

The effect of a training program to develop self-confidence and the performance of some basic skills for football beginners between the ages of 14-16 years

¹Layth Ismael Ibrahim, ²Sanaria Jabbar Al Saadi,

³Firas abd Al-Munaem , ⁴Omar Saad Ahmed

Abstract

The objective of the research (targeted to research to identify the problems facing the player as a result of the lack of self-confidence in the player has a clear impact on the construction of the personality of the player and leads to an imbalance in his performance and skills)

- the research community (players emerging youth forum Moqdadya and Khalis Directorate of Youth and Sports Diyala and the number (39) in the Iraqi Ministry of Youth and Sports)

The sample of the research and the method of its selection (the sample of the research was formed from the young players of the Youth Forum in Moqdadya Directorate of Youth and Sports of Iraq ,the number of 24 players with the exclusion of goalkeepers. The researchers divided the sample on two experimental and control groups, each group consists of (12) Players

- The scientific method (the researchers used the experimental approach)

- Measuring instruments (self-confidence scales, technical tests for football, observation and experimentation)

- Statistical treatments (arithmetic mean, median, standard deviation, torsion factor, Pearson correlation coefficient, T test for independent samples, T test for associated samples)

- The results of the research (The use of exercises selected within the training program has a positive impact on the development of self-confidence and the performance of some basic skills of football for the experimental group)

- Recommendations of the research (and in light of the findings of the researchers recommend the use of the training program prepared by the researcher in developing self-confidence to other age groups)

Key words : *develop self-confidence , performance , basic skills , football*

I. Introduction

The progress and development of science is reflected in various areas of life, one of these areas is the mathematical field as a result of adopting modern methods and good planning by moving away from the familiar and finding new boundless boundaries in sports science, and from these sciences the training science and sports psychology that witnessed an evolution in training methods in Various aspects, in particular, the developments in the team's playing styles in terms of applying defensive and offensive plans in order to surprise the opponent.

In order to raise the level of the beginners, their behavior must be studied while seeking to achieve their future goals in terms of the components and characteristics of the personality and the level of their emotions during training and competitions in order to strengthen the elements of self-confidence as they are the real source of achieving the state of emotional balance and strong personality supports because the emerging player is struggling at the beginning of his sporting life In order to achieve the perfection that needs the voluntary qualities during training and competitions, which increases the power of concentration in its performance and achieving the highest levels.

Therefore, the importance of the research lies in studying the effect of the training program for developing self-confidence among young footballers, given that the psychological aspect is a fundamental aspect of the personality of the emerging, so sports psychology tries to understand a person's behavior, experience, and mental processes in the sports field and among the things that drew attention after entering this science in The field of training and competitions is of psychological importance in the processes of preparing the player and bringing him to a high level.

Research problem

Through the researcher's observation of a weakness in the numbers of emerging players at the beginning of playing the football game, the researcher was a player, coach, and supervisor in the football game at Shahrban Sports Club and Al-Muqadadiya Youth Forum. Note that the numbers of the emerging player in the football game are considered, One of the most important pillars of this category, as this period determines the player's construction physically, skillfully, and psychologically.

Therefore, the poor self-confidence of the emerging player clearly affects the player's character building and leads to an imbalance in his performance and skills, and a lack of interest in psychological aspect, which led the researcher to enter into

research aims

- Using the training curriculum the to develop the self-confidence of soccer beginners.
- Knowing the effect of the training curriculum on developing the power of self-confidence in the performance of some basic skills for football beginners.

Research hypotheses

-There are significant differences between the results of tribal and posttest tests, and the two control and experimental groups in self-confidence and some basic skills in football and in favor of tribal tests.

- There are significant experimental and control research groups and in favor of the experimental group. this problem differences between the results of the post-tests in self-confidence and some basic football skills between the.

II. Research Methodology

The researcher used the experimental method that is based on an approved and controlled change in the specific conditions of an event.

Research community and samples

The research sample consisted of the emerging players of the Muqdadiya Youth Forum at the Directorate of Youth and Sports Diyala, whose number is (24), with the exclusion of the goalkeepers. The researcher divided the sample into two experimental and control groups, each group consisting of (12) players..

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:

Tape measure, electronic stopwatch, soccer balls, count (10), small targets, length (1) m, height (50) cm, characters (12).

The Testes

Measured variables:

Self confidence , Scoring accuracy test, Handling accuracy, Rolling test

Applied Test

A prepared training program that includes physical, motor and mental training of all kinds was applied at the time of the main part to a sample of soccer players for young adults (14-16 years old) who represent the youth of Shahrban Club.

III. Results and discussed

View and discuss search results:

Presentation of results and analysis of pre and post tests of the experimental and control groups:
Table (1)

The mean and the standard deviation between the pre and post tests of the experimental group is shown

Post-Test		Pre-Test		measruing unit	Variables
Std	A	Std	A		
9.705	119.750	6.095	116.333	Degree	Self confidence
0.389	2.833	0.577	1.166	Degree	Handling
1.764	18.994	2.350	22.896	Time	Rolling
4.938	41.750	4.209	26.916	Degree	Scoring

Table (2) Shows the difference in the arithmetic mean, the difference in the standard deviation, the calculated value (T) and the rate of evolution between the pre and post tests of the experimental group.

Statistical significance	Evolution rate	Tabuler T-Test	Collcolated T-Test	Std diffrenese	A diffrenses	uing unit	Variables
Significance	%64	1.796	2.321	5.130	3.417	Degree	f confidence
Significance	%87		6.540	0.651	1.667	Degree	Handling
Significance	%86		5.446	20482	3.902	Time	Rolling
Significance	%92		7.350	6.991	14.834	Degree	Scoring

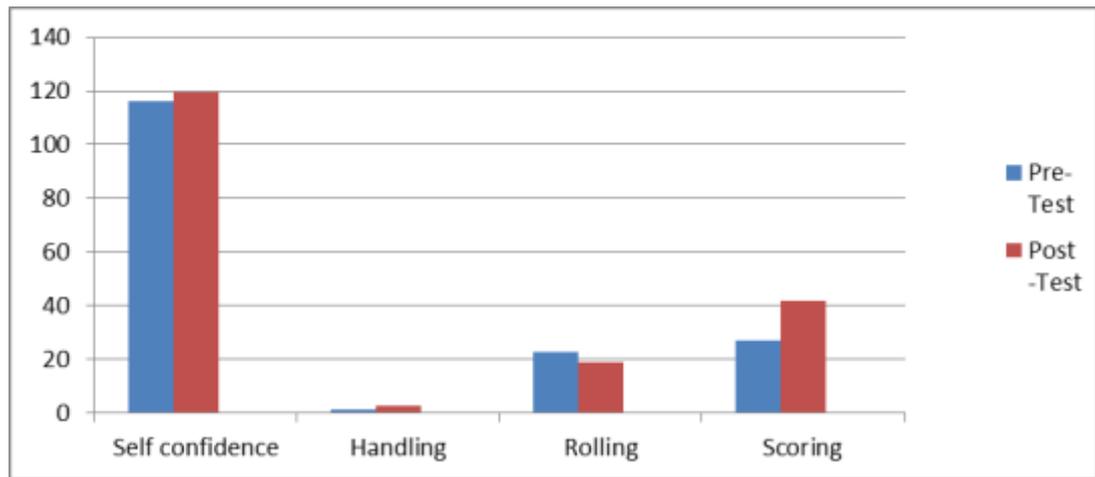


Figure (1): shows the results of pre and post tests in self-confidence and some basic football skills for the experimental group.

Table 3 The mean and the standard deviation between the pre and post tests of the Control group is shown

Post-Test		Pre-Test		measuring unit	Variables
Std	A	Std	A		
5.119	109.250	6.999	114.583	Degree	Self confidence
0.651	1.333	0.492	1.333	Degree	Handling
1.428	21.531	1.415	21.575	Time	Rolling
4.788	24.750	4.687	23.833	Degree	Scoring

The table 4 shows the difference in the arithmetic mean, the difference in the standard deviation, the calculated value (T) and the rate of evolution between the pre and post tests of the control group

Statistical significance	Evolution rate	Tabuler T-Test	colcolated T-Test	Std diffrenese	A diffrences	sruing unit	Variables

Non Sign	%60	1.796	2.342	7.889	5.333	Degree	Self confidence
Non Sign	%0		0.000	0.738	0.000	Degree	Handling
Non Sign	%34		0.322	0.475	0.044	Time	Rolling
Significance	%82		4.750	0.668	0.917	Degree	Scoring

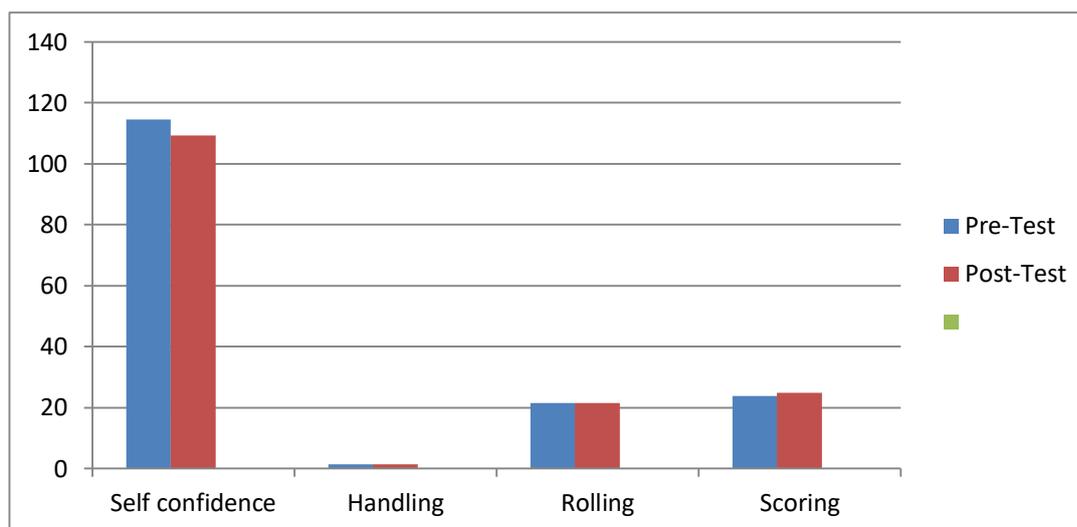


Figure (2): shows the results of pre and post tests in self-confidence and some basic skills of football for the control group

Through the tables (1), (2), (3), (4) the results showed the development of the experimental and control groups in the athlete's ability to self-confidence, and the researcher attributes the reason for that to the interest in applying the self-confidence test in the training and competitions process has a wide importance in enhancing The player's motivation, increased self-confidence and a willingness to achieve achievement. Self-confidence has a decisive influence on motivation. It affects motivating readiness to accomplish indirectly, and self-confidence that affects a long term can lead to changes in the inherited psychological conditions (Aloys, 2004, p. 131). With regard to the basic skills of football under investigation in relation to the control group, the researcher attributes that That it is the continuous training and repetition of the skills that led to their development, therefore these skills "develop through the process of continuous training (Muhaisy, 1997, p. 12). As for the development of the experimental group, the researcher attributes that to the training program that the researcher set had the effect of developing them in the research sample. Also, the skills in question are among the important skills that a football player must master, especially in the junior stage, as it is one of the first stages in learning.

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:

-The approach followed by the trainer has a positive impact with statistical significance on the performance of physical skills under study, but not with the effectiveness of the proposed program using the application of the self-confidence measure.

-There are significant differences in the measure of self-confidence of the sample under study between the pre and post tests and in favor of the post test

-The use of the exercises chosen within the training program has a positive effect in developing self-confidence and the performance of some basic football skills for the experimental group.

- A significant correlation has emerged between the development of the level of self-confidence among young players and the performance of basic skills for football.

Recommendations

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

-The necessity of using the training program prepared by the researcher in developing self-confidence on other age groups.

- Emphasizing on the players' participation in local competitions whose purpose is to know the effect of psychological endurance in improving the performance of basic skills of their football.

-Strengthening the confidence and will of the players themselves in order to achieve their goals.

- Following the scientific method when selecting exercises for the training unit that is appropriate for the age stage of the possibility of performing correctly, which helps in developing self-confidence and basic skills in football.mendations.

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