



The effect of rubber resistance training on developing special strength and scoring accuracy with the face of the foot from the inside of football players under (20) years

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Abstract

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The research aims to rubber resistance training to develop special strength, and the accuracy of scoring in the face of the foot from the inside of football for players under (20) years, and to identify the rubber resistance training to develop special strength, and the accuracy of scoring in the face of the foot from the inside to single out the research sample.

To achieve the goalThe researcher is the experimental method with a pre- and post-test for suitability) With the research problem, there search community Baghdad clubs for players under (20 year) Iraqi Youth Clubs, The number of (16) Club, with a total number of players of (430) Players and it represents a ratio (100%) of the number of players, The research sample was represented yAl Hudud Sports Club Young people (26) Players and by (6,05%), The research sample was randomly selected by lottery, and the goalkeepers and their number were excluded (4) as well as the exclusion of (4) Players due to injury and non-compliance with training units, (The researcher conducted the pre- and post-test for the members of the research sample, and the appropriate statistical treatments were conducted, and the researcher concluded that the rubber resistance training led to raise the level of muscular capabilities of the research sample and thus this was reflected in the development of the explosive ability and the power characteristic of the speed of the two men, and the rubber resistance training has contributed to raising the level of competition between the members of the sample, which led to positive results.

researcher (attention from to use rubber resistance training in order to develop the physical qualities of players in other team or individual games and for different categories, as well as the selection of rubber resistance training similar to the skill performance in the game to benefit from them in developing special skills in the game, and the need for attention of those concerned with the game to establish training courses on the use of rubber resistance training for coaches working in the game and for different age groups.

1- Definition of the research:

1.1 Introduction and importance of the research:

The continuation of the scientific march and its progress in all fields led to the creation of modern means, methods, laws and theories for the practical applications of all sciences related to the sports field, and these applications came as a result of scientific research, because this field needs these mathematical sciences, so the developed countries of the world have been seeking to identify various scientific aspects directly related to the level of performance of sports skills, and the motor performance of various skills has become subject to laws and accurate calculations according to biomechanical variables to provide economic performance, especially A football game that needs high physical and skill requirements.

The skill of scoring in football is one of the skills that need high strength and speed, as well as what it requires to achieve high accuracy, in which the player needs to master the technical stage that qualifies him to achieve the required momentum in the body at the moment of payment, taking into account the law of the game, as the transfer of force between the limbs of the body and its end with the foot and with a high flow gives economy in force and speed with the availability of fluidity, and this is one of the requirements for the success of technical performance, and the player's ability to harness parts of his body All to achieve the goal of movement, so there was an urgent need to use new training methods such as rubber resistance to the development of special physical abilities, which is the reason for the integration of the special motor manifestations of one of the football skills, which is scoring with the face of the foot from the inside.

Among the previous studies that dealt with such a topic is a study (**Roaa Abdullah Duha, 2014**), which found the effect of rubber rope training on the development of special power (explosive power and speed strength), a study (**Omar Saad, 2008**) found that special exercises had an impact on the development of the special strength of the arms and legs and the non-oxygen ability of the members of the research sample, and a study (**Muhammad Hashem Sada, 2024**), which reached the plyometric to raise the level of muscular capabilities of the research sample and thus reflected in the development of explosive ability and the power characteristic of speed of the two men.

Hence, the importance of research in the use of rubber resistance training and knowing the extent of its impact on the development of special strength and accuracy of scoring in the face of the foot from the inside of football players under (20) years.

Requires attention to physical qualities and skill and the importance of physical qualities and all kinds in most sports events, especially the game of

football because of its advantage of friction and great physical effort for the length of time playing and the capacity of the stadium, which requires attention to physical qualities, including the characteristic of strength that helps the player in increasing the number of scoring towards the goal and cases of stability and movement and jumping as well as when defending and during contact with the competitor, and due to the advantage of this game of muscular efforts, friction and effort Physical length of the playing period, and the sting of its field, which requires attention to the qualities and physical abilities, the most important of which is the characteristic of strength and its forms such as explosive ability, and the power characteristic of speed, as most of the skills and positions of play in this game require the presence of these two abilities to resolve situations, as the explosive ability and the power characteristic of speed is the decisive factor in most playing situations, so use of rubber resistance training to develop special strength and accuracy of scoring in the face of the foot from the inside to contribute to the development of the game of football in Iraq.

So the objective of the study was to:

- Preparing rubber resistance training to develop special strength and accuracy of scoring in the face of the foot from the inside for players such as football under (20) years.
- Identify the effect of rubber resistance training to develop special strength and scoring accuracy in the face of the foot from the inside of the research sample.

Search Procedures

The researchers used the experimental approach with the pre- and post-test to suit it with the research problem), the research community included Baghdad clubs for players under (20 years) for Iraqi youth clubs, which numbered (16) clubs, and a total number of players amounting to (430) players, which represents (100%) of the number of players, while the research sample was represented by the players of Al-Hudood Sports Club for the youth category, whose number (26) players by (6.05%), and the research sample was selected randomly by lottery, and the goalkeepers were excluded and their number (4) as well as the exclusion of (4) players due to injury and non-commitment to training units.

Research Tools

The researchers used the following devices and tools (legal football number (10), whistle referees number (3), stopwatch, boxes of different heights (30, 50, 60) cm, signs (30) cm number (10), Swedish bench height (30) cm number (2), rubber ropes variety number (6), medical balls weighing (2) kg, tape measure made of cloth Chinese type).

The research tests were:

1. Broad jump test of stability (**Mohamed Sobhi Hassanein, 1999, 400**).
2. Partridge test for maximum distance in (10s) (**Qasim Hassan Hussein and Bastawisi Ahmed, 1979, 154**).

The researchers conducted the exploratory experiment on a number of players from Al-Karkh Club, numbering (5) players on (Saturday) 26/10/2024 at three o'clock in the afternoon, and the aim of the experiment is: (The time taken to perform the tests, the validity of the tools and devices used in the research, knowing the number and efficiency of the assistant team, diagnosing and overcoming the errors and obstacles that will appear in the exploratory experiment).

The researchers conducted the pre-tests for the research sample on (Sunday) on (3/11/2024), after which the researchers conducted the main experiment on the day (Sunday) coincided with (10/11/2024), as the training units prepared by the researchers were applied to the sample members by two training units per week for a period of (8) weeks, and the total total was (16) A training unit, after which the post-tests were conducted on (Sunday) on (5/1/2024) after applying the proposed program, the researchers used the statistical bag (SPSS) to obtain the research results.

The arithmetic media and standard deviations show the value of (T) for the pre- and post-test of the members of the research sample

Significance	Sig	T value	Post		Tribal		audition
			on	Going to	on	Going to	
Moral	0.00	9.6	0.19	2.31	0.16	2.07	The explosive power of the legs
Moral	0.00	11.31	1.62	25.4	1.07	21.33	The power characteristic of the speed of the legs
Moral	0.000	8.775	0.756	8.000	0.886	5.250	Scoring Test
Moral	0.033	3.742	4.03	21.75	3.095	14.75	Accuracy in front of goal
Moral	0.019	4.629	3.55	18	2.708	8	Accuracy right goal
Moral	0.013	5.329	3.095	19.75	3.593	6.250	Accuracy left of goal

* Significant at the level of significance (0.05) and degree of freedom (17)

Table (1), it is clear that there are between the pre- and post-tests and in favor of the post-test, as the researchers relied on the training exercises to take into account the training load correctly in terms of the distribution of its components (intensity, size, and density), which contributed to achieving the required results in the development of physical abilities under research, and agrees with this opinion also (**Hussein Al-Ali and Amer Fakher, 2006, 10**) "The training load is the main pillar on which sports training depends through its components, which constitute everything that falls on the athlete's shoulders and the changes they cause that are reflected in his internal organs during training doses," he said.

The rubber resistance training used also has an impact on the development of explosive ability and the strength characteristic of the speed of the muscles of the legs, because of its interest in developing the muscles working on jumping and jumping, and that such exercises depend on lengthening the muscle and then shortening it, and in this regard explains (**Crossley, 1984, 26**) "If there is no delay between the process of eccentric contraction (prolongation) and central contraction (shortening) The amount of work done under this state is translated into elastic energy released into the muscle during stretching."

This is supported by Hara (**1990, 172**) who argues that "the high quality of exercise that increases the effect of training is the direct link to jumping high after landing, and that the landing phase in such jumps acts as a motivational section for jumping high that forces a very strong contraction."

Since the game of football needs muscular strength, because it is within the games of friction and facing the opponent and his resistance and skills, it needs the muscular strength of the two legs, and in order to gain the appropriate strength, muscle strength must be provided, so the exercises contained strength exercises for their great benefit in training, and this is confirmed by (**Al-Mandolai et al., 284**) by saying, "Exercises with medical balls and rubber resistance greatly affect above all the musculoskeletal system (skeleton, ligaments and muscles, so they have a general and specific impact on the individual's collective abilities and adequacy."

As for the accuracy of the scoring skill from the inside, it turns out that there are significant differences between the pre- and post-tests and in favor of the post-test, and the researcher attributes that the diversity and repetition in the physical exercises under research has contributed to the development of those skills, because this contributed to giving the player and mastery in neuromuscular compatibility the number of repetitive attempts, and confirms (**Yasser, 1997, 13**) as Training processes must be organized to ensure that the player acquires the best performance of skills to achieve the best achievement, and is done through exercises that regulate the repetition of skills or movements specifically for the purpose of possessing special skills and communicating them to the motor feeling

And that the physical exercises that were rubber resistance and medical balls have contributed to increasing the strength characteristic of speed and thus reflected

on the performance of the skill positively, which was confirmed by (**Raysan Khreibit, 2000, 70**) as he believes that "the strength characteristic speed is associated of mastery of skill performance the degree of skill performance The level of compatibility between the fibers and between the muscles and the improvement of the temporal and dynamic distribution of motor performance.

The researcher also attributes that the exercises used in the research are of great importance in the development of muscle groups for all the body, which in turn contributed to the physical and skill preparation required for the players and this is also consistent with what he sees (**Wajih and Mahjoub, 2000, 176**) that of great importance in the general and private physical preparation and for the preparation beginners or for higher levels with its to prepare athletes physically and skillfully commensurate with that activity

The researchers concluded that the rubber resistance training led to raising the level of muscular capabilities of the research sample and thus this was reflected in the development of the explosive ability and the power characteristic of the speed of the two legs, and that the development of some types of force has been positively reflected in the development of scoring accuracy from inside the foot, and that rubber resistance training has contributed to raising the level of competition among the sample members, which led to positive results.

The researchers recommend the need for attention by coaches to use rubber resistance training in order to develop the physical qualities of players in other team or individual games and for different categories, choosing rubber resistance training and medical balls similar to the skill performance in the game to benefit from them in developing special skills in the game, the need for attention of those concerned with the game to establish training courses on the use of rubber resistance training for coaches working in the game and for different age groups.

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