DESIGN AND STANDARDIZING SOME OF COMPOUND SKILLS TESTS TO FUTSAL PLAYERS FOR AGES (12-16) YEARS

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ABSTRACT:

The selection that based on correct scientific foundations is the best solution to reach qualified players who supply the clubs and national teams with the best players. The aim of the research is to determine skills tests to select futsal players for ages (12-16) years and put it as a test battery that measures the study subject skills. The researchers used the descriptive curriculum in the survey method to reach a solution to the research problem. The research community included a (150) futsal players for ages (12-16) years, In order to obtain data and information related to the subject of the research, the researchers used the means of observation, references and scientific sources - personal interviews with experts and specialists, questionnaire form, test and measurement. To get the solution to the research problem, the researchers used the following statistics: relative importance, percentage, mean, standard deviation, simple correlation coefficient (Pearson), t-test for uncorrelated samples (independent) and factor analysis. The data were treated statistically using the statistical package (SPSS) and in light of the results, a set of brief skill tests was reached that can serve as a basis for selecting futsal players (12-16) years old.

Keywords: Compound Skills, Design, Futsal and Standardize.

I. INTRODUCTION:

For the development of sports sciences by following the highly efficient and influential scientific methods in order to benefit from the tools and devices, the development of the level of performance and the achievements that we see in various sports events and games came as a result of the right investment to human energies. Tests and measurement are important in all sporting events in general, as they help in development by recognizing the level of development of players in all aspects, including skills. It is not possible to identify this development in an accurate and practical way except through the tests that permeate the training. There is a great importance for tests and measurements, as they are one of the important objective tools that help the coach and the player knowing the real level he possesses, and that what we look for in this research, also the tests guide the coach and the player towards the right path that he must follow, and it is also a wonderful way of suspense that spreads the spirit of excitement among the players for and increases motivation play to the game. And the game of futsal needs from its players a lot of basic compound skills that help the player to innovate and develop to suit the game, which is characterized by different performance conditions always. The importance of the research is manifested in the design of some compound skills tests in futsal in proportion to the game environment and the age of the research community for the benefit of coaches and researchers.

II. RESEARCH PROBLEM:

After informing the researchers and conducting a comprehensive survey of scientific studies and researches and following up on some clubs and conducting personal interviews, the researchers noticed the lack of skill tests for young age groups in futsal, and because this category is the main pillar in supporting the game with good players, Therefore the researchers designed skills tests that help in the process of selecting good players, as the tests help
in shortening the time and effort and in revealing the talented players in order to develop them in the fastest time, and thus these tests lead to achieving positive results that lead to the upgrading the game of futsal at the age of 12-16 years.

**Research aims:**

- Designing some compound skills tests to select futsal players for ages (12-16) years.
- Setting standard scores for the designed tests.

**Theoretical studies**

**The basic skills of futsal:**

Every sports activity or event has its own basic skills that distinguish it from other sports activities, "and these basic skills are the decisive and important factor in achieving the goal of the game"¹, as the basic skills in any game are the basis of performance and without proficiency it in a high degree The task of implementing the plans becomes difficult, as it is the only way for the player to deal with the ball, and there is a positive correlation between mastering basic skills and the high level of tactical performance. The "skill is all the movements that perform a specific goal within the limits of the law of the game"², and it is the essence of achievement during the matches, so the skills is the player's requirements to accomplish his duties, which must be characterized by the specifications of (easy, speed and smoothly during performance).

**Offensive and defensive skills in futsal:**³

- Passing.
- Dribbling.
- Scoring
- Trapping.

**Defining for some basic compound skills in futsal:**

After conducting a survey and reviewing many sources, references and scientific researches, the basic skills in futsal were selected and presented in a questionnaire to (7) experts in the field to determine their relative importance. After collecting and unloading the data, the researchers concluded to choose the basic skills that gets a relative importance score more than 50% which is (Passing, Dribbling, Scoring, Trapping).

**Determining the tests for some basic compound skills of futsal players:**

After identifying the most important basic compound skills of futsal players by experts and specialists, and what was shown by the results of the questionnaire for those skills, the researchers designed some compound skill tests for the game, and they were presented to five experts and specialists in the field of futsal, testing and measurements. After collecting and unloading the data and extracting its validity by selecting it by the largest number of experts and obtaining high percentages (80% and above), the following tests were approved:

**1st Test**

**Test name:** Running at full speed with accurate passing.

**Test objective:** Measure the speed and accuracy of passing.

**Tools used:** Five futsal balls size (4), colored tape, whistle, cones (5), wooden box with 80×80cm dimensions, (3) m goal, digital camera.

**Performance description:** The player stands behind a start line at a distance of (1) m. When the start signal is given, the player dribbles the ball at full speed between the cones, then pass the ball to the colleague and returns as quickly as possible to the passing area to pass the ball to the wooden box. He epeat the same performance until reaching the fifth and final ball, which the ball is passing to A target measuring (3) m.

**Performance Terms:**
- The player should stand behind the starting line.
- The player must perform the test as quickly as possible.
- Passing must be performed within the designated passing area.

Registration method:
The player is given two attempts.

- It is credited to the player (a score) for each correct attempt.
- It counts for the player (zero) of the scores for the failed passing.
- Test time extracted from digital camera film.
- Measurement's unit is (degrees/second).

2nd Test
Test name: Dribbling for different distances and scoring on the goal.

Test objective: Measure the speed and accuracy of dribbling and passing.

Tools used: Futsal court, three futsal balls size (4), colored tape, whistle, cones (3), futsal goal divided into three parts each part (1) m. A specific area for passing with 1×1 m dimensions, digital camera.

Performance description: The player stands in possession of the ball behind a line at a distance of (1) m from the passing performance area, and after giving the start signal, the player dribble the ball at full speed towards the passing performance area and then pass the ball towards a target which is divided into three parts from (8) m away, trying hitting the target parts, running at full speed to the second ball that is (1) m away and trying to pass the ball from the passing area until it reaches the last ball that is (1) m away and dribbling the ball quickly and trying to pass the ball to the target parts.

Performance Terms:
- The player should stand behind the ball which is (1) m away from passing area.
- The player must perform the test as quickly as possible.
- Passing must be performed within the designated passing area.

Registration method:
The player is given two attempts.

- It is credited to the player (2 score) for goal angles and (1 score) for middle part.
- 0 score for a failed attempt.
- Test time extracted from digital camera film.
- Measurement's unit is (degrees/second).

3rd Test
Test name: Trapping the ball and scoring on the goal.

Test objective: Measure the speed and accuracy of trapping and scoring.

Tools used: Futsal court, five futsal balls size (4), colored tape, whistle, futsal goal, digital camera.
**Performance description:** The player stands at a distance of one meter from the trapping area, and when the start signal is given, the player trap the ball inside the square whose size is 1×1 m. And so on to the fifth (the last) square then the player trap the ball and scoring to the goal.

**Performance Terms:**
- The player should stands behind the trapping area within (1) m.
- The ball must be stopped under the foot.
- The scoring skill must be performed from the designated trap area.
- The player must perform the test as quickly as possible.

**Registration method:**
The player is given two attempts.
- It is credited to the player (1 score) for successful trap in each attempt and (0 score) for failed attempt.
- It is credited to the player (1 score) if the ball hits the target.
- Test time extracted from digital camera film.
- Measurement’s unit is (degrees/second).

**4th Test**

**Test name:** Dribbling at full speed with accurate scoring on goal.

**Test objective:** Measure the speed and accuracy of dribbling and scoring.

**Tools used:** Futsal court, five futsal balls size (4), five cones, colored tape, whistle, futsal goal divided to three parts, digital camera.

**Performance description:** The player stands at a distance of (1) m from the cones, and when the start signal is given, the player moves as quickly as possible between the cones until it reaches the ball No. (1) and scores on the goal, trying to hit the target which is divided into parts and return as quickly as possible to the starting area and move as quickly as possible between the cones and trying to score on the goal with ball No. (2) and so on until it reaches ball No. (5) at that time the test ends.

**Performance Terms:**
- The player should stands behind the cones within (1) m.
- The player should hit the balls sequentially from 1 to 5.
- The player must perform the test as quickly as possible.

**Registration method:**
The player is given two attempts.
- It is credited to the player (2 score) for successful attempt (when the ball enters the goal).
- Given to the player (1 score) for the correct attempt that touches the parts of the target.
- Given to the player (0 score) for failed attempt
- Test time extracted from digital camera film.
• Measurement’s unit is (degrees/second).

Statistical means:

The statistical data was processed using the ready-made software system (SPSS), in addition to the standard scores from extracting a fixed number by "dividing the range by one hundred, then add the resulting number for the best achievement of the tests measured in time, and subtract it from the tests that are measured by distance or repetition".4

III. RESULT:

Table (1) & (2) page 5.

IV. DISCUSSION:

Table (1) and (2) they clearly show the selected compound skills, in addition to new tests designed by researchers representing these compound skills, which serve as an integrated test battery to measure the futsal compound skills for ages (12-16) and the player's ability to deal with more than One skill with continuous performance and that's what he needs most of the time in a match.

In addition to extracting standard scores that are considered an accurate scientific measure to determine the potential of players, and thus the ability to choose high-level players with simple effort and less material and time costs and in a more accurate and scientific manner.

V. CONCLUSIONS:

In light of the procedures and tests conducted by the researchers on the study sample, the following conclusions were reached:

1 Reaching to find the most important compound skills in the game of futsal for ages (12-16) years.

2 Designing new tests to measure the most important compound's skills of futsal players for ages (12-16) years.

3 Extracting standard scores that determine the player's level in some of the basic compound skills covered in the study.

REFERENCES:

1 Mufti Ibrahim, (1944), Defense to build attack in football, Cairo, Arab Thought House, 38.
4 Khawla Ibrahim Muhail Al-Mafraj, (2008), Building and standardizing a test battery (physical-skills) in athletics for mild mental retardation, PhD thesis, University of Baghdad, Physical Education college, 139.

Table (1) It shows the crude scores and the modified standard scores (in sequence) for test 1 and 2

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<th>crude scores (Test 1)</th>
<th>standard scores (Test 2)</th>
<th>crude scores (Test 2)</th>
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Table (2) It shows the crude scores and the modified standard scores (in sequence) for test 3 and 4
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| 79 | 8.32 | 0.353 | 53 | 6.24 | 0.201 | 28 | 4.24 | 0.151 | 3 | 2.24 | 0.10 |
| 78 | 8.24 | 0.351 | 52 | 6.16 | 0.199 | 27 | 4.16 | 0.149 | 2 | 2.16 | 0.99 |
| 77 | 8.16 | 0.349 | 51 | 6.8 | 0.197 | 26 | 4.8 | 0.147 | 1 | 2.8 | 0.97 |
| 76 | 8.8 | 0.347 | 50 | 6 | 0.195 | 25 | 4 | 0.145 | Zero | 2 | 0.95 |
| 75 | 8 | 0.345 |