

The effect of special exercises in the circular and iterative methods in developing the distinctive strength with speed for the lower limbs and the accuracy of scoring football in the halls

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Abstract

Football for the halls is one of the exciting and popular team games for young and old due to the effects, speed and suspense it has as a result of developing the level of players physically, skillfully and plans, which made those concerned call it the game of multiple talents, as it requires high mastery of the individual basic skills on the one hand and coordinating work with members of one team on the one hand Others. Since the progress has included most sporting events and games, football halls that possess an asset of interest and popularity have evolved in their planning aspects, where sound early skill building based on modern scientific principles is the most important factors and requirements of modern futsal.

Physical fitness and its physical characteristics included an important role in the game and most scientists see that everything that happens in the game depends on the physical elements on which special fitness is built and it is not possible to play at a high level without this fitness.

The element of strength is one of its important elements that have an effective impact for the player, which coaches need to focus on and develop as modern football players must possess it in a manner that serves the implementation of skills as quickly as possible, which has become a feature of modern play for most of the teams presented in the world

The training unit that contains a number of exercises must set a scientific program for its application and practice in terms of the sequence of exercises, methods of implementation and repetition and times of work and rest in them, in order for the players to exercise them with more motivation and activity than it is, and that they are not used in a monotonous manner so as to send boredom in the hearts of the players.

As the modern practical method advocated by sports training experts is to call for diversification in educational and training methods and methods

In light of the foregoing, the importance of the research comes by using the exercises prepared by the researcher in the circular and iterative methods in developing the force marked by speed for the lower limbs and the accuracy of scoring football in the halls of the Diyala education team

Key words : *special exercises , circular , iterative , distinctive strength with speed.*

I. Introduction

The field of training was affected in recent years by the revolution of science and technology, as the training process took a form, structure and organization consistent with the state of the new development of the methods and means used in the training process. Trainers to choose the best and most recent methods that are appropriate to the specialized activity, with the aim of achieving and investing the specificity of training related to the type of activity in order to reach a direct impact to improve the skill, physical, functional, planning, psychological and mental level Football for the halls is one of the exciting and popular team games for young and old due to the effects, speed and suspense it has caused as a result of developing the level of players physically, skillfully and plans. Others. Since the progress has included most sporting events and games, football halls that possess an asset of interest and popularity have evolved in their planning aspects, where sound early skill building based on modern scientific principles is the most important factors and requirements of modern futsal.

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Research problem-:

Despite the fruitful results achieved by the efforts of scientists, experts and specialists in terms of training methods and methods, the training process is still dependent on traditional methods, and through the researcher's reading of the sports training curricula and his meeting with the coaches and teachers working in this game, who saw the preparation of exercises in the circular and repetitive methods of wishing and developing the force distinguished by speed For the lower limbs and accuracy of the scoring for the players of the Diyala education team, football in the closed halls.

research aims

-Preparing exercises with the two methods of circular and repetitive training in developing the strength marked by speed for the lower limbs.

-Knowing the effect of the exercises used in developing the distinguished strength with speed for the players of Diyala's football team in the halls.

-Knowing the effect of the exercises used in developing the scoring accuracy for the players of Diyala's national football team in the halls

Hypothesis search

-There are significant differences between the results of the pre and post tests in the strength marked by the speed of the players of the Diyala education football team in the closed halls.

- There are significant differences between the results of the pre and post tests in the accuracy of the scoring for the players of the Diyala education football team in the closed halls.

II. Research Methodology

The researcher used the experimental method because it is the best way to solve the appropriate research problem.

Research community

The researcher worked by selecting the research sample in the intended way, as "the intended sample is the one that the researcher intends to choose to circulate its results to all" (12) players for Diyala's national football team in closed halls, who represent the first experimental group for the education team (middle school), which is used Circular training and the second experimental group represented (12) players for the training center (middle stage), which uses repetitive training, and the second group is the Shahrban Club Sports Team for the junior, who are (12) players representing the control group.

Research Tools

To provide a set of devices and tools necessary for the purpose of using them to solve the problem, whatever those tools, and to make sure that these tools are suitable for research to achieve

hypotheses. In fact, the researcher used the devices, tools and means that helped the researcher to conduct his research, as follows:

- Electronic stopwatch number (2) • tape measure • tests and measurements.

The Testes

Measured variables:

The researcher worked to implement the field research procedures by conducting tests related to the subject of the research, which included tests (distinct strength in speed + scoring). After that, the researcher carried out his exercises on the research sample. At the end of the curriculum, the researcher conducted the post-research tests.

Applied Test

The researcher applied the exercises of developing strength distinctive with speed for the lower limbs and the accuracy of scoring using repetitive training, using some previous studies and scientific references to benefit from them when developing the curriculum as well as seeking the help of scientific and practical experiences and some experts in the field of sports training and the football game for lounges My agencies:

-The curriculum was applied to the research sample, and the researcher took into account the unification of all the circumstances of the curriculum, where the research sample was subject to the time of the training unit, its number per week, the size of the repetitions used and the rest periods between one exercise and another and the time of each section.

-It took ten weeks to complete the exercises at three units per week, and this is consistent with the opinion of (Klin zing: 1996, p78), (Shaky: 1997, p115) that the number of units per week is between (2-3) units and the number of weeks is not less About six weeks until development can appear.

-As for rest periods between one exercise and another, ranging from (1-2) minutes, and between groups (3-5) minutes, until recovery is restored, during which positive exercises and general muscular elasticity are performed, and this is confirmed by each of (Brittenham), (Abu Al-Ela: 1999, p. 64) where they assert that rest should be sufficient to restore strength and begin the next exercise.

Here are some clarifications about the training curriculum:

- The goal of the exercises is to develop strength marked by speed for the lower limbs and scoring.

- Intensity ranges between (65-100%(

Repeated training method used.

- The curriculum period reached (10) weeks, at the rate of three training units per week.

- The number of the total training units is (30) units.

Average training unit time for each group is (60) minutes divided into three sections.

First: the preparatory section: The time of the preparatory section of the curriculum reached (450) minutes to warm up.

Second: The main section: Its time was (1200) minutes, and it included the physical, motor and skill goals.

Third: As for the closing time, it was 150 minutes.

III. Results and discussed

View and discuss search results:

Display the results of a velocity test of strength for the three research groups and analyze them.

Table (1)							
It shows the arithmetic mean, the standard deviations, the calculated value (T), the tabular, and the significance of the differences for the three research groups in the strength test with the velocity							
Statistical data groups	Pre – Test		Post – Test		Calculated T-Test	Tabular T-Test	Signification
	A	Std	A	Std			
Control group Followed approach	4.0	2.9	6.0	1.3	3.3	2.7	Significant
First experimental group Cycle Style	4.5	3.2	8.5	5.0	5.0		Significant
Second experimental group Repetitive style	4.5	2.8	7.0	4.1	4.1		Significant

Table (2)						
The variance analysis of the dimensional tests of the force marked by velocity shows the three research groups						
Source of contrast	Sum of squares (SS)	df	Mean squares (MS)	Calculated(F)	Tabular (F)	Tabulated (Sig.)

Between groups	50.72	2	25.36			Sig
Within groups	185.72	69	2.6	9.7	3.18	Sig
Total	236.44	71				

-Scoring skill results for the three research groups are presented and analyzed

Table (3)							
It shows the arithmetic mean, the standard deviations, the calculated, tabulated value (T) and the significance of the .differences for the three research groups in scoring skill							
groups	Pre – Test		Post – Test		Calculated T-Test	Tabular T-Test	Signification
	A	Std	A	Std			
Control group Followed approach	18.5	3.1	21.10	2.0	3.7	2.7	Significant
First experimental group Cycle Style	18.0	3.3	22.5	2.4	5.6		Significant
Second experimental group Repetitive style	18.1	3.6	22.0	2.5	4.3		Significant

Table (4)						
Contrast analysis shows the dimensional tests of scoring skill for the three research groups						
Source of contrast	Sum of squares (SS)	df	Mean squares (MS)	Calculated(F)	Tabular (F)	Tabulated (Sig.)
Between Groups	60.30	2	30.15	10.3	3.18	Sig
Within groups	200.20	69	2.9			

Total	260.50	71	
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Through the results that have appeared in all the tests, it is clear that the three research groups have achieved their goals in the moral impact with the presence of significant differences between the groups, and the training units of the researcher exercises, which came in line with the optimal use of the training methods used in the research in a manner consistent with the degree of difficulty, have contributed to this. Physical and skill characteristics and correcting mistakes through the use of feedback and the optimal use of tools and supplies necessary for training. Tests have shown that the experimental group represented in the iterative method for players of the Diyala education team (prep) football in closed halls is the best in terms of moral differences and the researcher attributes this to that this type of exercise seems understandable, which happens that it allows the trainees an uninterrupted time to focus on Performing an important task, and for this the researcher has focused on the basic aspects that enhance the development of the ability to distinguish the force with speed during training, and this is what led the researcher to organize and adapt the speed of reflexes in coordinating movement, rhythm and nervous stimulation, which positively affected the outcome of speed and technical performance for it as it was done Benefit from repetitive exercises by means and tools as an aid to this development in achievement, as the application of exercises led to "improving the necessary elements for running speed by developing the possibility of singling out the research sample by increasing the strength of the muscle groups contributing due to the increased resistance over these muscles" (1.(

In addition, the nature of the training load (size and intensity) and regular training based on the correct scientific foundations have led to better results. In the opinion of the researcher, it came as a result of the effectiveness of his exercises used in the training program, which contributed greatly to this development and that movements of direction change are implemented mainly to exert a sudden stabilizing force to stabilize the foot in an instant and that the player can through this stabilization change his body from one direction to another direction and thus the muscles should Working with the two men to be at a high level of strength necessary to implement this confirmation, so it must be done with the lowest possible time of the decrease in speed decreases in the moments of fixation and this is what made the total time of all of these tests decrease in the post-test of the research sample, and the researcher believes that recent exercises which It was used in the implementation of the vocabulary of the training modules of the sample that contribute to developing the rapid strength of the muscles of the two men by increasing the adaptation of these muscles to the direction.

The researcher believes that his results will allow a better approximation of the views towards the use of the iterative training method and demonstrate its importance from the rest of the training methods for speed, as the exercises that were included in the exercises also included increasing the player's ability to quickly move the ball through the horizontal distances in a way that is compatible with the art of touching the ball When running fast and achieving the required angles between the degree of the body's correct form, which developed as a result of running in this situation, which

caused an increase in the effectiveness of the two men's movements and their work compatibility with the movements of the arms and in a way that achieved a similar speed ratio with the speed with which the player moves without the ball and this is what the researcher wanted to achieve And as little as possible for individuals in the research sample during their training, and to achieve the best scoring and as quickly as possible because this game requires a high possibility of rapid and sudden response during the scoring process.

Thus, the researcher believes that the iterative method can be the best for the basic skills training process, especially the scoring skill, which in turn leads to an increase in physical ability and hence the development that will occur in the skills.

IV. Conclusions and recommendations

Conclusion

Through the above presented results and the researcher's analysis and discussion of these results, he reached the following conclusions:

-That the training methods (my iterative and circular methods) have a positive effect on the process of developing some of the motor, physical and skill skills of football in closed halls.

- The training method (iterative) in developing the distinctive strength in speed and skill of scoring football in closed halls outperformed the circular and the established method.

Recommendations

Through what has been concluded, the researcher recommends the following recommendations:

- Emphasizing the use of my style (repetitive and circular) in developing other football skills.

- Carrying out similar research in various other games.

- The need to inform the football coaches of the closed halls and through practical sessions on how to apply the training methods and their importance in developing the physical and physical capabilities and the basic skills of the various games.

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