

# An educational field and its effect on developing the performance of some basic football skills for indoor stadiums (Futsal)

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## **Abstract**

*The study's importance lies on taking into account the aspects of the sample members and focusing on their weaknesses through designing the educational field and bringing them to the best level of performance of the skills under discussion.*

*The experimental method was used in designing the experimental group with one pre and post-tests, as this study was applied to the players of the football team for indoor Football (Futsal) of the College of Education for Pure Sciences - University of Basra in the academic year (2018-2019) that the number was used is (14) players. Suitable means, tools and tests were used that fit the research requirements, after obtaining the results from the tests, as they were statistically processed using the SPSS. The study came out with conclusions, the most important of which are: The designed educational field has a positive effect in developing the performance of (passing, scoring, trapping, dribbling) football with indoor Football (Futsal) for the individuals in the research sample.*

**Keywords:** Educational Field, effect on developing performance, indoor stadium

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## **The Introduction**

Learning is the process by which changes are made in the learner's brain, as these changes reflect what has been learned, so it is the dynamic process that manifests itself in all relatively stable changes in behavioral patterns and cognitive processes that occur in individuals as a result of their interaction with the physical and social environment, the more this environment is suitable for learners' desires with their inclinations as it takes into consideration their psychological aspects, as it will bring the better and faster learning process. The educational field provides the appropriate environment for learners as the most important thing that distinguishes it (allows each learner to work on his own so that he can express his abilities completely freely without impeding the performance of his other colleagues, that it opens the front of the teacher broad prospects for diversification and change easily to achieve the goals and objectives of the educational unit)(6:98)

Football of indoor Football (Futsal) is among the team games which it is played in not a large area in comparing with the number of players on the field, in many cases, the player is very close to the opponent, especially in the area near the goal, so it requires from the player to possess many attributes, including what is related to the mental aspect, some of that are related to the physical and skill aspect. (As the basic skills in football for indoor Football (Futsal) are the basis for achieving the highest levels and achievement, as the player without them cannot implement the assigned duties which are assigned to them, as well as it contributes with the rest of the physical and psychological characteristics to the level of play)

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(13: 9). " the player's mastery of basic skills at a high level and distinct makes the player implement these skills automatically without thinking about the skill particles" (9: 214).

The study problem is manifested in the poor performance of the players of the research sample in most of the basic skills of football for indoor Football (Futsal), which were diagnosed through continuous follow-up during the games, accordingly, the researchers felt that designing an educational field that takes into consideration the nature and requirements of the sample to develop the most important skills (scoring, passing, trapping, dribbling). Here lies the importance of the research through taking into account the aspects of the sample members and focusing on their weaknesses, by designing the educational field and bringing them to the best level of performance of the skills under discussion.

The study aims to: Design an educational field to develop the performance of some basic football skills for indoor Football (Futsal). As well as identifying the impact of the educational field which is designed to develop the performance of some basic football skills for indoor Football (Futsal) for members of the research sample.

As for the hypothesis of the research: The educational designed field has a significant effect in developing the performance of some basic football skills for indoor Football (Futsal) for the individuals in the sample.

#### **Study methodology and field procedures**

##### **Study methodology:**

The experimental method was used to design a single experimental group with the pre- and post-tests for its suitability of the study nature.

##### **Study community and its sample**

The study community is represented by the football team of the indoor Football (Futsal) football team of the College of Education for Pure Sciences - University of Basra for the academic year (2018-2019), as they are (14) players.

The field's 12 players were chosen to represent the research sample.

##### **The means and tools that are used in the study**

Arab and foreign sources, observation, tests, practical experience, football field for indoor Football (Futsal), futsal balls, balls of different sizes, small goals measuring (50 x 100) cm, a plastic lozenge with a diameter of (1) meters, rings with a diameter of (50) cm, signs of different heights, plastic baskets with a diameter of (50) cm, a trampoline with a diameter of (1) meters, ropes, a tape measure (10) meters, colored adhesive tapes with a width of (5 cm) (Sony) video camera

##### **Determining the studied skills and their tests**

Some of the basic skills of the indoor football game (futsal) that will be studied are identified (scoring, passing, trapping, dribbling). The following tests were used to measure it:

1- The scoring from the movement on the overlapping and drawn divisions within the goal. (4: 99-100).

2- Passing a ball from rolling to a divided small field (2: 105).

3- Trapping the rolling ball within two circles of the moving position. (4: 101).

4- Dribbling test (photographing the performance and presenting it to the evaluators), provided that the evaluation is of (10) degrees.

The pre-tests

The pre-tests for the research sample were conducted in the skill tests under discussion on Thursday, 18/10/2018 and at two o'clock in the evening at the College of Physical Education and Sports Science - University of Basra. Noticing that:

-Giving the sample a sufficient time to warm up with preparing all the requirements.

-Adequate explanation for the sample members on how to conduct the tests.

- Presenting each test to the members of the research sample before implementing it.

##### **The Educational Field**

The researchers have designed the educational field which aims to teach the members of the research sample the skills (scoring, passing, trapping, dribbling) in the indoor Football (Futsal), as the educational field included four stations within the boundaries of the field, that each station contains a set of skillful exercises (Appendix (1)) that the item and combined are performed with the colleague, the other without him, using the appropriate tools for each exercise, as the learner has the freedom to choose and move and transport between the stations, supervised by the trainer and his assistants, clarifying the correct performance of the skillful exercises and correcting the performance errors. The educational field is designed is conducted in the applied part of the main section of the curriculum units of (12) educational units and two educational units is applied each week. The duration of the educational unit is (90) minutes which is divided as follows:

-**The preparatory section:** Its duration about 25 minutes, it includes (production, general and special warming-up).

-**The Main section:** Its duration (60) minutes which is include two parts:

A- **The educational part:** In this part, skills are explained, its duration is 15 minutes.

B- **The practical part:** In this part, the educational field is applied, its duration is (45) minutes.

- **The closing section:** Its duration is (15) minutes, which includes calming, relaxing and saluting exercises.

It was applied in+ the period from 10/22/2018 to 3/12/2018 in the College of Physical Education and Sports Science - University of Basra.

**The Post-test**

After completing the implementation of the educational field, the post-test was conducted for the individuals in the research sample; in the skill tests under discussion; on Wednesday, 5/12/2018, at exactly two o'clock in the evening in the College of Physical Education and Sports Science - University of Basra, the conditions and requirements in which the pre-test was taken were conducted.

**The Statistical Means**

The statistical package (SPSS) was used to extract both (arithmetic mean, standard deviation, test (t) for counterpart samples).

**The (presented, analyzed, discussed) Results**

**Presenting the results of the differences between the pre and post-tests in the skill tests of the experimental research group and its analysis.**

**Table(1)**

**Shows the measurements of the arithmetic mean, the standard deviations, and the test (t) for the results of the pre and post tests skill tests of the control group.**

Statistical parameters Tests	Measurement degree	Pre-test		Post-test		Accounted (t)	Level of significance*	Type of significant
		S	P	S	P			
The scoring from the movement on the overlapping and drawn divisions within the goal.	Degree	18.23	6.12	29.17	5.14	4.77	0.00	significant
Passing a rolling ball to a split field.	Degree	17.89	4.82	25.95	3.12	3.83	0.00	significant
Getting down the rolling ball within two circles from the moving position.	Degree	19.67	5.37	30.05	6.76	6.01	0.00	significant
dribbling test	Degree	3.87	1.97	7.33	2.23	3.61	0.00	significant

\* At a degree of freedom (10) and a possible error rate of (0.05).

By analyzing Table (2) above, it was found that the results of the differences between the pre and post measurements for the experimental research group in all skill tests achieved significant differences tend to the post-test because the value of the level of significance is lesser than (0.05).

**The discussing of the Results**

It was found through the presentation and analysis of the results of the skill tests under discussion in the pre and post measurements for the experimental research group, which were illustrated in Table 1, that, to the educational field which it prepared by the researchers had a positive impact in developing the basic skills of indoor Football (Futsal) (scoring, passing, trapping, dribbling), as this is consistent with the hypothesis of research.

The researchers attribute this development to the designed educational field, which included several things, including:

- The designed educational field took into consideration the specificity of the sample, as they are former learners and players, which it is not easy to accept them and their interaction with the traditional educational curricula that are applied with new learners.

- The variety of exercises which are used in the educational field for the studied skills; In addition to the varied performance of the same exercise and each skill in terms of speed, height and direction, as it contributed greatly to provide learners with new movement programs in addition of correcting the previous movement programs reaching to the stage of

generalization of the movement program. As it is mentioned (Ya'rub, 2002) (that the movement program become general when it provides similar responses, therefore, when trying to generalize a movement program for a specific skill, the trainer diversifies the forms of the skill and changes the conditions of its performance, as previously mentioned, the learner develops a general movement program for that skill) (12: 65)

- In the educational field, complex exercises that simulate the reality of actual performance in matches were used, which greatly contributed to the development of performance, as (Arnold, 1981) states (The learner is required to apply various forms of skill implementation in different situations and to practice the skill in a similar situation or as close to real playing situations as possible) (14: 78).

-What distinguishes the educational field is the characteristics of its various educational environment for practicing exercises, (as the diversity of practice has an effective role in increasing the chances of success in new situations through increasing the learner's experiences during the practice that this is done through the diversity in the characteristics of the environment in which the practice is carried out in addition to the diversity in the same forms of the learned skill, as the diversity of practicing helps to increase the ability to perform skill in the future situations, among them, it means that the individual becomes able to adapt to the new conditions that he may encounter during the changing future situations) (5: 130).

-The educational field included the use of tools with exercises that require accuracy in performance, which was reflected positively in the development of performance, as Ratib confirms (Ratib: 1997) that (learning any skill through practicing various exercises must be done through the correct practicing of skill and focusing on the accuracy of performance using the optimal use of the time of practicing with high efficiency) (1: 84). That "the use of assistive devices and tools increases the desire and the interest in training and improves the ability of players to implement" (11: 81).

- One of the important things that must be mentioned in the implementing the development is the quality of the exercises in the educational field that have been conducted which are compatible with the level of the sample members in terms of difficulty, method of performance and their compatibility with the requirements of the indoor football (Futsal), (As the amount of learning that the learner spends on practicing exercises is not the only influence in developing learning only, but also the quality of the exercise during the specified period) (5:91).

- Freedom of the movement of the learner within the educational field and his choice of any group of exercises that he wants to perform, he gave him a spirit of enthusiasm, consequently, the desire to perform the exercises with high psychological comfort without any pressure or restrictions, which increased the excitement of the learners, as (Marwan, 2000) states, "One of the important characteristics that he should be concerned with in the process of movement learning is the principle of suspense and excitement because any work is done by a person cannot be mastered if there is an excitement or desire to work, such as giving some responsibilities to individuals." (8:209)

-What distinguishes the educational field is that it contains several exercises that require the performance of accuracy by the learner, which gives him the spirit of challenge and competition with his colleague, therefore he could have the determination to reach his best performance, as (Khalid, 2012) states, (the competition style increases the speed of completing the work and increases the learner's effort in the educational mission in which he competes with others) (3: 102).

-The multiplicity and diversity of exercises in the educational field with the freedom of the performance made the learner perform several repetitions without feeling bored, these are among the important principles for creating learning, "because the repetition of the performance leads for strengthening the links between incentives and responses" (7: 18).

- In addition to the effectiveness of the exercises which are used in the educational field, it must be noted to the nature of the sample as they being educated, as (Schimdt, 1999) states (that learning results from an interaction between experience and exercise, that the ways in which the people learn are what enable them to acquire new knowledge and skills that lead them to a strong, enjoyable state of learning) (15: 264).

### **Conclusions**

Through the results that were presented in Chapter Four, the following conclusions were reached:

- The effectiveness and the necessity of the designed educational field for learning events.
- The designed educational field has a positive impact on developing the performance of (passing, scoring, trapping, dribbling) indoor Football (Futsal) for the individuals in the research sample.

### **Recommendations**

In light of the results, the researchers recommend the following:

- Using the educational field which is designed to teach basic football skills for indoor stadiums (lounges).
- The emphasis on giving learners some freedom to perform exercises in the educational units.
- Emphasizing on the use of tools in preparing exercises for educational units.
- The necessity to include the accuracy factor with the exercises of the educational units.
- Conducting similar researches to teach other football skills for indoor Football (Futsal)
- Conducting similar researches in other sports.

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## Appendix (1)

### Model of exercises in the educational field

- Passing the ball between two signs (changing the distance between the two signs).
  - Passing the ball to hit the balls (with different sizes) rolling accidentally (changing the speed of the ball).
  - Passing the ball between a 50 cm diameter ring which is stabilized on the ground.
  - Passing the ball to a basket with a diameter about 50 cm.
  - Scoring at small goals measuring (50 x 100) cm
  - Scoring at a ring which is fixed in the goal (changing the place of the ring).
  - Scoring at the hanging ball in the goal.
  - Passing the ball to a 1 meter diameter trampoline and put it down after the bounce with several iterations.
  - trapping the ball and score on goal.
  - Trapping the ball and passing to drop the ball into the basket with a diameter about 50 cm
- \* Note: in all exercises, a change in the way of skills are performed (passing, scoring, trapping); and from stability and movement; as well as changing the distances.