

The effect of special mental exercises to develop the accuracy of the performance of some basic skills for youth futsal players

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Abstract

The aim of the research is to add mental exercises in the training curriculum and to identify their impact on the variables of the research under study. The experimental design on a sample of (18) players were distributed to two experimental and control groups equally. The development of the skills under study, and the recommendations of the adoption of mental exercises in the stage of special preparation in the training curricula for young people by trainers.

Keywords: *Mental Exercises, Accuracy and Performance.*

Introduction

Futsal has witnessed tremendous development in the recent period has been characterized by this high level of skill performance of futsal players for links and their superior ability to apply skills accurately and integrally and of various specifications during the performance and this development is the result of the use of new methods work to improve all aspects of activity and science Knowledge and through the results of studies and scientific research, which is one of the most important aspects that reflect the progress of countries and their development and must use modern methods and methods in training curricula programmed and accurate idea of the foot requires the player to perform motor skills The skill and accuracy with the possibility and high ability to change direction with the ball motor skills are an important aspect in the game of futsal for the halls as well as the success of the player or failure in performance occurs as a result of lack of mixing physical aspects of mental abilities during training on motor skills as the integration of physical aspects, mental and skill is the way,¹ Therefore, the mental aspects should be considered and taken care of at the same level that is given to the elements of physical fitness and skill aspects so that the exercises used in the training curriculum include all aspects, including mental abilities. In particular, the use of physical exercise mental skills associated with the actual performance may help provide young players with sufficient and accurate information on how to perform the required skills so that the correct image of the movement and skill performance appropriate to those movements in the brain as well as their impact on the actual performance process, and to reach the degree Mastery of motor skills is not only related to the method and method of training, but linked to the qualifications and abilities of the player to read the situation properly and consciously and control the skill positively and this is the arrangement and organization of muscle groups b What is consistent with the goal of the movement and the economy with effort and ease in accordance with the law ".²

Futsal game of the halls(Futsal) of difference games that need to prepare the integrated players in all respects to achieve the best levels during the games and due to the small size of the stadium and the specificity of the game shows the importance of mental training clearly through the speed of skill performance and continuous movement and change positions between players, which requires players to be on A high level of mental competence where there is not much space and not enough time to think because of the proximity between the players and the high pressure that is practiced in this game, and through the analysis of some games and training units of the club (Ramadi Sports) found a clear deficiency Lack of interest in linking skills training aspects of physical and mental, and almost devoid of these training modules of mental exercises, which have led to a negative impact on the level of performance.³

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Hence the importance of research in the preparation of physical exercises mental skill in units of training contribute to raising the level of performance of motor skills during the actual performance of futsal players halls for youth.

Hence, the researchers considered the preparation of special mental exercises and the extent of their impact on the research sample.

Research Objectives

- ✓ Preparation of special mental exercises for the research sample.
- ✓ Identify the impact of special mental exercises on the accuracy of the performance of the basic skills of futsal players of the halls of the research sample.

Research hypotheses

- ✓ There are statistically significant differences between the pre- and post-tests of the control and experimental groups.
- ✓ There were significant differences between the results of the post tests of the control and experimental groups and for the benefit of the experimental group in the variables under study.

Research Areas:

- ✓ Human field / sample of players of Ramadi Sports Club for the sports season 2018 - 2019.
- ✓ Time domain / period from 15/11/2018 to 17/1/2019.
- ✓ Spatial field / Sports Hall of the Faculty of Physical Education and Sports Science / University of Anbar.

Research Methodology and Field Procedures

Research Methodology: The researchers used the experimental method for its relevance and the nature of the research problem.

Research Sample: The research sample of the research team was chosen by deliberate method from the players of Ramadi Sports Club for the season (2018-2019) for the youth category. 12) Player after excluding the goalkeepers and the number (2) as well as the exclusion of one player from the research sample for not completing the tests under study.

Devices, tools and means of gathering information:

Devices used in the research:

- Futsal stadium halls.
- Futsal s galleries.
- Persons number (10).
- Divided terrace number (2).
- Adhesive tape.
- Stopwatch
- Goals of futsal halls.
- Arab and foreign sources.
- Tests and measurement.
- World Wide Web.
- Observation, analysis and experimentation.

Scouting Experiment: This experiment was conducted on 8/11/2018 on a sample of (4 players) from the research community and with the help of the assistant team.

- ✓ Ensure the efficiency of the research team.
- ✓ Ensure the validity of the tools and devices used in the research.
- ✓ Identify administrative difficulties as well as errors that occur during the measurement process and try to avoid them.
- ✓ Determine the real sequence for testing.

Scientific basis for the tests:

Table (1).Show scientific basis for the tests

T	Test	Validity	Persistence	Objectivity
1	Scroll accuracy	0.85	0.92	0.97
2	Scoring accuracy	0.93	0.96	0.95

2.6 Parity between the two research groups in the research variables:
Table (2). Show parity between the two research groups in the research variables

T	Skill	measuring unit	Experimental group		Control group		Calculated(t)	Tabulated(t)	Significance
			Mean	SD	Mean	SD			
1	Scroll accuracy	Degree	14.5	65	13.5	0.85	0.81	2.26	No sig.
2	Scoring accuracy	Degree	5 ,15	0.75	15.7	0.65	0.48		

Tests used in the research:

The first test :⁴

- The name of the test: Passing a globe of rolling on a divided terrace.
- The objective of the test is to measure the accuracy of scrolling.
- Tools used: (10) pentagonal balls, divided terrace, adhesive tape.
- **Method of performance:** The laboratory stands on the starting line rolling and when you hear a signal start rolling the ball within the specific rolling area that dimensions (3) meters and then passes the floor to the terrace divided from a distance of (8) meters and then return to the second ball and so, and the laboratory Pass (10) balls.

- Test conditions:

1. The pass must be ground.
2. All balls are placed on the start line rolling.
3. Scrolling must be from behind the rolling line.
4. The laboratory is free to use any of the feet in the process of rolling and scrolling and in any part of the foot.

- Registration:

- ✓ Give the lab (3) degree if you touch the square ball in the middle.
- ✓ The lab is given a score of 2 if the ball touches the two squares on either side of the middle box.
- ✓ Give the laboratory (1) degree if the ball touches the two squares to the sides.
- ✓ The lab does not give any grade if it does not touch the divided ball.
- ✓ The lab is given the biggest score if the ball touches the line between the divisions.
- ✓ The total score of the test is (30).

- **Number of attempts:** The laboratory has two attempts to count the best attempt.

The second test.⁵

- Test scoring towards a goal divided into numbered boxes on both sides.
- Objective: To measure the compatibility between the eye and foot.

The purpose of the test:

- Measure the accuracy of scoring towards the target.

Tools:

1 - Balls (five) number (6)

2- A bar to set the scoring area for the test

3 - Five-goal soccer

4 - Futsal stadium

Performance Description: - (6) balls are placed in different places and a specific distance of (10 m) from the target as the laboratory scoring in the areas indicated in the test according to their importance and difficulty and sequentially one after the other the distance between the ball and another (50) cm.

Performance conditions: - Test starts from ball number (1) and ends with ball number (6).

Method of registration: - Calculates the number of injuries that enter the goals or touch the aspects as follows: -

- (4) scores when scoring in the field No. (4).
- (3) scores when scoring in the field No. (3).
- (2) Two scores when scoring in the field No. (2).
- (1) one score when scoring in the field No. (1).
- (Zero) outside the limits of scoring.
- The lab is given one try.

Pre-tests of research variables:

The preliminary tests of the basic skills in the research were conducted on 11/10/2018.

Implementation of special mental exercises:

Mental skill physical exercises were carried out on the experimental sample and the number of 12 exercises through their training units and in the days and times allocated to them as the number of training units implemented on the experimental research sample (16) training units (4) training units per week in the main section of the training unit In the special preparation phase (85%, 100%) using the repetitive training method, the main part was targeted to apply the exercises that were prepared.

post-tests of the research variables: After the completion of the training curriculum prepared by the researchers conducted the tests after the tests and sequence set them on 20/1/2019.

Statistical methods: Data were processed statistically using the statistical system (SPSS).

Results

Table 3. Shows the arithmetic media, the standard deviations, the differences of the arithmetic media and the standard deviations of the calculated and tabulated value (t) between the pre- and post-test in the control variables of the control group.

T	Variables	measuring unit	Control group				Diff.		Calculated value	(t) tabular value	Significance of differences
			Pre-test		Post test		Q.	P			
			Mean	SD	Mean	SD					
1	Scroll accuracy	Degree	17.2	1,6	18.1	0.95	0.9	0.65	3 , 91	2.31	Sig.
2	Scoring accuracy	a second	15.5	1.25	16.7	0.65	1,2	0.6	66,5		Sig.

* Tabular value (2.31) below the level of significance (0.05) and before the degree of freedom (8)

Table (4).Shows the arithmetic and standard deviations, the differences of the arithmetic and the standard deviations for the calculated and tabulated value of (t) between the pre- and post-test in the variables of the experimental group

T	Variables	Measuring unit	Experimental group				Diff.		Calculated value	(t) tabular value	Significance of differences
			Pre-test		Post test						
			Mean	SD	Mean	SD	Q.	P			
1	Scroll accuracy	Degree	19.2	1.35	21.3	0.75	2.1	0.4	11	2.31	Sig.
2	Scoring accuracy	a second	17.4	2.5	20.3	1.1	2.9	1.4	3.6		Sig.

*Tabular value (2.31) below the level of significance (0.05) and before the degree of freedom(8)

Table (5).The mean and standard deviation and the calculated and tabulated values (t) between the post-tests of the control and experimental research groups are shown.

T	Variables	Measuring unit	Experimental group		Control group		Calculated value	(t) tabular value	Significance of differences
			Mean	SD	Mean	SD			
1	Scroll accuracy	Degree	21.3	0.75	18.1	0.95	7.8	2.12	D.
2	Scoring accuracy	a second	20.3	1.1	16.7	1.2	4.2		D.

*Tabular value (2.12) below the level of significance (0.05) and before the degree of freedom(16) .

Discussion

Through Table (5), which shows the results of the post-tests of the control and experimental group, we note that there are significant differences between the post-tests in the skills of accuracy of scoring and handling for the benefit of the experimental group. It has positively influenced the creation of neuromuscular harmonics through visualization, concentration and repetition of the skill many times, which develops the level of motor sensation of the skill and reduces the percentage of errors,⁶ especially if the training unit contains physical aspects. Skill and mental The sense of skill mentally and physically contribute to the development especially if part of the training program, which is based on scientific standards that are subject to the process of training .⁷

As for the short handling skill (passing accuracy), Table (5) shows significant differences in the distance tests between the control group and the experimental group and for the benefit of the experimental group. ⁸The researchers attribute the reason for this development to the effectiveness of the applied exercises of the mental skill associated with the performance that was implemented during the training units.⁹ The player's perception of skill through various senses It gives young players sufficient and accurate information on how to perform the required skill so that the net mental image of the movement and skilled performance appropriate to that picture in the brain as well as applied The training of mental skills helps to form the graphical line of the performance of the skill and mental recovery without thinking about it during the actual performance of it,¹⁰ also Mental practice as a cognitive strategy is more effective than non-practice and should be used in a complementary way with physical exercise to give better results .¹¹

Conclusions and recommendations:

Conclusions

1. Mental exercise has a positive impact on the development of scoring and passing skills for the futsal player.
2. The curriculum has a positive impact on the development of the skills of scoring and passing the futsal player.
3. There is a preference for mental exercises over the method adopted by the trainer when studying research variables.

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