THE EFFECT OF ANAEROBIC EXERCISES ON SOME PHYSICAL AND SKILL VARIABLES IN DEVELOPING THE COLLECTIVE ATTACK OF JUNIOR FOOTBALL PLAYERS

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ABSTRACT

The research included four chapters if the first included the introduction and the importance of the research. The researcher touched on the importance of the science of sports training on the reality of football, especially that football depends on the physical, skill and functional side in translating the attack. The importance of the research came in the effect of anaerobic exercises on some physical and skill variables, and the development of group attack, and the research problem lies in neglecting the use of anaerobic exercises on some physical and skill abilities in the daily training units. According to a specific level, it affected their weak performance in terms of attack, which is the main pillar on which the results of the matches were built. The research aims to prepare anaerobic exercises on some physical and skill variables in developing the attack of Al-Nuhan football team players and to identify the extent of anaerobic exercises on some physical and skill variables in the development of salivary block attack. Al-Nuhan Football Class. The areas in which the human field players have concluded in the Student Sports Club for juniors (under 17 years old) and the time range has been determined: (09.16.2019) until (16/12/2019). While the spatial area: the stadium of the student sports club. The researcher used the experimental method, which consisted of (20) students from Al-Nuhan Sports Club and the applied researcher, physical tests and football skill. The players were divided into two groups (10), players of the experimental group (10). The player of the control group and the researcher used the statistical bag (spss) to get the results. The researcher concluded the credibility of the effect of anaerobic exercises on some physical and skill variables and their impact on the collective attack prepared by the researcher for young football players for soccer because of its positive impact on the offensive side. For young football players.

I. INTRODUCTION TO RESEARCH

INTRODUCTION TO THE RESEARCH AND ITS IMPORTANCE

The application of physical education research and sports sciences in general and training sciences in particular has a fundamental and effective role in developing the sports level and achieving high sports achievements, as the science of training is the basic science in physical education and sports sciences and serves the rest of the other sciences the science of sports training and that development in fact Practicality in various sporting events came as a result of applying research and theoretical studies to practical reality, which led to the upgrading of the sporting level we are witnessing today. In terms of physical, skill, tactical and psychological abilities. In the sports aspect, the developed countries of the world have paid great attention to training age groups to prepare them in an optimal manner, because it represents the basis for achieving the best achievements based on studied scientific planning and training according to scientific foundations, and not on the basis of personal experiences that must be combined with these foundations to reach the best levels. Football is one of the games that have received increasing global attention in all countries of the world, as it has witnessed a huge development in the number of players. This development was characterized by a high level of physical, skill, tactical and mental performance of the players in terms of their possession of high abilities and skills, their enjoyment of a good physical level and the development of their collective thinking to form a unit of thought for the team on the basis, and the game of football needs elements of physical fitness that struggled for its performance as the strength of play, types and speed of all kinds Agility, flexibility and endurance play a major role in making the player unable to perform these. Deliberate playing skills as well as reviving the performance of playing plans became the key the coach manages to win.
Research problem
The training process requires knowledge and practice, and relying on field experience without resorting to science that violates one of the basic rules for developing that experience and working to develop it. On which football and its systems depend in its training curricula, especially in the daily training units in preparation and a special competition, whose exercises are carried out with a high intensity, with a maximum or less than a maximum, in proportion to the nature of the playing team, in terms of speed in performance and accuracy in carrying out duties. And how to link anaerobic exercises, which will reflect positively on the development of their abilities, and this helps the trainer to invest in carrying out his tactical duties. For this reason, the researcher urged not to prepare some anaerobic exercises. The skill of physical variables in the development of the collective attack in football

Research Objectives
Preparing anaerobic exercises on some physical and skill variables in developing the collective attack of young football players. Identifying the effect of anaerobic exercises on some physical and skill variables and on the collective attack of young football players.

Research Hypotheses
There are statistically significant differences between the pre- and post-test for the experimental and control groups in favor of the post-test. There are statistically significant differences between the two post-tests for the experimental and control group and in favor of the experimental group.

Research Areas
- Human range: Junior gym students (under 17 years old)
- Domain time: (02/16/2020) until (16/05/2020)
- The spatial domain: the stadium of the Student Sports Club located in the province of Baghdad.

II. RESEARCH METHODOLOGY AND FIELD PROCEDURES

Research Methodology
The methodology is important in scientific research, where the value of the research and its results are closely related, which is what the researcher follows and uses the experimental method to design the two equal experimental and control groups in proportion to the nature of the research.

Research community
The process of selecting a research sample and collecting data and information, and often the researcher resorts to defining his research community based on the phenomenon or problem he chooses to consider, i.e. “choosing a sample that the researcher sees as the origin where the community that studies the honest expression represents” (1) The researcher chose a sample that was deliberately examined from Nasia Sports Club students whose age is (less than 17), and 20 players per year were divided into two control and experimental groups, where the equivalence between the two research groups worked in the physical field. Functional capabilities and limitations as well as basic skills. The experimental group was applied using anaerobic exercises on some variables (physical and skill) and affected the group attack in the control group applied by the trainer.

Means, devices and tools used
(Arabic and foreign sources and references, the International Information Network (Internet), the football field, signs of different heights, stopwatch, tape measure, broke, football)

III. DETERMINE THE TESTS USED IN THE RESEARCH

Physical tests
In order for the researcher to be able to determine what the football player needs from the physical abilities on which the implementation of the skill capabilities depends, the researcher scanned many scientific literature and studies in the field of physical fitness to identify the most important and necessary for football players.
Test run 30m high start (2)
1. Purpose of the test: To measure the transitional velocity.
2. Instruments: clock - timing - signs - gypsum (Burke) - tape measure in meters.
3. Performance description: The tester is described directly behind the line, and upon hearing the start signal, he runs and tries to reach the final line in the shortest possible time.
4. Recording: Time is calculated in seconds to the nearest tenth of a second 1/100

Distinctive power of speed (3)
1. The purpose of the test: To measure the characteristic speed of the muscles of the legs.
2. Tools: stopwatch - poles - gypsum (bork) - tape measure in meters.
3. Performance description: The examiner stands at the starting line, the foot jumps on the starting line, the free leg
4. To lose behind you when you hear the signal to start the lab Hajl for a distance of 30 m. Give each tester two attempts to get the best result.
5. Calculates the time in seconds to the nearest millisecond 1/100

Ball Scoring Test. (4)
1. The purpose of the test: to measure the accuracy of the recording.
2. Tools used: seven feet of paper, constructive position, and rope to divide the target, the target divided into specific areas.
3. Method of performance: Distribute the balls in the penalty area, and start running from behind the post on the penalty arc towards the first ball, aiming to go back around the person, then go to the second ball, and so on with all the players. The balls and the scoring are above ground level and the player is free to choose any foot provided that it is taken from a running position.

Registration method
- The score is calculated by the sum of the scores obtained by the player from scoring the seven balls, as follows:
- The player is awarded (3) scores if the ball enters the two designated areas (2, 1)
- A player is awarded one score if the ball enters the designated area (3)
- A player is given a zero if the ball goes out of the goal area.

Processing notes (5)
1. Purpose of the test: To measure the handling accuracy and speed.
2. Tools: wall - stopwatch - balls - tape measure - gypsum (borke)
3. Test Description: The tester stands behind the plot line, away (8 meters) from the prese. The laboratory Mo drew the production of e for the wall. When he heard the signal to start the laboratory, he alternately kicked the ball toward the wall and gave each laboratory two attempts to score the best one. Note that the test time (20 seconds)

IV. THE EXPLORATORY EXPERIENCE

Experimental survey on a sample of (12) players from Al-Hussein Sports Club for juniors from the youth role for the football season 2020/2021 from Baghdad Governorate. The tests were conducted on February 18, 2020 at 4pm. In the afternoon and at the Al-Hussein Sports Club stadium, knowing the time taken to conduct the tests, the difficulty that the researcher may face, and knowing the possibility of the assistant work team on how to use the devices and tools, as well as the time taken for the tests.

Tribal tests
The researcher with the assistant of the work team applied the composite tests (physical and skill) to the main research sample consisting of (20) players, at exactly four o'clock in the afternoon on February 20, 2020 at the
student's sports headquarters. Club stadium. After completion of the tests, equivalence between the control and experimental groups was extracted from the tribes when using test samples (t) from the other groups.

**Number of anaerobic exercises on some skilled physical variables**

The researcher prepared anaerobic exercises for some variables (physical and skill) and their impact on the development of the collective attack in football for the junior category under (17) years, distributed over (30) training units for a period of (10) weeks. From 22/2/2020 to 7/5/2020, which is a sufficient period to make changes in the implementation of body movements and exercises towards exercises with three training units per week. The duration of the exercises used ranged (35-40) from the main section. Experts and specialists in football, where the research relied on the principle of innervation of exercises as a means to increase the intensity in the performance of simple exercises, starting with the implementation of exercises to the degree of complexity.

**Post tests**

The test was conducted after completing the anaerobic exercises on some physical and skill variables and their impact on the development of the collective attack on 5/8/2020. The researcher was keen to match the conditions and place to conduct the post-test for the tribe. Test as follows: as much as possible.

**Statistical means**

The researcher used the statistical bag (spss) to process the obtained data.

1. Arithmetic mean
2. Standard deviation
3. Simple Correlation Coefficient (Pearson)
4. Tests (5) independent samples
5. Similar sample tests
6. Percentage

**Presentation, analysis and discussion of the results**

This section included a detailed presentation of the results of all the tests in the research for the sample members. These results were analyzed in the light of the statistical laws used in the research and the suitability of the data through the practical procedures carried out by the researcher to reach the results that were processed by the statistical tables according to the order of objectives and hypotheses and then discussed in the light of its frame of reference.

Presentation of the arithmetic means, standard deviation, preference value (t), and the level of significance of the tests before and after the tests. Physical exams:

Table (1) Presentation of the mean, standard deviation, calculated (t) value and significance of differences between the two tests, the pre and remote tests of the physical variables of the two experimental and control groups.

<table>
<thead>
<tr>
<th>No</th>
<th>Variables physical</th>
<th>Soloneliness measurement</th>
<th>tribal news Q</th>
<th>p</th>
<th>post test Q</th>
<th>p</th>
<th>t value ( t )</th>
<th>T tabular</th>
<th>Indication type</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Run30 m from high start</td>
<td>No</td>
<td>a second</td>
<td>No</td>
<td>3,543</td>
<td>0,218</td>
<td>3,377</td>
<td>0,222</td>
<td>4,079</td>
</tr>
<tr>
<td></td>
<td></td>
<td>NS</td>
<td>a second</td>
<td>NS</td>
<td>3,497</td>
<td>0,326</td>
<td>3,442</td>
<td>0,294</td>
<td>2,696</td>
</tr>
<tr>
<td>2</td>
<td>speed power</td>
<td>No</td>
<td>a second</td>
<td>No</td>
<td>4,543</td>
<td>0,308</td>
<td>4,286</td>
<td>0,84</td>
<td>3,722</td>
</tr>
<tr>
<td></td>
<td></td>
<td>NS</td>
<td>a second</td>
<td>NS</td>
<td>4,129</td>
<td>0,576</td>
<td>4,001</td>
<td>0,552</td>
<td>2,192</td>
</tr>
</tbody>
</table>
The tabular value at the significance level (0.05) and the degree of freedom 9 is (2.26). Table No. (1) Shows the statistical indicators of the results of the tribal and remote tests of the physical variables carried out by the experimental and remote individual. Control groups were subjected to the variables (running 30 m from a high-powered start characterized by speed (and where the t-value) calculated for the control group and, respectively, 2.696 - 2.192 (which is greater than the t-value) tabulated at the level of (0.05), degree of freedom (9) and adults) (2.26), which means that the differences between the pre- and post-tests were statistically significant in favor of the post-tests. While the value of (t) calculated for the experimental group for the physical variables (running 30 m from the high start - characteristic speed forces) 2696, respectively, is greater than the value of (t-table at the significance level (0.05) and the degree of freedom (9) which is (2.26), meaning that there is There are differences between the pre and posttests in favor of the post tests of the experimental group in these variables.

Discussion of running 30m from the high start

Through the presentation and analysis of the results of the special test that was conducted from the high and side jump for a second period, statistically significant differences emerged between the pre and posttests in favor of the posttest and for both the experimental and posttests. Subsequent tests. The control groups, despite the different exercises in the two groups, which indicate the development of this variable after the main experiment. The researcher attributes the development to the running variable in the upper beginning of the control group to the coach’s approach, which was prepared within the components of the training load that facilitates the development of the player’s level, including that football needs this physical ability according to the different circumstances and situations to play football in Minya and running jumping and running with retrograde pressure and this was confirmed by SE “Any movements if they continue for a long time and increase the number of resistance that must be overcome hinder running and make the player roll, spin, hide, jump and come back, so the football player had to acquire the ability to run (1) As for the development in the experimental group, the researcher attributed this development to the anaerobic exercises that he prepared. The researcher continues the scientifically organized training process that enables the player to improve his level as AF. Turning and back and continuous jumping and running back to blindness to gain the footballer in a position of endurance strength and this is what a. Abul-Ela emphasized, "In order to obtain real physiological adaptations, the athlete must organize regular and continuous training for at least (8-12) weeks. These exercises helped the research sample members develop what the player benefits from during his performance, which positively affected the improvement of their level by improving this physical ability. By doing several repetitions featuring running from the start, as well as repeating the reps several times, the correct performance is quickly created and the ability of physical abilities increased by viewing and downloading test results for endurance.

Force discussion quickly

There are statistically significant differences between the two tests (before dimensions) in favor of the posttest and for the experimental and control groups, despite the difference in the exercises given between the two groups, where the development of the experimental and control posttest appeared. For the two groups. The researcher attributed this development in the control group to the coach's style in terms of continuous training that leads to improving the physical, technical and functional level, as the coach's style is characterized by its association with the components of the training load and the football game. Especially in terms of running for multiple distances and training in fast endurance, and this was confirmed by Serageldin, “The nature of football as a team game is characterized by rapid performance throughout the match and the constant change in running over multiple distances, whether in defense or attack. Either developing the experimental group to focus on the posterior components of training in terms of intensity, size, comfort in carrying, fast performance and well below the max, creating a situation where players in the adaptive profession have to develop high-speed skills for as long as possible, and this requires rapid performance in football game

Presentation and analysis of the results of the pre and post skill tests for the members of the research sample and their discussion

Table(2) Shows the statistical parameters and values (t) calculated Tabulated and the level of significance of tribal tests for the two experimental and control variables technique
The tabular value at the significance level (0.05 and 0) and the degree of freedom (9) are (2.62 and 2). The table shows the statistical indicators of PT results before and after the test for members of the experimental and control group. It was subjected to the skills variable, where the t-value (calculated for the control group and is the largest value) for the tables at the significance level (0.05 and 0) is freedom (9) and it is (2.26), which means that the differences were statistically significant in favor of the post-test. While the value of (t) was calculated for the experimental group, which is greater than the tabular value at the significance level (0.05 and 0) and the degree of freedom (9), which amounted to (2.62 and 2). This means that the differences between the pre and post tests were statistically significant and in favor of the dimensions of the two tests.

Discussion: Scoring with rebounds and rebounds

By viewing and downloading the results of the rapid speed and endurance test. There are statistically significant differences between the pre- and post-tests in favor of the post-test and the experimental and control groups, despite the difference in the exercises given between the two groups, where the experimental and control dimensions developed. The test appeared for both groups. The researchers attribute this development in the control group to the coach's approach in terms of continuous training, which leads to an improvement in the physical, technical and functional level. The coach's approach was characterized by linking it to the components of the training load, and since the game of football is special in terms of running for multiple distances and endurance training quickly, and this was confirmed by Serageldin, the football game as a team game. It is characterized by rapid performance throughout the match and continuous change of rapid sprinting across multiple distances whether in defense or attack. Either the experimental group is developed to focus on the components of the training background in terms of intensity, size, load and comfort with fast performance and less sharpness than the maximum, creating a state of functional adaptation in which the players have to work. High speed for the longest possible time and this is what a fast-paced football game requires. For different distances and for as long as possible, as well as the approach prepared by the researcher who prepared it infinitely and accurately in line with the peculiarity of the football game, and this was confirmed by Muhammad Othman for a while, “If the coach can stand on the table The timeline for a suitable recovery event, can raise the gradual increase in the training load within the rhythm of the level of physical training.

Handling notes

By displaying and downloading the results shown in the table, it was found that there is a significant development in the variable treatment of feedback tests for the experimental and control groups and in favor of the post tests. The researchers described the features of this development. As for the experimental group, the development is due to focusing on the components of the training load in terms of intensity, size and comfort, with rapid performance and with intensity less than the maximum, which led to the creation of a state of functional adaptation. For players to run at high speed for as long as possible, this is what a fast-paced game of soccer requires. For different distances and for as long as possible, as well as the approach prepared by the researcher, which was prepared with limited accuracy and codified to suit the specifics of the football game. This was confirmed by Muhammad Othman. In the post tests, the effectiveness of the exercises prepared by the trainer for the control group, which included skill exercises that would improve the player’s skill level and this, was confirmed by Hanafi Othman.

Table (3) It shows the statistical parameters and their calculated and tabular values (T) and the level of significance of dimensional tests from the experimental group of physical tests.
<table>
<thead>
<tr>
<th>NS</th>
<th>Variables physical</th>
<th>measuring unit</th>
<th>post test</th>
<th>Values t calculated</th>
<th>tabular</th>
<th>indication the differences</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Run30 m from high start</td>
<td>No a second</td>
<td>3.377</td>
<td>0.222</td>
<td>0.554</td>
<td>2.10</td>
</tr>
<tr>
<td></td>
<td>NS a second</td>
<td>3.442</td>
<td>0.294</td>
<td>0.554</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>speed power</td>
<td>No a second</td>
<td>4.001</td>
<td>0552</td>
<td>1.450</td>
<td></td>
</tr>
<tr>
<td></td>
<td>NS a second</td>
<td>4.286</td>
<td>0284</td>
<td>1.450</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The tabular value of the level of significance (50 and 0) and the degree of freedom (11) which is (2.10) are the arithmetic averages, the standard deviation, the calculated (t) value and the significance of the differences between the test results of the metaphysical variables for the experimental and control groups. The tabular value at the significance (0.05) and the degree of freedom is 11, which is (2.10). The index table for arithmetic circles shows the value of the calculated standard deviation (t) and the significance of the differences between the results of the outcome. Dimensions tests of physical variables for experimental and control groups. The value is tabulated at the significance level (5 0 and 0) and the degree of freedom (11) which is (2.10). The table shows the statistical indicators of the results of the descriptive tests of the physical variables that they have undergone. The experimental and control groups were included in the variables running at a power of 30 m of the high starting speed characteristic, where the value of (t) computed for the experimental group and the control group, respectively, which is greater than the table (t). The value was calculated in the significance level (50 and 0) and the degree of freedom (11) which is (2.10), which means that the differences between the subsequent tests were statistically significant in favor of the experimental group.

**Discussion: Run 30m from the high start**

Significant differences were revealed between the subsequent tests of the experimental group, the control group, and the experimental group, which indicates the development of a variable that carries strength and the characteristics of the researcher. Especially important in the game of football, as it is characterized by half of the work done by the player during the match, using an oxygen recipe that provides the player with training and in the race requirements). This is what the researcher said about the total increase in the volume of training by increasing the number of art where the performance of the work is drawn. Art is long. It can measure the state of the load, as well as the strength of the volume gradient. Loft art. Interfaces. Blindness is the basis of practical structures in terms of heart rate and accuracy. Minya concluded that the player might go blind. In the performance of Tech R Art and the time interval between enabling Altec R Art and gatherings by enabling the process, the trainee’s body muscles were trained within the training units in the prepared training curricula, and this requires the privacy of the football game and this was confirmed by Abu Al-Ela “The game of football requires the development of these qualities because of the importance of The process of developing tactical mechanisms aimed at developing muscle muscular endurance generated by the anaerobic energy of the tactical system, that is, endurance and endurance for speed.

**Speed force**

By displaying and analyzing the results of the dimensional tests of the two experimental and control groups in the distinct variable force of velocity speed in the micron-distance running test, statistically significant differences emerged between the post-tests of the experimental trial. And the control groups in favor of the experimental group, which indicates a development in the endurance variable for speed, and the researcher, attributed this development to the exercises prepared in the training curriculum and the football game requires that performance be characterized by speed and endurance. To increase the player's ability to perform short, medium and fast distances, I didn't see much during this. This was confirmed by Abu Al-Ala and Nasr Al-Din, because the game of football requires the ability and ability to be on the field for the longest possible period of time during the match, because the player offers many different and different applications. Situations according to the matching conditions of fast sprinting and changing levels whether in training or match where the average speed is achieved after a certain distance of the fatigue factor so the player must have a high degree of speed.
Presenting and analyzing the results of tests and skills related to the dimensions of the research sample and discussing them.

Table (4): It shows the calculated tabular statistical parameters and values, the level of significance of the tests, the dimensions of the two control groups, and the experimental skill tests.

<table>
<thead>
<tr>
<th>NS</th>
<th>Variables skill</th>
<th>measuring unit</th>
<th>post test</th>
<th>p</th>
<th>Values t calculated</th>
<th>tabular</th>
<th>indication the differences</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>A Scoring Reels</td>
<td>No</td>
<td>Degree</td>
<td>17,200</td>
<td>2,440</td>
<td>3,367</td>
<td>moral</td>
</tr>
<tr>
<td></td>
<td>NS</td>
<td>Degree</td>
<td>12,100</td>
<td>4,121</td>
<td>3,367</td>
<td>2,10</td>
<td>moral</td>
</tr>
<tr>
<td>3</td>
<td>Feedback handling</td>
<td>No</td>
<td>Degree</td>
<td>6,300</td>
<td>0,810</td>
<td>2,860</td>
<td>moral</td>
</tr>
<tr>
<td></td>
<td>NS</td>
<td>Degree</td>
<td>4,900</td>
<td>1,121</td>
<td>2,860</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Tabular value at the level of (50 and 0) degrees of freedom (18) and adults (10 and 2)

The table shows the statistical indicators of the results of the subsequent tests, and the skill tests that the members of the experimental and control group underwent in a skill variable, where the value of (t) (3,367) is calculated and it is greater than the value of t is tabular at the significance level (50 and 0) and the degree of freedom (18) i.e. (10 and 2) which indicates that the differences between the subsequent tests were statistically significant between the experimental and control groups, and the interest of the experimental group. Collection.

Discuss aptitude tests

By displaying and downloading the results of the tests shown in Table (4), there were statistically significant differences indicating blindness and a clear development in the endurance performance of the players. The researcher attributed the reason for this development to two reasons. The first reason and the nature of the stomach exercise in the advanced training curriculum within the foundations of the process and taking into account the components of the training burden and training gradation, and this was confirmed by Abu Al-Ala and Ahmed Al-Nasr, and this is consistent with the principles of sports training practice, which indicate that the programmed training of Z according to the correct practical formulas and the principle of increased graduation has a positive effect on the trainees in addition that endurance training achieves tangible sports results. Training and development creates favorable conditions for the assimilation of tactics according to the type of sport being performed practice.

Discuss the results

The researcher believes that the development in physical and skill performance is the result of the exercises prepared by the researcher in training, which contributed to raising the physical and skill capabilities of the players, which have an important role and the player's ability to withstand during performance. As the game of football is in constant development and speed of performance, and this was confirmed by God’s command Al Basti: “The sum of exercises or wave physical effort that leads to adaptations or functional changes in the internal organs of the device.” To achieve a high level of athletic achievement.) 4 of during the presentation and analysis of the results shown in the tables, differences were found in the experimental variable, the control group, and the experimental group, which indicates a development in its skill aspects. The moral development of this researcher was attributed to the quality of the exercises used, which contained complex T exercises for equivalence. The game is tactically fast, which aims to achieve rapid progress and a direct link between the training site in implementation with speed in performance, as there is hardly an exercise without tactical performance in the light of a real playing atmosphere. The researcher prepared special exercises for the physical. Skills in training modules. The implementation process requires the least appropriate time during the match in order to achieve the goal, and because the game of football requires privacy in modern game plans, and the players perform the best planning performance to achieve the goals and the desired purpose, and this was confirmed by (Abdul Sattar Damad) the repetition of skilled physical...
exercises that are similar to what is Exists in the game for the presence of the player in particular the player can shorten his awareness time and ability to perform the match in it. best level. “The possibility of the player (Mufti Ibrahim) confirming that the football specialist allows to produce the best and most accurate level of skill and tactical performance and a high level of special physical qualities.

V. CONCLUSIONS AND RECOMMENDATIONS

Conclusions
1. Anaerobic exercises on some physical and skill variables that the researcher used have a positive effect in developing the collective attack for junior football players.
2. The anaerobic exercises that he used led to the development of the right foot a greater proportion than the left foot in the ability of the force characteristic of speed for two legs and facilitating the scoring process.
3. The players' mastery of attacking performance helps to develop more complex offensive plans for the opponent

Recommendations
1. Confirm the use of anaerobic exercises and give them great importance in their curricula, especially in the special preparations and competitions for age groups in football, offensive development
2. Focusing on the development of physical abilities as it is the basis for building the skill and planning aspect.
3. Paying attention to building basic skills according to correct scientific foundations, which saves effort and time and improves offensive performance in a better way.

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