

The Effect of a (Educational - Training) System Using the Stations Method in Developing the Level of Performance of Some Basic Skills of the Maysan Football Team Players

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Abstract-In the introduction to the importance of the research, the researcher dealt with the importance of using the (educational - training) system to teach some basic football skills using the stations method, where knowledge is provided to the players during the training period. Help him to visualize the skill that Ti Jan Ha wants to see through her steps and her ability to understand those steps with a good level of intelligence and enjoy good health that helps him with motor and skill performance, and social peace through obtaining family support is the prominent role in the psychological support of the player. The research problem was that the use of known traditional methods that are constantly repeated sends boredom to learners or trainees alike, especially with younger age groups, and through the results of the posts on that school, they were tested against it by a special team for Maysan education without any development in the level of performance and accordingly, the diversity of training methods And the use of systems that support these methods and the diversity of measures taken during training is what the researcher worked on using an educational system based on the station method. The aim of the research is to prepare a (educational - training) program using the stations method and the effect of the system (educational - training) by using the stations in developing the performance level of some basic skills of the Maysan football educational team. The research imposed by the system for using (educational - training) for stations (B) has a significant effect on developing the performance level of some of the research sample's skills. There are also statistically significant differences between the pre and post tests of the research group in developing the level of performance of some basic skills of the research sample. The researcher used the experimental method. The research sample represented the players of the Maysan educational football team. The number of the sample was 16 players out of a total of 22 players, representing 75% of the research community. Pre-tests and dimensionless tests were performed after performing statistical procedures that were reached after the results of using the (training education) system using a positive effect method in learning basic football skills, and it was found that there are statistically significant differences in the STAT vision between the pre-tests and dimensional tests for the research group and in favor of the subsequent tests The researcher recommended using the educational training system for other age groups and other sports.

Keywords: Educational, Training, Stations Method, Football Education, Statistically

The first Door

Definition of research

Introduction and importance of research

In the introduction to the importance of the research, the researcher tackled the importance of using a (educational - training) system to teach some basic soccer skills using the stations method, where knowledge is provided to the players during the training period. Help him visualize the skill Ti Jan Ha wants to see through her steps and her ability to understand those steps with a good level of intelligence and enjoy good health that helps him in motor and skill performance, and social peace through obtaining family support is the prominent role in the psychological support of the player. The research problem was that the use of known traditional methods that are constantly repeated sends

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boredom to learners or trainees alike, especially with younger age groups, and through the results of publications in that school, they were tested against it by a special team in order to teach Maysan without any development in the level of Performance and thus the diversity of training methods and the use of systems that support these methods and the diversity of measures taken during training is what the researcher worked on using an educational system based on the station's method. The research aims to prepare a (educational - training) program using the stations method and the effect of the system (educational - training) by using the stations in developing the level of performance of some basic skills of the Maysan football educational team. The research imposed by the system to use (educational - training) for stations (B) had a significant effect on developing the performance level of some of the research sample's skills. There are also statistically significant differences between the pre and post tests of the research group in developing the level of performance of some basic skills of the research sample. The researcher used the experimental method. The research sample represents the players of the Maysan educational football team. The sample number was 16 players out of a total of 22 players, representing 75% of the research community. The preliminary tests and the tests were carried out without dimensions after conducting the statistical procedures that were reached after the results of using the (training education) system using the method of positive impact in learning basic football skills, and it was found that there are statistically significant differences in statistics. The vision between the pre-tests and the post-tests for the research group, and for the benefit of the subsequent tests, the researcher recommended the use of the educational training system for other age groups and other sports.

Research problem

Through the researcher's follow-up to school tournaments at the level of educational directorates, as well as the accumulated experience of working in this field, as well as what has been discussed in the importance of research, the research can be identified. The problem is that adhering to the known traditional methods of transferring knowledge and training information to players has become boring and will not add to them much of the information they need to perform the sports skills that they intend to learn, and it can be seen through the centers they occupy during competitions, and see the results of the school tournaments that are held annually. At the sports team level for the Education Data Manager to participate in these competitions can be predefined and the sports teams that will do so. Occupying the first places in the tournament, which means that nothing was presented to those teams to develop their technical or skill level, which led to the creation of an incentive for the researcher to work on studying this problem through a training educational system using the stations method in order to develop the performance level of the Maysan educational team players Football Association during the preparation phase for the annual tournaments held by the association. Directorate of School and Sports Activities in the Ministry of Education for Education Directorates in the Iraqi governorates covered by the competition.

Research aims

1. Preparing an educational (training) program using the stations method in developing the performance of some basic skills of the Maysan football team players.
2. Identify the effect of the (educational training) system by using the stations method in developing the single disease level of some basic skills of the Maysan football team players.

Research hypotheses

1. The failure to use the (educational training) system by using the stations method has a significant impact on developing the level of performance of some basic skills of the Maysan football team players.
2. There are statistically significant differences between the pre-tests and the Dimensional Research Group in developing the level of performance of some basic skills of the Maysan football team players.

Research areas

The researcher defined the fields of research as follows:

- **The human field** - :Maysan football team players.
- **Temporal area** - :the period from 8 201/ 9 / 5 to 8 201/ 11 / 5
- **Spatial field** - :The football field in the Scout Camp of the General Directorate of Maysan Education.
- **Definition of terms**

The System

A system is every compound of a group of elements that have functions and have organized relationships between them. All this performs a purposeful activity and has features that distinguish it from others. (Zoukan, p. 267) [1] It was known (Ali Atshan, p. 4) [2] as a comprehensive process that includes only the mam factors that affect access to effective performance, and these factors are a component consisting of four stages that include the social, mental and health stage in addition to To the medical trip.

The style of the stations

A sailing station is one of the teaching methods aimed at the field of physical education and often serves the purpose of stabilizing motor development skills and physical characteristics. (3) It was mentioned (Afaf Abdel Karim, 1990, p. 229) that the station method performs different work at the same time, and often the teacher or trainer takes an important administrative role when applying this method, as he works to maintain the productive work and determines the time of work from Station to station, and if the player or learner has mastered, the Independent Work Skills Handbook the trainer or teacher will dedicate himself to freely navigating the powers of pain and input from being elements of this technique or to providing assistance to bite learners. (4)

Chapter Three

Research methodology and field procedures:

Research methodology

The researcher used the experimental approach in proportion to its suitability and research requirements, and in this area the researchers agreed that the foundations of the experimental approach are to use the experiment, make a change in the experimental variable and monitor its results on the dependent variable, and the use of this approach contributes to controlling the experiment procedures and removing the external factors that affect On the results of the experiment. (Thuqan and Saleh, 1987, p. 243) (5).

Research community and sample

The researcher determined the community to search for a team for the quarterback Maysan football team for the academic year 20/18/2019 with a total of 2 players. 1 6 of them were selected to be the research sample. This sample is by lottery after passing the criteria on the stages of the educational system under consideration. B (Social approvals related to the secret Players, psychological, health and medical tests, and these criteria have been applied because of their important impact on the nature of skilled performance. Players.

Experimental design

An experimental design is defined as the plan according to which individuals in experimental conditions or experimental treatments are assigned to the individuals in the study sample. (Hashem Al-Khatib, 2012: 137) [6] Accordingly, the researcher adopted the experimental design with one set of pre and post test as follows:

Post test	The educational -training system in the station style	Pre-test	Search group
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Diagram representing the experimental design of the research

Means, tools and devices used in the research

In all empirical research, this means trying to find a solution to a problem. Therefore, a set of necessary tools must be available for the purpose of using them in the process of obtaining accurate data and information. (Banned, 186: 2 200) [7] For this purpose, the researcher used the following tools and equipment: questionnaire forms, data collection forms and measures, test results, personal interviews, educational curricula, the Internet, and tests. , Measurements, Arab and foreign sources and references, tape measure No. (2), to measure lengths, number of balls (7), stopwatch type (sports timer (5), 1.5 meters height, computer (hp)).

Field research procedures

Determine the variable v Search

After reviewing previous studies and some sources and references related to research variables, the researcher took the following procedures:

Identification of medical, health, mental and social tests:

Social approvals

Most of the players are from young age groups, and because most of them are students, which requires taking some measures to help the educational system succeed. Accordingly, the original approvals were obtained from the parents,

and they did not object to the registration of their children in the school team that represents the Directorate of Education during the tournaments held by the Ministry. (Appendix 1)

Health tests (hearing – consideration)

These tests were conducted on hearing and vision cases by presenting the players to the central examination committee of the Health Department in Maysan Governorate, where the examination proved their good audio and visual condition (Appendix 2)

Mental identification tests

The researcher and the efforts of the mental examination staff assistants used the Raven test, which is an intelligence test consisting of (3) groups, each group consists of (12) items and each paragraph has five drawings, so the total of dilemmas or tests is 60 items, noting that the time spent on the test is for at least an hour In a place where a quiet and relaxing test is taking place on 1/10/2018. Ie, before starting to apply the experiment Appendix (3)

Determination of medical examinations

The presence of medical conditions among the players of the sample will inevitably affect the performance of the players and some of them may experience serious medical complications while playing, as well as conducting tests to ensure the safety of these diseases, heart disease, high blood pressure, tuberculosis, diabetes and kidneys and this is what the researcher did by presenting all the players to the committee The medical department for the various specialties mentioned in cooperation with the Department of Al-Sadr Teaching Hospital and passed the test remained among the final members sample. In general, any player who does not pass any of these checks or whose family or guardian does not agree to play or travel with the school team has been disqualified.

Identify basic football skills

Through the researcher's review of a set of scientific sources and references related to basic skills in the game of football, a questionnaire was presented to survey the opinions of Iraqi experts in some Iraqi universities to determine the most important basic skills that fit the research requirements. (Appendix 4) where the data were collected, unloaded, and then processed. Statistically according to the degree of importance, using the weighted average and relative weight to extract the extent of agreement on the most important skills, and accordingly, three skills were nominated, which got 80% or more, which are (handling, suppression and registration) and as shown in (Table 1)

Table (1) shows agreement on the views of experts and competent persons on basic research skills for a candidate reel foot

Candidate skills	Weight percent	The significance of variables 1-5 is the weighted mean	Number of experts	basic skills
Handling	%100	5	10	ball hitting the) Handling (with the foot
Putting out	% 80	4		Putting out
_____	% 60	3		Dribbling the ball
Scoring	%100	5		Scoring
_____	%60	3		Dribbling and Deception with the Ball
_____	%20	2		Heading the ball
_____	%20	2		Attacking the ball

Determining skill tests for the candidate skills

Based on the nomination of experts in basic football skills, under the researcher's access to a number of measurement sources and to meet WIM and Tarih scientific and contacts related to the tests, a questionnaire form was prepared for the purpose of the most important nomination tests basic football skills and presented to a group of experts and

specialists, after which the number of tests is sprayed The codified and applied in our schools and playgrounds, as evidenced by a number of studies, including the study (Ali Atshan 2009) and beyond. Presentation of the questionnaires to the experts, data dumping and processing were collected here, using the percentage of the researcher who approved the tests that obtained the highest percentage of agreement. (Table 2)

Table No. (2) Shows the percentages of research test skill that have been awarded the highest percentages by experts and specialists

percentage	Non-conformists	percentage	The Accepters	Number of experts	measuring unit	Test target	Candidate test	Basic soccer skills	No.
%0	zero	%100	10	10	Degree	Measurement of handling accuracy	Handling the ball towards a target drawn on the ground	Handling	2
%10	1	%90	9		Degree	Measuring accuracy in stopping and controlling the ball	Dampen (stop) the movement of the ball in a square of 2 x 2 m	Quenching	3
%0	zero	%100	10		Degree	Measuring the accuracy of scoring	A test of scoring balls towards a goal divided into 3 regions	Scoring	4

Specifications of the Candidate's Proficiency Tests

Handling test (Enhanced, 1991: 159) (8)

The purpose of the test: to measure the accuracy of handling

Tools used: Burke to mark circles, number of balls (5), flags up 1.5 sets the center of the central circle, whistle.

Test description:

- Identifying (3) circles of diameter (3) m, (5) m, (7) m, at a distance of (15) m from the starting line.
- The ball is placed on the starting line and the tester is ready to hit the ball when indicated.

- Sign Up:

The total points obtained by the student are recorded as follows:

- _ (3) points for the central circle of diameter (3) m.
- _ (2) Two points for the central circle with a diameter of (5) meters.
- _ (1) One point for the central circle with a diameter of (7) meters.

Directions: Each player is given (5) attempts, as a player using both feet.

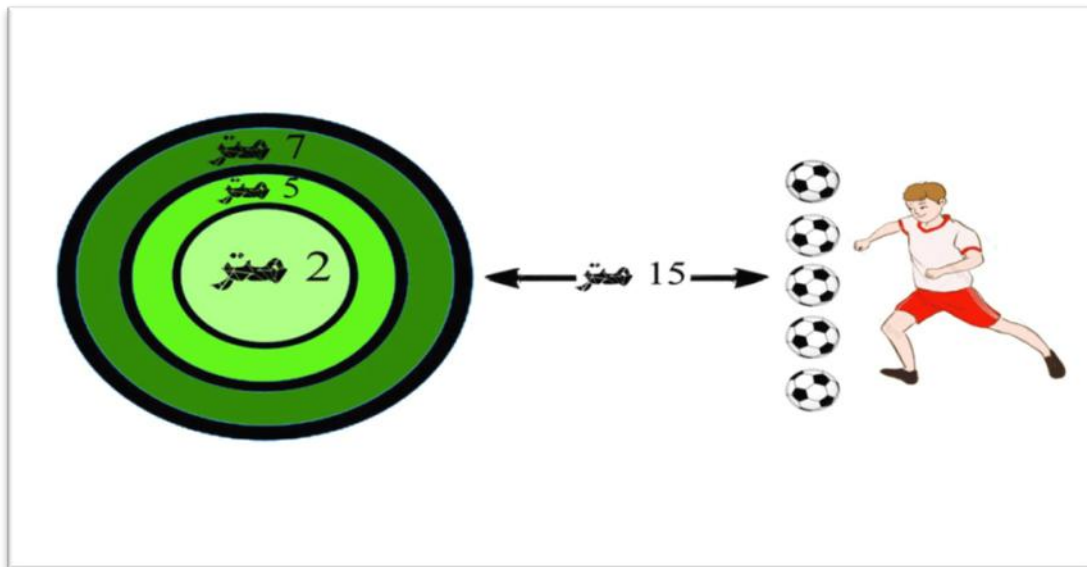


Figure No (1) .illustrates the handling test

The Repression Test (Al-Azzawi, 1991: 77) (9).

The objective of the test: to measure the accuracy of stopping the ball and regaining control of it on the side of the foot, foot, thigh or chest.

- Tools used: five legal balls, a hock, a whistle.

Exam procedures

Test the planning area as shown in Figure (2)

- The player stands behind the test area.
- The player stands with the ball on line (A) and after giving the signal to start throwing the ball (high), the player who leads from the line to the inner area of the test begins, trying to stop the ball with any part of the body except the arms and then return to the line first, and so the player repeats Retrying (5) consecutive times.
- The ball should not be stopped behind the line in the area designated for testing, with one foot inside the test area.
- If the teacher makes a mistake in throwing the ball, the attempt is repeated and does not count.
- The ball is thrown with a movement of hands from bottom to top and the attempt is not calculated in the following cases:

A- If the player does not succeed in stopping the ball.

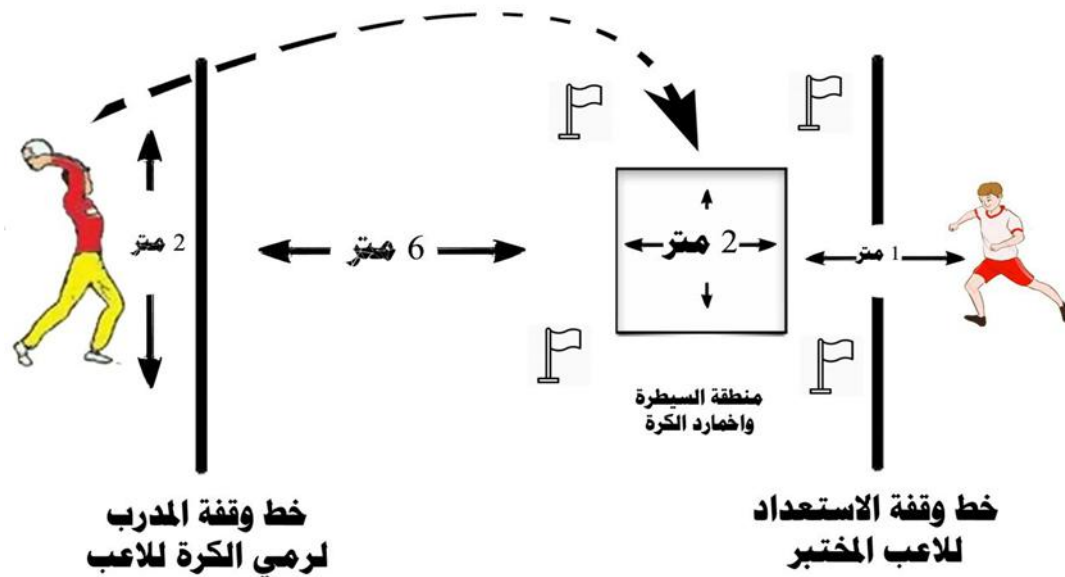
B- If any of the lines exceed the test area.

C- If he stops the ball in an illegal way in football.

How to register

- Two scores are given for each valid attempt.

Ten scores are given out of a total of five attempts.



(Figure (2) shows the test to stop the movement of the ball (damping

D- Scoring test. (Raad Hussain Hamza, 107: 1003) (10)

- Test name: A test of scoring (7) balls on a target divided into (3) zones. (Raad Hussain Hamza, 2003: 108) (11)
- The purpose of the test: to measure the accuracy of the recording.
- The tools used: (7) a soccer ball, a marker, and a rope to divide the goal into specific areas, Figure (4)

Method of performance

Seven balls are distributed in the penalty area, and the player begins running from behind the person on the penalty arc towards the first ball, then aims and returns to rotate around the person, then goes to the second ball and so on with all the balls. , And recording is performed from the playback position.

How to register:

The score is calculated from the total points that the player gets from scoring the seven balls, as follows:

- The player is awarded (3) points if the ball enters the two designated areas (1,3)
- A player is awarded one score if the ball enters the two designated zones (2)
- The player is awarded a zero if the ball goes out of the throwing area.

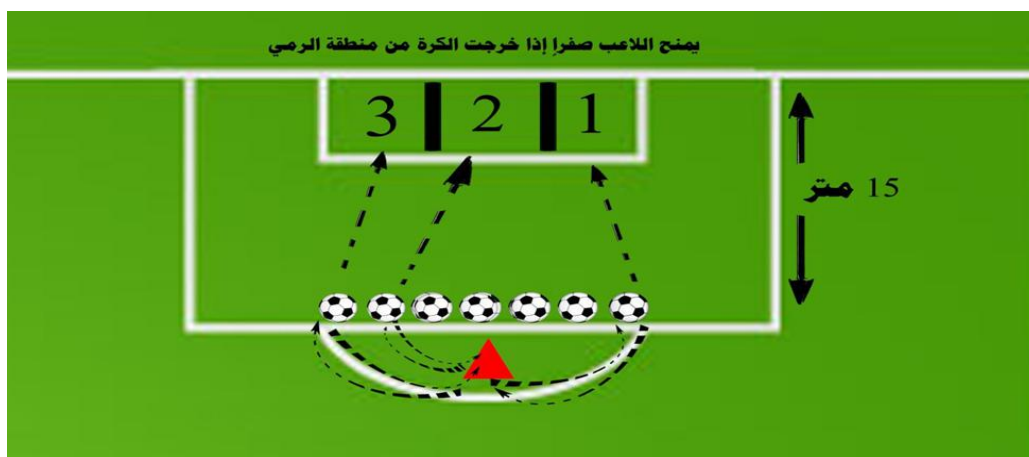


Figure (4) illustrates the scoring skill test

Exploratory experience

An exploratory experiment is the process of exploring the conditions surrounding the phenomenon that the researcher wants to study, which is the detection of mysterious rings, and it is one of the very important and necessary means in conducting the research, through which the researcher can identify the negatives, positives, workflow, difficulties, the time period of the experiment and others. [12] Bin Al-Walaa to Him The researcher conducted the first exploratory experiment consisting of (sample 5) five players from outside the research sample on 9/25/2018 8 and the purpose of measuring the exploratory experience is: -

- Identify the problems and difficulties encountered in the experiment
- Verify the safety of the devices and tools and their validity.
- Ensure the general conditions of the test.
- Know the time required to perform the test.
- The experiment resulted in the following- :
- Adequacy of the assisting team
- The researcher found that the test requires one day
- Safety and validity of devices and tools.

Scientific basis for testing data skills

Honesty

Choosing the best measurement tool means that results can be generalized to the research community. (13) To verify the validity of the test, the researcher used apparent validity as one of the forms of validity of the tests, through the accreditation of experts accredited by the researcher in the nomination tests (10) and as shown in Table No. (10). (2)

More

Stability means that the test achieves the same or similar results if it is applied to the same thousand respondents in the same conditions more than once, and it is determined using appropriate statistical methods. (Al-Yasiri, 2010, p. 23) [14] Based on what was previously tested on a sample from the research community and outside it consisting of (5) B members on 9/25/2018 and then retesting (7) days after the first test under SESR Bitter conditions, Where the test was performed first, as the results were statistically processed using the simple correlation coefficient (Pearson) to extract the stability factor for the tests. Concerning, Tuckman (1987) [15] stated that the test and re-application method is worthy of application in applied research. Table No. (3) Shows that the calculated correlation coefficient value is higher than the scheduled correlation coefficient value of (3232) v drift level (0.05), which indicates that all tests have a high degree of stability.

Table No. (3) Shows the stability factor for the candidate tests

Persistence	measuring unit	Candidate tests	No.
%83	The degree	Measuring handling accuracy (hitting the ball towards a target drawn on the ground(1
%85	The degree	Damping (stopping ball movement(2
%82	Class	Scoring towards a goal divided into three parts	3

Substantive

Objectivity means (it is not affected by the test results or the measurements of the self-researcher's factors such as his temperament and relative appreciation, so the greater the degree of self-judgments on the test judgments, the less objectivity and vice versa) [16] Therefore, the goal of any test is based on the clarity of instructions and procedures and the administration of the test is scientifically far from special effects and on this basis, the important characteristics of testing the commodity is to be objective in measuring the phenomenon that is promised to be measured here, the researcher used in the study a time clock to measure Test time and dependence on the number of referees to give scores for each performance such as processing accuracy and stopping accuracy, as well as measurements and objective tests are high.

Pre-tests

Pre-tests of the skills involved (handling, Ro - Ro, suppression, recording) were done after exposure to the members of the Research Sample Unit tariff on 3/10/2018, prior to the implementation of the tutorial of the procedures.

Educational program - training

The researcher, in cooperation with the auxiliary body, applied the (educational - training) curriculum that was prepared for the team at a rate of (24) units (educational - training) over a period of (8) weeks and at a time of (60) minutes for one training unit, provided that there were (3) units. Training per week. (Appendix 6) It included training modules that 25% of the main section of education and 75% of the applied part (training) where through the educational part a detailed explanation of how to perform the skill of the next educational unit explains the presented skill process Explanations of how to perform the skill and then watch a video clip Explains the educational steps for how to perform pelvic pain. This leads the educational section on the general warm-up process for the purpose of the first of the players' bodies to perform the specialized exercise and then start the application immediately after the general and special warm-up where the players are distributed into three groups that generate the first group on the skill of the ball manipulator - the second group on the skill of ejecting the ball with the foot, The third group is on the skill of rolling the ball with the foot, and the fourth group is on the skill of scoring, and these exercises are carried out under the supervision of the researcher and with the help of the assistant staff, so that the trainer expresses his directions and directives to the players in order to correct errors to reach the optimal performance of the skill, provided that the groups are rotated according to the time he specified The trainer during the teaching-training unit, where each group takes the role of the other group in training on them. Another skill and so, alternately, until all members of the groups practice skills training, according to each station, and the educational training process continues until the training modules prepared by the researcher are completed in full. The educational training program contained (20) exercises with (5) different exercises for each skill under study. Each exercise was repeated evenly, with five iterations of one exercise in each training program.

Dimensional tests

After the completion of the implementation of the educational system - training according to the method of the stations and the completion of the last educational unit, the dimensions of the skills procedures under discussion were implemented regarding the conditions that were prior in terms of space, time tests, and the method of implementing the test with the help of auxiliary personnel on 6/11/2018.

Statistical means

The researcher used the following statistical methods:

- Statistical Package (SPSS) to extract the arithmetic means and standard deviations related to the research results.
- Weighted average weight percentage
- Percentage

The fourth chapter

Presentation, analysis and discussion of results

Presenting and analyzing the results of the pre and post tests for the experimental research group and discussing them. The researcher applied the tests on the research key sample (the first experimental group) consisting of 16 players from a breeding team that provided Maysan. Presenting and analyzing the results of the pre-tests and the dimensions of the group, the experiments in basic skills tests (handling, suppression, and recording) and discussing them after unpacking the data for the pre and post tests of the experimental group by the researcher and treating them statistically as shown in Figure (4) and shown in Table (4)

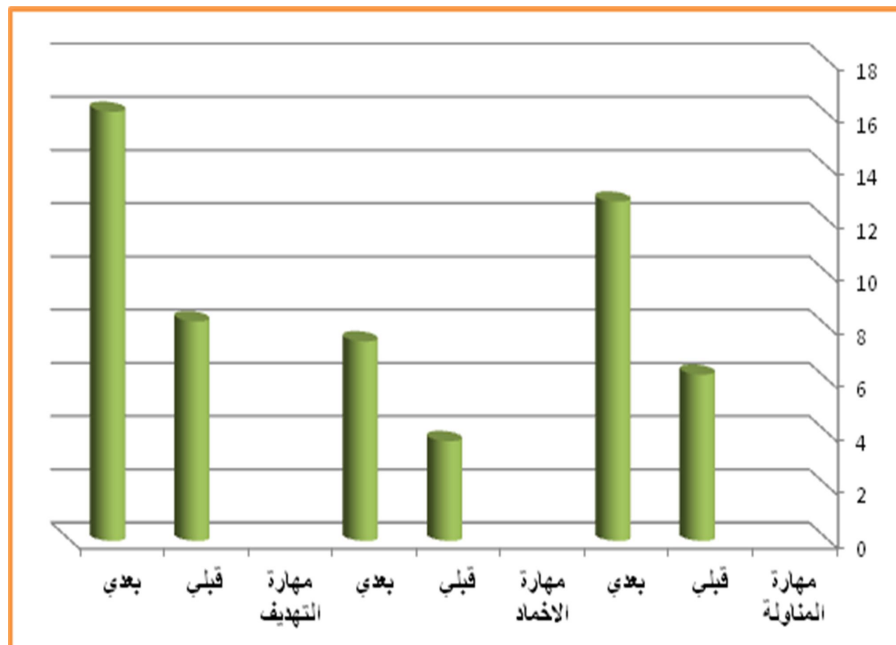
Table No. (4) Shows the results of the pre and post test for the experimental group in tests of basic skills (handling, suppression and recording).

indication	Indication level	(T) Values Calculated	Dimensional		Tribal		measuring unit	Statistical transactions Name of the test
			±p	s	±p	s		

D.	0.00	19.030	1.183	12,750	0.856	6.250	Class	Handling skill
D.	0.00	6.228	1.549	7,500	1.238	3.750	Class	Suppression skill
D.	0.00	17.655	1.408	16.125	0.775	8.250	Class	Scoring skill

Degree of freedom (n -1) (16 - 1 = 15) with significance level (0.05)

In the treatment test, the arithmetic mean of the pre-test results (6.250 (and the standard deviation)) was reached, 0.856 (while the arithmetic mean of the post test was 12.750) and the standard deviation. When applying the law of (T-Test) (for correlated samples (T value)) Calculated (19.030 (less than the level of significance) 0.00 Manwatha appears at the level of significance (0.05) and degree of freedom (15)) and thus the difference is statistically d in favor of the post test, but in the skill test (suppression) the arithmetic mean of the pre-test results was (3.750) A degree, and the standard deviation was (1.238), and the mean of the calculation in the post test was (7500) degrees and the standard deviation was (1.549). When applying the law of (T-Test) to the correlated samples, the T value (calculated) was 6.228 (less than the level of significance) 0.00 Which indicates a manuatta at a significance level (0.05) and a degree of liberation of om (23), and thus the difference is statistically d in favor of the post-test. . In the skill test (scoring) the mean of the arithmetic mean of the pretest results was (8250) and the standard deviation (0.775). The mean of the calculation in the post-test was (16,125) and the standard deviation (1.408).). When applying the law of (T-Test (for the value of correlated samples) T (computed) 17.655) it is less than the level of significance (0.00) indicating the Manuata at the significance level (0.05 (to the degree of freedom) 23), and therefore the difference D is statistically in favor of Post test



Figure(4)

Displays circuit accounts on basic skills tests (handling, suppression, and scoring(

Tribal and dimensions of the experimental group

Discussing the results of the pre-tests and the dimensions of the experimental group in tests of basic skills (handling, suppression, and scoring

Table No. (4) related to the arithmetic mean and standard deviations of the results of the pre and post tests of the research variables (rotation, suppression and achievement) shows the existence of statistically significant differences between the pre and post tests of the research group and in favor of the post-tests, and the researcher attributes these differences to the use of the (educational system). Training) by using the method of stations according to the procedures taken according to this system and to ensure that parents are supported and encouraged to participate in

sports teams, as well as to ensure that they do not suffer from chronic diseases or heart diseases, as well as using the Raven intelligence test to ensure that they have a high level of intelligence and good behavior And the speed of making decisions while performing mathematical skills, all of these things contributed to the development of the level of performance of the skills under discussion. The researcher also attributes the development to the commitment of the members of the research sample and to assist the trainer and his assisting staff in attending and applying the instructions correctly, as well as commitment to the educational and training unit sequence, which contributed to that. This development is evidenced by the results of the post-test. In this regard, (Youssef Lazim Kamash and Saleh Bashir: 2010, 98) emphasized that the training course, at an organized pace according to well-studied scientific foundations, is the best way to ensure the continuous development of performance. [17] Here, the researcher would like to clarify that the objectives set for induction have been achieved, as well as the hypotheses, through the significance of the ethical differences between the pre and post tests, as he found that there are statistically significant differences between the two tests in favor of the subsequent tests.

Chapter Five

Conclusions and recommendations

Through the research results, the researcher reached the following conclusions and recommendations- :

Conclusions

1. The use of the educational - training system ,using the station method, has the effect of developing a level of basic football skills.
2. The educational training units prepared by the researcher have a great impact on the emergence of these results through the tests conducted for the members of the research sample.
3. The results of the tests showed that there are significant differences in favor of the dimensional tests in terms of the arithmetic mean and the standard deviations of the tests that were conducted during the research.

Recommendations

Based for the verification of the results of the researcher recommends the following:

1. Use the system circ of hydrates - training to train players on how to perform skills ,basic football, especially small age groups.
2. The need to know the health problems that players may suffer from before entering them in competitions in order to preserve their lives on the one hand, and to obtain a good level of performance on the other hand.
3. Recommends researcher procuring the consent of parents of players on the participation of their children in generating teams C of their travel and with their peers especially from the younger age groups is important from the psychological and social worker.
4. -4Conducting similar research on different samples and other sports games .

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