bounce the ball according to the specified area and if it exceeds the specified area (the test circle) and the ball is in its possession, it does not record the number of iterations that he performed outside the specified area until he returns to the blank test.

**Test method:**

- The laboratory is given two attempts and records the best attempt.
- The laboratory recorded the number of times the ball bounced correctly and legally within the test area within (20) seconds.



**Figure(5) Ball control test (bouncing) inside a circle with a diameter of (1.5 m) during (20) seconds (adjusted(**

**The second test / jagged ball run**

Test name: Zigzag ball run (5) between the round trip

**Purpose of the test:**

Measuring the ability to run at the speed of a ball by changing direction.

**Tools:**

- 1- Ball No. (5) No. (1).
- 2- Banners No. (5).
- 3- Stopwatch.
- 4- Whistle.
- 5- A place to take the test in which the starting line is determined (2) meters from the first person and five consecutive letters. The distance between a person and another is (1.5) m, as the test distance is (8) meters and the number of characters (5).

### Performance description:

After the lab hears the starting signal, he quickly rolls the ball, passes the five characters, and returns again bypassing the signs and reaching the start and end line as soon as possible.

### Conditions of performance:

- The laboratory can begin bypassing the first person on the left or right side.
- The player's movement should not be interrupted during the test.
- If the ball is out of control of the player, the attempt will not be counted.

### Registration method:

- The player is given two attempts and gets the best time to score.
- The time is calculated for the nearest (1/100) t.

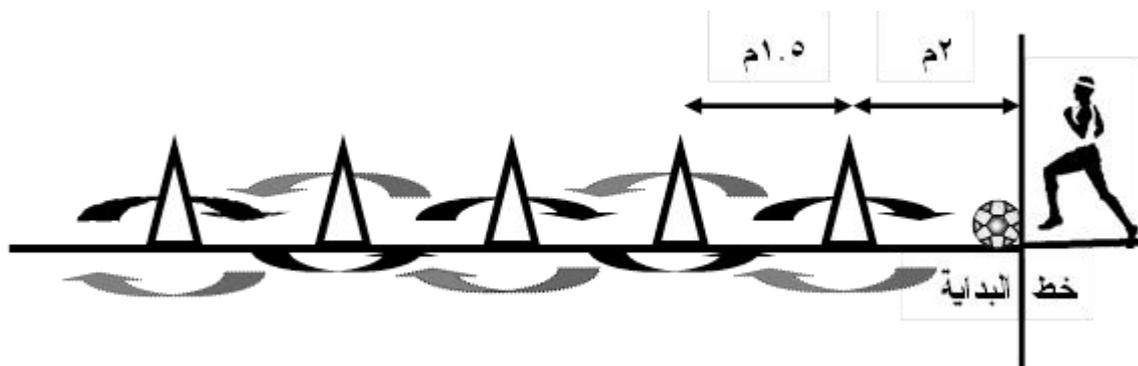


Figure (6) Rolling ball run test (rolling) between (5) round trips

### The third test/suppression

**Test name: Stop (suppress) the movement of the ball.**

**The purpose of the test:**

**Measuring accuracy in stopping the ball and regaining control of it with the sole of the foot, thigh, or chest.**

### Tools:

- 1- Ball (five), count (5).
- 2- A specific area for the test (2 x 2) m on line (B) and on the opposite side, and (6) m away from line (a).

### Performance description:

The laboratory stands behind the line of the specified test area, and the trainer stands with the ball on line A on the opposite side. After giving the starting signal, he throws the ball (a high ball) for the laboratory advancing from the starting line into the test area trying to stop the ball with any part of the body except the arms, And then return to the starting and starting streak again and so the laboratory repeats the five consecutive attempts.

### Conditions of performance:

- The ball should be stopped behind the line and within the specified test area.
- If the coach fails to throw the ball from the bottom, the attempt is repeated.
- The ball is thrown with the movement of hands from the bottom up.

### A valid attempt is not calculated in the following cases:

- 1- If the laboratory does not succeed in stopping the ball.
- 2- If he crosses any line in the area by more than one foot.
- 3- If he illegally stops the ball in football.

### Registration method:

- One score is given for each valid attempt.
- (5) scores are calculated for the sum of the five attempts

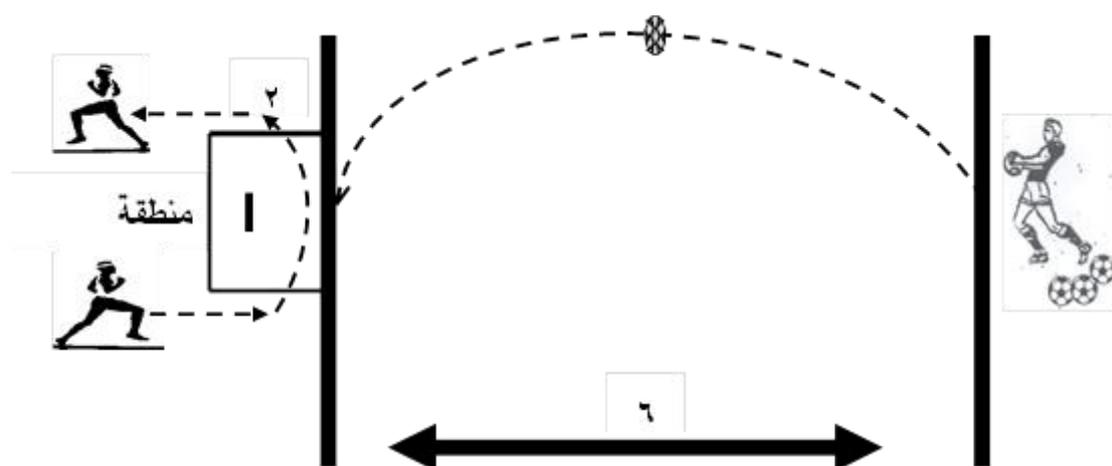


Figure7) ) Stop motion test (suppression) of the ball

### Fourth test / scoring accuracy

Test name: Score toward a goal divided into numbered squares into both sides (modified).

**Purpose of the test:**

Measure the accuracy of the scoring towards the target.

**Tools:**

- 1- The ball (five) number (6).
- 2- Tape to set the recording area for the test.
- 3- Football goal with five goals.
- 4- A specific area for testing.

**Performance description:**

(6) The balls are placed in different places and a distance of 10 m is set from the target, where the laboratory records in the areas indicated in the test according to their importance and difficulty and in sequence, one after the other. The distance between a ball and another (50) cm.

**Conditions of performance:**

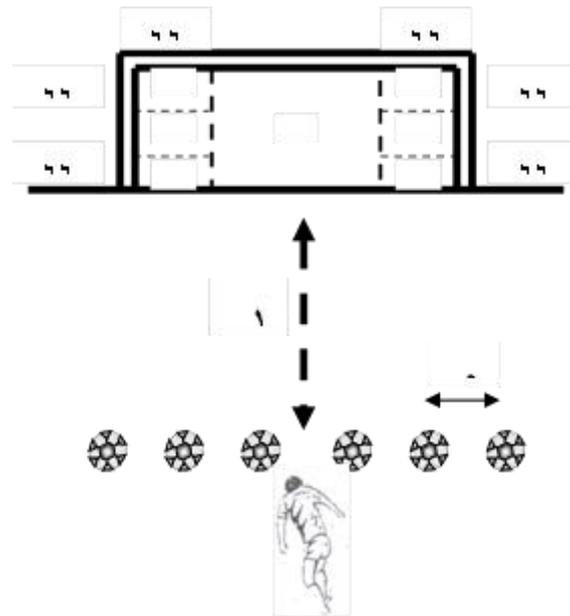
- The test begins with the ball (1) and ends with the ball (6).
- The attempt is invalid if no goal is scored from each side.

Registration method:

The number of injuries that enter or affect aspects of the targets is calculated as follows:

- (4) Degrees when registering in field no. (4).
- (3) Degrees when registering in field no. (3).
- (2) Two points when registering in field no. (2).
- Degree when registering in field no. (1).
- Is outside the target limits.

The laboratory is given once.



**Figure(8 ) Scoring test towards a goal divided into numbered squares on both sides (adjusted)**

#### **Fifth Test / Handling**

**Test name :**Handling towards a small target whose dimensions are (50 x 75) cm from a distance of (7.5 m)

**The purpose of the test:**

Handling accuracy measured.

**Tools:**

- 1- Ball (five) (4).
- 2- Tape measure.
- 3- A small target whose dimensions are (50 x 75) cm.

**Performance description:**

The laboratory stands with the ball after (7.5 m) of the target and upon hearing the signal it handles the ball and it is fixed in the direction of the target.

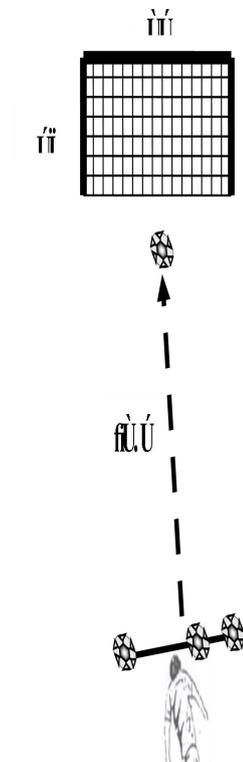
**Conditions of performance:**

The test starts from ball no. (1) And ends with the ball (4).

**Registration method:**

- The laboratory is given (4) attempts.
- Calculates the laboratory (two grades) for a successful attempt.

- Calculates the laboratory (score) for the attempt to hit the crossbar or the carriers.
- The laboratory (0) scores for the failed attempt.



**Figure (9) Handling test towards a small target whose dimensions are (50 x 75) cm from a distance (7.5 m)**

#### **Exploratory experience:**

The researcher conducted his experience reconnaissance at the same place , which will take place where the tests and training program, on 2015/10/ 2 sample number of members (5) players of the junior belong to the youth Baya forum, but not the research sample, and it was the goal of the experiment:

- Ensure that the sample members understand the vocabulary of the tests.
- Knowing the validity of the tools used in the research.
- Ensure the validity and reliability of the tests used in the research and their suitability for the individuals in the sample.
- Identifying all the obstacles and negatives that the researcher can face during his main experiment and trying to avoid it.
- Consider the time to take the tests.
- Auxiliary workforce aptitude test.

- Ensure that the training unit time is implemented.

**Pre-test:**

The researcher conducted the tribal tests (battery - physical test - skill) with a date on the research sample present in the Bayaa Youth Forum, at exactly 3:00 pm on Friday, 5 May 2015, and after setting all conditions for the success of the tests ,as the conditions related to the tests, such as place and time, were established And the way to carry out the tests, as well as the presence of the assistant staff to achieve the same conditions as possible during the conduct of the post-tests.

**Applying the training program ]2[:**

The researcher used a training program (physical - skill) consisting of 24 training units, at the rate of three units per week in the days (Monday, Tuesday and Friday) of each week and over the course of 8 weeks, and the application began on 10/12/2015 .

**Post-test:**

After completing the application of the training program, the researcher applied the post-test to the research sample on 11/11/2015 .

**Statistical means :**

P and committees T data - mediated system SPSS. In order to achieve the goals and hypotheses of the research .

**View, analyze and discuss results**

**View and analyze the results of physical and skill tests (pre and post(**

Table (3) shows the values of the arithmetic mean, the standard deviations, the calculated and tabulated (T) values, and the significance of the differences for the research group for physical tests in pre and post tests.

Significance level	Tabular	Calculated value	Standard deviation of the difference	The mean of the difference	standard deviation	SMA	Application
0.05	2,12	3,152	3,502	1,425	9,969	15,158	Tribal
					10,189	16,583	Posti

Table (4) shows the values of the arithmetic mean, the standard deviations, the calculated and tabulated) T (values, and the significance of the differences for the research group for the skill tests in the pre and post tests.

Significance level	Tabular	Calculated value	Standard deviation of the difference	The mean of the difference	standard deviation	SMA	Application
0.05	2,12	7,399	3,607	3,082	8,429	9,662	Tribal
					10,042	12,745	Posti

We notice from Tables (4,3) the importance of the differences between the previous and post-tests in the physical and skill tests for the research group in favor of the post-test, where the calculated (T) values were all greater than the value of Table (T) of (2,12) at the level of importance (0.05) in front of the degree of freedom (14), and when the calculated values are greater than the table, this indicates the importance of the differences.

### **To discuss the results of shell and DNA tests for the total sample**

It is clear from the tables (4,3) that there is a significant development in the skills under investigation in favor of the post-test, and the researcher attributes that development to the use of exercises that are based on a scientific method appropriate to the level of individuals in the research sample.

Relying on the principles of training science in the formation of the training units used, including physical exercises and skills, which led to the development of the level because of what happened to players to adapt through the use of exercises in the training program.

The development of physical characteristics also has a clear impact on the level of players in the performance of the skills under discussion by choosing training in special exercises appropriate to the nature of the sample, "Choosing the appropriate exercises enable the trainer to develop physical characteristics and at the same time works on the player's mastery of the skills [1].

In addition, the exercises were similar to the situations and situations of play which led to the development of the players even in the compatibility of their movements with the ball and then performing the skills without errors. "The more the interest in providing similar exercises for the position of the competition, the players can be taught the right skill better." [2]

## **Conclusions and recommendations**

### **Conclusions:**

In light of the results of the study, the following conclusions were reached:

- 1- The ability of the battery to set different levels for players.
- 2- The importance of youth forums in providing school sports cards from students who attend the forum, as the forum works to develop students' talents, so it should be used in an optimal way.
- 3- He found the role of the training program in developing the physical and skill aspect of the research sample.

### **Recommendations:**

- 1- Adoption of batteries (physical and skill) as an objective scientific method for selecting players for the Pentecost football team of the second Karkh District, to become a practical guide for developing the levels of these players accordingly. Careful choice.
- 2- Adoption of the selection of the elements of the five-year-old football team from students present in youth forums because of their physical and skill capabilities gained from many training in youth forums by virtue of the freedom to attend many times and even holidays so that this feature is used for training outside of official working hours.
- 3- Conducting a similar study in the variables and other aspects related to the selection of the soccer player emerging in five football from physical, functional, and psychological measurements not covered in the study.
- 4- Re-conducting the study and the same variables on other age groups and introducing the appropriate criteria for them.

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**The appendices**

Appendix No. (1) For the training unit form for the third week of the program

Curriculum c

Special preparation stage

Notes	the details	Time / d	Sections of the training unit
			Preparatory section

			The main section
			- 1A p da d Mehari
	Physical preparation exercises for developing muscle strength	28:40D.	- 2physical preparation
	Exercise / Press in front of me with a standing bar	7:50d	The first exercise
	Intensity%65 /		
	Size5 * 10 /		
	Group performance time / 10sec		
	Rest between groups 1 / d		
	Rest between exercises 3 / d		
	Exercise / top head trips		
	Intensity%65 /		
	Size5 * 8 /		
	Group performance time 10 / sec		
	Rest between groups 1 / d		
	Rest between exercises 3 / d		
	Exercise / synonym forward	6:30d	The third exercise
	Intensity%70 /		
	Size3 * 8 /		
	Group performance time 10 / sec		
	Rest between the totals / 1:30d		
	Rest between exercises 3 / d		
	Exercise / inert tribes	6:30d	The fourth exercise

	Intensity%70 /		
	Size3 * 8 /		
	Group performance time 10 / sec		
	Rest between the totals 1:30 / d		
	Rest between exercises 3 / d		
			- 3Prepare my plans
			- 4cognitive preparation
			- 5Preparing myself
			The final section
			Total

- The rhythm is explosive for all the exercises above.
- Average intensity ratio in the training unit = 67,5%

### Curriculum C

#### Special preparation stage

Notes	the details	Time / d	Sections of the training unit
			Preparatory section
			The main section
			A p da d Mehari
	Physical preparation exercises for developing muscle strength	28:40D.	physical preparation
	Exercise / side posting together	7:50d	The first exercise
	Intensity%65 /		
	Size5 * 10 /		
	Group performance time 10 / sec		
	Rest between groups 1 / d		

	Rest between exercises 3 / d		
	Exercise / Lang bar side step	7:50d	The second exercise
	Intensity%65 /		
	Size5 * 8 /		
	Group performance time 10 / sec		
	Rest between groups 1 / d		
	Rest between exercises 3 / d		
	Exercise / post side dumbbell to the arm	6:30d	The third exercise
	Intensity%75 /		
	Size3 * 8 /		
	Group performance time 10 / sec		
	Rest between the totals 1:30 / d		
	Rest between exercises 3 / d		
	Exercise / Lang bar front step	6:30d	The fourth exercise
	Intensity%75 /		
	Size3 * 8 /		
	Group performance time 10 / sec		
	Rest between the totals 1:30 / d		
	Rest between exercises 3 / d		
			- 3Prepare my plans
			- 4cognitive preparation
			- 5Preparing myself
			The final section
			Total

- The rhythm is explosive for all the exercises above.
- Average strength of the training unit%70 =

### Curriculum C

**Special preparation stage**

Notes	the details	Time / d	Sections of the training unit
			Preparatory section
			The main section
			A p da d Mehari
	Physical preparation exercises for developing muscle strength	29:50D.	physical preparation
	Exercise / curl from standing up	9:00D.	The first exercise
	Intensity%65 /		
	Size6 * 8 /		
	Group performance time 10 / sec		
	Rest between groups 1 / d		
	Rest between exercises 3 / d		
	Exercise / deadfit	7:50d	The second exercise
	Intensity%65 /		
	Size5 * 10 /		
	Group performance time 10 / sec		
	Rest between groups 1 / d		
	Rest between exercises 3 / d		
	Exercise / corollary dumbbell hammer for armed arm	6:30d	The third exercise
	Intensity%70 /		
	Size3 * 8 /		
	Group performance time 10 / sec		
	Rest between the totals 1:30 / d		
	Rest between exercises 3 / d		
The performance bends the	Exercise / push up the leg	6:30d	The fourth exercise
	Intensity%70 /		

knee joint slightly	Size3 * 8 /		
	Group performance time 10 / sec		
	Rest between the totals 1:30 / d		
	Rest between exercises 3 / d		
			- 3Prepare my plans
			- 4cognitive preparation
			- 5Preparing myself
			The final section
			Total

- The rhythm is explosive for all the exercises above.
- Average intensity ratio in the training unit%67,5 =