



The Effect of competitive Exercises to Develop some Physical and Skill Capabilities of Al-Sinaa Youth Football Club players

Researcher

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Abstract

The planning of training football plays a fundamental role in achieving high sports levels, whether in its physical or skill aspect. Training theories and modern methods have become an important entry point to achieve the best possible results in light of the player's abilities and potential. Raising the efficiency of the football player requires many things, including proper planning for sports training and the level of skill. The sport training is the important means which help to physical and tactical performance as reaching high sports levels does not come by chance, but rather as a result of a long-term plan with specific goals that extend over several years. The study aimed to develop competitive exercises capable of developing some physical and skill abilities of Al-Sinaa Club players in youth football. As well as it aimed to identify the importance of these competitive exercises on some of the physical and skill abilities of Al-Sinaa Club players in youth football. The research problem crystallized through the reference survey and personal interviews with youth coaches. Through the researcher's work in the field of sports training as a former player and coach, the researcher noticed the shortcomings in the performance of youth players in the physical and skill aspects. Despite the distinction some of them in their performance individually, in addition to the obvious slowness in the performance of the players. The researcher noted that most youth

coaches deal with physical and technical training in a traditional way. The study was conducted on a sample of (20) players from the Al-Sinaa Youth Club, and (3) goalkeepers were excluded. The proposed exercises were applied for (10) weeks with (3) training units per week. The researcher used the experimental method to suit the nature of the study. Before and after applying the exercises, physical and skill tests were conducted using the statistical package (SPSS) program was used to analyze the results. After conducting the necessary statistical treatments, the study concluded that the proposed exercises have an impact on some physical and skill capabilities of the Al-Sinaa Youth Club players. The researcher recommended several recommendations which are: using the proposed exercises to develop some the physical and skill capabilities of all different age groups as they have a great impact on developing the studied variables.

Chapter One

1. Introduction and the research importance

1.1 Introduction

Our society today is witnessing a wide-ranging renaissance in various fields. This renaissance is based on scientific research and objective purposeful study. Scientific research is a feature of the modern era which developed countries have benefited from in solving problems related to all applied fields. Problems related to sports movement are also considered topics closely related to the coaches work especially when training high sports levels. The Planning for training in football plays a fundamental role in achieving high sports levels. whether this planning was in their physical or skill aspects. Training theories and modern methods have become an important entry for achieving the best possible results in light of the player's abilities and capabilities. Raising the efficiency of a football player requires many things



including proper planning for sports training and the level of skill physical performance. As reaching high sports levels does not come by chance but rather as a result of a long-term plan with specific goals that extend over several years.

Planning for training is the main means of developing the players and team performance. Since training is the main means of achieving this development in their performance. it was necessary to plan training to ensure the best possible degree in the level and its progress. Using Competition exercises to improve muscle strength must the movements be performed according to the specific laws for practicing the type of specialized activity. Since the football players must have the physical qualities formed the cornerstone of the skill performances that the players possess and that allow him to perform the match while the player is at full vital efficiency until the end of the match. This requires the presence of vital devices that operate with high efficiency to meet all physical, technical and tactical requirements. The reason behind using these vital devices since football has developed rapidly and the need to develop skill performances has become essential to keep up with the development and progress of the field of implementation of new plans and methods of play. Competition exercises are among the most important exercises that raise the level of efficiency the player's integrated performance and reach a high state. The player's possession of various forms of skill performances similar to the match requirements allows to choose the best of them most actual playing situations. Also it increases his ability to maneuver and implement plans from different places and directions and not be surprised by a situation that he has not trained on.

Thus, the speed of performance achieve which distinguished by accuracy and consistency in implementing the duty required of him. The various playing situations require players to use many forms of football performances. So, it is important to use



training forms that are close to the form of real competition provided that they are acquired as early as possible. Competition exercises are performing movements according to the specific laws for practicing the sports activity in which the individual specializes.

Competition exercises are characterized by arousing the motivation towards perseverance, effort, the factor of suspense and change. It works to strengthen the muscles working in specialized activity and contribute to the development of various special voluntary characteristics necessary for the individual. The importance of research using competitive exercises is highlighted. The purpose of which is to develop some physical and skill capabilities in football.

1.2 Research problem

For youth football under 14 years, planning a training program in a competitive style depends on comprehensiveness and integration in scientific and practical planning. It is the way to raise the junior level and progress in the game during that age stage in addition to increase the ability to implement future game plans in the manner required by competitive game situations. Therefore, the importance of the research in directing the training process become clear, contributing to establishing a scientific basis on which those in charge of training rely to raise the level of physical and skill performance.

Through the above, the problem crystallized through the reference survey and personal interviews with youth coaches and the researcher's work in the field of sports training as a former player and coach. The researcher noticed the shortcomings the performance of youth players in the physical and skill aspects despite the distinction of some of them in their performance individually.

in addition to the clear slowness in the performance of the players and the researcher's observation that most youth coaches deal with physical and technical training in a traditional way and individually, far from the requirements of the actual real match not related what the players actually need in the matches, which reduces the effectiveness of those performances during the match.

1.3 Research objectives

1. Preparing exercises using a competitive approach to develop some physical and skill capabilities of Al-Sinaa Youth Football Club players.
2. Identifying the effect of competitive exercises to develop some physical and skill capabilities of Al-Sinaa Football Club players.

1.4 Research hypothesis

1-There are statistically significant differences in the results of the pre-post tests for some physical and skill abilities of the research sample members.

1.5 Research areas

1.5.1 Human field: Al-Sinaa Youth Club players participating in football Premier League- 2023/2024 sports season.

1.5.2 Time field: From 11/15/2023 to 5/15/2024.

1.5.3 Spatial field: Al-Sinaa Sports Club Stadium

Chapter Two

2. Research methodology and field procedures

2.1 Research methodology

The researcher used the experimental method using the comparison between the groups using the pre- and post-test method to suit the nature of the problem that the researcher wants to address, as it is one of the most appropriate scientific methods to solve the research problem.



1.2 Research community and sample

The research community and sample consisted of the youth players of Al-Sinaa Club, numbering (25) players participating in the Premier League 2023/2024 sports season, while the research sample numbered (20) players, and (2) players were excluded due to injury, as well as (3) goalkeepers.

1.3 Research tools

The study included three sections of tools: the tests used, the tools used in measurement, and the tools used in exercises.

1.3.1 Data collection methods

- Arab and foreign sources and references
- The international network (Internet).

1.3.2 Devices and tools

- Dell computer
- Japanese JVC video camera
- Electronic stopwatch
- Legal footballs (10)
- Indicators (30) cm (10)
- Swedish bench (30) cm high (2)
- Legal football goal
- Football field
- Hanging square goals (40x40) cm for scoring
- Fox whistle (2)

2.4 Research variables

2-4-1 Performance endurance: test of the ball hitting with the foot and head for one minute (2:110)

Purpose of the test: Measure performance endurance



Tools used: Soccer ball, stopwatch under 0.1 seconds

Test description: The player stands between two players at a distance from them. Each player stands with a soccer ball and the first player throws the ball high with both hands to the player in the middle who hits it with his head in turn while jumping high to return it to him. Then turns quickly to play the ball that the other colleague rolls it to him with his hand to kick it with his foot to return it, turns to hit the first ball with the head and so on and the exercise continues for (one minute)

Recording: The number of times the ball is played with the head and foot together is counted

Performance conditions: The player in the middle does not move towards the ball.

2.4.2 Test of passing the ball on the block wall within 30 seconds (1:116)

Purpose of the test: To measure the speed of passing the ball on the block wall within 30 seconds.

Tools used: Legal football, Swedish seat, stopwatch.

Performance specifications: On the block wall, 4 meters are calculated and the ball is placed above the line and the tester is behind the line, at the start signal, the tester passes the ball towards the block wall with force so that it bounces behind the starting line and repeats this for 30 seconds.

Conditions

- The pass is valid if the tester plays it from the starting line or behind it, i.e. 4 meters from the block wall.
- In each pass, the ball must touch the block wall and from the front.
- The tester may stop the ball and control it without stopping, provided that it is in the parts permitted by the law.

–Passes made before the starting line are not counted, although the tester is allowed to continue the test without stopping.

Recording: The tester's correct attempts are recorded within 30 seconds by recording the number of passes he made.

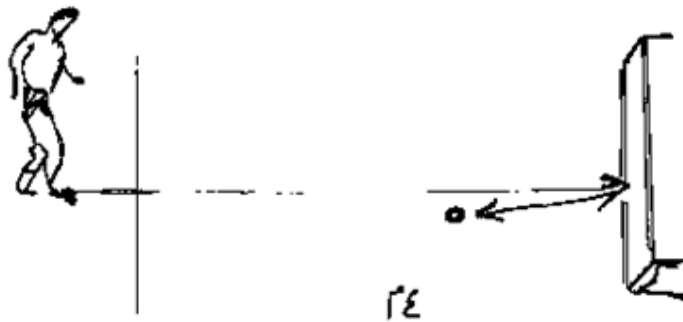


Figure (2)

Shows the performance speed test

Ball passing test from movement (2:98)

Purpose of the test: To measure the accuracy of passing on the ground on a small goal during movement

Tools used: 4 goals, 8 footballs, small starting circle

Performance specifications:

Four goals are placed with a width of 1 m, in a circle such that each goal is 12 m away from the center of the circle, two balls are placed in front of each goal and 11 m away such that each ball is 1 m away from the other, and each goal is 15 m away from the other. The player stands inside the starting square and upon the signal, the player moves quickly and advances to shoot the balls at the four goals gradually. So that the player plays 8 balls and his running direction is from right to left if he plays with his right foot and vice versa if he

plays with his left foot. After finishing, the total number of successful balls that entered the goal is calculated

Conditions: If the ball hits the goal and does not enter, it is counted as an attempt within the 8 attempts.

Recording: Each ball that enters the goal is given (1) point, and the total number of balls that managed to enter the goal is added up.

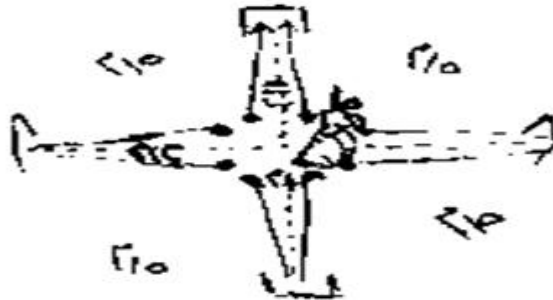


Figure (3)

Explains the passing accuracy test

2.4.3 Test of shooting the ball into the goal in a specific part (4:122)

Purpose of the tests: Measuring the accuracy of scoring the ball into the goal in a specific part

Tools used: A soccer ball, a soccer goal, and two conditions are placed in it. The shooting point is drawn 16.5 m from the goal and exactly in the middle of it

Method of performance: the ball is placed on the shooting point and the player from a distance of 10 meters' yards strikes the ball forcefully without rolling on the ground with the best foot in any part of it to the following parts in order: the right part of the goal, the left

part of the goal, the middle of the goal, and if the ball hits one of the posts, an attempt is counted among the attempts.

Calculating the score: the test is out of 10 degrees for each of the right and left sides 4 degrees, the middle of the goal 3 degrees, the post 1 degree and the player's score is the sum of the attempts

Note: The shooting point is placed 16.5 m away

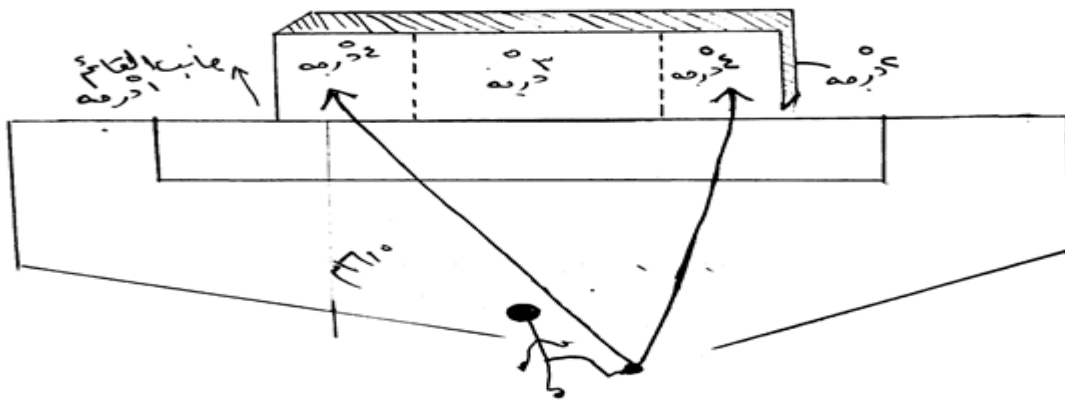


Figure (4)

Shows the scoring accuracy test

2.5 The exploratory experiment: – To know the suitability of the tests, the response of the research sample, the duration used to perform the training unit and how to implement it, to avoid errors, to reveal obstacles facing the implementation of the tests and the training curriculum. Also, assistant work team must determine the duties, the exploratory experiment was conducted on a sample of (4) players from the research sample, then they were returned to the experiment over two days at afternoon four o'clock on Saturday and Sunday 2-3/12/2023 on the Al-Sinaa Sports Club field, errors were detected, addressed, and solutions were found for them. The intensity

ratios for the exercises prepared by the researcher were also set by testing the individuals of the exploratory experiment sample by extracting the rate by multiplying the maximum intensity by the ratio required to be trained on, then dividing it by 100.

The aim of the exploratory experiment was to:

1. Discover the problems and difficulties facing the researcher and the assistant work team during the implementation of the tests.
2. Identify the validity of the devices and tools used.
3. Know the extent of the sample comprehended to the tests used.
4. Train the assistant work team on how to apply the tests and record the scores.
5. Identify the sufficient time to implement the tests.

The exploratory experiment showed the following:

1. The validity of the devices and tools used in the research.
2. The suitability of the system followed in the parts and application of the skill tests.
3. The efficiency of the assistants in performing their task while conducting and applying the tests.
4. The suitability of the tests for the testers in terms of the performance method.

2.6 Pre-test

The pre-tests were conducted on (15-16/12/2023) and included the following:

First day: Passing accuracy and scoring accuracy

Second day: Performance speed and performance endurance.

2.7 The main experiment in the research

The researcher prepared the competitive exercises and relied on scientific sources, applied them to the research sample as follows:

(30) training units were implemented in which the competitive exercises were applied in the main section prepared by the researcher in the training unit, where



the application period took (10) weeks at a rate of three training units per week (Saturday / Monday / Wednesday) starting from Saturday (12/23/2023) and ending on Thursday (3/9/2024).

The researcher took into account some of the following matters:

1. Graduation of the exercises from easy to difficult.
2. The exercises were implemented at the beginning of the main section.
3. The researcher used the high-intensity interval training method from 80–95%.

The main experiment aim is to apply the dedicated approach so that the exercises were performed in the form of one and two groups during the training unit. Each group containing (3) exercises by entering the main section of the team's training unit to perform these exercises on the experimental group. The researcher gave competitive exercises in an organized manner containing specific intensity and repetitions. The researcher also relied on giving intensity in a pyramidal manner, where the first week starts with intensity and gradually increases to the third week, where it decreases in the fourth week, and so on in the following weeks. Rest periods were given between repetitions between groups to suit the intensity of the work. The percentage of the total intensity of exercises (degree of difficulty) was extracted from all training units based on the time resulting from performing each exercise.

As in the following equation (11:86). Required intensity: = (100 x best achievement) / (percentage ratio)

The design of the training unit was based on scientific foundations through:

- ◆ The suitability of the proposed training unit to the level and ability of the research sample individuals.
- ◆ Taking into account the objective of preparing the proposed exercises.

◆ Taking into account the appropriate formation of the training load in terms of intensity, volume and rest.

2.8 Post-test

The post-tests were conducted after the completion of the proposed exercises application on (11/3/2024) at three o'clock afternoon at Al-Sinaa Sports Club, taking into account the same conditions that were conducted in the pre-tests.

2.9 Statistical means: – The SPSS statistical package was used to extract the results.

Chapter Three

3. Presentation of study results

3.1 Presentation and discussion of the results sample in the physical and skill research variables.

Table (1)

Results of the (t) test for pairs to indicate the differences between the pre- and post-measurements in the study variables among the research sample individuals

significance level	T-value	Difference in means	Post-test		Pre-test		Measurement unit	Variables
			Deviation	Medium	Deviation	Medium		
0.01	3.69	2.33	1.06	19.53	1.69	17.20	number	Performance Endurance
0.00	4.26	2.64	1.13	14.50	1.20	11.86	number	Performance Speed
0.00	4.03	2.83	0.93	7.96	0.93	5.13	Degree	Passing Accuracy
0.02	3.10	1.63	1.01	6.86	1.11	5.23	Degree	Goaling Accuracy

Discussion of the results



Table (1) shows that there are statistically significant differences between the pre- and post-tests of the research group in all physical variables represented in (performance endurance, performance speed) as well as in the skill variables represented in (passing accuracy, scoring accuracy). The researcher attributes these differences that the proposed competitive exercises led to this progress. As these exercises are given to the players with the aim of providing them with the highest possible level of the necessary and basic physical fitness elements in the game. Thus, the effectiveness of the training effects and the competition method which worked to develop some special physical and skill qualities of the research sample members, as physical preparation and in the special preparation period are among the basic duties of training in football. As the player, without acquiring general and special physical preparation cannot perform his duties in the match with perfection. As physical preparation works to develop and improve the player's physical and motor condition to confront the burdens and requirements of training and competition operations during matches with minimal effort, with the ability to quickly recover.

Hanafi Mukhtar (1995) indicates that competition exercises are the most important types of exercises that raise the level of efficiency of the player's integrated performance bringing to the excellent training condition. It is the last period of preparation for strong participation in the competitions (3:14). This method is one of the best ways to stimulate the player's activity and increase the motivation and enthusiasm towards performance. It depends on the dynamics of group play similar to performance during matches in preparing and highlighting the latent abilities of formal repetition (boredom).

Essam Abdel Khaleq (1994) explains that "competition exercises play an important role in the preparatory period and the competition period for various activities. Their



impact is effective when linked to the requirements of competitions because they are an important means with multiple requirements for the physical, motor, technical and psychological aspects" (5:20). Competition plays an important role in achieving the sports games goals in general, and winning is the main goal that every player or team tries to achieve. Competition in the Arabic language is a source for the verb (compete) in something, meaning to achieve something and compete with someone in something, meaning to precede it without causing him harm (8:672). Competition is considered one of the general and necessary factors for every sports activity "that exercises represent the most important means to raise the sports level and must be consistent with the goals and duties of training" (10:103).

The researcher concluded that the method of competition works to improve the physical and skill qualities of young people, "whether competition with oneself, competition in the face of natural factors, competition in the face of a competitor, competition in the face of other competitors, and other types of sports competition" (11:28). Narmin Fikry Abdel Wahab (1999) indicates, quoting Oshornby, "that competition in the English language means Competition which means Compete, any activities in which the individual competes" (12:172). This means that the Arabic and English definitions agreed that competition calls for exerting effort to achieve excellence whether in physical, skill, tactical, or other aspects. As "exercises represent the most important means of raising the sports level and must be consistent with the goals and duties of training" (10:64).

Chapter Four

1. Conclusions

In light of the study objectives and hypotheses based on what the study results showed, the following conclusions can be reached:



- 1.The proposed competitive exercises have a statistically significant positive effect on developing some of the physical abilities under study.
- 2.Competitive exercises have a great impact on developing the basic skills of the research sample.
- 3.The high–intensity training method is very suitable for competitive exercises, especially for the youth sample.

1.4 Recommendations

In light of the study objectives and results, the researcher recommends the following: –

1. Use competition style exercises when implementing training programs for juniors, focusing on developing the physical and skill qualities of junior football players.
- 2.Use high–intensity training method due to its positive impact shown by the study results.
- 3.Increase the use of competition and group training exercises during junior training programs.
- 4.Focus on small games and mini–matches to put players in match–like situations.
- 5.Generalize the results of the current study to junior football coaches in Iraq, clubs and football schools to benefit from them in re–training programs and provide reference values for the measurements under study to evaluate the programs.

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Sample of training units

Weak/first

Training dose number / 1

Training dose intensity: 80%

Saturday: 12/23/2023

Training dose time: 30 minutes

Total time the exerci	Total time for performance a rest		Exercise time per s		Number of Gro	Exercises
	Rest	Performanc	Re	performan		
٩د	٦د	٣د	٢د	١د	3	Exercise number(
٩د	٦د	٣د	٢د	١د	3	Exercise number(1
٩د	٦د	٣د	٢د	١د	3	Exercise number(1