THE EFFECT OF INTERACTIVE SPEED EXERCISES (S.A.Q) ON THE DEVELOPMENT OF SOME PHYSIOLOGICAL INDICATORS, PHYSICAL ABILITIES AND BASIC SKILLS AFTER THE PERIOD OF ABSENCE FROM TRAINING FOR YOUNG FOOTBALL PLAYERS

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ABSTRACT

The Sakyo interactive speed exercise is one of the latest methods and techniques used in the sports field, as it improves performance efficiency by developing the ability to perform fast movements and has a clear effectiveness in improving the physical and skill capabilities of players in many sporting events, including football, as it exercises Sakyo Interactive Speed as an additional and complementary program beside other exercises.

This type of exercise and motor performance certainly has its effects on some of the internal physiological variables for football players, and its impact on these variables varies according to the physical and skill variables performed by the players, which vary in their performance speed, so the researchers decided to use a modern technique in training, which is the interactive speed exercises SAQ. Sakyo in order to raise the level of physiological, physical and skill capabilities in proportion to the nature of performance and to know the effect of these exercises on some physiological indicators and physical abilities.

The aim of the research was to prepare exercises for interactive speed S.A.Q Al-Sakyo for the physical abilities and basic skills of young football players, and to identify the effect of these exercises on the development of the variables investigated.

The researchers used the experimental method due to its relevance to the nature of the research problem by designing the experimental and control groups with tribal and remote tests. The research community in the study represented Baghdad clubs, consisting of (10) clubs from the province of Baghdad, with a number of (262) players. The Football Sports Police for the youth category aged (17-19), the number of the sample was (27) players and constituted (7.63%) of the research community, It was excluded (7) players for the purpose of exploratory tests of non-players disciplined in the exercise and goalkeepers so the number of the sample (10) players for each group check randomly (the draw), and after the researchers experiments reconnaissance and conduct tribal tests, the application of the training curriculum and It took Two months that included (24) training units for a period of (8) weeks, at an average of (3) training units per week for interactive speed exercises (SAQ).

To achieve the purposes and objectives of the research, the post-test was conducted and the data was collected and analyzed statistically using the statistical package (SPSS), and the researchers reached a set of conclusions, the most important of which are: The interactive speed exercises (SAQ) affected the development of physical abilities (maximum speed, motor speed, response speed, and agility) And as reactive speed exercises (SAQ) affected the development of physiological indicators (pulse after effort, breathing after effort, hemoglobin, and blood plasma), and also reactive speed exercises (SAQ) affected the development of basic football skills (handling, dribbling, putting down, and scoring).
I. INTRODUCTION:

The sporting progress and achievements that have been achieved in many countries in the various sports games is only evidence of the interest of researchers and those concerned with sports who have focused their attention towards the physical, physiological, skill, planning and psychological aspects of each game, and through the application of various sciences such as training science, biomechanics, anatomy and other sciences In the field of training, and the use of modern training methods, methods and techniques in the training process in order to advance and advance the skill side and reach it to the highest levels of sports, along with other requirements.

The great development in the training process in football forced specialists and coaches in this specialization to research everything that is new, as well as the optimal and honest use of methods and training methods for the game depends on modern scientific foundations, and that the game of football is one of the games that has developed rapidly in the world during the past years and on all The physiological, physical, skill, planning and psychological levels were the result of the use of modern methods.

Speed is one of the important physical qualities that play a distinctive role in achieving high results and achievements in football because this game is characterized by approval and many and multiple cases if it requires speed in performance and moving from one place to another on the field and the speed of moving the ball between players as well as the speed of movement of players Without a ball, which confuses the opposing team, and to reach the required level, modern methods and methods must be used in the proper and programmed planning of the training process.

And discontinuation of training leads to a decline in the level of performance and a demolition in the functional adaptations of the players, and is not necessarily limited to the physical abilities, skills and physiological adaptations gained from training only, but extends to the rapid decline of physical ability, skill, technical, planning and psychological qualities and that the process of decline occurs quickly, especially on the qualities unsteady adaptability.

Since coaches, players and specialists are constantly looking for modern training methods in order to improve the level of sports performance and gain competitive advantages, and one of these methods for developing speed is the interactive speed exercises SAQ Al-Sakyo, which is one of the latest methods and techniques used in the sports field, as it improves the efficiency of performance through the ability to perform rapid movements and its development effectiveness and clear in improving physical and skill players in the capacity of many sporting events including football. The Sakyo interactive speed exercises are practiced as an additional and complementary program in addition to other exercises, as this type of exercise and motor performance has its effects on some internal physiological variables for football players, and its impact on these variables varies according to the physical and skill variables performed by the players, which vary in their speed of performance.

The importance of the research in identifying the most modern techniques and training methods and in order to achieve positive results that contribute to maintaining and developing capabilities and the efforts of players to continue performing for the longest possible period and distinctively using the interactive speed exercises SAQ Al-Sakyo to know their impact on some physiological and physical variables and basic skills after returning from The period of absence from training.

Through the experience of the researchers being specialists in the field of sports, they noticed the lack of use of special exercises to develop speed and some physical and skill abilities after returning from the period of interruption from training, which occurs as a result of injury, transitional period or other circumstances, which leads to a gradual decline of physiological, physical and skill adaptations, and one of these The circumstances that caused the interruption of training is the Corona virus pandemic, which caused the suspension of all games and activities in the world, in which speed requires a long time to reach the required level because it is the last of the physical qualities to develop. As well as not using a variety of exercises related to the nature of performance, which lost the players the ability to carry out their duties in an appropriate manner, which caused a clear discrepancy in the general performance level of the team, so the researcher decided to use a modern technique in training, which is the interactive speed exercises SAQ Al-Sakyo in order to raise the level of physiological, physical and skill abilities in proportion to With the nature of performance and knowing the effect of these exercises on some physiological indicators, physical abilities and basic skills of young football players.

Thus, the researchers identified the objectives of the research: preparing exercises for interactive speed S.A.Q Al-Sakyo for physical abilities and basic skills for young football players, as well as identifying the effect of.
interactive speed exercises S.A.Q Al-Sakyo in developing some physiological indicators, physical abilities and basic skills after the period of interruption from training for young players in football.

As for the fields of research, they were represented by the football players of the Police Club for Youth aged (17-19) years, for the sports season 2020-2021, and the time of conducting the experiment was from 02/21/2021 until 08/16/2021, as for the place of conducting the experiment. Exercising and field experiments, the researchers chose the second Al-Shaab football -Baghdad.

II. RESEARCH METHODOLOGY AND FIELD PROCEDURES:

Research Methodology:
The nature of the problem is what compels the researcher to choose the appropriate approach to conduct its treatment, in order to reach a solution and reach the desired results, and (Ahmed Farhan Ali, 2015) points out that the research method “is a method followed by the researcher to identify the various circumstances and variables that pertain to a phenomenon and control it. (1)

Therefore, the researchers used the experimental method that fits with the research problem, which is the experimental design with two equal, independent, control and experimental groups, for the pre and post tests.

Community and sample research:
The research community represented the players of Baghdad clubs in the Premier League for the youth football category, for the age group (17-19) years and registered with the Iraqi Central Federation for the sports season (2020-2021), numbering (10) clubs in Baghdad governorate, and the sample number was (27) players And (7) players were excluded, including (4) players to conduct reconnaissance experiments on them and (3) goalkeepers, so that the final number of the sample became (20) players, so that the research sample constituted a percentage of (7.63%) of the total research community, and they were distributed into two groups. (control - experimental) equally by random method.

Devices, tools and means used in the research:

Means of data collection:
Arab and foreign sources and references.-
- The World Wide Web and the Internet.
- Personal interviews. -

Tests and Measurement.-
- Observation and experimentation.

Tools and devices used:
- Camcorder and its accessories (1) Japanese-made type (Canon).
- Laptop device type (hp) Japanese-made.
- A device (POLAR) to measure the heart rate remotely with a tab type (SAMSUNG S6 LITE).
- Electro-optical device for measuring response speed
- Electronic stop watch
- Whistle number (2).
- Legal footballs (20).
- Flat poles, cones, and conical cones for each type (20).
- Hurdles type, with a height of (10-20) cm, number (15).
- A tape measure of length (50) meters, number (1).
Identify the surveyed variables under study and filtration tests:
The researchers reviewed the scientific sources and references. A set of variables were presented to experts and specialists, and it was agreed upon by them on the variables described below as research variables as follows:

- Physiological, which includes the following: (heart rate - respiratory rate - the percentage of hemoglobin concentration in the blood - the volume of blood plasma).
- Physical, which included the following: (maximum speed - motor response speed - motor speed - agility).
- Skill and included the following: (rolling - handling - scoring - putting down).

Nomination of appropriate tests for the researched variables:
The researcher reviewed the scientific sources and references. A set of tests were presented to the experts and specialists, and it was agreed upon by them on the tests shown below, as follows:

The physical tests included measuring four variables:

Maximum speed:

- **Test name:** Running test (30 m) from the running start (1)
- **Purpose of the test:** To measure the maximum speed in a soccer ball.
- **Tools used:** an electronic stopwatch, three parallel lines drawn on the ground, the distance between the first and second line (10) m, and between the second and third line (30) m. The first line represents the beginning and the third line represents the end.
- **Method of performance:** The tester stands behind the starting line (first line) from a standing position, and at the start signal, the tester runs and tries to reach the maximum speed at the second starting line and continues running until he crosses the third line.
- **Recording:** The time is recorded to the nearest (1/100) of a second from the beginning of the second line until the moment of passing the third line, so that one attempt is given to each player.

- The speed of the motor response:

- **Test name:** Motor Response Speed Test (1)
- **Purpose of the test:** To measure the motor response time with the ball.
- **Tools used:** (4) soccer balls, a small goal measuring (120 cm wide x 75 cm high) (2), a video camera with a speed of (300 images per second) (2), an electrical device that contains two lights on the side, and with a third light placed Near the location of the ball for the purpose of its appearance on the camera, and it will be illuminated with any light from the two photodiodes installed on the electrical device.
- **Method of performance:** The laboratory stands at a distance of (50) cm from the ball and in front of the optical device in the middle, and on both sides of the device there are small targets (120 cm width x 75 cm height) and the player kicks the ball towards the small target that is (10) m away from the location of the ball in the direction that Determined by the light (that is, if the light lit on the right kicks the ball towards the right goal and vice versa) and each player is given (3) attempts, and the best attempt is calculated for him, and the video camera is placed on the side for the purpose of measuring the time from the moment the stimulus appears to the moment the ball leaves the player’s feet.
- **Recording:** The time is calculated from the moment the stimulus appears to the moment the ball leaves the player’s foot.
Kinetic speed test (performance speed):

- **Test name**: (Manipulation towards the bench) for a period of (30 seconds)  
- **Purpose of the test**: To measure the kinetic speed of handling (performance speed).
- **Tools used**: whistle, bench, football, tape measure, stopwatch.
- **Method of performance**: Upon hearing the whistle, the player kicks the ball from a distance of (3 m) towards a platform with a width of (3 m) and continues to handle after the ball bounces for a period of (30 seconds) as shown in Figure (3).
- **Recording**: The number of correct maneuvers that he performs during (30 seconds) is counted for the player.

Fitness Test:

- **the name of the test**: test running between the pillars distance (20 m)  
- **The goal of the test**: to measure fitness.
- **the tools used**: tape measure, Hoa_khas number (10), stopwatch, whistle.
- **Method of performance**: The player stands on the starting line, which is 2 m away from the first person. After hearing the whistle, the player sets off to run across (10) poles for a distance of (20) m, where each person is at a distance of 2 m from the other, where the player performs the movement (Zakzak). between the signs that the player performs by passing the signs.

The skill tests included four variables:

1- Rolling skill:

- **Test name**: Slalom Ball (Rolling) Test  
- **Purpose of the test**: To measure the extent of the laboratory's ability to control the ball while running between the poles.
- **Tools**: One (1) soccer ball, (10) poles, a stopwatch, and a stadium in which (10) poles are placed in a straight line, the distance between one pole and the last one (1) m, and the distance between the starting line and the first one (1) meter.
- **Description of performance**: The tester stands with the ball on the starting line, and when the start signal is given, the tester runs between the poles, running zigzag, reaching to the other person, turning around and returning to the starting line in the same way. And the movement of the player must not stop in the test, as the attempt is repeated in the event of a fall.
- **Recording method**: The laboratory calculates the time to the nearest second from the moment of giving him the start signal until he returns to the starting line again.

2- Handling skill:

- **Test name**: Handling test at a small target from a distance of (10m).  
- **Purpose of the test**: handling accuracy.
- **Tools used**: soccer ball, flags, tape measure, small goal (100*75) cm.
- **Method of performance**: The tester stands with the ball at a distance of (10m) from the target, and when he hears the signal, he handles the ball while it is fixed towards the target, as shown in Figure (6).
- **Scoring method**: Each laboratory is given (3) attempts, and all of them are counted, as two marks are given for the successful attempt that enters the target directly and one mark for the attempt that touches the pole or
crossbar, and enters the target, and zero for the failed attempt when the ball is outside the target and the player’s score is the sum of the three attempts’ scores.

3- Scoring skill:

• **Test name:** Scoring at a target divided into numbered squares and on both sides (scoring) \(^{(1)}\)

• **Test objective:** measuring the accuracy of aiming at the target

• **Tools:** soccer balls (10), a tape to determine the scoring area for the test, a soccer goal of international measurements divided into squares the size of the square (120 * 120 cm) except for square number one representing the middle area of the goal remaining after dividing the squares, soccer field.

• **Method of performance:** (6) balls are placed in different places inside the penalty area, as the player scores in the areas marked in the test, according to their importance and difficulty, and in a sequential manner, one after the other. Running mode, the test starts from ball No. (1) and ends with ball No. (6), and the attempt is not valid in the event that none of the three goals is scored from each side as well as the middle goal and the tester is given one attempt.

• **Scoring method:** The number of injuries that enter or touch the sides of the six specific goals from both sides and the center goal is calculated, as the scores for each of the six balls are calculated as follows:

- (4) Scores when scoring in the field No. (4)
- (3) Scores when scoring in the field No. (3)
- (2) Scores when scoring in the field No. (2)
- (1) Scores when scoring in the field No. (1).
- (Zero) is outside the limits of the goal, and the total score for the test is (24) degrees.

4- Extinguishing skill:

• **Test name:** Test of ball control in a limited space (depression) \(^{(1)}\)

• **Purpose of the test:** To measure the player's ability to control the ball.

• **Method of performance:** Two concentric circles, the minor radius (1), and the major radius (2) m, and at a distance of (10) m from the circle, and draw a line of length (2) m. On the throwing line, when the start signal is given, the coach throws the ball in an arc path to the tested player in the circle and the player tries to control it with any part of the body and is given three attempts.

• **Scoring:** If the player succeeds in controlling the ball in the small circle, he gets (30) degrees, and if the player succeeds in controlling the ball within the boundaries of the big circle, he gets (20) degrees, and if the ball comes out of the two circles while controlling it, he gets (zero) and a score The player's final score is the sum of the three attempts.

**Physiological tests included four variables:**

**Heart rate test:** \(^{(2)}\)

- **Objective of the test:** measure the heart rate after exertion

- **Unit of measurement:** stroke/minute

- **The instrument:** the use of a device (POLAR) to measure the heart rate.

- **Recording:** Records the reading shown on the device screen.

**Measuring the speed of breathing:** \(^{(2)}\)
Objective of the test: To measure respiratory rate after exertion

Unit of measurement: number of times/minute

Way tool can measure the speed of respiration rate by calculating the number of times breathing rises the chest (sniffling) within one minute.

Measurement of hemoglobin concentration (HB): To measure the ability of the blood to carry oxygen based on the percentage of hemoglobin

Tools used: thermometer for measuring room temperature, syringes, special tubes for preserving blood (tubes) containing EDTA anticoagulant, cotton and medical alcohol, arm band, small box containing ice for keeping tubes, paper and pen

Method of performance: The researchers will conduct the test by a medical supervision after making sure of the appropriate temperature, as well as sterilization with a sterile material in order to draw blood from the players, the laboratory sits on the chair and the band is placed on the player’s arm, and the hand is sterilized with medical alcohol to clean the area, then The syringe was implanted in his arm and the laboratory doctor drew (5 g / 100 cm3) cc of blood and then put it in the tube, after writing the name and number of the laboratory on it and writing it down in the registration form, and kept in the box containing ice, until all other players complete. After that, the blood samples are transferred to the laboratory, where the laboratory doctor moves the blood inside the tube for the purpose of interfering with the anticoagulant substance EDTA with the blood. We place the blood sample in front of the prob (which is a thin tube that withdraws a small drop of blood from the tube) and then press Click on the start button to start the analysis.

Recording: The previous results are taken after being processed in the laboratory to show the results of the test.

4-Measuring blood plasma size:

Test objective: To measure the percentage of blood plasma

Tools used: thermometers, syringes, special tubes for storing blood (tubes) containing EDTA anticoagulant, cotton and medical alcohol, arm bands, a small box containing ice for keeping tubes, paper and pen.

Method of performance: The researcher will conduct the test by a medical supervision after making sure of the appropriate temperature, as well as sterilization with a sterile material in order to withdraw blood from the players.

Recording: The previous results are taken after being processed in the laboratory to show the results of the test.

Field procedures:

Tribal tests:
The two researchers conducted tribal tests on the research sample on (Friday) on (25/12/2020) at (9:00) in the morning at Al-Shaab Second Stadium, for a period of two days, in order to find out the real level of the players before starting to apply the main experiment.

Main experience:
The exercises and vocabulary of the training curriculum prepared on the experimental research sample on (December 28, 2020), corresponding to (Monday) were applied to the Second People’s Football Stadium, where the researchers prepared the Sakyo interactive speed exercises and by looking at the opinions of some experts Specialists in the field of sports training and football coaches according to the requirements of SAQ exercises based on some variables and sports training literature to develop some physiological indicators, physical abilities and basic skills. Stress, repetitions, and appropriate rest periods, depending on the physical ability, as the approach prepared and used for the research group differs in terms of exercises in the curriculum used by the
trainer, and the difference in the use of interactive speed exercises (SAQ) during the training units, and the application of special exercises in the special preparation period is as follows:

1. The training curriculum begins on (Monday) corresponding to (28/12/2020) and ends on (Saturday) corresponding to (21/2/2021).

2. Duration of exercises (8) weeks.

3. Number of training units (24) training units.

4. Number of weekly training units (3) training units.

5. Weekly training days (Saturday - Monday - Wednesday).

6. The duration of the training unit (60-90) minutes.

7. The researchers used the high-intensity interval training method and the intensity repetitive training method, as it is more suitable for training the research variables in the special preparation stage, and the researcher included the training intensity, in order to suit the abilities and skills, taking into account the number of repetitions, the rest period, and the duration of the stimulus between one repetition and another. Rest periods are appropriate between repetitions to restore recovery to the research group members, and to keep the player from overloading.

8. The researchers developed his training according to the general curriculum of the trainer; By entering the special preparation stage, the researchers entered the main section, and he started with a training intensity (90%) in the first week, consisting of three training units and ascending to (100%) in the last week, taking into account the gradation of the exercises used and not reaching the player to the stage of overload.

9. The intensity of training was calculated according to the players' stamina and heart rate.

10. As for the intensity, it ranged between extreme and submaximal in relation to physical abilities and basic and biochemical skills for the development of energy systems and according to what those abilities need and gradually, as the researcher used the following law to extract intensity (): (220 - athlete age) = maximum heart rate

    Number of heart beats at desired intensity = maximum heart rate x desired intensity

    100

Dimensional tests:
After completing the application of the vocabulary of the training curriculum on (21/2/2021) corresponding to (Saturday), and after taking a break for three days, the post tests were carried out on (24/2/2021) corresponding to (Wednesday), knowing that the researchers will take into account all the procedures he performed in the tribal tests.

Statistical methods used:
The researchers used the appropriate statistical methods based on the statistical package (SPSS) to solve and collect his research data, which included the following:

- Arithmetic mean.
- Standard deviation.
- t-test (T-test) for samples of analog.
- T-test for related samples.

III. PRESENTATION, ANALYSIS AND DISCUSSION OF THE RESULTS:
Presentation, analysis and discussion of the results of the research tests between the experimental and control groups in the post-test:
Table (1)
It shows the arithmetic mean, standard deviation, calculated (t) value, error rate, and the significance of the differences between the experimental and control groups in physical abilities in the post test.

<table>
<thead>
<tr>
<th>physical abilities</th>
<th>experimental group</th>
<th>control group</th>
<th>Sig level</th>
<th>Sig type</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>Std. Deviation</td>
<td>Mean</td>
<td>Std. Deviation</td>
</tr>
<tr>
<td>maximum speed</td>
<td>3.493</td>
<td>0.170</td>
<td>3.987</td>
<td>0.113</td>
</tr>
<tr>
<td>Kinetic speed</td>
<td>22.4</td>
<td>1.505</td>
<td>18.4</td>
<td>0.966</td>
</tr>
<tr>
<td>response speed</td>
<td>0.814</td>
<td>0.130</td>
<td>1.092</td>
<td>0.084</td>
</tr>
<tr>
<td>Fitness</td>
<td>7.751</td>
<td>0.384</td>
<td>8.666</td>
<td>0.208</td>
</tr>
</tbody>
</table>

(*) Degree of freedom (20-2=18).

(*) Significant if the error level is less than the significance level (0.05).

Figure (1)
It shows the arithmetic mean between the experimental and control groups in the physical abilities in the post test.

From a review of Tables (1), it is clear that the results of the post-tests of the physical variables of the experimental and control groups have improved in both groups, and it is clear that the players of the experimental group are superior to the control group. Its relevance to the sample members, whose goal was more than one direction, and whose frequency and intensity were proportional to this level, and which works to develop physical variables.

The researchers attribute the development that occurred between the control and experimental groups in the post-test and in favor of the experimental group in the physical abilities under discussion to the training method used in the exercises used, which was represented by the method of high intensity and repetitive interval training. As this method, which is one of the training methods, means “repetition of a set of exercises interspersed with rest periods, and the rest period depends on the intensity of the load used and the direction of its impact, whether aerobic or anaerobic” (1).
The researchers also took into account the principle of gradualism in giving physical exercises, taking into account that the research sample is from the youth group, as giving these exercises was from easy to difficult with confirmation of the correct performance in the movements of running and jumping, as “in order for the process of adaptation, development and upgrading the player to take place, it is necessary to Increasing the training loads in a continuous form and taking into account the principle of gradation when increasing the training loads because the rapid rise in the loads may not lead to the desired result, but rather leads to the player reaching the stage of stress, which leads to many problems such as the player being injured during training or the match and a drop in his level He may also show symptoms of over training (“).

As we find that “when developing the speed of any specialized sports activity, the nature of the forms of speed required for performance must be studied, then the training curriculum is planned to develop the required speed, and focus on achieving its basic development requirements” ( ), and on this basis, speed exercises were planned according to the requirements Footballer.

One of the most important things that the coach must take into account in formulating the vocabulary of the training program is the lack of stability in the loads since the components of the physical load, as the training unit must be through the athlete reaching the stage of fatigue and on the contrary, the training is neither useful nor feasible, considering that the athlete It is accustomed to the performance of the physical effort itself, and on this basis the principle of gradual increase in the components of the training load must be taken and regularly to raise the level of sports” ( )

The upgrading of training intensity and the accompanying increase in the speed of performing exercises and the compatibility process had a significant impact on developing the level of performance of the sample, and that the process of pairing between speed, agility and compatibility is one of the complex matters in the field of performing sports movements, which the sample achieved through the course of the exercises. . This is what NaifMufdi al-Jabour 2012 mentions, “If the exercises are given with the aim of improving speed, development, strength, accuracy or skillful performance, this means that the intensity of the load in performing such exercises is high, and accordingly the volume of training should be moderate, but in the case of training On endurance, the exercises given are of large size and medium intensity. As for the young player, he must be given exercises of medium intensity and large size. As for the well-trained player, especially if his training condition is high, the type of exercises that are given to him must be characterized by high intensity and medium size.

Speed exercises with their extreme types, kinetics and interactive agility (Sakyo) effectively lead to the development of the level of physical and skill performance by increasing the amount of neuromuscular compatibility of the players, which is reflected on their skill performance later, which depends on the use of the transitional and kinetic speed of the futsal player and agility, which It leads to an increase in the aesthetics of sports skills, the smoothness of its implementation, and the economy in energy expenditures and power steering. This is what was mentioned (Amr Saber Hamza and others 2017) “as the Sakyo training focuses largely on the proper running model, as well as the explosive kinetic patterns in sports that require maximum speed, agility and interactive kinetic speed as a prerequisite for achieving athletic achievement, and they are ideal exercises that suit all The events, whether collective or individual, for their interest in developing special physical fitness, such as the ability to change directions and move from acceleration to deceleration in a smooth manner, as well as anticipation, clarity of mind and speed of reaction, all of which are key keys to achieving athletic excellence in any sport.” ( )

The credit for the improvement of the experimental group players in the speed tests, both extreme and kinetic, is due to the exercises used and the included exercises that develop and develop this trait and link it together, as (it is desirable for the coach to link between improving speed and developing agility and focusing on the health and accuracy of skillful performance ( ), and he took into account The researcher when preparing the Sakyo exercises that develop and develop speed and put it in the main part of the daily training unit, that is, immediately after the warm-up, and this is confirmed by (Qasim Hassan Hussein) (in all cases, speed should be placed at the beginning of the training units, as there is a basic system that lies in the art of motor performance before Speed and velocity before force or force characterized by speed before force, force before elongation, and so on) ( ).

From the table, we notice that there are significant differences between the experimental and control groups with regard to the trait of agility. The researcher attributes to the effectiveness of the exercises set in the training curriculum and its consideration of the gradient in giving the players a number of different movements, as well as to the curriculum containing rolling exercises between the poles, complex exercises, compound exercises and
basic technical exercises, as well as Exercises that change speed and directions, whether from jogging or from zigzag jogging, as well as exercises for jumping over obstacles and then playing the ball, and when developing agility should (work to provide players with a number of different and varied exercises because the training process ensures an increase in kinetic ability)()

View the results of the physiological indicators between the experimental and control groups in the posttest, analyzed and discussed.

Table (2)
It shows the arithmetic mean, standard deviation, calculated (t) value, error rate and the significance of the differences between the experimental and control groups in the physiological indicators in the post test.

<table>
<thead>
<tr>
<th>Physiological indicators</th>
<th>experimental group</th>
<th>control group</th>
<th>Value (T) Calculated</th>
<th>Sig level</th>
<th>Sig type</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>Std. Deviation</td>
<td>Mean</td>
<td>Std. Deviation</td>
<td></td>
</tr>
<tr>
<td>Pulse after voltage</td>
<td>133.2</td>
<td>1.398</td>
<td>145.8</td>
<td>2.250</td>
<td>15.036</td>
</tr>
<tr>
<td>Breathing after exertion</td>
<td>33.2</td>
<td>2.440</td>
<td>38.3</td>
<td>1.059</td>
<td>6.062</td>
</tr>
<tr>
<td>hemoglobin</td>
<td>15.77</td>
<td>0.336</td>
<td>14.59</td>
<td>0.233</td>
<td>9.109</td>
</tr>
<tr>
<td>blood plasma</td>
<td>48.4</td>
<td>0.966</td>
<td>44.6</td>
<td>0.699</td>
<td>10.076</td>
</tr>
</tbody>
</table>

(*) Degree of freedom (20-2=18)

(*) Significant if the error level is less than the significance level (0.05).

Figure (2)
It shows the arithmetic mean between the experimental and control groups in the physiological indicators in the post test

From the review of tables (2), it is clear that the results of the post-tests of physiological indicators for the experimental and control groups have improved in both groups, and from the review of Table (2) it is clear that the players of the experimental group are superior to the control group. The researchers attribute the emergence of these results to the exercises prepared by the researchers, which proved their suitability For the sample members whose goal was in more than one direction and whose frequency and intensity were proportional to this level, in addition to the researcher used the training methods that work on developing variables (pulse, breathing times, hemoglobin, and blood plasma) that the rate of development of the experimental group was greater than the rate of development of the control group.
The researchers see this development as using a training curriculum based on correct scientific foundations, taking into account the development of the functional capabilities of the players, since these abilities work on the development of the functional adequacy of the body and increase the level of energy production that the players need to perform at a high technical level, so the team obtains good results when it performs any athletic activity depends on the availability of functional capabilities, including the energy needed for muscle work. The work of the muscles depends directly and mainly on the available energy, and the type of exercised activity determines the form and quantity of energy needed.

Given that the sample used in this research is specific, the exercises given must be appropriate to the level and ability of the sample so as not to lead to fatigue and fatigue resulting from excessive training, which causes a state of aversion to training and may lead to injuries, so the researcher used exercises far from what it is caused by negative effects on the individuals of the research sample, depending on the development of their functional capabilities, since the game of football requires in most performance the anaerobic and phosphagenic and lactic abilities, in addition to relying in a simple way on aerobic work.

“The training focuses on the development of energy systems, that is, training is not achieved if it is carried out away from energy systems” (1).

The exercises used focused on the main energy system in the football game, which is the (ATP-CP) system. The requirements of this game are of an extreme explosive nature in most cases, so the researcher used in his training approach the method of periodic and repetitive training, as these two methods are the best in developing the ability Phosphagenic and lactic anaerobic, it also works to increase energy production anaerobic (2).

As for the development of long aerobic abilities, which was evident in the anaerobic step test for a period of (60 seconds), the researcher attributes the reason for this development to the use of high-intensity exercises and repeated for many consecutive times, taking into account the level of intensity according to the ability of the sample members, with appropriate hospitalization periods given Using the method of high-intensity interval training, in order to lead to a development in the anaerobic capacity of the players (3) (4).

anaerobic exercises work to develop aerobic capacity, as indicated by (Abu El-Ala Ahmed Abdel-Fattah 7991), as the approach that relies on exercises of short duration and high intensity helps to develop the oxygen capacity (5).

This career development was due to the correct rationing of training loads and to organized planning, as “training curricula are measured by the extent of progress achieved by the individual in the practiced sports activity through the skill level, physical and functional, and this depends on the adaptation that the individual achieves with the training curriculum that he applied.

View the results of basic football skills between the experimental and control groups in the posttest, analyzed and discussed.

Table (3)

<table>
<thead>
<tr>
<th>basic skills</th>
<th>experimental group</th>
<th>control group</th>
<th>Value (T) Calculated</th>
<th>Sig level</th>
<th>Sig type</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>Std. Deviation</td>
<td>Mean</td>
<td>Std. Deviation</td>
<td></td>
</tr>
<tr>
<td>Handling skill</td>
<td>5.9</td>
<td>0.316</td>
<td>3.9</td>
<td>0.567</td>
<td>9.733</td>
</tr>
</tbody>
</table>

It shows the arithmetic mean, standard deviation, calculated (t) value, error rate and the significance of the differences between the experimental and control groups in the basic football skills in the post test.
From the review of tables (3), it turns out that the results of the post-tests of skill variables for the experimental and control groups have improved in both groups, and from the review of Table (3) it becomes clear that the players of the experimental group outperform the control group. For the sample members whose goal was more than one direction and whose frequency and intensity were proportional to this level, the researcher used the training methods that develop skill variables as well as the type of exercises and their distance from boredom and monotony.

Hence, the effectiveness of the Sakyo exercises, which was implemented in a high intensity and repetitive periodic training method, showed the clear superiority of the experimental group players, which the researchers attribute to the methodology he followed in formulating the vocabulary of the training units according to a scientific method and the correct gradation in re-exercises and repetition, which led to the players’ mastery of motor skills. The use of Sakyo training provides players with an atmosphere similar to real play while giving more motivation towards training.

The researchers attribute the moral differences of the rolling skill that appeared in the post tests and in favor of the experimental group to the type of exercises used during the training units that were applied to the members of the research sample, which included exercises with the ball because this skill needs a sense of it and control, which depends on the player’s experience and appreciation of the place of the ball and also to The use of a set of visual stimuli, and this is consistent with what was indicated by (Zuhair Al-Khashab et al. 1999) “This skill requires careful use and a sense of the parts of the body that perform this performance, and any defect in this timing leads to losing the ball and not controlling it as required.” ( )

As for the moral differences that appeared in the skill of handling in the dimensional tests and in favor of the experimental group, the researcher attributes the use of various exercises in different handlings and with more than one ball, which contributed to this development and this is consistent with what was indicated by (Hanafi Mahmoud, 1982) “The player can become in performance Technical skill automatically when training regularly with the ball and repeating a lot of special exercises with more than one ball.
As for the moral differences that appeared in the scoring skill test in the post-tests and in favor of the experimental group, the researcher attributes them to the effectiveness of the Sakyo exercises, which contributed to the development of the scoring skill of deaf football players for the halls that were used in the training units, which made the exercises similar to what happens in the match and this is consistent with what was indicated to him (Thamer Mohsen (and others), 1999) “The coach resorts to various methods that he sees as facilitating the training process and increasing its effectiveness, and one of these exercises is more than one ball.” To achieve the goal of the match, and this is consistent with (AmmarKazem, 1999) “the importance of scoring comes from the fact that it determines the outcome of the match, and the team that scores the largest number of goals during the match is considered a winner.” 

The researchers, when using Sakyo exercises and in the high intensity interval training method based on energy production systems, took into account the use of the correct scientific gradation in the training process from easy to difficult and from simple to complex, which led to an increase in the confidence of the players and generated the desire to train and pushed them to perform. The exercises were seriously and quickly reflected in the speed of their mastery of skills and their superiority over their peers in the control group, as the daily training unit works to bring the players to the degree of mastery in motor skills despite their abundance and diversity. It constitutes an important aspect of the daily training unit based on the principle that basic skills are the basis of the game of football, as the player without them cannot carry out the tactical duties assigned to him. The most important duties of training is to work to bring the players to the highest level of training.

IV. CONCLUSIONS AND RECOMMENDATIONS:

Conclusions:
Based on the research results that were reached within the limits of the research community, the following conclusions were reached:

- Interactive speed exercises (S.A.Q) affected the development of physical abilities (maximum speed, motor speed, response speed, and agility).
- S.A.Q exercises affected the development of physiological indicators (pulse after exertion, respiration after exertion, hemoglobin, and blood plasma).
- Affected speed interactive exercises (S.A.Q) in the development of the basic skills of football (handling, rolling, and suppressions, and scoring).

Recommendations:
In light of the conclusions reached by the researcher, which proved the effectiveness of the use of preventive exercises, the researcher recommends several recommendations:

- The application of interactive speed exercises in the training of sports clubs and national football teams.
- The possibility of applying interactive speed exercises to other games.

The possibility of applying interactive speed exercises to other games.

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