The effect of overlapping exercises (physical - skill) with added weights on the strength plateau and the accuracy of long-distance scoring among advanced football players

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Abstract
The development in sports sciences in recent years, specifically the science of sports training, was not a coincidence, but rather the result of research and studies. Football is one of the most beautiful and enjoyable group activities, as it is a game that contains charming artistic touches. The importance of the research lies in the preparation of overlapping exercises (physical - skill) with added weights and knowing the extent of their impact on the strength plateau and the accuracy of long-distance scoring among advanced football players. The researcher noticed that there is a weakness in the players in some physical and skill abilities while performing in a complex manner, as this affects their effectiveness during the match. Therefore, the researcher decided to study this problem and develop appropriate scientific solutions to it. The study aimed to prepare intertwined exercises (physical - skill) with added weights in the strength plateau and the accuracy of long-range shooting, as well as to identify their effect. The researcher adopted the experimental method by designing two equal groups (control and experimental). The research community was identified, represented by the players of Baghdad Governorate, first class, and the research sample was selected from the (20) players of Al-Sulaikh Sports Club. Two exploratory experiments were conducted, one for tests and the second for exercises. The scientific foundations were conducted on the tests. The exercises continued for (10) weeks, with (3) training units during the week, with a total of (30) units. The researcher relied on the method of periodic training of high intensity and repetition. And discussed, it was concluded that the stomach exercises were effective and have a positive effect in the development of the variables investigated, as well as the gradual and varied training intensity used in the exercises through different weighting tools and resistances, had a positive effect.

Keywords: cross-training, power plateau, soccer scoring.

Introduction
The development that the world has witnessed in all sciences in recent years, including sports sciences, specifically the science of sports training, was not a coincidence. Rather, it is the result of research and studies carried out by researchers in order to provide what is best for the development of the players' capabilities within their physical, skill, and tactical abilities and to lead them to the best levels for great sporting achievements. Sports training are "all long-term codified organized processes that help improve the level of performance and achievement of an athlete or a group of athletes gradually according to the requirements of the game or the chosen activity and the individual athlete’s abilities. Training also helps in the stability, stability and continuity of sports performance and achievement” (Ibrahim, 2008, pg. 9), football game of the beautiful and interesting collective events and influential in the hearts of its practitioners and its viewers being an easy game practice from all strata of society longer contain artistic touches a witch, and for the application of modern football tactics must be the player to follow many requirements through training and keep them. As the upgrading of the players’ level is only possible if there is a balanced scientific training that includes all the pillars of the training process, whether they are physical, skill or tactical, as the skill performance in general is related to physical abilities, and for this the players must develop their physical abilities in order to achieve a good skill performance, and this it occurs through cross-training and combining them in the performance of exercises. The style of the football game has become more comprehensive in performance (that is, all the team attacks and all of them defend). This requires the players to possess high physical abilities accompanied by a skillful
performance, as this method constitutes a high effort on the players and therefore the player must maintain his physical and skill efficiency throughout the period the match, and this does not come to you through organized and continuous training in accordance with codified scientific programs. Abdullah Al-Lami refers to modern football training as “a planned educational process based on sound scientific foundations that works to bring players to integration in sports performance in football, and the subsequent attempt to achieve this goal for the coach to plan and organize training units to improve the physical, skill, planning and mental capabilities of his players to reach the highest level of sports performance” (Al-Lami, 2012, p. 6), that the exercises that are adopted during training must correspond to the capabilities of the players, and in the event that the players do not respond to training (that is, there is no change At the level despite continuous training) The method, intensity, and volume of training followed must be changed to break the routine. The choice of exercises is very important in training in proportion to the goal and capabilities of the players, there are many types of exercises that can be followed, but when setting the desired goal, the best and most appropriate ones must be chosen. It targets the physical and skill aspect during the training unit, and this helps to increase the players’ desire to practice, and it is an approach to playing cases as it contributes to raising the players' abilities as well as diversity. If the "formation of a training can be on the way linkage between the components of various cases of training, and speed up the mastering aspects of physical and technically and suitability to the requirements of competition" (CCL 2020, p. 44), the football game characterized as a game of many skills, the proficient players to these skills and diversity in its performance This is what makes it special and interesting for the followers, as well as being able to choose the right skill at the right time and time during the match time. The basic skills in the game of football are the pillar through which the level of players is developed in order to reach the highest level of achievement in them. The training unit is not devoid of training these skills, even if they are perfected by the player. The performance of football players is characterized by speed and accuracy, whether it is by executing skills or thinking and making decisions, as possession by the player helps to outperform the competitor. This is what (Mufti Ibrahim) indicates to him that “basic skills in football are the mainstay of performance in it. Without mastering them to a high degree, the task of executing plans becomes difficult, as it is the only way for the player to deal with the ball, as there is a positive correlation between mastering the basic skills and the high level of tactical performance and that mastering the performance of basic skills makes the player up to implement them in a mechanism in skill particles "(Ibrahim, 1994, p. 38), is the skill of scoring a football basic skills that requires all players mastery being a skill that determines preference team as a result of the game, since all the skills What players do on the field of receiving, dribbling, dribbling and handling whose goal is to achieve the scoring skill, it is an effective offensive tool and the inevitable end of the team’s offensive process, as it increases the winning percentage in favor of the team whose players are good at it, and for this it acquires great importance in the game of football. What is required is to bring the players to an advanced stage of empowerment and mastery of their performance, this shows that the training unit is not devoid of training this skill, and this is what he refers to (Muwafaq Majeed Al-Mawla) that "Score is one of the most interesting and exciting basic skills in the game, and when reading and analyzing any football match, we note that winning is an ally of the team whose scoring rate is high and successful, and they perform this skill whenever they have the opportunity" (Al-Mawla, 2000, p. 161), and from During the foregoing, the importance of the research came in preparing overlapping exercises (physical - skill) with added weights and knowing the extent of their impact on the strength plateau and the accuracy of long-distance scoring among advanced football players.

**Research problem**

Football is a team game that requires players to possess motor abilities and technical skills, so it requires many combinations in order to reach the ideal level of performance by the players. Among these requirements is the interdependence and overlap in physical and skill abilities, as this interdependence increases the accuracy in the performance of the players during the match, and that this development required for the players must depend on the codified scientific training methods., and after attending and watching first-class matches and taking the opinions of academics and coaches specialized in the game, the researcher noticed that there is a weakness in the players in some physical and skill abilities while performing in a complex manner, as this affects their effectiveness during the match, as most of the teams were suffering from a low level The complex performance of the players, and the researcher attributes this to the lack of training on compound exercises during the training units, and there was also a problem faced by some coaches not to change the results of strength training for the players despite the continuous training on them, and this is negatively reflected on the speed characteristic, and there was a clear weakness in the players in Implementation of the long scoring skill. Here, a question arises in the researcher’s mind: What is the reason for the low level of speed and accuracy of long-distance scoring? Therefore, the researcher decided to study this problem and develop appropriate scientific solutions to it by preparing overlapping exercises (physical - skill) with added weights in the plateau of strength and accuracy of long-range scoring among players Advanced football, an attempt to find a solution to this problem. The study aimed to: Preparation of intertwined exercises (physical - skill) with added weights in the plateau of strength and accuracy of long-distance scoring among advanced football players, as well as
to identify the effect of overlapping exercises (physical - skill) with weights Added in the plateau of strength and accuracy of long-range scoring for football players.

**Research hypotheses**

There are statistically significant differences between the results of the pre and post tests for the control and experimental groups in favor of the post, and the presence of statistically significant differences between the results of the post tests for the control and experimental groups in favor of the experimental group. The study of (Omim Salman Mahdi) The study aimed to prepare exercises in a hyper maximal loading method to develop explosive power and speed characterized by speed and to identify the effect of these exercises on explosive power and speed characteristic of speed, handling accuracy and scoring, player, and the researcher recommended applying the ultramaximal loading method to develop explosive power and speed-distinguishing power, as well as applying other training methods and on other samples. The study (Wissam Najeeb Sliwa) The study aimed to prepare special exercises with auxiliary means, as well as to identify the development of the level of explosive ability and strength characteristic of speed on performance. The researcher used the experimental method to suit the research problem, and the sample consisted of (10) players. Various training, taking into account individual differences, as well as increasing training units related to physical fitness. Study (Nabil Ahmed Abdel Ahmed) The study aimed to prepare complex exercises to develop attention concentration and some motor skills, as well as to identify the effect of these compound exercises on both attention and motor skills. The researcher used the one-group experimental method, on a sample of (27) students, and the researcher recommended the need to follow the scientific method when choosing exercises for the training unit, taking into account the nature and characteristics of the player and their suitability for the age group.

**Methodology**

**Method and tools**

The researcher chose the experimental approach by designing the two equal groups (control and experimental) using the tribal and remote measurement method to suit the nature of the research problem. The research sample was selected from the (25) players of Al-Sulaikh Sports Club, (3) goalkeepers and players were excluded due to injury, so that the total of the research sample (20) players, they were divided into two groups (control and experimental) by random method (the lottery) where it was formed Each group of (10) players, constituted the proportion of the research sample (14.28%) of the research community, note that (15) players were selected from the Army Sports Club to conduct the exploratory experiment on them, as well as the scientific foundations and they are from the research community. The researcher conducted the equivalence of the two research groups (control and experimental) for the tribal tests.

**Table (1) shows the equivalence between the control and experimental group**

<table>
<thead>
<tr>
<th>N</th>
<th>Variables</th>
<th>measuring unit</th>
<th>experimental group s</th>
<th>control group s</th>
<th>Values t calculated</th>
<th>real moral</th>
<th>Indication level</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Explosive force</td>
<td>distance</td>
<td>2.0980</td>
<td>2.0730</td>
<td>.08287</td>
<td>.667</td>
<td>.513</td>
</tr>
<tr>
<td>2</td>
<td>speed power</td>
<td>right foot</td>
<td>40.917</td>
<td>40.934</td>
<td>1.2178</td>
<td>-.025</td>
<td>.980</td>
</tr>
<tr>
<td></td>
<td></td>
<td>left foot</td>
<td>39.877</td>
<td>40.451</td>
<td>1.2500</td>
<td>-.695</td>
<td>.496</td>
</tr>
<tr>
<td>3</td>
<td>Kick the ball</td>
<td>distance</td>
<td>47.392</td>
<td>47.233</td>
<td>1.0981</td>
<td>304</td>
<td>.764</td>
</tr>
<tr>
<td>4</td>
<td>Scoring time</td>
<td>a second</td>
<td>.6940</td>
<td>.6890</td>
<td>.08478</td>
<td>.128</td>
<td>.900</td>
</tr>
<tr>
<td>5</td>
<td>Scoring accuracy</td>
<td>Degree</td>
<td>4.8000</td>
<td>5.0000</td>
<td>.81650</td>
<td>-.557</td>
<td>.584</td>
</tr>
</tbody>
</table>

moral < (0.05(at a degree of freedom)18) and below significance level (0.05)

In collecting information, the researcher relied on a number of means, namely: Arab and foreign sources, observation and experimentation, personal interviews, a form for collecting and unloading statistical results, testing and measurement. Devices and tools such as a video camera, an electronic computer, a stopwatch, a soccer field, soccer balls, a tape measure, a burke, poles, tapes, and a whistle were also used.

The tests used in the research:

The first test: The name of the test: The long jump test of stability. (Mahmoud, 2009, pg. 40)

The objective of the test: To measure the explosive power of the muscles of the legs.

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Tools used: A measuring tape, a tape measure, a whistle, and a registration form.

How to perform: The starting line is drawn with a length of (1 m) and the player stands behind him with the feet slightly apart and parallel, provided that the feet touch the starting line from the outside. Then the player begins to perform the test by swinging the arms back from standing with the knees bent and leaning forward a little, then the player jumps forward with maximum force by extending the knees and hips and pushing the feet with swinging the arms forward, and the jump is with both feet.

Registration: - The player is given two attempts and the best is taken, and the distance is measured from the beginning to the last part of the player's body touching the ground and the measurement is done in centimeters.

![Image of the wide jump test](image1)

Shape (1)

**The wide jump test demonstrates proof**

The second test: The name of the test: The partridge test for the maximum distance in (10) seconds. (Kamel, 2012, p. 62)

The objective of the test: - To measure the speed characteristic of the legs.

Tools used: - stopwatch, whistle, tape measure, registration form.

Method of performance: - The tested player stands behind a specific mark on the ground and after hearing the whistle, the player hops on one foot and chooses the player in a specific straight line and as quickly as possible.

Recording: The distance traveled by the laboratory is recorded in the period of (10) seconds, and the laboratory is given two attempts, and the best attempt is calculated for each foot.

![Image of the partridge test](image2)

Shape (2)

**The partridge test shows the maximum distance in (10) seconds**

The third test: The name of the test: the force of kicking the ball with the foot to the farthest distance. (Al-Khashab, 1999, p. 215)

The objective of the test: - To measure the force of kicking the ball to the confined distance for the longest distance possible.

Tools used: - soccer field, soccer balls, tape measure, registration form.

Method of performance:- Draw the starting line with a length of (4 m), and draw another line behind the starting line with a length of (4 m) as well so that the distance between the two lines is (4 m), (this distance between the two parallel lines is for the player’s movement to prepare to kick the fixed ball on the starting line), and they draw two parallel lines perpendicular to the extension of the starting line, the length of each of them (80 m) and in the direction of the kicking field, so that the distance between the two lines is (20 m) from the other side opposite the starting line, i.e. the end area.

The player starts from the movement by kicking the ball with the foot hard so that the ball is flying after kicking and for the farthest distance, and its fall within the specified area between the two parallel lines (80 m) in length and (20 m) in width. The attempt is not considered valid in the following cases:

1- Failing to kick the ball. 2- The falling ball is outside the field. 3- If the ball rolls on the ground from the start.

Recording method: - The player records the distance in meters and its parts from the starting line to the place where the ball touches the ground. Each player is given two consecutive attempts, scoring the best attempt.
The fourth test: - The name of the test: - Scoring of the far balls (average). (Hamza, 2003, p. 108)
The objective of the test: - To measure the speed and accuracy of scoring.
Equipment used: - Five balls, a pole, a rope to divide the goal, a football goal, a video camera, a whistle, a registration form.
Method of performance: - Distribute (5) balls outside the penalty area facing the goal, and the player starts running from behind the person in front of the penalty arch towards the first ball, then aims and returns to rotate around the person, then goes to the second ball, and so on with all the balls, and the player is free to choose the foot, on To be performed from a running position.
Scoring method: The scores are calculated by the total scores obtained by the player from scoring the five balls. The player is awarded (2) a score if the ball enters the two designated areas on the goal (1 and 2), which are (75 cm) wide between the pole and the rope, and one score if it hits With the column, crossbar, or rope specified for the area, and zero is counted. Otherwise, the total time for scoring on the goal is calculated for the five attempts. The scoring speed of each ball is measured from the moment it is kicked until it reaches the goal.

The exploratory experiment: - The researcher conducted his reconnaissance experiment for the research tests on Saturday, 13/3/2021 at exactly four o’clock in the afternoon, on a group of (15) players of the Army Sports Club and they are outside the research sample but within the research community, in order to Knowing the workflow, addressing the negatives that may face the work, knowing the validity of the tests, as well as knowing the time required to implement the test, and identifying the ability of the assistant team to administer the tests.
Then the researcher conducted a second reconnaissance experiment, which was related to the exercises used in the research, on Monday, 22/3/2021 at four o'clock in the afternoon, on a group of (15) players of the Army Sports Club who are outside the research sample, for the purpose of identifying the obstacles that may be faced. Facing the work and avoiding it, as well as knowing the validity of the exercises prepared by the researcher for the research sample, determining the intensity, sizes and comfort required to be used, and determining the required time.
Scientific foundations:
The validity of the test: The validity of the test depends on the possibility of the test representing the situation that it is measuring in a true way to achieve the goal for which it was set, as “the test is measuring what it was designed to measure accurately and not measure it for something else.” (Melhem, 2000, p. 273). The researcher used the content validity to ensure the validity of the tests that were set, as well as extracting the subjective validity of the test by
calculating the square root of the test reliability coefficient. The correlation coefficient between the test scores for the different test times, and that the fixed test is a reliable and reliable test” (Al-Zahir, 2002, p. 140). For the purpose of ensuring the stability of the measurement, the researcher relied on the method of testing and retesting to find the stability coefficient, as it is one of the best methods used in the stability of the test. They were represented by the players of the Army Sports Club, and since no problems appeared in the exploratory experiment of the research tests, the researcher used it as a first test for stability, as it was on Saturday, 13/3/2021, and after (7) days, the test was repeated on the same sample and under the same conditions in which it took place. The first test was on Saturday 20/3/2021. The results of the first and second tests were statistically processed using the simple correlation coefficient (Pearson), and the results showed that the tests had a high stability coefficient and the table below shows that.

Table (2) shows the stability of the test results

<table>
<thead>
<tr>
<th>NS</th>
<th>Variables</th>
<th>honesty</th>
<th>constancy</th>
<th>Objectivity</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>NS real moral</td>
<td>NS real moral</td>
<td>NS real moral</td>
</tr>
<tr>
<td>1</td>
<td>Explosive force</td>
<td>0.896</td>
<td>0.00</td>
<td>0.804</td>
</tr>
<tr>
<td>2</td>
<td>speed power</td>
<td>0.902</td>
<td>0.00</td>
<td>0.814</td>
</tr>
<tr>
<td></td>
<td>right foot</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>left foot</td>
<td>0.912</td>
<td>0.00</td>
<td>0.832</td>
</tr>
<tr>
<td>3</td>
<td>Kick the ball no distance</td>
<td>0.908</td>
<td>0.00</td>
<td>0.825</td>
</tr>
<tr>
<td>4</td>
<td>Scoring speed</td>
<td>0.971</td>
<td>0.00</td>
<td>0.942</td>
</tr>
<tr>
<td>5</td>
<td>Scoring accuracy</td>
<td>0.920</td>
<td>0.00</td>
<td>0.847</td>
</tr>
</tbody>
</table>

moral < (0.05(at a degree of freedom)14)

Objectivity of the test: The objective of the test means that “the researcher’s subjectivity, opinions and beliefs do not interfere in the test results” (Al-Kindi and Abdel-Dayem, 1999, p. 153). The tests adopted by the researcher in his study were easy to understand and far from self-evaluation by the arbitrators, because they depended on recording the test results for the testers on units of time as well as grades, and for this they are considered good objective tests and depend on objective measures in evaluating test results. The researcher conducted tribal tests on the two research samples (control and experimental) on Wednesday, 24/3/2021 at four in the afternoon and on the Sulaikh Sports Club stadium and with the help of the assistant work team. In the post tests. The researcher prepared exercises whose aim was to develop the players with the variables investigated in this study. The researcher sought to make the exercises prepared by him modern, diverse and appropriate to the level of the research sample, as well as for the training to be in a realistic way far from the boring and boredom that accompanies some routine exercises. The exercises were applied to the experimental group by the assistant work team and under the direct supervision of the researcher. The exercises began on Saturday, 27/3/2021 until Wednesday, 2/6/2021. The time for applying the exercises was (10) weeks, at a rate of (3) Training units during the week, totaling (30) units, the time taken to implement the training ranged from (30-45) minutes from the main section of the training unit. In giving the training intensity. After the exercises were applied to the research sample, the researcher deliberately conducted the post tests on the group (control and experimental) on Saturday 5/6/2021 at four in the afternoon and on the Sulaikh Sports Club stadium, taking into account maintaining its application in the same conditions as the tribal tests., in order to avoid the influence of variables of circumstances on the post-tests. The researcher used the appropriate statistical methods to treat the results he obtained by relying on the statistical package (SPSS).

Results

Table (3) / shows the arithmetic mean, standard deviation, and the value of (T) Calculated, real moral, significance level, arithmetic mean difference, and deviation of differences in the pre and post tests of the experimental group.

<table>
<thead>
<tr>
<th>NS</th>
<th>Variables</th>
<th>measuring unit</th>
<th>pretest</th>
<th>post test</th>
<th>NS</th>
<th>P P</th>
<th>q o</th>
<th>Values t calculated</th>
<th>real moral</th>
<th>Indication level</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>s</td>
<td>p</td>
<td>s</td>
<td>p</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Explosive force</td>
<td>distance</td>
<td>2.09</td>
<td>.084</td>
<td>2.20</td>
<td>.045</td>
<td>- .111</td>
<td>.091</td>
<td>.091</td>
<td>.02</td>
</tr>
</tbody>
</table>

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Table (4) shows the arithmetic mean, standard deviation, and the value of (T) Calculated, true moral, significance level, arithmetic mean difference, and deviation of differences in the pre and post tests of the control group.

<table>
<thead>
<tr>
<th>N</th>
<th>Variables</th>
<th>measuring unit</th>
<th>pretest</th>
<th>post test</th>
<th>NS</th>
<th>p</th>
<th>q</th>
<th>Values t calculated</th>
<th>real moral</th>
<th>Indications level</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Explosive force distance</td>
<td></td>
<td>2.07</td>
<td>.082</td>
<td>.0879</td>
<td>.01</td>
<td>.0483</td>
<td>8.510</td>
<td>.00</td>
<td>moral</td>
</tr>
<tr>
<td>2</td>
<td>Speed power right foot distance / over time</td>
<td></td>
<td>40.9</td>
<td>1.21</td>
<td>1.20</td>
<td>.04</td>
<td>.0435</td>
<td>3.517</td>
<td>.00</td>
<td>moral</td>
</tr>
<tr>
<td></td>
<td>Speed power left foot distance / over time</td>
<td></td>
<td>40.4</td>
<td>1.25</td>
<td>1.25</td>
<td>.04</td>
<td>.0435</td>
<td>3.517</td>
<td>.00</td>
<td>moral</td>
</tr>
<tr>
<td>3</td>
<td>Kick the ball no distance distance</td>
<td></td>
<td>47.2</td>
<td>1.09</td>
<td>1.18</td>
<td>.06</td>
<td>.014</td>
<td>2.899</td>
<td>.00</td>
<td>.00</td>
</tr>
<tr>
<td>4</td>
<td>Scoring time a second</td>
<td></td>
<td>.689</td>
<td>.084</td>
<td>.091</td>
<td>.01</td>
<td>.014</td>
<td>2.899</td>
<td>.00</td>
<td>.18</td>
</tr>
<tr>
<td>5</td>
<td>Scoring accuracy Degree</td>
<td></td>
<td>5.0000</td>
<td>.81650</td>
<td>.6300</td>
<td>1.05935</td>
<td>1.30000-.48305</td>
<td>.15275</td>
<td>8.510</td>
<td>.00</td>
</tr>
</tbody>
</table>

moral < (0.05(at a degree of freedom)) and below significance level (0.05)

Table (5) shows the arithmetic mean, standard deviation, and the value of (T) Calculated, true moral, significance level, arithmetic mean difference, and deviation of differences in the post tests of the experimental and control groups.

<table>
<thead>
<tr>
<th>N</th>
<th>Variables</th>
<th>measuring unit</th>
<th>experimental group</th>
<th>control group</th>
<th>Values t calculated</th>
<th>real moral</th>
<th>Indications level</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Explosive force distance</td>
<td></td>
<td>2.2090</td>
<td>.04508</td>
<td>2.0860</td>
<td>.07989</td>
<td>4.240</td>
</tr>
<tr>
<td>2</td>
<td>Speed right foot distance / over time</td>
<td></td>
<td>42.4540</td>
<td>1.27551</td>
<td>40.9700</td>
<td>1.20919</td>
<td>2.670</td>
</tr>
</tbody>
</table>
Table representation:

<p>| | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>power</td>
<td>left foot</td>
<td>distance / over time</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Kick the ball no distance</td>
<td>distance</td>
<td>48.994</td>
<td>0</td>
<td>.52258</td>
<td>7</td>
</tr>
<tr>
<td>4</td>
<td>Scoring time</td>
<td>a second</td>
<td>.6010</td>
<td>.04408</td>
<td>.6760</td>
<td>.09192</td>
</tr>
<tr>
<td>5</td>
<td>Scoring accuracy</td>
<td>Degree</td>
<td>7.5000</td>
<td>.52705</td>
<td>6.3000</td>
<td>1.0593</td>
</tr>
</tbody>
</table>

moral < (0.05(at a degree of freedom)18) and below significance level (0.05)

**Discussion**

After presenting the results of the tests of the tested variables in this study above, it was found that there is a development that occurred for the members of the research sample (the experimental group) in the variables of the study, as the researcher attributes this development in all test results to several things, including the adoption of modern and studied scientific methods in training. The sample members, as well as choosing the best exercises that suit their capabilities and abilities, based on the correct (ripple and gradient) sound and with standardized repetitions and in a way that would raise the level of the players with the variables investigated, for this the exercises and training methods as well as its components were chosen very carefully according to the literature of sports training and in line with the capabilities of the players who want to develop their capabilities. This is indicated by (Raysan Khreibet) that "most of the matters related to planning the training work and which deal with the issue of distress, the trainers with scientific experience, are the only ones who find solutions that are semi-typical when building the structure of the training process." (Khouri, 2017, p. 10).

This is what agrees with the vision of (Mahmoud Abdullah), where he stated, “Giving regular exercises according to the correct scientific method enhances the work efficiency of the muscle groups involved in the performance of the various motor skills and physical qualities that the player acquires during training" (Abdullah, 1991, p. 42). Therefore, the principle of gradation used in the process of building and developing physical abilities and motor skills of the athlete is closely related to the principle of repetition. (Abdul-Mahdi, 2006, p. 20). It should also be noted that the exercises prepared by the researcher had a positive effect on the members of the research sample, as they were consistent with the requirements of the game from its novelty as well as the players' capabilities, as they were consistent and influential in terms of the targeted skill and the required capabilities, as their impact was clear in the results of muscular strength. For the players, the training followed by the researcher was specialized and its goal was to develop the players in the research variables, and this helped enable them to develop abilities and master the skill. Where (Mohammed Reda Ibrahim) indicated that “one of the main objectives of training is to master the qualitative performance of the skill of the game and improve the athlete’s ability to perform all skill movements correctly and master the required technical skills based on reasonable and economic biomechanical performance, at the highest possible speed and aesthetically with high strength clear and in all circumstances, (Ibrahim, 2017, p. 35). As "proper planning and selection of appropriate exercises enable the coach to develop physical qualities and at the same time work on the player's mastery of skills." (Mukhtar, 1998, p. 96). The researcher attributes the development to the researcher’s method in running the training unit by controlling the components of the training load in a scientific manner and in line with the players’ abilities according to the repetitions and totals distributed over the work times in terms of stress and size, as well as giving the players sufficient rest that is commensurate with the amount of effort for the players and for each exercise in line with Capabilities, as paying attention to the components of pregnancy when putting exercises is very important in developing the players’ ability and making it balanced according to scientific foundations and the lack of consistency in the pace during training enabled the researcher to obtain positive results. This is what (Saad Menem) agreed with: “The coach must observe the correct formation of the pregnancy during the different training periods, which is one of the important foundations to ensure the gradual rise in the player’s level, from the exchange of time between pregnancy and rest in the daily training units, weekly training units, or throughout the season. " (Al-Sheikhly and Al-Zahawi, 2012, p. 48). He (Ali Al-Baik) also points out that “the formation of training, the correct organization of training loads and intermittent rest periods, and the use of different methods of restoring recovery are vital to the success of the training process.” (Al-Baik, 1994, p. 61). The researcher agrees with (Mohammed Ali Al-Qatt) that “the stability of the level of the training load leads to a continuous weakening of its effect, while changing the level of any component of the load leads to the stimulation of the central nervous system more strongly, and therefore the amount of tension or tension will be greater." (Al-Qatt, 1999, p. 36). During its training units, the researcher took into account not only the accurate performance of the exercises in isolation from the rapid performance in their implementation, so one of the training objectives that the researcher sought to implement through those exercises with the variables of the study was the rapid performance accompanying...
the accuracy in the performance of skills. This is consistent with (Qasim Lazam) "One of the objectives of training is to develop both accuracy and speed of implementation." (Sabr, 2009, p. 92). The researcher took into account the gradual increase in the intensity used during the training units by increasing the weights and decreasing the time, with the progress in the training units as this leads to adaptation and preparation for new loads, as the fluctuation between the training units and manipulation of the components of the training load helps the development of the sample members, and this was what was The researcher works on it with the research sample to break the training stability and manipulate the components of the load and work on the instability and stability of the loads and training methods for the purpose of developing the study variables. This was confirmed by (Mohammed Ali Al-Qatt) "Continuing to use the same intensity maintains the acquired adaptations and does not develop them, and here the need for training appears with a new and appropriate overload, and this increase used in training loads is a true example of achieving the principle of gradualness." (Al-Qatt, 1999, p. 36). The researcher believes that the development of the research sample in the results of the tests is attributed to the method of training used, which contributed to the development of the physical abilities of the respondents, which would have reflected positively on the development of the level of skillful performance. This was confirmed by (Ibrahim Magdy Saleh), who pointed out that "physical qualities are one of the important factors on which the success of performance is based to reach athletic levels, and the development and promotion of these special qualities is closely linked to the process of developing basic skills." (Saleh, 1998, p. 3), Where "the best achievement comes from increasing the level of muscles that are necessary for work and performance." (Gondin J., 2005, p37), as well as for the prepared training that adopted the high intensity and repetitive interval training methods, the positive effect on developing the players' level in the research variables, as the two methods used were compatible with the players' abilities and also the balance between intensity, size and comfort for the exercises. This is what Muhammad Al-Bishtawi and Ahmed Al-Khawaja agree with in choosing the most appropriate training method, referring to it "they are the means and steps necessary to implement the training program to develop and develop the player's training situation to the maximum extent possible to achieve the desired goal." (Al-Bishtawi and Al-Khawaja, 2005, p. 267). Also, Hussain Al-Ali and Amer Fakher refer to the training method as “a specific planning phrase that represents how to choose and organize the contents of the training, as well as the development and organization of the form of training according to the objective set or to be achieved.” (Al-Ali and Shaghati, 2010, p. 19). The researcher was keen on the progress of training the players in a gradual manner during the training units in the development of strength, speed and accuracy in performing the scoring skill, as the goal was to master it in the correct motor form, as one of the priorities of training was to raise the level of the players with the skill of scoring, but not in terms of strength and accuracy, since successful scoring And the influence on the competitor is strong and high accuracy in order to hit the target, and this is what the researcher did when choosing the exercises applied in the training units that contained various resistance exercises and it wanted to improve the rapid strength of the working muscles and thus raise the players' ability. This is what (Kazim Al-Rubaie) agrees with him, as he points out, "The training units must be built on learning scoring, and the focus should be on accuracy and gradation in order to achieve strong dynamic scoring." (Al-Rubaie and Al-Mashhadani, 1991, p. 181), "The development of working muscles to produce the maximum possible force and as quickly as possible had an effective effect in developing the skill of scoring. The homogeneity in the work of the muscles of the legs, back, abdomen and neck and their high ability to contract quickly led to the development of the ability to perform better. " (Al-Abadi, 2014, p. 172).

**Conclusions**

Through the results obtained, the researcher reached the following conclusions:-

1- The exercises prepared by the researcher and applied to the research sample were effective and have a positive effect in developing the variables investigated.

2- The use of the high intensity and repetitive interval training methods had a role in developing the research variables.

3- The gradual and varied training intensity used in the exercises through various weighting tools and resistances, had a positive effect on the development of the research sample.

4- The quality of the exercises and the method of their implementation had a good psychological impact and reality on the research sample, as it increased their enthusiasm, raised morale and competition in the implementation of the exercises.

5- The results showed the superiority of the experimental group over the control group in the post-tests in the variables of the study, and this indicates the appropriateness and effectiveness of the exercises that were adopted.

**Recommendations**

In light of the results that have been reached, the researcher recommends the following:-

1- Emphasizing the importance of the exercises that were used in the study and applied by the coaches in developing the same variables of the study on the advanced players.

2- The need for gradation and diversity in the components of pregnancy during training and to maintain the development that occurs.
3- The necessity of adopting training using various weighting tools and resistances during the training unit, with linking them to basic skills, for the purpose of improving the physical and skill level.

4- The importance of conducting studies similar to this study in the game of football and for different age groups

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Exercises

1. The player stands on the penalty arch and the back towards the goal, and a weight is placed with the feet. The player jumps with both feet, raising them towards the abdomen, and advances forward towards a person 5 m away. After reaching the starting point, he runs towards the ball that is in front of him outside the penalty area to perform by kicking it towards the goal, which is defined by tapes from the right and left sides, a distance of (75 cm) for each side from the column to the tape, where this is the area that the player is required to hit.

2. The player is tied with a rubber rope and the teammate holds the rope and when the signal is given, the player runs for a distance of (10 m) and when he reaches the end point that is at the top of the penalty arc, he kicks the ball that is in front of him towards the goal and towards the areas mentioned in the first exercise.

3. A person with a height of (30 cm) is placed on top of the penalty arc. First exercise division.

4. The player stands on the penalty arch while he is wearing a weight vest. From the lying position on the back, he jumps up and jumps to the top to butt the ball that is thrown to him, and then returns to the lying position on the back, and after repeating it (10) times, he heads towards the ball placed outside the penalty area to make a double bus with the coach and kick the ball towards the goal (same as the division of the first exercise).

5. The player stands facing the goal wearing a (training parachute) and when instructed to start, the player runs towards the goal for a distance of (15 m) and when reaching the end of the distance he kicks the ball placed inside the penalty arc towards the goal (same as the division of the first exercise).

6. (10) rings with a diameter of half a meter and one from the other (1.5 m) are placed, one towards the right and the other towards the left, and each ring advances from the other forward in the form of a diameter. The second (for example, if he jumps with the right foot on the first ring, which is in front of him on the right, and then descends by jumping with the left foot on the ring in front of him on the left) and so he continues as he moves forward, and when he finishes the last ring he is on the edge of the penalty area and heads towards the ball placed outside the penalty area to make a double bus with the coach and kick the ball towards the goal (same as the division of the first exercise).

7. The player, wearing a weighted foot, stands in front of a box whose height is (40 cm) and jumps towards the box to stand over it and then returns to the ground, repeats the jump (10) times and then makes a double bus with the coach and kicks the ball from outside the penalty area towards the goal (same as the division of the first exercise).

8. The player raises the colleague on the shoulders and does half-dubni (5) times and then run with him for a distance of (5 m) and then lower him and go towards the ball placed outside the penalty area and kick it towards the goal (same as the division of the first exercise).

9. The player wears a weight vest. Four pillars are placed in front of him and behind him and on the right and left side, where he is in the middle, each one (30 cm) high. When instructing to start, the player jumps up and forward and returns to the starting point and then to the right side and then back and then back and then back To the left side and return and continue jumping for (20/sec) and then head towards the ball placed inside the penalty arc to kick it towards the goal (same as the division of the first exercise).

10. Jump over (5) hurdles of height (50/cm) with both feet and the distance between one hurdle and another (1 m). After completing the last hurdle, a medicine ball weighed (5/kg) is picked up and run with it for a distance of (10 m) and then head towards the ball and work Double bus with the coach at the penalty arc and kick it towards the goal (same as the division of the first exercise).

Annex (6)
The model of the first training unit from the first week

<table>
<thead>
<tr>
<th>Section</th>
<th>The time taken from the unit</th>
<th>Repetition</th>
<th>Rest between repetitions</th>
<th>Rest between group</th>
<th>Intensity used</th>
</tr>
</thead>
<tbody>
<tr>
<td>the main</td>
<td>30 minutes</td>
<td>8</td>
<td>60 / s</td>
<td>3</td>
<td>180 / s</td>
</tr>
</tbody>
</table>