

# The impact of a training method to develop psychological compatibility and the accuracy of some basic football skills, under age of 19

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**Abstract:** *The researchers studied the importance of football, and the outstanding position it occupies and developments in the team's playing methods, among these sciences is psychology science that has contributions and an effective influential role in this development, due to the great development that has occurred in training science field to the distinguished position taken by football and development of the team's playing styles in terms of using the best variety of training methods. Lack of interest in the psychological aspect and lack of focus on the performance of basic skills in the (last quarter) of the game time, where it is difficult for players to perform technical duties, as the researchers have approached to this problem. Where the mean, standard deviations, the calculated and tabulated (T) value of the pre and posttests results were presented, in addition to the results discussing. The researchers conclude that the use of the exercises chosen within the training program should have a positive effect in developing self-confidence and the accuracy of some basic football skills of the experimental group. They recommend the necessity of player's participation in local competitions, the purpose of that is to know the effect of psychological compatibility in improving the performance of the basic football skills.*

**Keywords:** *The impact of a training method to develop psychological compatibility and the accuracy of some basic football skills, under age of 19*

## I. INTRODUCTION AND THE IMPORTANCE OF THE RESEARCH

The progress and science development is reflected in various fields of life, one of these areas is sport field as a result of following modern methods and good planning through scientific research, which tries to move away from the familiar and find new paths that have no limits in sports science. Also training science and sport psychology those who witnessed a wide development and their theories took a new direction to keep pace with modern trends, football has taken to keep speed with this development and progress, as many developments in training methods in various aspects of them, in particular, developments in team playing methods in terms of applying defensive and offensive plans in order to surprise the opponent. So, the importance of the research lies in studying the effect of the training method for developing psychological compatibility among young football players, as the psychological aspect is a fundamental aspect of the player's personality, so sport psychology science tries to understand a person's behavior, experience, and mental processes in the field. The research problem: the lack of interest in the psychological aspect has led the researchers entering into this problem, as the researchers tried to

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focus their interest in finding a way to help develop psychological compatibility through preparing a proposed training method to develop self-confidence in player under age 19 years. The researchers contributed with the help of players in this activity to advance the level of the game. Research Objectives: Using a training method to develop psychological compatibility for football players under the age of 19 years, knowing the effect of the training approach in developing the strength of psychological compatibility in the accuracy of some basic skills of football players under the age of 19 years. Research hypotheses: There are significant differences between the results of pre and posttest tests for the two control and experimental groups in self-confidence and some basic skills in football and for the pretests benefits. There are significant differences between the results of posttests in psychological compatibility and some basic football skills between the experimental and control research groups and for the benefit of the experimental group. Research methodology and its field procedures: Research methodology: The methodology is very important in scientific research, the value and the results of the research are closely related to the approach followed by the researcher. methodology is "the intellectual steps the researcher takes to solve a specific problem (Al-Shok and Fathi, 2004, p. 51). Therefore, the researchers used the experimental approach, research sample: so the research sample consisted of young players for Al-Khalis Club and Baladruz for football season 2018-2019 the number is ( 24) players excluding the goalkeepers. The researchers divided the sample into two groups, experimental and control group. Means of collecting information: ((Arab and foreign sources.), special forms for psychological compatibility scale, and skill tests for football.

## II. TARGET ACCURACY TEST

Test name: Rolling the ball between the marks and the scoring (Mohsen, 1991, p. 163).

The goal of the test: to measure the accuracy of scoring. The tools used: legal football (5), a goal-division tape, a tape, and (6) characters. **Test description:** The player starts rolling between the points from the starting line to the ending line and scoring towards the goal.

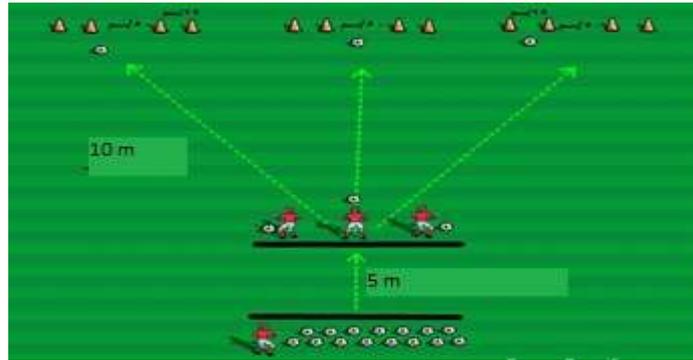


**Figure (1)** testing the accuracy of the ball's scoring between the points and the scoring

## III. HANDLING ACCURACY TEST

Test objective: Measuring delivering and handling accuracy (Sabea, 205, p. 210)

Tools used: 1- points (6) small and (6) big 2- Football number 3- distance measuring tape 4- Burke 5- Whistle

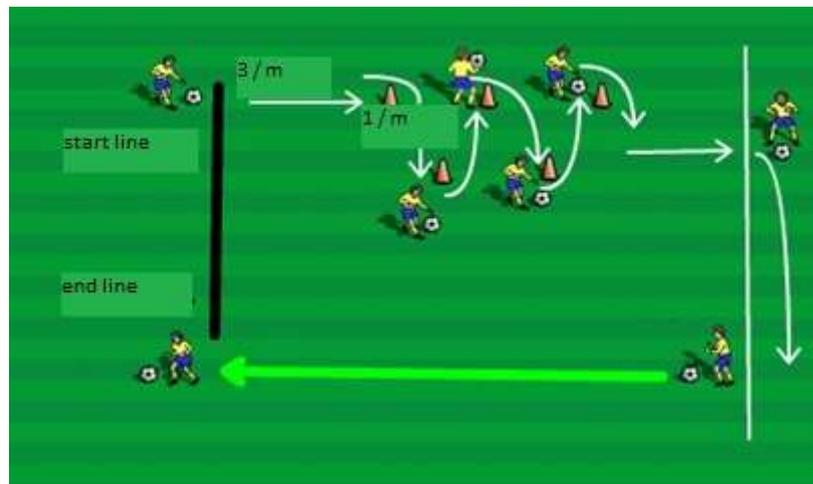


**Figure (2)** illustration for handling test

#### IV. ROLLING THE BALL

Straight and winding rolling test back and forth (5) Points (sabea, 2015, p. 76)

The goal of the test: to measure the ability of rolling. Tools used: football, stopwatch, (5) appropriate high characters.



**Figure (3):** Sketch of the rolling skill test, straight and winding rolling

The exploratory experiment: The researchers conducted the first exploratory experiment on 3/19/2018 and the second exploratory experiment on 3/24/2019 on exploratory sample, they are 15 players from the young category themselves, from outside the sample and from Al-Khalis Club with the presence of assistant work team, the exploratory experience considered as an experimental preliminary study carried out by the researchers on a small sample experiment aiming for selecting the research methods and tools (Al-Yasiri, 2010, p. Training program: A prepared training program was applied that includes physical, motor and all kinds of mental training at the time of the main part of football players sample aged less than (19) years representing Al-Khalis Club and Baladruz Diyala Governorate clubs. The method used for the control group was not interfered by the trainer and given these exercises for (8) weeks at rate of (3) training units per week at the time of the main part of the team's training unit. Pretests: The pre tests were conducted for the research on Saturday, 6/4/2019 for (psychological compatibility scale tests and football skill tests for the research sample). The researchers have fixed the conditions for the tests, the way they were conducted, and the work team in order to achieve the same conditions as possible when

conducting posttests. Implementation of the research experiment: we implemented the training method on Monday 4/8/2019 to 4/6/2019 on the experimental group individuals by three training units per week (Saturday, Monday, Thursday) The number of training units reached (24) units, the time of the training unit took (1) To 6) training units (90 minutes), (7 to 12) training units (100 minutes), (13 to 18) training units (110 minutes), and (19 to 24) training units (120 minutes). posttests: After completing the application of the training program on research sample, the post measurements were conducted on the research groups (experimental group and the control group) were taken into account, all the circumstances, the implementation method and the tools used, as the posttests were conducted on 5/6/2019 for both the psychological endurance scale and the basic skills. Results presentation and analysis of pre and posttests of the experimental and control groups.

**Table (1)** shows the mean and the standard deviation between the pre and posttests of the experimental group:

variables	Measuring unit	pre		post	
		C	A	C	A
Psychological compatibility	Degree	116.333	6.095	119.750	9.705
Handling	Degree	1.166	0.577	2.833	0.389
rolling	time	22.896	2.350	18.994	1.764
scoring	Degree	26.916	4.209	41.750	4.938

**Table (2)** shows the difference in the arithmetic mean, standard deviation, the calculated (T) value and the rate of evolution between the pre and posttests of the experimental group.

variables	Measuring unit	C F	A F	Calculate T value	Tabular T value	Development ratio	Statistical significance
Psychological compatibility	Degree	3.417	5.130	2.321	1.796	64 %	indicative
Handling	Degree	1.667	0.651	6.540		87%	indicative
Rolling	Time	3.902	20482	5.446		86%	indicative
Scoring	Degree	14.834	6.991	7.350		92%	indicative

**Table (3)** shows the mean and standard deviation between the pre and posttests of the control group

variables	Measuring unit	pre		post	
		C	A	C	A
Psychological compatibility	Degree	114.583	6.999	109.250	5.119
Handling	Degree	1.333	0.492	1.333	0.651
Rolling	Time	21.575	1.415	21.531	1.428
Scoring	Degree	23.833	4.687	24.750	4.788

**Table (4)** shows the difference in the arithmetic mean, standard deviation, the calculated (T) value and the rate of development between the pre and posttests of the control group.

variables	Measuring unit	C F	A F	Calculate d T value	Tabular T value	Developm ent ratio	Statistical significance
	Degree	5.333	7.889	2.342	1.796	60%	Not indicative
Handling	Degree	0.000	Psychologic al compatibility	0.000		0%	Not indicative
Rolling	time	0.044	0.475	0.322		34%	Not indicative
Scoring	Degree	0.917	0.668	4.750		82%	indicative

## V. RESULTS DISCUSSION

Through tables (1), (2), (3) and (4) the results showed developing the experimental and control groups in athlete's tendency to psychological compatibility the researchers assigned the reason for that is the interest in applying the psychological compatibility test in training and competitions process It has great importance in enhancing the player's motivations, increasing his confidence and preparing for achievement. Psychological compatibility has a crucial influence on motivations. It affects the stimulation of accomplishing achievement indirectly, also, psychological compatibility that affects a long term can lead to changes in the inherited psychological conditions (Aloys, 2004, p. 131). With regard to the basic skills of football under investigation related to the control group, the researchers assigned that the training and the continuous repetition of the skills led to its development, therefore these skills "develop through continuous training process (Muhaisy, 1997, p. 12). As for the development of the experimental group, the researchers assigned to the fact of training program developed by the researchers had an impact in developing it on the research sample, also skills under investigations considered as important skills that football player must master, especially in the youth stage, as it is an early stages of learning.

**Result displaying and analyzing the value of (T) in the post-test between the experimental and control groups and discussing them:**

**Table (5)** shows the arithmetic mean, standard deviations, and the calculated T value in posttests between the experimental and control groups.

variables	Measure unit	Experimental		control	
		C	A	C	A
Psychological compatibility	Degree	119.750	9.705	109.250	5.119
Handling	Degree	2.833	0.389	1.333	.651
Rolling	Time	18.994	1.764	21.531	1.428
Scoring	Degree	41.750	4.938	24.750	4.788

**Table (6)** shows the calculated (T) value and the development rate between the two groups in the posttests

variables	Measuring unit	Calculated T value	Tabular T value	Development ratio	Statistical significance
Psychological compatibility	Degree	3.174	2.074	73%	indicative
Handling	Degree	6.578		86%	indicative
Rolling	time	3.872		77%	indicative
Scoring	Degree	8.561		94%	indicative

Through our review of Table (5) and (6) it becomes clear that there are statistically significant differences between the pre and posttests by psychological compatibility and some basic football skills for the control group and for posttest benefits. The researchers found out the reason of experimental group's superiority over the control group, is the method that the researchers prepared had an effective impact in developing psychological compatibility and the performance of some basic football skills they have. The selection of appropriate exercises and continuous training gives positive results, confirming training program that was applied to this group, which was programmed and scientifically studied manner through its presentation to some of the specialists and emphasized its knowledge, and this is what exactly happened with the experimental group. The various exciting skills training that included in the program, helped in developing skills under discussion of experimental group, this was referred by (Al-Mandlawi et al., 1990) "The use of various and purposeful exercises has a positive effect in developing skill. The researchers concluded: In light of study objectives, presenting the results and discussing them, the researchers conclude: The approach followed by the trainer has a positive impact with a statistical

significance on the accuracy of the basic skills under study, but not effective as the proposed program using the strength of psychological compatibility measure, there are significant differences in the psychological compatibility scale of the sample under study between the pre and posttests and for posttest benefits, the use of the exercises chosen within the training program has a positive effect in developing psychological compatibility and the accuracy of some basic football skills for the experimental group. There was a significant correlation between the development of the level of psychological compatibility of players under the age of 19 and the performance of basic football skills.

## VI. THE RESEARCHERS RECOMMEND

the necessity of using the training program prepared by the researchers in developing psychological compatibility on other age groups, ensuring players involvement in local competitions, the purpose of which is to know the effect of psychological compatibility in improving the accuracy of basic football skills, and to enhance confidence among the players themselves in order to achieve their goals, following the scientific method when selecting exercises for the training unit that is appropriate for the age stage for correct performing, which helps in developing psychological compatibility and basic football skills.

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