

The Effect of Playing Exercises According to the Training Network on the Speed of the Motor Response and the Level of Skillful Performance of Youth Soccer Players

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Abstract

The world is now witnessing a rapid development in all areas of life and the sports field, one of which has received a share of this progress and clear development and the importance of research lies in preparing play exercises that are performed according to the training network and that contribute to developing the speed of the motor response to football players, which in turn contributes to the development of The skill level of young players and the study objectives to identify the effect of these exercises on the study variables.

After testing and collecting information, the results were extracted and the most important conclusions were reached:

1. The results of the post test showed that there are statistically significant differences in the research variables.
2. The exercise exercises according to the training network have a positive effect in developing the speed of the motor response and the skill level of the research sample.

Keywords: *Playing exercises, training, network and motor response.*

Introduction

The world is witnessing a rapid development in all areas of life and the sports field, one of these areas, which received a share of this progress and clear development and the outputs of the training process are evidence of the progress of the levels of players in various sporting events and football is the first popular game in the world because of its millions of practitioners Followers and fans who witnessed remarkable progress and development at the global level, which is the result of an effort by

experts and specialists in the process of researching and investigating facts and knowledge and all that is new to develop and raise the level of players in this event and sees that “the greater the individual’s mastery of motor skill, The less effort exerted in performance and the more he is able to use all his thinking and attention to the various planning duties in the course of competition.”¹

Sports training science is one of the most important education and sports because it is closely related to all other sports sciences such as physiology, motor learning and sports rehabilitation in addition to psychology and sports training is based on modern and advanced scientific foundations when preparing exercises and training units, including the degree of intensity, size and periods of rest that are codified according to The method of training and the training phase and its appropriateness to the level of the research sample and that the codified training curriculum that is applied in an organized scientific and practical manner will produce rapid developments in

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the physical, mental and skill status of athletes, which leads to achieving the goals of the training process and that the process of assessing and evaluating the success of the prepared training curriculum is measured by the extent of The development achieved by players as individuals in the activity practiced and reflected at the level of the general team and confirms that “movement develops with regular athletic training as a result of the development of the mental and intellectual level and the development of physical and motor qualities in addition to increasing what is stored in the brain from movement experiences.”²

The importance of the research lies in preparing play exercises that are performed in specific areas (the training network) that contribute to developing the speed of the motor response to football players, which in turn is reflected in developing the level of skill performance of young players and this means The training of skills and plans is through close exercises What happens in the game.³

Through the researchers’ pursuit of being athletic players and teachers and informing them of all the developments taking place in the field of the game, they found that there is a decline in the levels of players for skill performance and speed of motor response, which requires researchers to prepare exercises close to the atmosphere of real competition performed in specific areas (play exercises) That contributes to solving the search problem.

Research objectives:

1. Preparing exercises for playing in specific areas (the training network).
2. Knowing the effect of playing exercises according to the training network on game variables.

Hypothesis search:

1. There is a statistically significant difference by the effect of playing exercises on search variables.
2. There are statistically significant differences between the pre and posttests in the motor response speed and the skill level of the research sample.

Research fields:

- Human Field: Youth of Ramadi Football Club.
- Time domain: 08/15/2019 to 11/11/2019.
- My field: In the Ramadi Football Club.

Research methodology and procedures:

Research Methodology: Researchers have adopted the appropriate experimental approach imposed by the nature of the problem to be studied.

Community and research sample: The research population and sample were identified from the 16 Ramadi youth football players for the football season (2019-2020) and they were chosen in an intentional manner.

Research devices and tools and means of gathering information:

- Electronic hours (3) of Korean origin.
- Sony type camera (3) of Japanese origin.
- Chinese (TAKSUN) type electronic calculator.
- Legal football playing field.
- Legal soccer balls, number (18).
- Figures number (12).
- Sports shirt number (20).
- Whistle (2).
- Tape measure.
- Arab and foreign sources.
- Tests and measurements.
- Internet.
- Observation and analysis.

The tests used

Determine the football skill test⁴:

- Test name: Football Soccer Skill Test
- Test goal: to measure soccer skill
- The necessary tools: half of the football field, an electronic stopwatch, a whistle, (4) obstacles, (6) characters, (3) flags, a tape measure, one football and one bench.
- Test description: The player starts running from the specified starting point at the corner of the penalty area that is located with the goal line, as there is a ball (10 m) from the starting point and he has to roll the ball between four contra indications to the distance between each couple (longitudinally 4 m and the width of 2 m) and then complete the rolling with the ball Until the midfield line, to meet an

upright pass from both sides and a distance of (5 m) from this upright there are four people at different distances which are respectively (1.5-1-2-1 AD) and then after the pass from the side of the last post go to the goal And after (10 m) there is a post to pass from its side and pass the ball to the Swedish tilted seat with the running line to return to the ball and kick it towards the goal.

- Recording: time is counted from the starting moment to the scoring moment and (1/10) of the second is added in the event that the player collides with one of the signs and rests on the ground.

The Nelson Test for Selective Kinetic Response⁵:

The purpose of the test: To quickly measure the ability to respond and move according to the stimulus test.

The necessary tools:

- Tennis court: a flat, barrier-free zone with a length of 20 m and a width of 2 m within which three lines plan the distance between the line and the other (6.40 m) and the length of the line in the middle (1 m).
- Electronic stopwatch, tape measure.
- Administratively testing
 - Registered/calls on names first and records test performance second.
 - Timer/Start indication with timing.
- Performance specifications: The player stands at one of the ends of the midline in the face of the timer, which stands at the end of the other end of the line and the player takes the standby position so that the midline is between the feet and then he bends his body forward slightly and the timer grabs the stopwatch with one hand and raises it to the top and then quickly moves his arm to the left Or the

right and at the same time the clock is running and when the player responds to the start signal he tries to run as fast as possible in the specified direction to reach the side line that is away from the middle line a distance (6.40 m) and when the player crosses the right side line the timer stops the clock.

Test instructions:

- If the player starts in the wrong direction, the timer continues to run the clock until the player changes his direction and reaches the correct side line.
- The player is given (6) consecutive attempts between each attempt and the other (20) seconds of rest and (3) attempts on each side.
- Attempts are chosen on each side in a random and sequential manner.
- The timer must practice the starting signal in order to be able to give this signal to the arm and operate the watch at the same time.
- The player must not know the number of attempts required of him to perform it in order to reduce the player’s expectation.
- The test should start with the timer showing a signal (get ready - start) in all attempts.
- Recording method: the time for each attempt is calculated to the nearest 1/100 second.
- The test score is the average of the six attempts (total score = total attempts ÷ 6 = 0.00 Second).

Results

Table 1. Show the mean, the standard deviation, the calculated value (t) and the significance of the differences between the pre and post test results in the kinematic response speed of the research group under study are shown

Variables	Units	Pretest		Posttest		Mean diff.	SD diff.	(t) value		Indication of differences
		Mean	SD	Mean	SD			Calculated	Tabulated	
Kinetic response speed	Sec.	1.850	0.206	1.783	0.206	0.063	0.044	5.727	2.131	Sig.

* Table (t) value = (2.131) in front of the degree of freedom (16-1 = 15).

Table 2. Shows the values of the mean, the standard deviation, the calculated (t) and the significance of the

differences between the results of the pre and posttest in the skill performance of the research group under study

Variables	Units	Pretest		Posttest		Mean diff.	SD diff.	(t) value		Indication of differences
		Mean	SD	Mean	SD			Calculated	Tabulated	
Performance skills	Sec.	38.937	2.999	37	2.780	1.75	1.653	4.237	2.131	Sig.

* Table (t) value = (2.131) in front of the degree of freedom (16-1 = 15).

Discussions

This is what shows the extent of the effect of playing exercises according to the training network, which was applied in the training curriculum for young players to develop the speed of the motor response and skill performance in the football game, because the exercises contain the principle of excitement and suspense, which was characterized by the progression from easy to difficult and sound scientific planning, as he mentioned Training in football is characterized by planning, organization and continuity and on scientific grounds to ensure the duration of positive influence on the player's level and its continuity as an introduction to various aspects of football as the principle of gradual increase in the level of pregnancy and the correct timing of its repetition.⁶

The researchers believe that the development that occurred in the research variables is due to the influence of the independent variable (exercises by playing according to the training network) and the user according to correct and studied scientific foundations that were close to their performance in the real competition atmosphere, which contributed to the development of players' performance in the best way, in addition to the method and method of training The follower led to its positive reflection in the development of the speed of the kinetic response and its effect on the progression of the skill level of the players.⁷

The researchers attribute the reasons for the development of the level of skill performance and the speed of the kinetic response in the results of the post-tests to the effect of playing exercises applied in the two method of high-intensity and repeated training using the training network as well as the use of the correct repetitions of the chosen variables and correcting errors and treating them in a scientific, practical and educational manner correct and studied with giving an opportunity for players to perform The largest possible number of iterations and directing them to reach the perfect performance,⁸ which contributed to bringing them to a better level. And this is confirmed

that developing the level of technical performance of the players by providing an opportunity to increase the number of iterations as well as giving feedback to address errors during performance and teaching motor skills leads to correct player responses and directing his motor behavior towards the correct form that It raises the level of accuracy of skill education performance,⁹ and this is consistent with the advantages of exercises in the designated areas help increase the speed of movement and the transition speed from one place to another without the emergence of fatigue quickly as well as developing the agility and lightness necessary to develop performance in Different skills.¹⁰

Ethical Clearance: The Research Ethical Committee at scientific research by ethical approval of both MOH and MOHSER in Iraq.

Conflict of Interest: Non

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Conclusions

1. The results of the post test showed that there are statistically significant differences in the research variables.
2. The exercise exercises according to the training network have a positive effect in developing the speed of the motor response and the skill level of the research sample.

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