

The effect of exercises using tennis balls and the helping tools in some basic skills for Futsal women players

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Abstract

It was for tools to help the training of tennis balls positive impact in raising the level of basic skills (handling, suppressions, scoring). It is advised to increase motivation and suspense among the experimental group players while carrying out their exercises. The exercises used for the experimental group, although difficult, further improved the neuromuscular compatibility of the players. The reliance on the speed of implementation of exercises before the correct performance of skills increased the level of skills. Reliance on prepared exercises used in research to develop the basic skills of female gymnasts. It is advised to Use tennis balls and balls of different weights and sizes in order to develop the basic skills of the players. Diversifying training aids, tools and training methods during the training units. There should be Interest in women's football, especially age groups, by clubs and the Iraqi Football Association.

Keywords :exercises, balls tennis, the skills of basic, players, football.

Introduction

The football game for halls was split from open field football as it is practiced by different age groups and for both genders, and this is what distinguishes it, as all specialists, academics and specialists work to find the best ways, means and scientific methods to develop and improve the reality of the game, and this game entered Asia in 1960. and sell d that this entered the game in Iraq in 1999 after it was approved by the Iraqi Football Federation at the request of the Asian Football Federation this to spread the game and expand the base where (Emad, 2005) where he took the attention by the officials of the game in raising the efficiency of the players and all aspects (physical, skill, tactical, psychological, cognitive), trainers and administrators.

Literature review

The gymnasium football game requires that the player be of high skill and physical capabilities and abilities in addition to that it also helps to develop technical skills effectively in the best (Doaa , 2014) , due to the specificity of the game and the narrow playing areas and small spaces necessitating the player to be at the highest level in All aspects, especially the skillful aspect, in which football skills for gyms are the backbone of the game, for the player who has high skill and ability to control the ball, he can overcome most of the difficulties that face on the field and thus achieve superiority and victory, and accordingly the training tended to pay attention to The skill aspect and the foundation of the player with a high level in basic skills, which in turn will be fully reflected in the performance, which consists of the tactical and the physical side . He conveys (Yaareb, 2010) from (William , 1988) that the training age and experience of players under the same circumstances affect their skill level and plans, as well as advanced players determine the stimuli of the environment through available and special information and help them in quick and accurate responses to each specific circumstance. As for the results of (Abd Ali, 1988), the use of new exercises that the athlete is not accustomed to raises the level of athletic achievement quickly, which carry special and appropriate doses. The study (Azhar, 2018) also proved that the use of combination exercises contributed to increasing the success rate of scoring goals, as well as improving the time and accuracy of the offensive tactical principles, and the skills were optimally invested in the players . The aim of skills training "is to learn, master and prove them so that the player can perform economically during matches, and that the main goal of technical performance means controlling the ball in all playing situations (Imad-Eddin, 2007). And football for halls

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does not differ in the process. training between men and women in the training of the basic skills of the game and in the use of assistive tools in training and have great importance in football training halls , including saving time and effort for the player and the coach and help in organizing the addition of training unit training a large number of players at a time and one (Nahda , 2008) and proven study (Nahla, 2018) The use of multiple means and assistance in the training units will lead to the development of the cognitive and skillful side of the athletes, including referees, especially the speed of transition and video testing. Hence the importance of research in programmed training, which contains a methodology for training basic skills and using training tools in several ways and methods sound P gradient in skills contribute to the achievement of the objectives of training, and for the basic Rat of a significant role in the achievement of individual excellence and collective in DONC matches and e Na emerged as the research problem of the researchers after the follow - up to the Iraqi Football League lounges for women where users and through their practical experience as trainers and members of the committees of the Iraqi Federation of football that there is weakness in general in the basic skills of the players and therefore there is an impact on the performance skills of the team despite of their training in the clubs rely on the basic skills and physical abilities and motor dependent balls and legal exercises are similar and simple , since the study aimed at the number of exercises rollers tennis and tools to help and identify this effect of exercise in some of the basic skills of football halls.

Methodology

The researchers used the experimental method with two equal control and experimental groups in order to suit the nature of the problem, and the introduction of the independent variable on the experimental sample, which is tennis balls instead of football, in most of the exercises. The research community was identified, which represents the 6 soccer clubs for women's halls in the Baghdad and Middle Euphrates region. Clubs which are (Al-Jawiya, Baladi, Diyala, Al-Hodoud, Babil (Al-Baladi), Naft Maysan) , as the researchers deliberately selected a club of my country as a research sample and the number of (18) players, which represents (20.45%) of the research community after If the researchers excluded the goalkeepers , and the sample was divided into two groups equally as a control, each of them (9) players were conducted after finding the equivalence of the sample between the experimental and control group in order to return the differences to the experimental factor, as the two groups must be completely equal in all The differences except for the experimental variable that affects the experimental group " (Thouqan, 1988)

Table (1) parity between the pre - test for experimental Aldha two groups duck

T	Variables	The calculated value (v)	Sig(Significance value)	indication
1	Handling	2.077	0.052	Immoral
2	Scoring	0.526	0.526	Immoral
3	Damping	0.974	0.343	Immoral

Significance value (sigSignificant if its value is less than 0.05 at a 0.05 error level and with a degree of freedom (16)

the researcher Used a large number of media collection died Arab and foreign observation, tests, measurements and tennis balls number 30 rings, sticks and ropes were selected basic skills by researchers (handling, suppressions) The tests search for the c d Meh are:

1. Handling accuracy test (Doaa, 2014) Test name: Handling towards a small target at a distance of 10 m.
2. Scoring accuracy test (Shahd, 2016) Test name: Scoring test divided into numbered squares on both sides.
3. To test the stopping (damping) movement of the ball (Baath, 2014) Test name: stopping (damping) ball movement test.

The researchers conducted the exploratory experiment on 12/26/2019 in the stadium of the Biladi Sports Club, while the pre- tests of the research sample for the experimental and control groups were conducted on 1/5/2020 and on the hall of the College of Physical Education and Sports Sciences for Girls , and the researchers applied the main experiment (8) weeks, i.e. (16) training module by two units training in the

week and a time (25 - 35) minutes from the main section of each training unit and a group pilot only, as t m preparation exercise by the researcher j n relying on news of interest to the scientific and practical as they are trained and academics n based on sources Modern scientific and in each training unit the number of exercises was (3-4) skill exercises using tennis balls and auxiliary means. At first it was simple exercises and then their difficulty increased. The researchers adopted the level of difficulty of the training unit and the exercises depended on the participation of (2-3) players in each exercise. Home experience 6/1/2020 up to 6/3/2020 , and after the completion continued of training modules for the period prescribed for the experience major was conducted posteriori tests on 9 /3/2020 , which keen n as much as possible to create similar conditions for tests heartfelt in terms of time and place And implementation procedures, and appropriate statistical means were used to extract the results by means of the statistical bag (SPSS) Which is the arithmetic mean, standard deviation, t test for independent samples, test samples t independent third party .

Results

Table (2) the calculated value of t and the significance between the pre and posttests of the control and experimental group

T	Variables	Groups	The calculated value (v)	Significance value	indication
1	Handling	Female officer	1.61	0.14	Immoral
		Experimental	3.44	0.00	moral
2	Scoring	Female officer	1.40	0.19	Immoral
		Experimental	3.00	0.01	moral
3	Damping	Female officer	1.76	0.11	Immoral
		Experimental	3.10	0.01	moral

Significance value (Significant if its value is less than 0.05 at a 0.05 error level and with a degree of freedom (16)

Table (3) the calculated t value for the post-tests between the experimental and control groups and their significance

T	Variables	The calculated value) v(Significance value	indication
1	Handling	3.41	0.003	moral
2	Scoring	3.15	0.005	moral
3	Damping	3.31	0.003	moral

Significance value (Significant if its value is less than 0.05 at a 0.05 error level and with a degree of freedom (16)

The researchers attribute the significant differences to the experimental group is the effect of the independent factor, which is exercise using tennis balls and assistive devices which are “a set of equipment and assistive tools that are used to improve and facilitate the process of sports training, as it increases interest and kind in the training process” (Bilal , 2011) . As well as gradually increasing the difficulty of exercises and increasing their harmonic and mental abilities due to the type of balls. This is confirmed by (Furat, 2011)

that the football game for halls requires the implementation of fast and accurate movements and skills in various situations, as well as the football game needs mental capabilities with a high level for the correct preparation at the required level during the performance of technical movements of the players and their implementation repeatedly And at high speed. The researchers also attribute the diversity of training methods in the units, the different exercises and their renewal, and the reliance on unfamiliar exercises, organization and continuity in carrying out the exercises, most of which were similar to game and match situations and the gradual difficulty in them led to the display of the moral differences in the pre- test of the group and the experimental and this is what he said (**Qasim , 2005**) that Diversity using training methods and methods contributes to the acquisition of diverse harmonic capabilities that have a close relationship with technical skills and activities, especially in the science of sports training. As for (**Ahmed, 2007**) confirms that the practice of organized games give the speed of response best reaction from the exercise of individual games because of multiple stimuli and dozens of movements that surprised the player during the games and the player whenever the technical level rose Art effective level of reaction speed . Or a (**Yareeb, 2010**) says a lot of games require a quick reaction to match the movement of members of the two teams and there are more than 20 during the reaction per second and these Mafth players during the execution of difficult exercises. As for (**Abu Al-Ula, 1993**), the player's results are better when he performs specialized skills using exercises consistent with the nature of the general shape of the game. And confirms (**Luiselli, 2011**) that the implementation of complex skills in conditions similar to playing leads to the development of the player's skills in various situations encountered during the match. (**Saad, 2004**) asserted that the diversity in training and the change in its methods helps the athlete in developing and improving his skill level. Mostly, feedback was given to the experimental group at various times during the implementation to correct the errors, since the exercises are new and complex and have many training auxiliary tools in addition to tennis balls, as (**Saher, 2017**) proved that his experience is that giving feedback before and after performing the exercises helps in correcting mistakes by using the skill and tactical training aids and swans Warren vehicle. As for (**Schmidt , 2000**) "That individuals increase their energy and motivation with increased feedback, as well as enhance correct performance and avoid wrong performance," as he mentions (**Buck, 1990**) "" Increasing the rate of success in performing skills when developing training strategies and using repetitions of exercises similar to playing situations.

Conclusions

1. Tennis balls and training aids had a positive effect in raising the level of basic skills (handling, suppression, scoring)
2. Increased motivation and suspense among the experimental group players while carrying out their exercises.
3. The exercises used for the experimental group, although difficult, further improved the neuromuscular compatibility of the players
4. The reliance on the speed of implementation of exercises before the correct performance of skills increased the level of skills
5. Reliance on prepared exercises used in research to develop the basic skills of female gymnasts
6. Using tennis balls and balls of different weights and sizes in order to develop the basic skills of the players.
7. Diversifying training aids, tools and training methods during the training units
8. Interest in women's football, especially age groups, by clubs and the Iraqi Football Association.

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