

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

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Abstract

The analyst tended to that the significance of the round of futsal football, just as the variety in the techniques for play and its hostile and protective necessities, credited this to the turn of events and incredible advancement that has been accomplished in the field of preparing science and the recognized position involved by the sport of football and the improvement in the strategies for playing the group as far as the utilization of the best strategies for preparing assortment like ceaseless preparing, redundant, and vitretiring and others.

The significance of the examination lies in uncovering the utilization of dull preparing practices and their effect in the advancement of football passing for the adolescent gathering and the degree to which the exploration profits by the preparation of Diyala commonplace clubs and youth discussions in the Directorate of Youth and Sports Diyala.

Also, the absence of consideration and spotlight on the exhibition of the ability of passing in (last quarter) of the game time with the goal that it is hard for the players to perform specialized obligations, which incited the analyst to go into this issue.

By knowing the effect of preparing in the (dull) technique in the advancement of the passing ability for players under 19 years old with football for the lobbies.

The example of the exploration comprised of football players for the adolescent club Anbar club in Diyala territory younger than 19, numbering (25) players chose by the strategy for purposeful In, the computational circles, standard deviations, the estimation of (t) determined and the booked estimation of the aftereffects of pre and post tests were introduced, just as examined the scientist's discoveries.

The specialist presumes that the utilization of preparing there putative strategy, since it creates speed and speed resistance are two of the main necessities of a futsal major part in the game to keep up the degree of wellness in the game.

The analyst suggests that young and youth age bunch coaches ought to take part being developed instructional classes to find out about the most recent preparing improvements as a rule, and the technique for preparing is especially tedious

.Keywords: Training Program, Repetitive Style, Scrolling, Futsal

Introduction to search:

The main thing that comes to me is the degree of the extraordinary logical and specialized advancement that has occurred altogether everyday issues, where this improvement has assisted with opening new skylines for exploration and information and went into all aspects of our lives, including the games field, which is one of the methods for estimating the degree of social and social advancement in any country on the planet.

Thusly, the round of futsal is portrayed by speed of execution, just as the variety in hostile and cautious playing strategies because of the extraordinary advancement in the field of preparing science regarding the utilization of the best techniques for preparing (ceaseless preparing, reiteration, ring, and so on)

Speed is perhaps the main components of wellness that perform basically in accomplishing the necessities of expert and creative execution on the whole sporting events, particularly the round of futsal football. Preparing repetitive preparing is quite possibly the main activities that perform influencing, speeding and expanding air and anaerobic energy creation.

The significance of explores in:

- Reveal the utilization of dull preparing practices and their effect in building up the ability of passing in the football lounges for the adolescent class.

- The logical library is advanced by a significant sort of abstract and ideas for the round of futsal football.

- There suits of the exploration in the preparation of clubs in Diyala area and youth discussions in the Directorate of Youth and Sports Diyala.

According to the perspective of the analyst is from the player of the football parlors and mentor club Shahrban and the discussion youth of Al-Meqdadiya and the schooling groups for the age bunches football lounges, karma that the issue of exploration lies in the shortcoming and gradualness of the degree of execution of the expertise of passing in (last quarter) of the game time so it is hard for players to perform specialized obligations just as the presence of indications of exhaustion, which thinks about the accomplishment of the objective of the game, which is winning.

The scientist means to accomplish the readiness of a preparation program in the technique (dreary) to build up the expertise of looking for players under 19 years old in

football, and to know the effect of preparing in the strategy (monotonous) in the advancement of the passing ability for players under 19 years old in the football.

It is expected that there are huge contrasts in the post test between the test and control bunches in the finishing expertise assessments for players under 19 years old in futsal football and to support the test measurement of the test gathering and the presence of contrasts of good importance between the pre and post-testing of breeze through ability assessments for players younger than 19 in futsal football and for the test measurement of the test gathering. Research methodology and field procedures:

- Research methodology.

The methodology is "the scholarly advances taken by the analyst to tackle a specific issue, and in this manner the scientist utilized the test strategy dependent on "a controlled a lot change of the particular states of an occasion, and to notice the progressions coming about because of the actual occasion and its understanding." (Guarantor, 2007, p. 119)

Test search:

The scientist in Taniyah put together his examination with respect to an example of the football players for the adolescent class of 19 years of age, where they numbered (25) players chose intentionally from the Club Shahrban sports out of the all out of the youthful parts in the club , which numbered (27) players, which added up to (92.5%) From the exploration test and (12.5%) From the investigation local area of (216) youthful players addressing the common clubs, the size of the primary example came to (20) players and the leftover five players of the exploration test were chosen to lead the exploratory trial on them, and two of them were goalkeepers, so the example of the exploration (20) players and separated the example by the technique for draw, between two gatherings, one trial and the other controlled and by (10) players for each gathering, and granddad to.

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 methods, gadgets and apparatuses utilized in the examination:

- Means of gathering data.

(Arabic and unfamiliar sources and references (deciphered), individual meetings, tests and estimations, logical perception.

Gadgets and apparatuses utilized in the pursuit.

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

Recognize the main kinds of essential abilities in futsal.

The scientist introduced a structure showing the main kinds of fundamental abilities to the specialists spent significant time in futsal*to get the expertise t can be estimated in rivalries, just as accomplish the exploration goals, and the expertise was chosen that got 90% or more

- Test the ability of looking over futsal:

Ball taking care of test towards an objective drawn on the ground (Mufti, 2013, p. 217).

The objective of the test: the precision of passing the ball.

Utilized apparatuses: 10 lawful parlor footballs, circles drawn on the ground.

Execution Description: Four concentric covering circles draw their prohibition as follows:

First circle: measurement (120) cm

Second circle: measurement (240) cm

third circle: measurement (360) cm

fourth circle: width (540) cm

The beginning line is resolved at (18) m from the focal point of the circles and the length (5 m) and decides the test region of the football field.

The player remains behind the beginning line and afterward kicks the ten balls in succession noticeable all around attempting to drop them in the primary little circle, one

circle incorporates kicking (10) continuous balls with any foot, and every player is given two attempts and the score is determined as follows:

(4) Grades if the ball falls into the primary little circle

(3) Grades if the ball falls in the subsequent 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 drops out of the circle.

The first exploratory experiment:

To give an unmistakable and precise image of the jargon of the tests utilized in this examination, there searcher led a surveillance investigate Monday, December 2, 2019 on an example of (5) players from The Shimban Club.

The second exploratory trial of Thursday, 12/12/2019 on an example of (5) players from The Sherban Club without the primary preliminary example, with the presence of the helper group and the exploratory trial is a starter study did by the analyst on a little example before the revival of his investigation focused on the determination of examination techniques and apparatuses (Yasser, 2010, p. 58).

- Scientific reason for tests:

In the wake of recognizing the tests from trained professionals, and through the analyst's survey of these tests it was discovered that the logical establishments are accessible as far as genuineness, consistency, objectivity.

Genuineness:

It is characterized as "how much the test quantifies the thing to measure"(Valid, 2010, p64),so the scientist utilized virtual trustworthiness.

- Stability:

Solidness implies that if the test is reapplied to people themselves, it gives the actual outcomes or comparable outcomes, and furthermore implies consistency of the test results with themselves whenever rehashed a few times (Zeinel, 2010, p 70).

- Objectivity:

Objectivity is "the non-obstruction of the analysts' emotional suppal, feelings and convictions in the test outcomes (Anderson, 2015,p. 154). The tests that have been utilized in the inquiry are a long way from self-assessment and inclination.

Pre-tests:

The pre - tests were done on the exploration test, which comprises of the exploratory and the benchmark groups on Wednesday, 25/12/2019 at 4:00 p.m., and the trial of looking over expertise was finished in the lobby of the Al-Meqdadi Youth Forum of The Sherban Sports Club, and affirmed the adjustment of the conditions identified with the tests as far as space, time and apparatuses utilized to accomplish comparable conditions and guarantee their accessibility in the tests.

The training program:

The readiness of a logical preparing program reasonable for the flow research issue provoked the specialist to initially see references, sources, reads and logical exploration to pick the suitable technique in setting up the logical strategy for the momentum study considering the association, arranging and logical application. Likewise, the program, which was executed on 28 December 2019 and until 20 February 2020, incorporated the accompanying:

- General: - The absolute season of the program (1920) minutes.

The preparation went on for a very long time two months, and by (3) preparing units each week for Saturdays, Tuesdays and Thursdays of every week, and the all out preparing units all through the time for testing (24) preparing units.

The hour of the preparation unit (80) minutes was isolated into:

Preliminary segment:

With an all out season of 360 minutes, and a normal of (15) minutes of the preparation unit, this segment plans to get ready working muscles, joints and useful organs of the body through open and private warm-up, and arrived at a proportion of(18.75%).

Fundamental area:

His complete time(1440)minutes and a normal of (60)minutes per preparing unit (20) minutes for the instructive part and (40) minutes the viable part, and the point isto raise the ability level of the right looking over expertise in the rivalries for the major parts being referred to specifically through the strategy for redundant preparing and reached(75%).

The last area:

The complete season of this part was 120 minutes, and at a pace of 5 minutes for every preparation unit. The point was to unwind and quiet down and present delight and joy, just as to make a climate of rivalry between the players, this from one viewpoint and the other is to restore the players to typical and recuperate through light running activities and unwinding activities, and its proportion (6,25%).

- Post tests for looking over ability:

The scientist directed the post trial of his exploration test on Saturday 2/2/2020 and the analyst followed similar technique in pre-tests, in the wake of finishing the arranged span of the preparation program, which took (two months), and the specialist was quick to introduce similar conditions in which the test was utilized pre ,and its necessities when leading post-tests as far as time, place, devices utilized and strategy for usage and strategies for pre testing.

Factual methods:

The specialist followed proper factual strategies to deal with the information and results got through the tests and estimations he performed:

Rate law, number-crunching medium, standard deviation, Man Whitney test for middle examples of the autonomous gathering, 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 qualities appeared in Table 2 of the pre and post-trial of the test and control bunches showing the numerical circles and standard deviations of the finishing expertise assessment in the game, there are evident contrasts in the computational circles.

After the usage of the talented test the looking over ability of the exploration test, and to accomplish the examination targets and its plenitude, it was important to utilize fitting factual methods and the information in table (3) showed the adjustment in the looking over expertise of the exploratory and control gathering.

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The post trial of the control and test gatherings of ball taking care of expertise 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 prior advance to take note of the predominance of the exploratory gathering over the benchmark group in the trial of the distance abilities, in this manner accomplishing the principal theory.

The analyst credits this to the effect of the preparation program in there partitive technique at the degree of speed and speed, which pondered the gifted execution, just as the coordinated logical preparing that prompted the improvement of the accomplishment of these abilities.

This was affirmed by (Hussein Ali and Amer Fakher)(Alali, Shagati, 2010,p. 49)as the preparation of speed-speed in are putative way permits the player to utilize his specialized abilities and keep up his qualification for the term 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 worth (and+) was 4.5, the worth (and-) was 50.5), and the determined (and) worth was 4.5), and when contrasted with the estimation of (and) the planned (10) and at the degree of importance (0.05) was (10), there were good contrasts in favors of the post test, which accomplished the subsequent theory.

The analyst ascribes the greatness accomplished by the trial bunch in finishing the gifted test to the viability of the utilization of the preparation program in are putative way.

The scientist ascribes the prevalence accomplished by the exploratory gathering in finishing the test to the viability of the utilization of the preparation program C in the method(repeater)which prompted the improvement of actual execution through which the advancement of the gifted exhibition addressed by passing the ball.

Where in regards to the ability of looking over is perhaps the most utilized abilities in the round of futsal as it is a significant method to move to the objective of the rival group as fast and as little as could really be expected, and as (GhaziSaleh) and Amer Jassim calls attention to, the mentor should have a conclusive job in managing his major parts in dominating the expertise of passing and a wide range of It is on the grounds that it is the significant methods in moving the player from the arena to the rival's arena just as completing the obligations expected of him on the grounds that the passes quicker than the player since it is utilized vigorously 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 worth (and+) was 12.5, the worth (and-) was 54, and the determined (and) worth was 12.5), when contrasted with the estimation of (and) the planned (10) and at the degree of importance (0.05) was 10, and there were no ethical contrasts.

The analyst ascribes the explanation behind this as the individuals from this gathering go through a preparation program arranged by the preparation staff, which centers around preparing expertise arbitrarily and not on sound logical premise. "In different nations, sports preparing in futsal football should be done during the time spent getting sorted out and arranging admirably and on logical grounds that work to create and decidedly influence the degree of futsal players (Mahmoud, 2017, p76).

The analyst arrived at the accompanying resolutions

Rehash preparing prompts the improvement of the ability of passing with the football of the parlors and prompts the deferral of the presence of weakness in the playersn during the game, there is an advancement in the mental parts of the trial bunch that prepared in the technique for tedious preparing.

It is suggested that the utilization of monotonous style preparing be affirmed, since it creates speed and speed resilience, which are the main thing the player needs in the game to keep up the degree of wellness in the game.

Depending on scholarly coaches and concentrated logical units in the preparation cycle, as well as embracing mentors worked in wellness with these frameworks, the requirement for the support of coaches old enough gatherings for youngsters and youngsters in instructional classes advancement to know the most recent improvements in preparing when all is said in done, and the technique for preparing rehash specifically

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