

The impact of a training program in the (repetitive) method in the development of pass skill for futsal players under the age of 19 years

Layth Ismael Ibrahim, Abduljabbar Kareem Allaw

Directorate of Diyala Education - Sports and School Activity
19laithismaeel75@gmail.com

Abstract

The researcher addressed that the importance of the game of futsal football, as well as the diversity in the methods of play and its offensive and defensive requirements, attributed this to the development and great progress that has been achieved in the field of training science and the distinguished position occupied by the game of football and the development in the methods of playing the team in terms of the use of the best methods of training variety such as continuous training, repetitive, and vitre, ring and others.

The importance of the research lies in revealing the use of repetitive training exercises and their impact in the development of football passing for the youth group and the extent to which the research benefits from the training of Diyala provincial clubs and youth forums in the Directorate of Youth and Sports Diyala.

And the lack of attention and focus on the performance of the skill of passing in (last quarter) of the game time so that it is difficult for the players to perform technical duties, which prompted the researcher to enter into this problem.

By knowing the impact of training in the (repetitive) method in the development of the passing skill for players under 19 years of age with football for the halls.

The sample of the research consisted of football players for the youth club Sherban club in Diyala province under the age of 19, numbering (25) players selected by the method of intentional

In, the computational circles, standard deviations, the value of (t) calculated and the scheduled value of the results of pre and post tests were presented, as well as discussed the researcher's findings.

The researcher concludes that the use of training the repetitive method, because it develops speed and speed tolerance are two of the most important needs of a futsal player in the game to maintain the level of fitness in the game.

The researcher recommends that youth and youth age group trainers should participate in development training courses to learn about the latest training developments in general, and the method of training is particularly repetitive.

Keywords: Training Program, Repetitive Style, Scrolling, Futsal

Introduction to search:

Introduction and importance of research:

The most important thing that comes to mind is the extent of the great scientific and technical development that has taken place in all areas of life, where this development has helped to open new horizons for research and knowledge and entered into all areas of our lives, including the sports field, which is one of the means of measuring the level of cultural and social progress in any country in the world.

Therefore, the game of futsal is characterized by speed of performance, as well as the diversity in offensive and defensive playing methods due to the great development in the field of training science in terms of the use of the best methods of training (continuous training, repetition, ring, etc.).

Speed is one of the most important elements of fitness that perform essentially in achieving the requirements of professional and artistic performance in all sports games, especially the game of futsal football.

Training in repetitive training is one of the most important exercises that perform swing, speeding and increasing air and anaerobic energy production.

The importance of research lies in:

- Reveal the use of repetitive training exercises and their impact in developing the skill of passing in the football lounges for the youth category.
- The scientific library is enriched by an important kind of literary and concepts for the game of futsal football.
- The results of the research in the training of clubs in Diyala province and youth forums in the Directorate of Youth and Sports Diyala.

From the point of view of the researcher is from the player of the football lounges and coachy club Shahrban and the forum youth of Al-Meqdadiya and the education teams for the age groups football lounges, luck that the problem of research lies in the weakness and slowness of the level of performance of the skill of passing in (last quarter) of the game time so that it is difficult for players to perform technical duties as well as the appearance of signs of fatigue, which reflects on the achievement of the goal of the game, which is winning.

The researcher aims to achieve the preparation of a training program in the method (repetitive) to develop the skill of scrolling for players under 19 years of age in football, and to know the impact of training in the method (repetitive) in the development of the passing skill for players under 19 years of age in the football.

It is assumed that there are significant differences in the post test between the experimental and control groups in the passing skill tests for players under 19 years of age in futsal football and for the benefit of the test dimension of the experimental group and the existence of differences of moral significance between the pre and post-testing of pass skill tests for players under the age of 19 in futsal football and in favor of the test dimension of the experimental group.

Research methodology and field procedures:

- Research methodology.

The approach is "the intellectual steps taken by the researcher to solve a particular problem, and therefore the researcher used the experimental method based on "a controlled and controlled change of the specific conditions of an event, and to observe the changes resulting from the event itself and its interpretation." Guarantor, 2007, p. 119)

Sample search:

The researcher in Tanfyeh based his research on a sample of the football players for the youth category of 19 years old, where they numbered (25) players selected deliberately from the Club Shahrban sports out of the total of the young players in the club, which numbered (27) players, which amounted to (92.5%) From the research sample and (12.5%) From the study community of (216) young players representing the provincial clubs, the size of the main sample reached (20) players and the remaining five players of the research sample were selected for the purpose of conducting the exploratory experiment on them, and two of them were goalkeepers, so the sample of the research (20) players and divided the sample by the method of draw, between two groups, one experimental and the other controlled and by (10) players for each group, and grandfather to (1) this.

Table (1)

Shows the experimental design of how the research sample works

Totals	Pre testing	Independent variable	After testing	Number of samples
Experimental	Scrolling skill	Repetitive style	Scrolling skill	10
Control	Scrolling skill	Repetitive style	Scrolling skill	10

The means, devices and tools used in the research:

- Means of collecting information.
(Arabic and foreign sources and references (translated), personal interviews, tests and measurements, scientific observation.

Devices and tools used in the search.

(Type stopwatch, footballs number (20), whistle number (2)).

Identify the most important types of basic skills in futsal.

The researcher presented a form showing the most important types of basic skills to the experts specialized in futsal*to get the skill that can be measured in competitions, as well as achieve the research objectives, and the skill was selected that got 90% and above

- Test the skill of scrolling futsal:

Ball handling test towards a goal drawn on the ground (Mufti, 2013, p. 217).

The goal of the test: the accuracy of passing the ball.

Used tools: 10 legal lounge footballs, circles drawn on the ground.

Performance Description: Four concentric overlapping circles drawn their exclusion as follows:

First circle: diameter (120) cm

Second circle: diameter (240) cm

3rd circle: diameter (360) cm

4th circle: diameter (540) cm

The starting line is determined at (18) m from the center of the circles and the length (5 m) and determines the test area of the football field.

The player stands behind the starting line and then kicks the ten balls in a row in the air trying to drop them in the first small circle, one circle includes kicking (10) consecutive balls with any foot, and each player is given two tries and the score is calculated as follows:

(4) Grades if the ball falls into the first small circle

(3) Grades if the ball falls in the second circle.

(2) Two degrees if the ball falls in the third circle.

(1) Score if the ball falls in the fourth circle.

(Zero) If the ball falls out of the circle.

The first exploratory experiment:

In order to give a clear and accurate picture of the vocabulary of the tests used in this research, the researcher conducted a reconnaissance experiment on Monday, December 2, 2019 on a sample of (5) players from The Shimban Club.

The second exploratory experiment of Thursday, 12/12/2019 on a sample of (5) players from The Sherban Club without the main trial sample, with the presence of the auxiliary team and the exploratory experiment is a preliminary study carried out by the researcher on a small sample before the resurrection of his experiment aimed at the selection of research methods and tools (Yasseri, 2010, p. 58).

- Scientific basis for tests:

After identifying the tests from specialists, and through the researcher's review of these tests it was found that the scientific foundations are available in terms of honesty, consistency, objectivity.

Honesty:

It is defined as "the degree to which the test measures the thing to measure"(Valid, 2010, p64),so the researcher used virtual honesty.

- Stability:

Stability means that if the test is reapplied to individuals themselves, it gives the results themselves or similar results, and also means consistency of the test results with themselves if repeated several times (Zeinel, 2010, p 70).

- Objectivity:

Objectivity is "the non-interference of the researchers' subjective suppal, opinions and beliefs in the testresults (Anderson, 2015,p. 154). The tests that have been used in the search are far from self-evaluation and bias.

Pre- tests:

The pre-tests were carried out on the research sample, which consists of the experimentaln and the control groups on Wednesday, 25/12/2019 at 4:00 p.m., and the test of scrolling skill was completed in the hall of the Al-Meqdadi Youth Forumof The Sherban SportsClub, and confirmed the stabilization of the conditions related to the tests in terms of space, time and tools used in order to achieve similar conditions and ensure their availability in the tests.

The trainingprogram:

The preparation of a scientific training program suitable for the current research problem prompted the researcher to first look at references, sources, studies and scientific research for the purpose of choosing the appropriate method in preparing the scientific method forthe current study taking into account the organization, planning and scientific application. Accordingly, theprogram, which was implemented on 28 December 2019 and until 20 February 2020, included the following:

-General: -The total time of the programC (1920) minutes.

The training lastedfor two months (8) weeks, and by (3) training units per week for Saturdays, Tuesdays and Thursdays of each week, and the total training units throughout the trial period (24) training units.

The time of the training unit (80) minutes was divided into:

Preparatory section:

With a total time of 360 minutes, and an average of (15) minutes of the training unit, this section aims to prepare working muscles, joints and functional organs of the body through public and private warm-up, and reached a ratio of(18.75%).

Main section:

His total time(1440)minutes and an average of (60)minutes per training unit (20) minutes for the educational part and (40) minutes the practical part, and the aim isto raise the skill level of the correctscrolling skill in the competitions for the players in question in particular through the method of frepetitive trainingand reached(75%).

The final section:

The total time of this section was 120 minutes, and at a rate of 5 minutes per training unit. The aim was to relax and calm down andintroduce joy andpleasure, as well as to create an atmosphere of competition between the players, this on the one hand and the other is to return the players to normal and recover through light jogging exercises and relaxation exercises, and its ratio (6,25%).

-Posttests for scrolling skill:

The researcher conducted the post tests of his research sample onSaturday 2/2/2020 and the researcher followed the same method in pre-tests, after completing the planned duration of the training program, which took (8 weeks), and the researcher was keen to install the same conditions in whichthe test was used pre,and its requirements when conducting post- tests in terms of time, place, tools used and method of implementation and methods of pre testing.

Statistical means:

The researcher followed appropriate statistical methods to process the data and results obtained through the tests and measurements he performed:

Percentage law, arithmetic medium, standard deviation, Man Whitney test for intermediate samples of the independent group, Wolcoxn test.

View the results of the post tests of the experimental and control groups

Table No. (2)

View the results of the computational medium and the standard deviation of pre- and post-tests of the experimental and control groups

Sample	Skills	Statistical means			
		Pre		Pre	
		A	STD	A	STD
Experimental Group	Test passing the ball towards circles drawn on the ground	10.5	3.5	11.2	4.5
The command group	Test passing the ball towards circles drawn on the ground	9.4	3.2	10.8	3.11

Through the values shown in Table 2 of the pre and post- tests of the experimental and control groups showing the mathematical circles and standard deviations of the passing skill test in the game, there are apparent differences in the computational circles.

After the implementation of the skilled test the scrolling skill of the research sample, and to achieve the research objectives and its abundance, it was necessary to use appropriate statistical means and the data in table (3) indicated the change in the scrolling skill of the experimental and control group.

The government's support for the government's work in the country
The post test of the control and experimental groups of ball handling skill shows the Man Whitney test.

T	Variables	The officer. After testing	Experimental After testing	Smaller value For the calculated J.	Value (j) Scheduling	Moral significance
1	Pass the ball	86,5	13,5	13,5	27	sign

It is a foregoing step to note the superiority of the experimental group over the control group in the test of the distance skills, thus achieving the first hypothesis.

The researcher attributesthis to the impact of thetrainingprogram in therepetitive method at thelevel of speed and speed, which reflected on the skilled performance, as well as the organized scientific training that led to the development of the achievement of these skills.

This was confirmed by (Hussein Ali and Amer Fakher)(Alali, Shagati, 2010,p. 49)as the training of speed-speed in arepetitive manner allows the player to use his technical skills and maintain his fitness for the duration of the game.

-View the results of the differences between the pre- and post-tests of the experimental group

Table (4)

The differences between the pre and post-tests of the experimental group in the Ball Handling Test (Wolcoxn) test are shown.

T	Variables	Experimental Group		(N1)	Smaller value For (and) calculated	Value (w) Scheduling	Moral significance
		W(+)	W(-)				
3	Pass the ball	4,5	50,5	10	4,5	10	sign

Table (13) shows that the value (and+) was 4.5, the value (and-) was 50.5, and the calculated (and) value was 4.5, and when compared to the value of (and) the scheduled (10) and at the level of significance (0.05) was (10), there were moral differences in favors of the post test, which achieved the second hypothesis.

The researcher attributes the excellence achieved by the experimental group in completing the skilled test to the effectiveness of the use of the training programC in arepetitive manner.

The researcher attributes the superiority achieved by the experimental group in completing the test tothe effectiveness of the use of thetraining program C in the method(repeater)which led to the development of physical performance through which thedevelopment of the skilled performance represented by passing the ball.

Where regarding the skill of scrolling is one of the mostused skills in the game of futsal as it is an important way to move to the goal of the opposing team as quickly and as little as possible, and as (GhaziSaleh) and Amer Jassim points out, the coach must have a decisive role in guiding his players in mastering the skill of passing and all kinds of It is because it is the important means in moving the player from the stadium to the opponent's stadium as well as carrying out the duties required of him because thepassis faster than theplayer because it is used heavily in the game (Jassim, 2008.p110) (Mahmoud, 2013, p. 211)

- View the results of the differences between the pre and post tests of the control group

Table (5)

Shows the differences between the pre and post tests of the control group in the ball handling test using the Wolcoxn test.

T	Variables	The command group		(N1)	Smaller value For (and) calculated	Value (w) Scheduling	Moral significance
		W (+)	W (-)				
3	Pass the ball	12,5	54	10	12,5	10	It's not moral.

Table (17) shows that the value (and+) was 12.5, the value (and-) was 54, and the calculated (and) value was 12.5, when compared to the value of (and) the scheduled (10) and at the level of significance (0.05) was 10, and there were no moral differences.

The researcher attributes the reason for this as themembers of this group undergo a training program prepared by the training staff, which focuses on training skill randomly and not on sound scientific basis. "In other countries, sports training in futsal football must be carried out in the process of organizing and planning well and on

scientific grounds that work to develop and positively affect the level of futsal players (Mahmoud, 2017, p76).

The researcher reached the following conclusions

Repeat training leads to the development of the skill of passing with the football of the lounges and leads to the delay of the appearance of fatigue in the players during the game, there is a development in the psychological aspects of the experimental group that trained in the method of repetitive training.

It is recommended that the use of repetitive style training be confirmed, because it develops speed and speed tolerance, which are the most important thing the player needs in the game to maintain the level of fitness in the game.

Relying on academic trainers and specialized scientific cadres in the training process, in addition to adopting trainers specialized in fitness with these cadres, the need for the participation of trainers of age groups for young people and young people in training courses development to know the latest developments in training in general, and the method of training repeat in particular

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