THE EFFECT OF SPECIAL EXERCISES IN THE DEVELOPMENT OF MOTOR COMPATIBILITY AND DIMENSIONAL SKILL FOR FOOTBALL PLAYERS IN HALLS AGED (16-13) YEARS

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**ABSTRACT**

The importance of the research lies in targeting special exercises that combine the development of motor compatibility with the skill of dimensions, which in turn helps the player to be at a high level of performance when he correctly employs his motor abilities with defensive skills.

As for the research problem, it focused on: Most of the teachers and trainers in the education teams depend on training offensive skills more than defensive skills, and also when training defensive skills, it is in isolation from the training of motor abilities, which shows that the trainers put their interest in offensive skills more and also not using multimedia in the presentation. The exercises are within the educational units, and from here we can put the research problem in the following questions: Does the use of special exercises have positive effects in the development of motor compatibility and dimensional skill for football players in halls aged (16-13) years.

The research aimed to: Identify the effect of special exercises in developing motor compatibility and dimensional skill for football players in halls aged (16-13) years. The researcher used the experimental method in the style of the control and experimental groups with the pre and post test for the appropriateness and nature of the problem, and the research community was identified with the players of the education team in the province of Babylon in football for the halls of middle schools, numbering (35) players and they were distributed into two groups (control and experimental) equally in a random way for each A group of (15) players, as the experimental group used multimedia exercises, while the control group used their daily routine exercises prepared by the coach, and (5) players were selected for the exploratory experiment. As for the most important conclusions were: the training curriculum followed by the trainer positive impact on the development of compatibility motor skill dimensions of football players halls aged (16-13) years, as well as exercises for the best effect of the experimental group in the development of compatibility motor skill dimensions of football players halls ages (16-13) years.

While the most important recommendations were: The necessity of using the educational curriculum in developing the motor abilities and defensive skills of students in futsal football for this school stage and the other stages.

**I. INTRODUCTION:**

Teaching methods through modern educational tools aim to make the educational process a change in the behavior of the learner, as it gives the learner the opportunity to rely on himself and develop his abilities, abilities and various skills, and thus acquire the required motor abilities and defensive skills, and we may find that
working in a multimedia way shortens a lot of time and effort as well. This benefits us a lot in educational lessons in schools on the one hand, and in educational units on the other hand, and also helps the teacher or teacher to give a role to the learner on home exercises, which are very important in light of the current situation, as the difficulty of learning and mastering defensive abilities and skills is largely evident in the stages Young age, and this is largely reflected on the role of the teacher and the teacher in how to make the student do his training and develop his abilities in more than one place.

The football game is considered one of the modern games whose spread has expanded in many countries of the world because of its effects on individual and collective performance. For the purpose of developing players according to age groups, we must find modern teaching methods and methods in which diversity is the basis for reaching the learner to the best performance, and the researchers focuses here on the education teams because of their great role in supplying the provincial teams and clubs with highly qualified players, and these studies and research can add scientific interest to teachers and coaches working in the field of futsal football, especially school and education teams, which in turn supply clubs, training centers, junior and youth teams Good futsal players.

through the field researchers’ experience, he identified the problem of their research, that most teachers and trainers in education teams depend on training offensive skills more than defensive skills, and also when training defensive skills, it is separate from the training of motor abilities, which shows that trainers put more attention to offensive skills and also not using media. There is a variety of exercises in the presentation of the exercises within the educational units, and from here we can put the research problem in the following questions:

Does the use of special exercises have positive effects in the development of motor compatibility and dimensional skill for football players in halls aged 16-13 years? The research aimed to: Identify the effect of special exercises in developing motor compatibility and dimensional skill for football players in halls aged 16-13 years. Does the use of the metacognitive learning cycle strategy have an effect on developing the stability of attention and the accuracy of the tennis transmission skill in volleyball for students (16-13) years?

The research aimed to: Identify the effect of special exercises in developing motor compatibility and dimensional skill for football players in halls aged 16-13 years. Does the use of the metacognitive learning cycle strategy have an effect on developing the stability of attention and the accuracy of the tennis transmission skill in volleyball for students?

As for the fields of research: it was represented by the players of the school teams with a ball hall in the directorates of education in (the governorates of the Middle Euphrates) (Najaf, Babylon, Qadisiyah, Karbala) at ages (13-16) years, and the time of the experiment was on 10/22/2020 until 10/5/2021, as for the place of conducting field experiments, the researchers chose the indoor sports hall affiliated to the Babil Education Directorate in Babil Governorate.

II. RESEARCH METHODOLOGY AND FIELD PROCEDURES:

Research Methodology:
The researchers used the experimental method because it fits with the nature of the research problem, and by designing the method of two equal groups (experimental and control) with pre and post tests.

Community and sample research:
The research community was determined by students of education teams in the Middle Euphrates provinces (Najaf, Qadisiyah, Babylon, Karbala), numbering 155 students, and the research sample was determined by random method (the lottery). Random were selected 15 students for each group and the remaining 5 students to sample reconnaissance, as the way the experimental group used special exercises, either the control group used their training routine daily stomach from the coach.

Devices, tools and means used in the research:
Means of data collection:
- Arabic and foreign sources and references.
- Personal interviews.

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Tests and measurements.

Special forms for recording test results for players collection.

Tools and devices used:
- Training benches, length (50) cm, height (10) cm, width (10) cm, number (12).
- Football halls legal No. 1, number (20) balls.
- A legal football field. • Plastic Hoa_khas number (20).
- A leather strip with a length of 6 m and a width of (25) cm, number (2).
- Sponge pieces (10) with a length of 50 cm and a height of (5) cm.
- Plastic circular collars (20) with a diameter of (50) cm.
- Canadian-made FOX whistle (2).
- A tape to measure the length.
- Paper and colored pens.
- Medical balance of Chinese-made.
- stopwatch .
- Canon camera number 2).

Field research procedures:

Tests and measurements used in the research:

Test numbered circles:

- **The objective of the test:** To measure the compatibility between the eyes and the legs. (1)

- **Tools:** a stopwatch, draws eight circles on the ground, each with a diameter of 60 cm, and numbering them according to Figure No. (3).

- **Description of performance:** The laboratory stands inside circle No. (1), and upon hearing the start signal, the laboratory jumps with both feet to Circle No. (2), then to Circle No. (3), then to Circle No. (4), then..... Until circle No. (8), this is done at full speed.

- **Recording method:** The laboratory records the time it takes to travel through eight circuits.

Figure (1)
Demonstrates the numbered circuit test

**Ball dimension accuracy test:**

- **The name of the test:** The test of the dimensions of the ball with the foot.

- **Purpose of the test:** To measure the skill and accuracy of dimensions.

- **Tools:** (10) soccer balls, (5) sticks, and (5) adhesive tapes.

- **Performance description:** Two parallel lines are drawn, the distance between them is (20) yards.

- **Method of performance:** When instructing a signal, the teacher grabs the ball with his hands and throws it up, and after it lands on the ground, the student kicks it with his foot forcefully while it is in the air for the longest distance towards the finish line. The student is given three attempts and the best is taken as shown in Figure (6)

- **How to register:**

  If the ball falls between the two lines (5-7) yards, a score of 3 is awarded.

  If the ball falls between the two lines (7-10) yards, a score of 5 is awarded.

  If the ball falls between the two lines (10-15) yards, a score of 7 is awarded.

  If the ball falls between the two lines (15-20) yards, a score of 9 is awarded.

  When the ball reaches and crosses the 20 yard line, a score of 10 is awarded.

![Figure (2)](image)

Explains how to move the ball with the foot

**The exploratory experience of the tests used in the research:**

The reconnaissance experiment was conducted on 10/4/2021 at ten o'clock and the purpose of this experiment was as follows:

1. Ensure the validity of the playing field and the tools used and their suitability for the tests.

2. Determining each exercise used in the educational units.

3. Knowing the response of the research sample to the tests.

4. Practical training for researchers and the assistant work team, to find out the negatives and positives that accompany the application of the tests in terms of requirements and method of work.

5. Knowing the field difficulties that researchers may face during the application of the exercises in the educational units.
Main Experiment Procedures:

Tribal tests:
The two researchers conducted tribal tests on the research sample related to motor compatibility and dimensional skill on 04/21/2021, tests of defensive skills for the control and experimental groups, and on the hall of the Directorate of Education in Babil Governorate.

Implementation of special exercises: In order to achieve the objectives of the induction, the researchers prepared special exercises for the purpose of developing the variables investigated for the middle school team in the education of Babylon. The vocabulary of the educational curriculum was as follows, as shown in Table (1).

<table>
<thead>
<tr>
<th>T</th>
<th>Paragraph</th>
<th>Program scheduling</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>number of weeks</td>
<td>8 weeks</td>
</tr>
<tr>
<td></td>
<td>Number of educational units</td>
<td>16 educational units</td>
</tr>
<tr>
<td></td>
<td>Number of educational units per week</td>
<td>two educational units</td>
</tr>
<tr>
<td></td>
<td>The time of one educational unit</td>
<td>90 minutes</td>
</tr>
<tr>
<td></td>
<td>Teaching unit time per week</td>
<td>180 minutes</td>
</tr>
<tr>
<td></td>
<td>The total time of the program</td>
<td>180 minutes</td>
</tr>
</tbody>
</table>

The researchers started implementing the educational curriculum prepared from (22/4/2021) until (16/6/2021), and the program contains:

Giving special exercises aimed at developing the variables (under research), while the control group followed the periodic educational curriculum set by the trainer.

The special exercises were carried out in the main part of the educational units for a period of two months, and the number of educational units during two months was 8 weeks, three units per week, two units were targeted each week in agreement with the trainer, and the remaining unit was targeted for the rest of the skills by the trainer, and the number of units that were targeted was the main part including 16 educational units, and on 04/22/2021, the units began to be applied at exactly three o’clock in the afternoon. In the first eight units, exercises from (1-16) were applied in the ninth unit, some exercises that were difficult to apply were repeated, and then the application of exercises from (17-30) was resumed in units from ten to sixteen, and the distribution of defensive skills was taken into account. With the motor abilities within the exercises and also in coordination between them within the educational units.

Post tests:
After completing the application of the educational curriculum, the researchers applied the post-tests on Tuesday, 20/6/2021 AD, at exactly three o’clock in the evening, on the research sample of 30 students, in the hall of the Babil Education Directorate / Babil Governorate.

Statistical means:
• After collecting the data and information that the researcher conducted the statistical analyzes (SPSS):
  • Arithmetic mean .
  • standard deviation .
  • Test (T-test) for independent and correlated samples.
Presentation, analysis and discussion of the results:

Presentation of the results of the pre and post tests for the two experimental and control groups for the variables under study:

Table (2)
It shows the arithmetic means and standard deviation in the results of the pre and post tests of the control group for the variables investigated.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Measuring unit</th>
<th>Pre-test</th>
<th>Post-test</th>
<th>Value (T) Calculated</th>
<th>Sig level</th>
<th>Sig type</th>
</tr>
</thead>
<tbody>
<tr>
<td>kinematic compatibility</td>
<td>Second</td>
<td>7.02</td>
<td>1.87</td>
<td>6.80</td>
<td>0.000</td>
<td>Sig</td>
</tr>
<tr>
<td>Dimensional accuracy skill</td>
<td>Degree</td>
<td>5.43</td>
<td>1.21</td>
<td>6.53</td>
<td>0.000</td>
<td>Sig</td>
</tr>
</tbody>
</table>

Table (3)
It shows the arithmetic means and standard deviation in the results of the pre and post tests of the experimental group for the variables under study.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Measuring unit</th>
<th>Pre-test</th>
<th>Post-test</th>
<th>Value (T) Calculated</th>
<th>Sig level</th>
<th>Sig type</th>
</tr>
</thead>
<tbody>
<tr>
<td>kinematic compatibility</td>
<td>Second</td>
<td>7.05</td>
<td>1.87</td>
<td>6.54</td>
<td>0.000</td>
<td>Sig</td>
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<td>Dimensional accuracy skill</td>
<td>Degree</td>
<td>5.49</td>
<td>0.57</td>
<td>7.39</td>
<td>0.000</td>
<td>Sig</td>
</tr>
</tbody>
</table>

Table (4)
It shows the arithmetic means and the standard deviation in the results of the post-tests of the control and experimental groups of the variables under study.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Measuring unit</th>
<th>Control</th>
<th>Experimental</th>
<th>Value (T) Calculated</th>
<th>Sig level</th>
<th>Sig type</th>
</tr>
</thead>
<tbody>
<tr>
<td>kinematic compatibility</td>
<td>second</td>
<td>6.80</td>
<td>6.54</td>
<td>4.43</td>
<td>0.000</td>
<td>Sig</td>
</tr>
<tr>
<td>Dimensional accuracy skill</td>
<td>Degree</td>
<td>6.53</td>
<td>7.39</td>
<td>4.47</td>
<td>0.000</td>
<td>Sig</td>
</tr>
</tbody>
</table>

Through the foregoing presentation and analysis of the previous tables, it is clear that there is a development of the motor compatibility of students in football halls for the control and experimental research groups. Kinetic Saad Mohsen confirms (the opinions of experts, no matter how different the sources of their scientific and practical culture are, that the training program inevitably leads to the development of achievement, if it is built on a scientific basis in organizing and programming the training process, noting individual differences as well as using optimal repetitions and effective inter-rest periods) (1).
the results also showed that there are significant and preference differences for the experimental group in the development of motor compatibility. The researchers attribute the reason for this development to the effect of the special exercises prepared by the researchers, as these exercises contributed to the development of motor compatibility among students in football halls, where the exercises were performed in an orderly and orderly manner and were characterized by diversity and suspense, and (TalhaHossam El-Din) refers to the importance of special exercises, which means the kind of exercises that are characterized by privacy in developing physical attributes and motor abilities in certain parts of the body by virtue of the nature of performance (2). Also, through the presentation of the previous tables, it is clear that there is a development of the dimensional skills of football for the students for the control and experimental groups. The sample is based on correct practice. Learning and practicing a specific skill within a motor duty leads to increased experience and development in skill performance. Therefore, “practice is the most important variable in the learning process for complex and even simple skills (3). This is confirmed by YarubKhioun, "Learning is the repetition of performance in order to improve the motor paths of the individual to reach the desired performance (4) As well as the repetition of basic skills had a clear role in this development and confirmed also (Hanafi Mahmoud) "Continuity plays an important role in the player's reaching a high level in terms of technical performance of the skill in terms of accuracy, integration, installation and mechanism of high technical performance (1). The results also showed that there are significant and preferential differences for the experimental group in developing the skill of football dimensions for students, and the researchers attribute the reason for this development to the role of special exercises and the means that were used through displaying the skill via a disc (CD) on the wall screen, which had a significant impact in Learning the skills under study where the skill or part of the skill can be viewed at normal speed or slow speed and according to what is installed in the educational units and in terms of repetition and time of presentation by the sample members and then applying the skill in the playground according to the exercises installed in the educational unit and then returning to the laboratory to watch again, which helps them To identify the positive and negative aspects in the application of the skill, as the presentation of the skill through the CD has a kind of excitement and suspense and an increase in the desire of the sample members for the education process in this way, as the students need, during the learning process, a kind of excitement and suspense to install the skill in their minds through Their focus is on the film that showcases the skill to them. Thus, the sample members can reach the level of performance of the skill presented to them through the use of some multimedia, as (Essam El-Din Metwally and Badawy Abdel-Aal) confirm that “educational or multimedia media is a world of suspense and perhaps in some cases fascination with the forms and models of mobility of learners.” To another world in which he sees what he wants to learn of skills in an attractive image for the learner and a traditional attempt and striving to get closer to the image he sees, (2) And that this method makes the learning process more effective than the method of explanation and personal presentation by the teacher. Here (YarobKhayon) confirms that “one of the factors of the effectiveness of the physical education lesson is the teacher’s keenness to use a number of means or media that make his lesson more interesting for his students and apply in their minds in a deeper way (3) In addition to that, the researcher refers the reason also to the management and presentation of the educational program Through the process of video presentation of the skill and the audio commentary accompanying its educational performance, all of this contributed to a better understanding of the minutes of movement, In addition to the repeated presentation of the displayed skill and focus on the important aspects of the skill presented in the program, it has contributed to drawing a picture of the motor program of the intended skills in the motor memory of the members of the experimental group, which leads to the consolidation of the image of the skill in the minds of the students, and this is what was indicated by (Mustafa Abdel Samie). "Repetitive observation at different speeds, and the diversity of teaching sources give vitality and a new dimension to the teaching process and move the learner from the atmosphere of traditional learning to a state of suspense and attraction towards learning (1). III. CONCLUSIONS AND RECOMMENDATIONS:

Conclusions:

Based on the research results that were reached within the limits of the research community, the following conclusions were reached:
1. The training curriculum followed by the coach has a positive effect in developing the kinetic compatibility and the dimensional skill of football players aged (16-13) years.

2. Also, special exercises have a better effect for the experimental group in developing motor coordination and dimensional skill for football players aged (16-13) years.

**Recommendations:**

1. The necessity of using the educational curriculum in developing the motor abilities and defensive skills of students in futsal football for this school stage and for the other stages.

2. Conducting similar studies on other individual and collective activities, and on different age groups.

**REFERENCES:**

1. Thamer Mohsen and others: Football tests and analysis, Mosul, Mosul University Press, 2005.