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The effect of comprehensive vision exercises on improving the perception of the field of vision and the accuracy of the passing skill of junior football players.

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ABSTRACT

The importance of the research lies through the use of comprehensive vision exercises for the field of the stadium, which may improve the perception of the field of vision in football and know the impact of these exercises in improving the accuracy of the passing skill of football players for juniors during their implementation of the skill, either the problem of research through the observations of the researcher and repeated observations of the match of the players of the specialized school in Dhi Qar Governorate, the researcher noted that most of the players of the specialized school when passing The ball does not have a comprehensive vision of the field in terms of colleague and competitor and a sense of place at the same time when executing, which allows a greater ability to act, as is the case with players with higher levels during sports competition during the implementation of the most used skill in the game of football, which is passing and its accuracy, on which the success of offensive plans depends, as the weakness in seeing the field of play in a comprehensive and fast manner in terms of the movements of colleagues and their competitors and the performance of the passing skill has raised The researcher's attention and push him to find an appropriate solution to this problem, and accordingly the researcher decided to access this problem and identify the importance of comprehensive vision exercises to improve the perception of the field of vision of the players and its impact on the skill of passing and accuracy for players football players for juniors through a set of exercises to improve the field of vision of football players during the implementation of the skill they perform during sports competitions, in order to identify a set of recommendations in the light of the results that will come out of our research in order to The research objectives were to prepare comprehensive vision exercises in improving the perception of the field of vision and the accuracy of the passing skill for junior football players, and to identify the impact of comprehensive vision exercises in improving the perception of the field of vision and the accuracy of the overall vision exercises in improving the perception of the field of vision and the accuracy of the passing skill for junior football players, and used The researcher determined the research community in a deliberate way, and they are junior football players in the specialized football center in Dhi Qar Governorate for the season (2023-2024).

1. Definition of research

1.1 Research Introduction and Importance:

The sports field has witnessed tremendous scientific progress that has brought about radical transformations in the sports sciences, especially in the fields of motor learning and sports training, which are witnessing rapid growth, and the founding theories of these fields have taken new paths aimed at adapting to the latest developments in sports learning and training. This development aims to achieve the highest levels of performance and achievements through the adoption of accurate and objective scientific approaches, which are applied systematically and thoughtfully. As a result, adopting all that is modern and innovative in sports sciences has become an imperative when planning educational and training processes and curricula in various sports, including football.

Due to the wide popularity of the game of football and many advantages that made it sit on the throne of games, as well as the possibility of practicing it by everyone at different social levels and age groups, which made the coach need to choose the best methods and exercises, types, timings and scheduling in order to reach the optimal learning for its diverse skill.

Therefore, the exercises of the comprehensive vision of the field of play are one of the important elements that football players in general and juniors in particular must enjoy, as the increase in the speed of performance during play in addition to the development in the game are all factors that increase the player's need to improve his vision on the field, which helps him to observe and analyze the movement of his colleagues and competitors and thus make sound decisions in the implementation of skills and plans, so football players must have a wide vision Inside thestadium by improving the perception of the field of view, which gives a greater chance of correct and accurate behavior through the accuracy of passing and avoiding error, which serves the implementation of skills in an ideal and fast manner, which coaches must focus and work to improve, comprehensive vision exercises give the player information about the movements that occur during the course of the match, being the tool that allows the inclusion of a wide range of stimuli at the same time, which helps reduce the time period required for motor perception For the football player, and thus the player reaches the formation of a fast, accurate and timely response to it, and therefore the outcome of the process of organizing and processing the information received through the senses, for example, when the player passes the ball, he must observe the movement of players from the same team and the movement of the opponent as well as calculating the distance, speed and strength, and the final result is the success of the performance, so the coaches resorted to standardizing sportswear and even playing shoes for the purpose of being able to sort the colleague fromthe competitor Especially when there is a gathering of many players in a narrow space where the player can pass

without seeing his colleague and once the color of his shoes or part of his clothes is known, when the playerfocuses on performing a pass to the colleague, all the variables surrounding this pass must be taken into account to observe and realize it before and at the performance stage. And because this gives a greater chance of successful behavior and less Error, because passing is the real measure of the ability to determine the player's potential when he has the ball and thus forms the backbone of the team's performance.

Hence the importance of the research through the useof the comprehensive vision of the stadium, which may improve the perception of the field of vision in football and know the impact of these exercises on the accuracy of the passing skill of junior football players.

1.2 Research problem:

Modern football and the nature of the multiple trends in the way of scientific research, which depends mainly on the results of performance, especially during competitions, have confirmed that the developments and development in the game of football are the results of new scientific phenomena that relied mainly on added concepts in the field of expansion by finding other fields of research and to keep pace with the development in achievement.

Through the researcher's observations and repeated observations of the match of the players of the specialized school in Dhi Qar Governorate, the researcher noticed that most of the players of the specialized school when passing the ball do not have that comprehensive vision of the field in terms ofColleague, competitor and sense of place simultaneously when executing which allows greater ability to act As with higher-level players during Sports competition during the implementation of the most used skill in the game of football Ala It is the passing and its accuracy, on which the success of the offensive plans depends, as The weakness in seeing the field of play in a comprehensive and fast manner in terms of the movements of colleagues and their competitors and the performance of the passing skill has aroused the attention of the researcher and pushed him To find Convenient solution to this problem.

Accordingly, the researcher decided to access this problem and identify the importance of comprehensive vision exercises to improve the perception of the field of vision of the players and its impact on the skill and accuracy of passing players football for juniors through a set of exercises to improve the perception of the field of vision and the accuracy of the passing skill of football players while implementing the skill they do during sports competitions, up to Identify a set of recommendations in the light of the results that will come out of this research in

order to contribute, even if slightly, to overcoming some of the difficulties that hinder the educational and training process to reach the higher levels of players.

1-3 Research Objectives: The researcher aims to:

1- Preparing comprehensive vision exercises in improving the perception of the field of view and the accuracy of the passing skill of junior football players.
2- Identify the effect of comprehensive vision exercises in improving the perception of the field of vision and the accuracy of the passing skill of junior football players.
3- Identify the statistical differences between the pre- and post-tests of the control and experimental groups in improving the perception of the field of vision and the accuracy of the passing skill of junior football players.
4- Identify the statistical differences between the control and experimental groups in the post-tests in improving the perception of the field of vision and the accuracy of the passing skill of junior football players.
5- Identify the difference in influence between comprehensive vision exercises and special exercises by the coach between the control and experimental groups inHussein Realize the field of vision and accuracy of the passing skill of junior football players.

1-4 Hypothetically researched:

1- There are significant statistical differences between the pre- and post-tests of the control and experimental groups in improving the perception of the field of vision and the accuracy of the passing skill of junior football players and in favor of post-tests.
2- There are significant statistical differences between the post-tests of the control and experimental groups in improving the perception of the field of vision and the accuracy of the passing skill for junior football players and for the benefit of the experimental group.

1.5 Research Areas:

1.5.1 Human field: Junior players at the Specialized Football Center in Dhi Qar Governorate.
1.5.2 Time Range: from 19/4/2024 to 30/7/2024.
1.5.3 Spatial area: Sumer Sports Football Stadium.

2- Research Methodology and Field Procedures:

2.1 Research Methodology:

To solve the research problem, the researcher relied on the experimental method using the design of the two equivalent groups, one control and the other experimental, in order to adapt this approach to the nature of the research.

2.2 Research community and sample:

define Researcher Research Community In the intentional way and they are Soccer players For juniors in the specialized center for football in Dhi Qar

Governorate for the season (2023 – 2024) by (29) is an officially registered player in it then The researcher chose his research sample The number of (20) players was divided into two control and experimental groups in the manner of the draw method Indiscriminate simple and each set contains (10) Players who represent (68.96%) of the research community.

2.2.1 Sample homogeneity:

In order to reach one equal level for the research sample, and to avoid factors that may affect the results of the experiment, in terms of the individual differences between the players, the researcher made some measurements related to variables (height, mass, chronological age) that would affect the course of research using the coefficient of variation, whenever it is more than (30%) means that the sample is heterogeneous and Table (1) shows that.

Table (1) shows the specifications of the research sample in chronological age, training age, mass, height, arithmetic mean, standard deviation and coefficient of variation.

- Coefficient of variation	- Standard deviation	- Arithmetic mean	- Unit of measurement	- Measurements	-
- 1‹44٪	- 2‹65	- 183	- month	- Chronological age	-
- 4‹60٪	- 1‹48	- 32‹15	- month	- Training age	-
- 1‹82٪	- 0‹93	- 51‹07	- kg	- Mass	-
- 1‹41٪	- 2‹30	- 162‹4	- poison	- Length	-

Using the coefficient of variation, which shows values less than 30%, this indicates the homogeneity of the sample.

2.2.2 Sample equivalence

To ensure the single initiation line for the two groups, the researcher extracted the equivalence of the sample in **all research variables:**

1- Perception of the field of vision. 2- Accuracy of passing skill.

Based on the results of the pre-tests, equivalence was found for the research sample and Table (2) shows the equivalence of the two research groups (control and experimental).

Table (2) shows the arithmetic media, standard deviations, calculated value of (t) and value of (sig) for the experimental and control groups.

Statistical significance	Semantic level(Sig)	Calculated value (t)	Control group		Experimental Group		auditions	t
			on	Going to	on	Going to		
Immoral	0.691	0.510	1.02	7.91	0.92	8.10	Perception of the field of view	1
Immoral	0.654	0.459	4.86	8.63	3.98	7.94	Passing skill accuracy	2

*** The value of the significance level of the two tests (sig) is greater than the value of the significance level < (0.05), so the significance of the two tests is not significant.**

2-3 Methods, devices and tools used in research:

2.3.1 Means of data collection:

- Resolution.
- Observation.
- Testing and measurement.
- Personal interview.

2-3-2 Tools and devices used in the research:

- Casio electronic stopwatch number (3). - Sony Japanese camera.
- Computer type PH made in Korea. - Medical scale. - Linen tape measuring (10) m long.
- Semi-misleading glasses from the bottom number (8).
- Plastic signs and plates of different sizes (18).
- A legal football field. - 8 footballs. - Whistle number (2).
- Adhesive tape.
- 16 colored shirts.

2.4 Field research procedures:

2.4.1 Identification of tests for research variables:

The field of vision perception test and the accuracy test of the passing skill in football were determined after reviewing recent sources and references in motor learning, as well as through personal interviews conducted by the researcher with experts and specialists in the field of motor learning, measurement testing and football.

1- Field of View Perception Test [1].

The researcher planned the visual field using a circular plate with a radius of (1) m and outlined (8) angles from the middle of the circle each angle (45) representing 8 directions.

- **Test conditions**:

on Go away (33) cm From the middle of the circle there is a standing column at the top of a special place (support) on which the tester leans by unscrewing it to the mid-circle point with the head position fixed without movement. There is a graduated scale starting from (zero) (from the midpoint) and moves to the circumference of the circle up to 100 cm on each of the eight directional lines defined in the figure, and the test time (10) min per laboratory.

- **Performance Method:**

The tester stands up, one of his eyes closes, and the signal is moved from the midpoint to the tip of the circle. Using indicator in the direction indicated The player, and is Continue to move the indicator from scratch until it is absent from the sight of the laboratory and records the number it reached without the laboratory moving its head and repeating this process in 8 axes.

- **Degree calculation:**

When the cursor is absent from the player's sight, the last number he reached on the circle is recorded in a special form in each of the eight attempts, and each eye has eight axes and the grades are collected and divided by (100).

2- Football passing skill test: [1].

Objective of the test: to measure the accuracy of the scrolling skill on the overlapping squares on the wall.

How to perform the test: The player stands in front of two walls with a distance of 4.5 m, one to the right of the player and the other to the left of the player, and the player stands with the balls inside a square with a length of 1 m 2 and the test begins when the coach gives the start signal to pass ten balls on the wall and on the selected and overlapping squares and continuously until the end of passing the ten balls, five balls passed on the right side and five balls passed on the left.

Scoring method: The number of scores obtained by the player is calculated by the accuracy of passing on the squares overlapping on the wall of ten balls and (3)

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[1] Jihan Mohamed Fouad and Eman Abdullah Zaid: The effectiveness of visual training on some variables of skill and visual abilities in volleyball, Journal of Comprehensive Education Research, Volume II, Zagazig University, Faculty of Physical Education, 2005, p 156.

(1) Atheer Abdul Amir Hadi: The Impact of Compound Exercises on Developing the Most Important Physical, Motor and Mental Abilities and Basic Skills of Football Players Under 15 Years, PhD Thesis, University of Babylon, Faculty of Physical Education and Sports Sciences, 2022, p. 68.

degrees are given if the ball is in the middle square, (2) degrees if the ball is in the second square, (1) degrees if the ball is in the third square, and (zero) From a score if the ball is out of the boxes, and then the scores are collected through ten passes and the one who collects the most scores is the player who has better passing accuracy than other players.

2.4.2 Exploratory experiments:

First: The first exploratory experience:

The most important recommendation of scientific research scientists for the purpose of obtaining accurate and reliable results is to conduct the exploratory experiment, which is defined as " practical training for the researcher to identify the negatives and positives that may encounter the researcher during the main experiment to avoid them." (2)

The exploratory experiment was conducted by the researcher and the assistant work team on Friday, 26/4/2024 at four in the afternoon at Sumer Sports Stadium on a sample of players of the Specialized Football Center in Nasiriyah district, and the first exploratory experiment was conducted on (6) players from the research community Outside the research sample, the purpose of this experiment is to know the negative aspects that may face the work and to ensure the following:

1- Finding the scientific foundations of the tests used in the research.
2- Know the necessary time and place to carry out the tests.
3- Knowing the suitability of the tests selected by the researcher for the research sample.
4- Identify some of the obstacles that may accompany the performance of the tests and overcome them in the main experiment.
5- Know the adequacy of the assistant work team in the duties assigned to them.

Second: The Second Exploratory Experiment:

The second exploratory experiment was conducted on Monday, 29/4/2024 at four in the afternoon at the Sumer neighborhood sports stadium on the research sample (experimental group), and the comprehensive vision exercises were applied for the purpose of the following:

1- Legalization of those exercises used in line with the research sample.
2- Know the extent to which the sample is able to apply exercises.
3- The appropriateness of the nature of the exercises placed for the level of the research sample.
4- Knowledge of the assistant staff and the trainer in how to apply the exercises.
5- Know the difficulties and problems facing the researcher in applying the exercises before applying them in the main experiment.

(2) Qasim Al-Mandalawi: Testing and Measurement in Physical Education, Mosul, Higher Education Press, 1989, p. 107.

2.4.3 Scientific foundations of the test:

First: Believe the test:

The tests were presented through personal interviews conducted by the researcher to a group of experts and specialists in the field of football, testing, measurement and motor learning to ensure that the researcher chose the most appropriate test to realize the field of vision and test the skill of passing football for emerging players, where the percentage of experts who agree to the tests by 100%, and thus the tests used were honest in what they measure and can be relied upon in the study.

Second: Test Stability:

The researcher was used to calculate the stability coefficient (test and re-test method) with an interval between the first and second test (7) days, and the first application was made on Friday, 26/4/2024 at four in the afternoon on (6) players from the researcher's community and outside the sample, and the test was repeated after seven days on Friday, 3/5/2024 at four in the afternoon, The researcher extracted the stability coefficient through the correlation coefficient (Pearson) to find out the stability of the tests between the results of the first application and the results of the second application and extract the significance of the correlation as the values of the correlation coefficient were a function when compared to the level of significance and this means that the tests have a high degree of stability because the level of significance $\leq$ (0.05). As shown in Table (3).

Third: Objectivity:

The researcher found the objectivity coefficient for each of the tests under research by finding the simple correlation coefficient (Pearson) between the results of the two arbitrators (*) in the first application conducted during the exploratory experiment, and the correlation coefficients were high, which indicates the objectivity of the tests used in the current study.

Table (3)

Builds the coefficient of stability and objectivity of the tests under study

Sig value significance level	Objectivity coefficient	Sig value significance level	Coefficient of stability	audition	t
0.000	0.93	0.000	0.88	Perception of the field of view	1
0.000	0.92	0.000	0.88	Scrolling accuracy	2

Arbitrators: 1. a.Dr. Ali Jassim Sawadi Ph.D. in Physical Education and Sports Sciences in football.

2- Dr. Ahmed Hussein Abed, PhD in physical education and sports sciences in football.

2.4.4 Pre-tests:

Pre-tests were conducted for the research sample, which took place on Friday10/5/2024 in Exactly nine o'clock Morning In a playground Sumer Sports in the province Dhi Qar Where these tests were performed on a sample number (20) players divided into two experimental control groups.

2.4.5 Broad Vision Exercises:

After reviewing the available scientific literature and studies and through personal interviews and polling the opinions of experts in the field of motor learning and football, the researcher prepared comprehensive vision exercises, which were carried out by the members of the research sample (experimental group) in the main section of the educational unit of the educational curriculum The researcher has adopted in the preparation of comprehensive vision exercisesTaking into account the variables adopted in the research, which are the variables of perception of the field of view and the skill of passing accuracy in football, and many simple tools and means close to the game were used, using different new colors and shapes that are exciting and interesting, in order to improve the perception of the field of vision and the skill of passing in football and achieve multiple and similar responses to responses during the match, and included comprehensive vision exercisesPrecision exercises, head posture exercises, and exercises with and without the ball, and the allocation of rest time between exercises, and the principle of diversity in exercises and gradation from easy to difficult.

The exercises were divided on the educational curriculum of the sample using the main part of (60) minutes on (24) educational units at the rate of three educational units per week within two months (eight weeks).

The application of the exercises began on Sunday, 12/5/2024, after the completion of the implementation of the pre-tests, and the exercises were completed on Sunday, 7/7/2024.

2.4.6 Post-tests:

After the exercises prepared by the researcher were applied to the research sample, the post-tests were conducted on the research sample in day Friday 13/ 7/2024 and at nine o'clock in the morning in the playground Sumer The athlete followed the same method that was followed in the pre-tests, taking into account the temporal, spatial, climatic conditions, means of tests and the same tools that were in the pre-tests.

2.5 Statistical means:

The researcher used the statistical bag (SPSS) and the following statistical means:

- Arithmetic mean.
- Standard deviation.
- Percentage.
- Simple correlation coefficient (Pearson).

- Test (t) for independent samples.
- Test (t) for associated samples .

3. Present, analyze and discuss the results.

3-1- Presentation and analysis of the results of the pre- and post-tests of the experimental group.

Table (4) shows the arithmetic means, standard deviations, calculated t-value, and level of significance between the pre- and post-tests of the experimental group.

Statistical significance	Semantic level(Sig)	Calculated value (t)	Post-Test		Pre-test		auditions	t
			on	Going to	on	Going to		
Moral	0.00	2.89	1.08	14.96	0.92	8.10	Perception of the field of view	1
Moral	0.00	3.52	3.76	20.92	3.98	7.94	Scrolling accuracy	2

Through Table (4), it is clear that there are statistically significant differences between the pre- and post-tests of the experimental group and in favor of the post-tests (the first hypothesis is achieved) because the value of sig is $\geq$ (0.05).

3-2- Presentation and analysis of the results of the pre- and post-tests of the control group.

Table (5) shows the arithmetic means, standard deviations, calculated t-value and significance level between the pre- and post-tests of the control group.

Statistical significance	Semantic level (Sig)	Calculated value (t)	Post-Test		Pre-test		auditions	t
			on	Going to	on	Going to		
Moral	0.01	1.89	0.97	10.07	1.02	7.91	Perception of the field of view	1
Moral	0.02	3.21	3.06	12.51	4.86	8.63	Scrolling accuracy	2

Through Table (5), it is clear that there are statistically significant differences between the pre- and post-tests of the control group and in favor of the post-tests (the first hypothesis is achieved) because the value of sig is ≥ (0.05).

3-3 Presentation and analysis of the results of the post-tests of the experimental and control groups.

Table (6) shows the arithmetic means, standard deviations, calculated t-value and level of significance between the post-tests of the experimental and control groups.

Statistical significance	Semantic level(Sig)	Calculated value (t)	Control group		Experimental Group		auditions	t
			on	Going to	on	Going to		
Moral	0.00	1.54	0.97	10.07	1.08	14.96	Perception of the field of view	1
Moral	0.01	3.89	3.06	12.51	3.76	20.92	Scrolling accuracy	2

Through Table (6), it is clear that there are statistically significant differences between the post-tests of the experimental and control groups and in favor of the experimental group (the second hypothesis is achieved) because the value of sig is ≥ (0.05).

3-4 Discuss the results of the tests (pre-post) and (post-post) for the control and experimental groups of research variables.

Through what has been presented in Table (4) (5) (6), it is clear that there are statistically significant differences between the pre- and post-tests of the experimental group in the tests and in favor of the post-tests, and this indicates that there is an impact of the comprehensive vision exercises placed within the educational units among the members of the experimental group sample.

From the results of the experimental group, we find significant differences between what the scores of the passing skill accuracy test were before the exercise was applied and after learning and training on it, as well as the perception of the field of vision under consideration.

Therefore, the researcher attributes the emergence of such differences to the use and follow-up of the experimental group of comprehensive vision exercises, which effectively affect the improvement of the perception of the field of vision and the

skill of passing accuracy in football for young players in the specialized center of football in Dhi Qar Governorate.

So the comprehensive view of the field of play A very important element For footballers and helps Players of this specialized center In performance Passing accuracy skill Tomorrow foot, must Caring for it and its practice, Whereas" exercise Overall Vision It's important very For players in various sporting events Especially in the game of football, as it must be practiced without exception, especially eye exercises Because the clear image of the player comes through the eye by turning the pupil of the eye left and right to see the field of play as well as the movement of fellow players and competitors to implement a skill and succeed in the way that skill is performed"[(1)].

The researcher believes that the use of exercises to see the comprehensive field of the field contributed significantly to improving the accuracy of the passing performance of football players, because it helps to see the field of play comprehensively and quickly and see the movements of colleagues, which gives a greater opportunity in the ability to make a decision and proper performance in order to deliver the ball to the player who is in the most appropriate place, because by looking players can realize the field of the field and realize the distances between colleagues and competitors, And also by looking the player can focus attention and convert it to what the playing situation requires, because the largest sources of attention come through the eye, and in this regard indicates (Zaki Mohamed Mohamed Hassan) that the comprehensive vision has an important role in the performance of skills, whether offensive or defensive, through which the player can know his place in relation to the opponent and determine the movements that he can perform [(2).]

Through what has been put forward, the hypothesis of research is achieved, which says there is a positive effect of comprehensive vision exercises in improving the skills of perception of the field of vision and passing accuracy of football players.

Through the tables (4, 5 and 6) of the results of the pre- and post-test of the control group, we note that there are significant differences for the passing accuracy skill test, and also the differences were present for the field of vision perception test, but

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(1) Hassan Masoud Al-Durra: The Comprehensive Encyclopedia of Football, 1st Edition, Dar Al-Bayan Publishing, 2001, p. 41.

(2) Zaki Mohamed Mohamed Hassan: Visual vision skills for athletes (characteristics - factors - examinations - exercises), Cairo, Egyptian Library for Printing and Publishing, 2004, p. 63.

these differences are small when compared to the experimental group and this indicates that the exercises followed by the trainer may develop the control group in these two variables, but to a small extent because learning and training continuously will contribute to improving these two variables, and this confirms the need for joint vision exercises The comprehensive stadium within the educational and training units of football teams, which help improve the perception of the field of view and the accuracy of passing under research because the accuracy of performance needs to "collect all ideas and intellectual processes at one point to serve the work to be achieved" (3).

3- Conclusions and recommendations:

4.1 Conclusions:

1. The comprehensive field vision exercises made significant differences between the pre- and post-tests and in favor of the post-test of the research group (experimental).
2. The exercises used had a positive effect on improving the perception of the field of vision and the accuracy of the passing skill and in favor of the post-test of the experimental group.
3. There is a clear improvement in the accuracy of the passing skill by perceiving the field of view of the experimental research group as a result of the use of comprehensive field vision exercises.
4. The exercises of the control group caused less significant differences than the experimental group in the tests of perception of the field of vision and also in the accuracy of passing football.

4.2 Recommendations:

1- The need to apply comprehensive vision exercises to football players of other categories.
2- Paying attention to activating the role of these exercises in the sports field in general and football in particular.
3- The need to prepare eye exercises and include them in the educational units for football players because there are muscles responsible for moving the eye and thus improving the perception of the field of vision and the accuracy of passing in football.
4- The need to prepare coaches and specialists capable of preparing exercises for the comprehensive vision of all football players to reach advanced sports levels.

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Supplements

A model of comprehensive vision exercises and the skill of passing accuracy in football.

Educational Unit: First - First Week

Location: Sumer Sports Stadium Objective of the module: Exercises for the muscles of the eyes and the skill of passing accuracy

An explanation of the comprehensive vision exercises, how to implement them, and the method of performance for the passing skill, with a model for applying the skill, and errors are corrected by the trainer.			**60min**	**Main Department**	
			20min	**Educational part**	
			40min	**Applied part**	
Observations	**Exercise time**	**Iteration**		**Exercises**	**t**
Exercises for posture of the head	**9 min**	**Rest between each exercise and the last (1) minute.**	**As many iteratio ns as possible**	**Head rotation training with fixed vision fixation on a fixed target**	1
Exercises for eye muscles	**8 min**		**As many iteratio ns as possible**	**Moving the eyes together to the right and left sides**	2
Passing accuracy skill exercises	**10 min**		**As many iteratio**	**Passing the ball between two pillars, the distance between them is one meter for a distance of (10)**	3

			ns as possible	meters, with one eye covered through semi-misleading glasses.	
Exercises for eye muscles	9 min		As many iteratio ns as possible	Move the pupil upwards, then return to the normal position, and then move it down	4

Educational Unit: Second - First Week

Location: Sumer Sports Stadium Objective of the module: Exercises for the muscles of the eyes and the skill of passing accuracy

An explanation of the comprehensive vision exercises, how to implement them, and the method of performance for the passing skill, with a model for applying the skill, and errors are corrected by the trainer.			60min	Main Department	
			20min	Educational part	
			40 minutes	Applied part	
Observations	**Exercise time**	**Iteration**		**Exercises**	**t**
Exercises for posture of the head	9 min	Rest between each exercise and the last (1) minute.	As many iteratio ns as possible	The exercise of looking at the thumbs with the hands open to the side until the hands reach horizontally with the body	1
Exercises for eye muscles	8 min		As many iteratio ns as possible	4 v4 exercise in a 20-meter square with one eye covered with half-misleading glasses and emphasis on passes between players.	2
Passing accuracy skill exercises	10 min		As many iteratio ns as possible	Passing the ball between two pillars, the distance between them is one meter for a distance of (10) meters, with one eye covered through semi-misleading glasses.	3
Exercises for eye muscles	9 min		As many iteratio ns as possible	Move the pupil upwards, then return to the normal position and then move it down .	4