

# the Effect of Special Exercises in the Speed of Compatibility Abilities and Accuracy in the Development of Some Basic Skills in Youth Football

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## **Abstract**

*The consensual exercise is building a positive impact on the development of basic skills for youth football players. The progression of the compatibility capability training swelled quickly, accurately and with different intensity, low and high, had a great role in the mechanism of professional performance in football. The intermarriage of exercises between the skills used in speed training and harmonic accuracy has a positive effect on the level of skill development in football. Emphasizing the special harmonic exercises as it leads to the development of the speed and accuracy of the skilled performance of football. There is need to develop players through capacity building and other consensual exercises in a scientific manner, the positive effects in the development of basic skills in football. There is need to use different methods of exercises, consensual and not to rely on only one way.*

**Keywords:** special exercises, speed, compatibility, accuracy, basic skills, football.

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## **Introduction**

The nature of football differs in terms of detail and external form the player is affected by these different details (Raed, 2004). Modern training is an integrated process planned based on solid scientific foundations that work on the arrival of players to the high level of sports performance in football, which entails achieving this goal that the coach planning and organizing the abilities of his players physical, technical and mental and psychological and mental characteristics, that the preparation of the player from the young according to training programs codified and suitable from all aspects of physical, technical, intellectual and intellectual as well as to the level of compatibility of the level of compatibility Good and gradual categories even the teams are of great importance and many of the coaches of the world of the countries superior in football have been interested in the development of physical and mental training bases as well as psychological for their players believing that they are the foundation (Mohammed, 1999). Fitness is one of the most important foundations of the entire training process as this is evident in the role played by the physical competence in modern football, which is characterized by modern rhythm under different playing conditions and which requires a high ability of players to maintain the effectiveness of the performance throughout the game (Bo Al, 1977). The compatibility capabilities that form the desired dynamic compatibility group in addition to the mathematical technique are essential to ensure excellence and achievement in the field of sports and related to both

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motor compatibility and mathematical technique symposia of reception and processing of information and self-control in behavior and motor behavior and sense of movement related to performance so that the player reaches the harmony of movements and link them together to form an integrated training unit on the basis of the functional interaction based on the cognitive and sense of mobility (Ashraf, 2010). The importance of research is highlighted in finding exercises that integrate the speed and accuracy of compatibility capabilities together where the difficulty of performing them for all age groups and even applicants.

### Literature review

The players in the Iraqi teams are difficult to implement and achieve the speed and accuracy of applying basic skills in football, because of the lack of use of fast playing methods in their daily units and the reason for the lack of interest in modern training methods through which the training and implementation of skills is emphasized with the speed and accuracy required by performance, during the simple experience of researchers being players for some of the clubs advanced in the league noted that most coaches of youth teams do not use the compatibility exercises by linking speed and accuracy together through the training units of their teams and not linking them with the rest of the qualities Physical and other skills which affect the levels of performance in the matches, which in the cycle instructs the weakness of neuromuscular compatibility with exercises, which affects the cycle on the performance of the games so the researchers saw the study of this problem (Ashraf, 2010). Harmonic abilities are abilities that depend on the investment of motor sensation and the use of the central and peripheral nervous system for control, and from motor abilities such as balance, compatibility, motor agility and motor accuracy (Ya'ar, 2010).

### Methodology

*Research Approach:* Researchers choose experimental approach with the design of the pilot groups, Code Age more than scientific curricula appropriate to solve the problem of the search.

*Research Sample:* The research community was chosen in the random way of the youth football category and the sample was chosen in the random way as well, namely the police sports club and the sample" is the model on which the researcher conducts the whole and the center of his work on it" (Mohammed, 1999). The research sample of the police sports club youth football club players (30) players, where the number of actual players who did the tests are (20) players out of the total (24) where (2) goalkeepers and (2) players were excluded as a result of injury became the number (4), and the age of the players were the youth category of 17-19 years. Where the research sample represented (19%) of the research community

Table (1)

Statistical treatment of the tribal test of the control and experimental groups for the purpose of parity

		Control Group		Pilot Group					
variables	unit of measurement	Before Test		Before Test		degree of release	value of t	value of significance	Significance
		Q	P	Q	P				
scoring	D / tha	Trail transport hit 1.157	.3134	Irr 1,375	0.288	18	Show 1,777	0.092	Insignificant

Sit safely cradled	Tha	20.66	1.971	18.11	0.918	18	Was only 1.713	0.091	Insignificant
Handling	Repeat	14.50	1.958	15.1	1.663	18	0.739	0.470	Insignificant

**Devices and tools** :digital electronic timing clocks 1/100 of a second manual type (Casio) (3) electronic calculator (laptop) type (HP) number (1) camera (digital) goals and half football field. Football number (10) chargers number (24). 24. Sticks number (10) length of 1 m ropes of different dimensions. 5 m long band. Colored adhesive. It's a measurement. 20 whistles( 3) type (smtwtf) ground training ladder length 2.4 m and 50cm width (2).

*The tests used in* handling research feedback on the wall for 30 seconds, the test sit safely cradled between (10) common signs back and forth and the name of the test scoring toward the goal is divided into squares

*The main experiment (special exercises)*, a researcher using the method of training.04.2002 The first two weeks measuring 60-70%high intensity in the third, fourth and fifth weeks 80- 90%and weeks of training other recursive 90-100% the fact that speed and accuracy you need to undergo different training methods of each other until we reach the high intensity training exercise in the fact that building a variety compatibility need to low intensity first, high-Ii. develop game of football need to · Track & Field team coach (speed and strength) and undulation Training Program 3 - 1 Weeks for training course (weekly exercises the main part), three training units per week for eight weeks any(24) training units and most of the workout a vehicle (and skill), (compromise - and skill), and (2) Clarify the exercise models used .The exercises claim after the 11th hour for main unit part Training Courses 30 - 45 minutes, depending on the objectives of the exercise.

## Results

### 1. Statistical treatment of tribal exams has passed the officer and experimental conference 088-2354130

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Statistical treatment of tribal exams has passed the control and experimental conference 088-2354130

variables	unit of measurement	Before Test		After		degree of release	value of t	value of the significance	Significance
		Q	P	Q	P				
control Group									
scoring	D / tha	Trail transport hit 1.157	.3134	1,126	0.354	9	.503	.672	Insignificant
Sit safely cradled	Tha	20.66	1.971	19.664	1.790	9	Owms 2.403	0.047	significant

<b>Handling</b>	Repeat	14.50	1.958	14.50	3.865	9	.008	0.980	Insignificant
<b>Pilot Group</b>									
<b>The scoring</b>	D/ tha	Irr 1,375	0.288	1.796	0.289	9	Totaling 5.193	0.001	significant
<b>Sit safely cradled</b>	Tha	18.11	0.918	16.810	0.324	9	4.588	0.001	Moral
<b>Handling</b>	Repeat	15.1	1.663	18.60	1.350 mts	9	7,000	0.000	Moral

The researcher attributes this development to the fact that the construction of exercises in particular has been based on a scientific method in the rationing of training loads, which is commensurate with the level of the members of the research sample, as the principles of training science were relied on in the formation of exercises used and included special exercises, which led to the development of the level of adaptation of the players through their use and this achieved the researcher "by using the rationing of exercises, especially by controlling the intensity of training and the quality of the exercises. A clear effect on the development of the level of players in the performance of variables by choosing training on special exercises suitable with the nature of the sample, "choosing the right exercises enables the trainer to develop qualities skills and compatibility and at the same time work on the mastery of the player's skills" (Hanafi, 1998).

## 2- Statistical treatment of the remote test for the control and experimental groups and their discussion

Table (2)

Statistical treatment of the remote test for the control and experimental groups

		control Group		Pilot Group					
variables	unit of measurement	After Test		After Test		degree of release	value of t	value of the significance	Significance
		Q	P	Q	P				
<b>scoring</b>	D / tha	1,126	0.354	1.796	0.289	18	6.205	0.001	Significant
<b>Sit safely cradled</b>	Tha	19.664	1.790	16.810	0.324	18	4.512	0.000	Significant
<b>Handling</b>	Repeat	14.50	3.865	18.60	1.350 mts	18	4.686	0.000	Significant

In addition, the exercises were consistent for the attitudes and situations of play and this led to the improvement of the players even in the compatibility of their movements with the ball and then the performance of the skills without mistakes, and through the low load of strength became the performance of a good mechanism and influential to

acquire skills with speed and accuracy compatibility. The training phase using various low, sub-maximum and maximum stresses has had a significant impact on the development of matching exercises with both speed and accuracy and the good implementation of the exercises (**Munther, 2000**). The use of the graduated training method for low-intensity, high-intensity and repetitive training has also greatly affected the mating of speed and accuracy of harmonic and skillary exercises." That the development of the level of players with rapid performance and high accuracy to develop the skills and compatibility abilities that came as a result of the use of these special exercises new and effective and developed scientifically correct and orderly depends on the emphasis on the correct performance and accustomed the players to the appropriate fast-paced behavior at the right time for the importance of that, "the more interest in providing training similar to the positions of competition can teach the players the right skill better, as the player learns to think and aim quickly, the thinking slow and the frequency allows the opponent to intervene to spoil the scoring ( **Hanafi, 1998**). The researchers attribute the existence of moral differences between the skilled tests to the special exercises carried out in the main part of the experimental group based on the foundations and principles of training science and took into account the specificity of the effectiveness to reach the adjustment with the consideration of increasing pregnancy scientifically and logically and gradually and these principles all led to the success of the compatibility exercises and the high skill level of the experimental group. The researcher is likely to have the moral results in all the above special harmonic exercises, which contained many diversity using them, which affected the development of scoring skills, rolling, handling, rapid execution and high accuracy confirms (**Taha, 1989**). The development of motor skills is always linked to the upgrading of harmonic abilities and the presence of abilities is an easy factor for skill development (**Taha, 1989**). Through our review of all the tables, it is possible to observe the moral differences in the skill tests that are aimed at achieving the skill of scoring with high speed and accuracy, if the special exercises of harmonic abilities give the ability to positive motor, the ability to assess the situation, and the ability to adapt to changing situations), The diversification of the exercises and the integration of the speed and accuracy of the compatibilities led to the excitement of the players and increase their motivation towards progress and raise their level of scoring importance in the daily exercises and did not without the training without the scoring without having to score a share in them and because these exercises are designed in a similar atmosphere to real play and agrees with (**Salem, 1988**). He says that "the training must be formed on the goal so that it is in accordance with the real circumstances that occur with the matches as much as possible, such as the exercise contains some sudden situations or variables in which we find the player surrounded by the defenders from directions He made it up to try to close the roads in front of him or to grab the ball and distract it from his feet" (**Ahmed, 2008**). Accuracy also has an active role in scoring, which cannot succeed without it, and this is clear on the players of the experimental group through the performance of compatibility exercises with high accuracy, which has a positive effect on the inevitable result of the rapid skill scale of high accuracy in scoring" must be linked when training on the implementation of rapid performance and link it to the high accuracy of the skill of scoring. The formula of dual and reciprocal development is characteristic of the modern training process" (**Salem, 1988**). The player's mastery of the duties within the special exercises prepared by the researcher pushes him to exercise and to play with greater enthusiasm and reach him to the highest technical levels and be a trump card in the hands of a trainer to implement his

ideas and plans during the official competitions and indicates any (Allawi) that "full mastery of skills - mobility in terms of the ultimate goal of the process of preparation skills - plans based on reaching the highest levels of sports, no matter how the level of physical qualities of the individual athlete and no matter what characterized him from morality and will not achieve the desired results related to the desired Mastery of motor sports skills in the type of specialized sports activity in which he specializes (Mohammed, 1994).

## Conclusions

- 1- The consensual sadc building positive impact on the development of basic skills for youth football players.
2. The progression of the compatibility capability training swelled quickly, accurately and with different intensity, low and high, had a great role in the mechanism of professional performance in football.
3. The intermarriage of exercises between the skills used in speed training and harmonic accuracy has a positive effect on the level of skill development in football
4. Emphasizing the special harmonic exercises as it leads to the development of the speed and accuracy of the skilled performance of football.
5. The need to develop players through capacity building and other consensual exercises in a scientific manner, the positive effects in the development of basic skills in football0
6. The need to use different methods of exercises, consensual and not to rely on only one way.

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