Thi Qar University Journal of Physical Education Vol 2 Issue 3 P1

مجلة جامعة ذي قار لعلوم التربية البدنية

مجلة علمية محكمة تصدرها كلية التربية البدنية وعلوم الرياضة

The impact of group competitive exercises supported by the GPS UPIKO device to develop the kinetic speed of the ball and the strength characteristic of speed in football players

Haidar Taha Abdul redha [2] **Haitham Jawad Kazim** [1]

dr.haideralsarie1975@gmail.com2 haitham.ali2404p@cope.uobaghdad.edu.iq1

Ministry of Education, Directorate of Education of Baghdad Karkh II

Article history:
Published online: 20/6/ 2025

Keywords:
group competitive workouts , kinetic speed, strength characteristic of speed, GPS Ubiko.

ABSTRACT

Recent years have witnessed a remarkable development in the game of football at various levels, and this development came as a result of relying on modern scientific foundations in training and planning, while employing advanced techniques in analyzing performance and developing the physical and skill abilities of players.

Football is one of the team games that requires a high level of physical fitness, especially in terms of kinetic speed with the ball and strength characterized by speed, which are two of the most important factors affecting effective performance during the match. Therefore, the players of the Baghdad Al-Karkh second team for the preparatory stage need integrated physical and skill preparation that ensures the continuity of high performance throughout the match.

In light of the importance of realistic analysis of performance within the context of play, the role of modern technology such as GPS devices such as the UBIKO device, which provides accurate data on player movement, performance intensity, and voltage distribution, enabling a scientific assessment that helps to guide training effectively.

Accordingly, the importance of this research is evident in the use of group competitive exercises, aimed at developing the kinetic speed of the ball and the strength characteristic of speed, supported by the use of the UBIKO GPS device. These exercises aim to raise the efficiency of the education team players physically and skillfully, within a scientific approach that contributes to improving the level of performance and achieving better results in competitions.

The training programs applied in the teams of schools of education, including the Baghdad Al-Karkh second football team for the preparatory stage, suffer from a weak focus on developing fine physical abilities, such as motor speed with the ball and strength characterized by speed. This is due to the lack of use of group competitive exercises as an effective means of raising the efficiency of players, in addition to the lack of benefit from modern technologies, such as the Ubiko GPS device., which is an important tool for analyzing performance and accurately directing training effort. Field observations show that most teams experience a decline in performance, especially at crucial times of the match, due to limited focus on complex exercises that combine physical and skill aspects in a competitive context similar to actual matches.

Second: The importance of research

The importance of this research lies in the use of group competitive exercises aimed at developing the kinetic speed of the ball and the strength characteristic of the speed of the players of the second Karkh football team for the preparatory stage, within a scientific and thoughtful training framework. The researchers believe that these exercises, supported by the Ubiko GPS device, will contribute effectively to raising the level of physical and skill performance, which enhances the efficiency of school players and contributes to the advancement of school football according to contemporary scientific foundations.

Third: Research Objectives

- Preparing collective competitive exercises supported by GPS Ubiko device to develop the kinetic speed of the ball among the players of the second Karkh breeding team for the preparatory stage of football in Baghdad.
- Knowing the effect of collective competitive exercises supported by GPS Ubiko device to develop the kinetic speed of the ball among the players of the second Karkh breeding team for the preparatory stage of football in Baghdad.

- Preparing group competitive exercises supported by the Ubiko GPS device to develop the distinctive strength of speed among the players of the second Karkh breeding team for the preparatory stage of football in Baghdad.
- Knowing the effect of collective competitive exercises supported by the Ubiko GPS device to develop the strength characteristic of speed among the players of the second Karkh breeding team for the preparatory stage of football in Baghdad.

Study by Haitham Jawad (2019) (2019 ،هيثم جواد)

The study highlights the importance of using complex exercises to develop motor speed, rolling, scoring, and tactical performance among youth players in football training centers, with the design and codification of tests for these variables. The researchers relied on the descriptive and experimental approaches according to the pre- and post-measurement of a sample of 180 players from six education directorates. The results showed a positive effect of compound exercises on all the variables studied. The researchers recommended the adoption of exercises and tests designed in the training process. Study fills a clear gap In the training curricula adopted in youth centers.

Study by Haitham Jawad (2025): (2025 ،هيثم جواد)

The study dealt with the importance of developing the speed endurance of the young students club players (19 years old) using modern training techniques. Compound exercises supported by the Ubiko GPS tracking device and the Polar

H9 heart rate monitor were applied.The results showed a significant improvement in the players' ability to withstand physical exertion during matches. The study confirms the effectiveness of integrating technology into sports training to improve performance. It also recommends adopting methodologies based on accurate data to enhance physical efficiency.

First: Methodology, research community and sample:

The researchers relied in his study on the experimental approach for its suitability to the nature of the problem and the objectives of the research, as the research community was determined by the 25 players of the second Karkh football team for the intermediate stage. After excluding goalkeepers (3 players) and other players for use in the exploratory experiment, the final sample consisted of 20 players, representing 75% of the original community. The subjects were randomly distributed into two equivalent groups: Experimental and control, and this equivalence was proved statistically as shown in Table (1) according to the variables adopted in the study.

Table 1: Equivalence of the two groups (control and experimental) in the pre-test of the kinetic speed index with the ball and the force characteristic of the speed

Error level	Calculated T-value	Adjuster		Experimental		Unit of measurement	Variable
		on	Going to	on	Going to		
Immoral	0.067	0.638	10.787	0.892	10.808	second	**Kinetic velocity of the ball**
Immoral	0.172	3,916	27,996	3,195	28	**m/s**	**Speed characteristic force**

Second: Two Research Tests: Test Kinetic velocity of the ball (2019 ،هيثم)

3-4-2 Test Name:- " Running test by changing direction with the ball for a distance of (30) meters

- **Objective of the test:** Measure the change of direction with the ball (kinetic velocity)
- **Level :** Youth
- **Tools used:** (8) signs, whistle, ball, electronic sensor device (electronic portal).
- **How to perform:** The tester stands from the position of the bird near the starting line between two flags (the distance between the two flags (1.5) meters on which there are electronic sensors), and he starts with the ball from the starting line in a straight manner towards sign No. (1), and before reaching he turns around sign No. (1), then runs in a straight line towards sign No. (2), then he rotates around sign No. (2), And run in a straight line towards No. (3), then turn around sign No. (3), run in a straight line towards No. (4), then turn around sign No. (4), and then cross the finish line between two flags.

Test conditions:

- The distance between the signs is (5) meters, while the distance between signs (2) and (3) is a distance of (10) meters.
- Signs shall be placed within the specified distance
- The four signs must be passed
- Recording: Calculation of the time taken from the moment of departure between two flags at the starting line through electronic sensors (electronic gate) until passing two flags at the finish line in any part of the body (the timing stands for electronic sensors)."

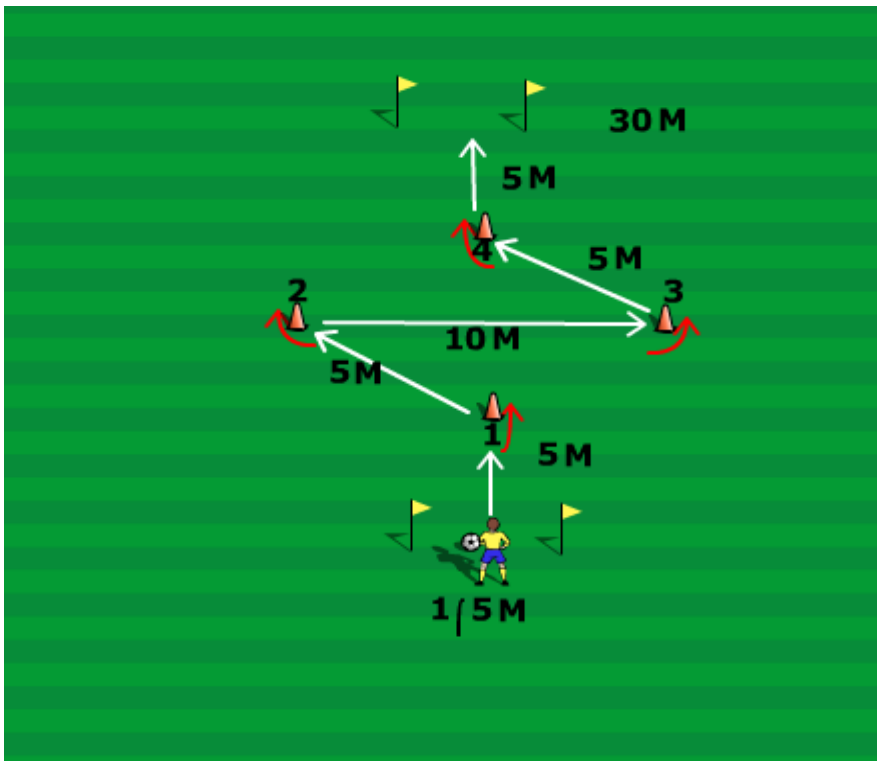


Figure (1)

Audition: "Test the strength characteristic of speed for the two men .

Test name: Partridge test for maximum distance in (10) seconds.

Objective of the test: to measure the strength characteristic by speed of the legs.

Tools used: stopwatch, whistle, tape measure, registration form.

How to perform: The player stands behind a specific mark on the ground and after hearing the whistle, the player hedges on one leg and chooses the player and in a specific straight line and as quickly as possible.

Recording: The distance traveled by the player during the (10) seconds period is recorded and given to the tester only one attempt.

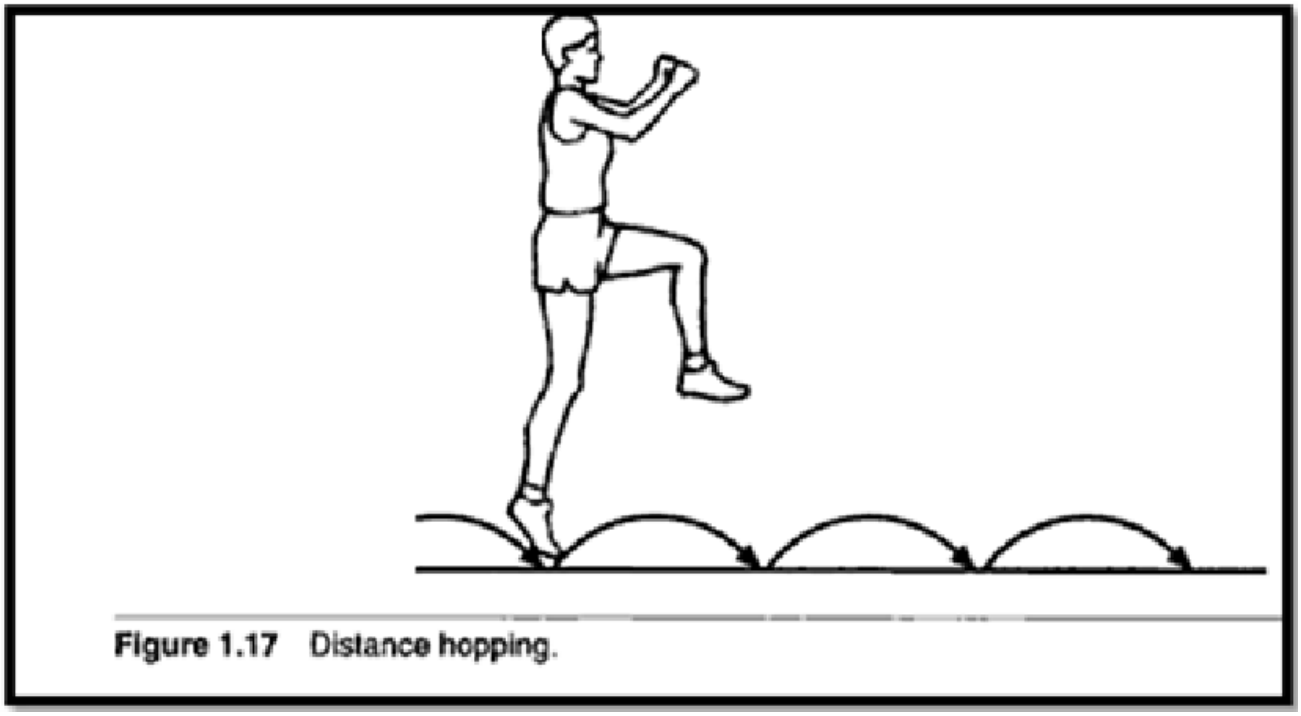


Figure (2)

The partridge test shows a maximum distance of 10 seconds."

Third: Exploratory Experiment

The assistant work team, under the supervision of the two researchers, conducted an exploratory experiment on players from the second Karkh breeding team for the preparatory stage on 2/2/2025, at exactly two thirty in the afternoon, knowing that these players were not selected within the initial research sample. The results of the experiment showed the following:

1. Confirmation of the validity of group competitive exercises supported by the Ubiko GPS device for the players of the education team for the preparatory stage.
2. Check the duration and validity of the ball's kinetic velocity test and the force characteristic of speed.

3. Evaluate the performance of the assistant team in conducting the required tests accurately and successfully.

Fourth: Pre-test .

On Sunday, 9/2/2025, at 2 pm, the researchers, in cooperation with the assistant work team, conducted pre-tests to measure the kinetic speed of the ball and the force characteristic of speed on the selected sample of the players of the second Karkh football team for the preparatory stage. The tests were conducted for the experimental and control groups at Salim Al-Awadi Stadium in Al-Bayaa area.

Main experience:

The two researchers began preparing training units with a focus on the main part of them, and the basic experiment began on Wednesday 12/2/2025, and continued until Saturday 12/4/2025, at a rate of three training units per week on Wednesday, Friday and Saturday, bringing the total units to 24 training units distributed over the special preparation and pre-competition stages, during a period of two months.

The training modules focused on developing physical abilities using the high-intensity interval training method, which is commensurate with the objectives of the research and focuses on improving the kinetic speed of the ball and the strength characteristic of speed. These group competitive exercises were applied to the experimental group, with the use of GPS Ubiko to monitor and adjust the intensity of the performance with high accuracy.

The average intensity of the exercises ranged from 88% to 96% of the players' maximum intensity, divided monthly into:

- First month: intensity between 88% and 92%
- Second month: intensity between 92% and 96%
- The average total intensity of the training program was 92%.

The researchers based the training load planning on the maximum intensity data provided by the Ubiko GPS, in addition to adjusting the rest periods between exercise groups based on heart rate measurements, where the rest period was set at three minutes between each group. As for the volume of exercises, the number of repetitions was relied on as the main criterion to ensure that the training objectives were achieved efficiently and accurately during the program period.

Sixth: Post-test .

On Saturday, April 12, 2025, at two o'clock in the afternoon, the researchers, in cooperation with the assistant work team, carried out the post-test on the research sample at Salim Al-Awadi Stadium in Al-Bayaa area, in order to measure the kinetic speed of the ball and the force characteristic of speed, as the test included both the experimental and control groups.

Seventh: Statistical Methods: To extract statistical results, the (SPSS) program was used.

Results and discussion

First: The results and analysis of the tests for the indicator of the kinetic speed of the ball and the force characteristic of the speed of the control group, before and after

Table (2): Shows the standard deviations, arithmetic means, differences, differences square, calculated (t) value and the significance of the differences between the results of the control group for the pre- and post-tests of the kinetic speed index in the ball and the force characteristic of the speed

Significance of differences	Calculated (t) value	F2	P	Post-Test		Pre-test		Unit of measurement	Statistical Methods
				±	Going to	±	Going to		
Moral	2.044	0.0744	0.074	0.602	10.694	0.638	10.787	Tha	Kinetic velocity of the ball
Willy-nilly	1.888	25	9	1.616	22.833	3.916	27.996	m/s	Speed characteristic force

Second: The results and analysis of tests for the experimental, pre- and post-group and their discussion

Table (3): Shows standard deviations, arithmetic means, differences, square differences, calculated value (t) and significance of differences between the results of the experimental group Pre- and post-tests of the kinetic speed index with the ball and the force characteristic of speed

Significance of differences	Calculated (t) value	F2	P	Post-tests		Pre-tests		Rolling	Statistical Methods
				±	Going to	±	Going to		
Moral	3.301	0.462	0.683	0.570	10.025	0.892	10.808	Tha	Kinetic velocity of th ball
Moral	6.897	130	26	3,852	32,733	3.195	28	m/s	Speed characterist force

Third: Discussing the results of the kinetic speed of the ball and the force characteristic of the speed of the experimental group for the pre- and post-test:

It is clear from the above table above that the main reason for the development is due to the effectiveness of group competitive exercises supported by the Ubiko GPS device, as it clearly contributed to the development of the kinetic speed of the ball in the players, thanks to its diversity in terms of intensity and time, which added an integrated dimension to the training process. The researchers attribute the remarkable improvement shown by the experimental group in Testing the kinetic speed of the ball to continuity in training during the special preparation period, which contributed to the development of the physical and skill aspects of the players of the second Karkh breeding team for the preparatory stage of football. The training curriculum developed by the coach, which took into account the gradation in the difficulty of the training units, also contributed to improving the physical and skill qualities of the players effectively.

This is confirmed by Mufti Ibrahim's point out: "If the difficulty of the exercise is increased in the training unit itself, the gradation from easy to difficult,

from the known to the unknown, must be taken into account." Youssef Lazm Kamash also stressed the importance of gradation in the requirements of kinetic speed, noting that "raising these requirements must be done gradually in proportion to the degree of mastery of skills, as skills are required to perform at a very high speed.)2002 ،لازم()2009 ،ابراهيم(".

The researchers attribute the reason for the improvement shown by the experimental group in the kinetic speed test with the ball to the effectiveness of group competitive exercises designed according to modern scientific foundations, which were implemented using the Ubiko GPS device to adjust the intensity of performance and provide accurate data on the movement of players. This type of exercise, which combines a competitive nature and skill content, has helped to develop the ball's motor speed by introducing innovative training methods into the daily training modules.

With their variety and excitement, these exercises have contributed to raising the motivation of the players and reducing the feeling of boredom caused by the typical repetition of traditional exercises. This was pointed out by Mohammad Reza Ibrahim and Mahdi Kazem Ali, who confirmed that: "Introducing the various exercises accurately in the training curricula contributes to maintaining the player's desire to implement the requirements of hard training, and moves them from a state of boredom to an atmosphere of fun and joy during training.(2013 ،ابراهيم، وآخرون)".

The results of the ball kinetic speed test confirm the effectiveness of group competitive exercises supported by modern technology, as one of the basic methods in developing physical and skill abilities associated with the speed of performance with the ball.

The researchers attribute the reason for the remarkable development in the performance of the players of the second Karkh breeding team for the preparatory stage of football to the adoption of collective competitive exercises supported by the GPS Ubiko device, which were designed according to accurate scientific

foundations, with the aim of developing the kinetic speed of the ball and the power characteristic of speed. These exercises contributed to effective physical and skill adaptation in the experimental group, thanks to the thoughtful organization of the components of the training load, in terms of performance intensity, rest periods, and the number of repetitions compatible with the players' abilities.

On the skill side (Kinetic velocity of the ball) He pointed to the importance of constant exercise and changing conditions (such as having competitors or performing skill in experiential play situations) in reaching performance. (ابراهيم، 1994)Perfect For skill. These exercises were characterized by precise training characteristics, most notably adjusting work and rest periods using the readings of the GPS Ubiko, to ensure optimal utilization without falling into stress situations. The researchers confirm that this training method is based on the principle of organized exchange between effort and rest, where the recovery period after pregnancy leads to what is known as the phenomenon of overcompensation, which is the cornerstone in achieving balanced physical and skill development. (الجواد، 1974)

On the skill side (Kinetic velocity of the ball) He pointed to the importance of constant exercise and changing conditions (such as having competitors or performing skill in experiential play situations) in reaching performance. (ابراهيم، 1994)Perfect For skill. From this standpoint, careful control of work and rest ratios formed an effective basis in the preparation of integrated training modules.. The researchers also found that performance was not just a routine implementation of exercises, but was the result of a scientific organization of the training load system, according to what he pointed out, who stressed that effective training is a deliberate organization of pregnancy periods and rest periods aimed at bringing the player to the optimal level of performance.(علاوي، 1999).

Finally, the improvement shown by the results in the performance of the handling skill was not random, but rather the result of the application of exercises Collective competitiveness And precisely planned and supported by a device GPS

Ubiko, contributed to the development of strength characterized by speed and motor skills (Kinetic velocity of the ball) in players. The researchers confirm that the good organization of the training content, the selection of intensity and repetitions commensurate with the level of the players, in addition to the creation of an appropriate training environment, helped to enhance the players' motor understanding, which he pointed out by saying: "The organized and scientifically based exercise has a significant impact on the results of the tests.(2000 ،نصيف)".

Fourth: The results and analysis of the tests for the kinetic speed index of the ball and the force characteristic of the dimensional speed of the two groups (experimental and control) and discuss them.

Table (4): shows the standard deviations , arithmetic media, calculated value (t) and the significance of the differences for the control and experimental groups for the indicators of kinetic speed in the ball and the characteristic force of the ball for the dimensional tests.

Significance of differences	Calculated value (t)	Experimental Group		Control Group		Unit of measurement	Statistical Methods
		±	Going to	±	Going to		
Moral	1.079	0.570	10.025	0.602	10.694	Tha	Kinetic velocity of the ball
Moral	1.675	3.852	32.733	1.616	22.833	m/s	Speed characteristic force

Fourth: Discussing the results of the kinetic speed index in the ball and the force characteristic of the speed of the experimental and control group for the post-test:

The researchers attribute the remarkable development in the performance of the players of the second Karkh breeding team for the preparatory stage in football,

especially in the kinetic speed of the ball, to the adoption of studied group competitive exercises supported by the Ubiko GPS device, which are designed according to scientific foundations that take into account the requirements of the game and actual competition situations. This training method has helped to create a stimulating environment for players by introducing group challenges that simulate realistic playing conditions, which contributed to the effective development of their physical and skill abilities.

These exercises may be characterized by their collective competitive nature, which helped to increase the motivation of the players and added an element of excitement and suspense during the training units, away from monotony and repetition. The Ubiko GPS device was also used to fine-tune performance and rest periods, commensurate with the players' individual capabilities, contributing to an optimal level of physical and skill adaptation.

The researchers confirm that these exercises, by motivating the players to exert maximum effort during competitive group performance, have led to a clear improvement in the kinetic speed test with the ball, which was reflected in the superiority of the experimental group over the control, which was confirmed by (ابراهيم، 2014). As indicated him (مفتي ابراهيم، 2001) " Rapid motor performance requires the implementation of the skill automatically, while maintaining complete control of the body, which has already been achieved through carefully programmed group exercises."

Thus, the researchers conclude that the integration of group competitive exercises with technological support using GPS Ubiko represents an effective training strategy in preparing junior football players, and it is recommended to adopt it within the training curricula of the directorates of education to develop physical and skill performance in a balanced and sustainable manner.

The results of the research have shown that the improvement in Kinetic velocity of the ball In the experimental group players it was not random, but rather

as a result of the use of exercises Collective competitiveness Thoroughly studied and supported by a device GPS Ubiko, reinforcing the link between speed strength and skill performance. Emphasizes (الخشاب، 1999) "Physical preparation exercises should be in line with the nature of performance in matches in their content and speed". He also noted (صبر، 2005)" The organization of training units on scientific bases contributes to the development of harmonic capabilities and raises the level of skill performance, especially in basic skills such as handling.".

On the other hand, the poor improvement in the performance of the control group is due to the lack of diversity and gradation in the training program, and sufficiency with the style of play only without the adoption of directed exercises, which reduced the effectiveness of developing strength and skills.

Hence, the researchers recommend the need to adopt group competitive exercises supported by technological measurement tools such as GPS Ubiko in the preparation of training programs for juniors, because of their direct impact on the development of physical performance and skills in an integrated and sustainable manner, especially for players of school teams such as the second Karkh breeding team for the preparatory stage.

In light of the results achieved from the study, it is found that the use of group competitive exercises supported by GPS Ubiko device had an effective impact on the development of kinetic speed in the ball and the strength characteristic of speed among the players of the second Karkh breeding team for the preparatory stage in football .The scientific organization of the training load and the diversity of the exercises contributed to raising the level of physical and skill performance of the experimental group.The designed exercises also showed their ability to simulate realistic gaming situations, enhancing players' motivation and performance.These results confirm the importance of adopting modern training methods and digital technologies in building training programs. Therefore, it is recommended to use these mechanisms in preparing school teams to develop their abilities in an integrated manner.

5. (Conclusions and recommendations)

First: Research Conclusions:

- Group competitive exercises supported by the experimental group's Ubiko GPS device affect the improvement of the ball's kinetic speed index.
- Group competitive exercises supported by the experimental group's GPS **Ubiko** device affect the improvement of the strength index marked by speed.
- The need to use the GPS **Ubiko** device in particular for football players for the second Karkh breeding team, the preparatory stage, to develop the kinetic speed index in the ball for the experimental group.
- The **need to use the GPS** Ubiko device in particular for football players for the second Karkh breeding team, the preparatory stage, to develop the strength characteristic of speed for the experimental group.

Second: Research Recommendations:

- The importance of using technological devices to support collective competitive exercises by training staff to improve physical aspects, especially in football.
- Highlighting the importance of using the Ubiko GPS device in the middle school education teams to know the intensity of training and rest periods.
- Emphasis on relying on the readings of the GPS Ubiko **device** to develop university competitive training for the Karkh breeding team team, the second preparatory stage for football.

Sources

1. **Jawad Haitham** The effect of compound exercises on the development of motor speed and some basic skills and tactical performance of the players of the youth football training centers [journal]. - Baghdad: Journal of the

College of Physical Education and Sports Sciences - University of Baghdad, 2019.

2. **Doaa Returnee** Using compound exercises to develop some physical and functional abilities and basic skills for futsal players [journal]. - Baghdad: Master's Thesis, College of Physical Education and Sports Sciences, University of Baghdad, 2014.
3. **Doaa Ayed and Sabah Qasim** Using compound exercises to develop some physical and functional abilities and basic skills of futsal players [journal]. - Baghdad: University of Baghdad, College of Physical Education and Sports Sciences, 2014.
4. **Rahim Attia Criminal** Building a test battery to measure the physical and skill qualities of young football players in Iraq [journal]. - Basra: PhD thesis, College of Physical Education, University of Basra, 2002.
5. **Zuhair Al-Khashab** Football [Book]. - Mosul: Dar Al-Kitab for Printing and Publishing, p. 27, 1999.
6. **Zuhair Al-Khashab** Football [Journal Book]. - Mosul: Dar Al-Kutub Printing, 1999.
7. **Sami Al-Saffar** Football Second Edition [Book]. - Mosul: Dar Al-Kitab for Printing and Publishing, p. 170, 1987.
8. **Adel Turki and Salam Sahib Jabbar** Football Education and Training [Book]. - Basra Al-Nakheel Press: [unknown name], 2016.
9. **Abdul jawad** The effect of using the circular training system as a systematic method in the physical education lesson [journal]. - Alexandria: Master Thesis, Faculty of Physical Education for Boys, 1974.
10. **Qasim Hassan Hussein and Bastawis Ahmed** Isotonic muscle training in the field of sports events [journal]. - Baghdad: Al-Watan Al-Arabi Press, p. 154, 1979.
11. **Qasim Lizam Sabr** Foundations of Learning and Teaching in Football [Journal Journal]. - Baghdad: University Press, 2005.
12. **Mohsen Ali Nassif A** proposed training curriculum for the development of some physical characteristics of Cooper tests for football referees, [journal]. - Baghdad: Master Thesis, College of Physical Education and Sports Sciences, 2000.
13. **Muhammad Hassan Allawi** The Science of Sports Training [Journal Book]. - Alexandria: Al-Masry Press, 1999.
14. **Muhammad Reda Ibrahim and Mahdi Kazem Ali** The foundations of sports training for different ages [book]. - Baghdad: Diaa Printing House, 2013.
15. **Mufti Ibrahim** Modern Sports Planning Planning, Implementation and Leadership [Journal Book]. - Cairo: 1st Edition, Dar Al-Fikr Al-Arabi, p. 207, 2001.
16. **Mufti Ibrahim Sports** Training for Nasheen and Successful Coach [Book]. - Cairo: Dar Al-Kitab Al-Hadith, 2009.

17. **The new mufti of Ibrahim** in the skill and tactical preparation of the football player [journal]. - Cairo: Dar Al-Fikr Al-Arabi, 1994.
18. **Mufti Ibrahim** carry vehicle speed with skills in football [journal]. - Cairo: Book Center for Publishing, p. 21, 2014.
19. **Haitham Jawad** The effect of IT-enabled (GPS) compound (physical) exercises (GPS Ubiko and Polar H9) on the endurance development of football players [journal]. - Baghdad: Journal of the College of Physical Education and Sports Sciences - University of Baghdad, 2025.
20. **Haitham Jawad** The effect of IT-enabled (physical) compound exercises (GPS Ubiko and Polar H9) on the endurance development of football players [journal]. - Baghdad: Journal of the College of Physical Education and Sports Sciences - University of Baghdad, 2025.
21. **Haitham Jawad** The effect of compound exercises on developing motor speed and some basic skills and tactical performance for players of football training centers youth category [book]. - Baghdad: College of Physical Education and Sports Sciences - University of Baghdad, p. 34, 2019.
22. **Youssef Lazem** Fitness for players in football [journal]. - [unknown location]: Dar Al-Fikr Al-Arabi for Printing, Publishing and Distribution, 2002.

Supplements

Kinetic speed exercise with the ball

Objective of the exercise: kinetic speed with the ball and distinctive strength with speed

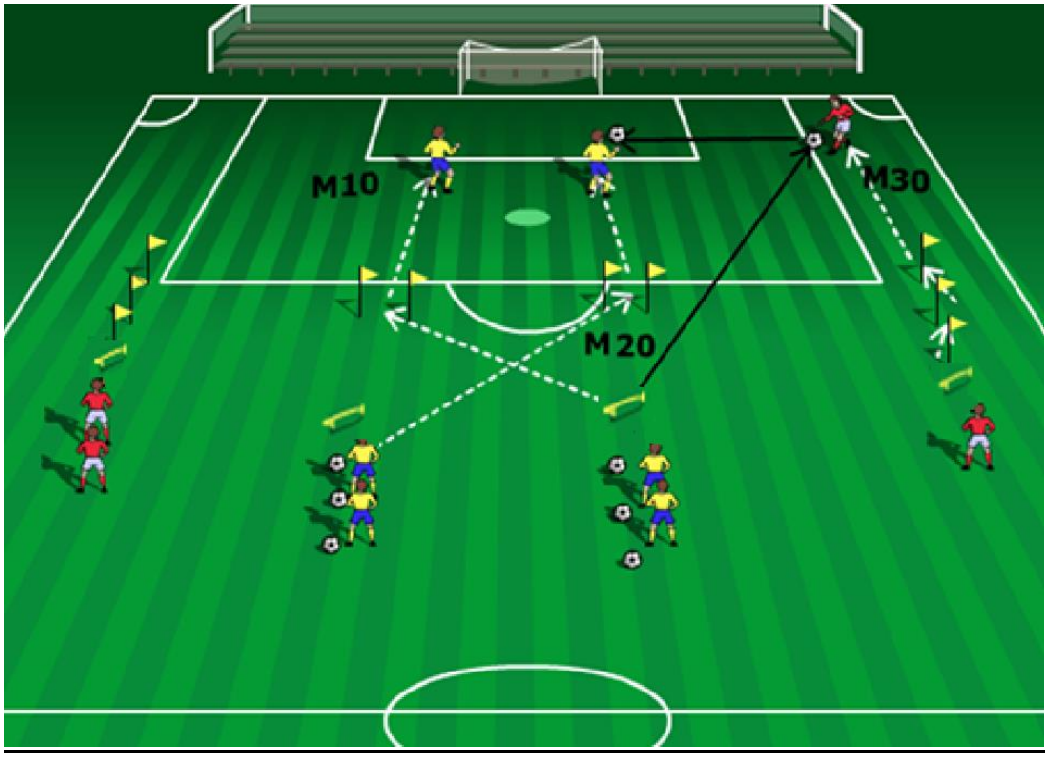
Tools: footballs, jumping poles, players in groups, flags.

Number of players: (10)

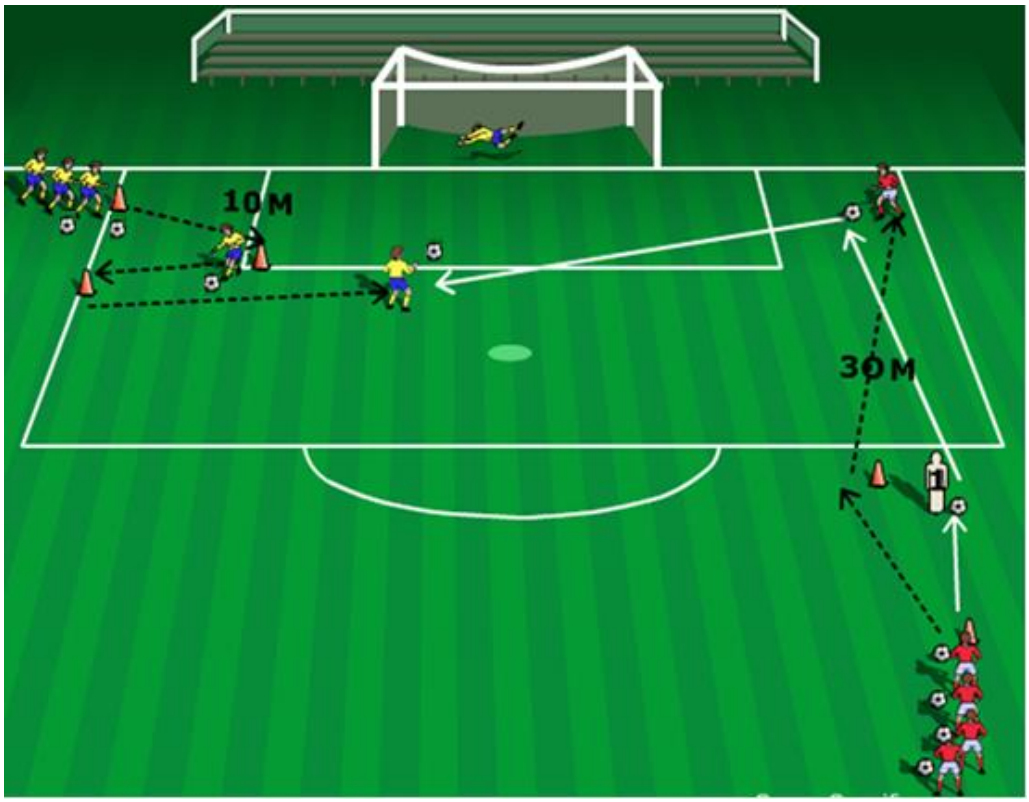
Stadium dimensions: On the middle of the field

Performance Description: The exercise is carried out by dividing the players into four groups, and each group is determined by a starting point at a distance of 30 meters. When the whistle is heard, players make two consecutive jumps over the sign, then kick the ball a long distance towards one side of the pitch (right or left). The target player moves quickly to catch the ball after passing the agility sticks, then sends a cross towards two attacking players who go

diagonally at full speed towards the ball. After the attack is carried out, the exercise is repeated from the opposite side with the same mechanism, with an emphasis on changing the positions of the players after each repetition to ensure the diversification and active participation of all individuals.



Objective of the exercise : the kinetic speed of the ball
Tools : footballs, signs .
Number of players: (10)
Pitch dimensions: Midfield
Performance Description: The exercise is carried out by dividing the players into two groups, where a sign is placed for each group at a distance of 30 meters. Upon the whistle, the player passes the ball to the coach, then sprints behind him to receive a cross in the corner area. At the same time, the attacking player speeds towards the first sign (10 meters away), then changes direction towards the second sign (also 10 meters away), completing his movement towards the cross and scoring towards the goal. After the first shot, the player receives a second ball from the side and scores again.Player positions are switched after each group ends to ensure diversification and development of all skills in participants.



Sample of training modules

Training Module : Second **Place: Salim Al Awadi Stadiur**

– Al Bayaa

Week: First **Module History: Sat 15/2/2025**

Month: First

Goal: Kinetic speed with the ball and the characteristic force with speed

Total	Total Time	Comfort between groups	Totals	Iteration	Comfort between iterations	Performance time	Inte
35.45m	17.05min	120 sec	3	5	54s	9s	9(
	18.4d	120 sec	3	6	48s	8s	8

Sample of training modules

Training Module : Third **Place: Salim Al Awadi Stadiur**

– Al Bayaa

Week: First **Module History: Wednesday**

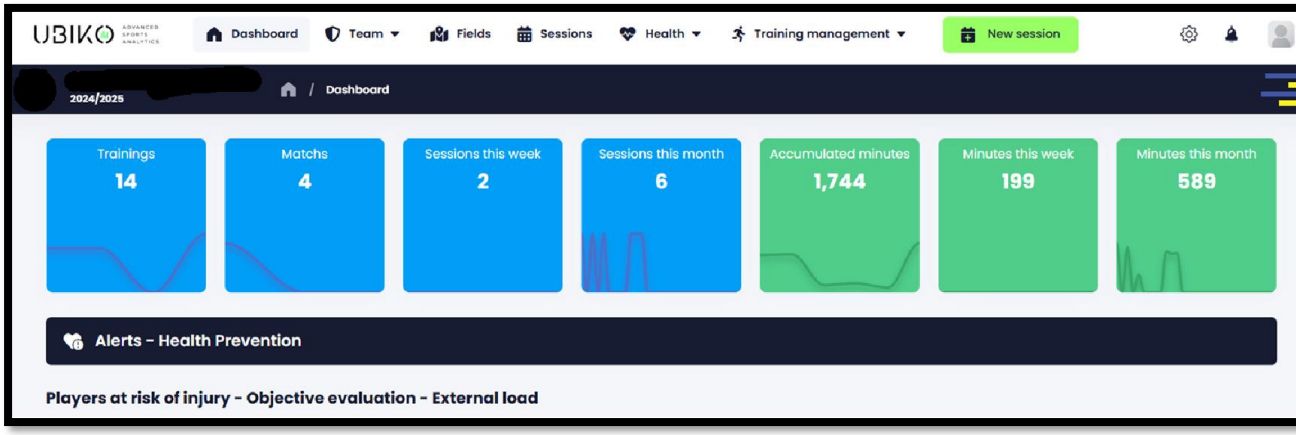
12/3/2025

Month: Second

Goal: Kinetic speed with the ball and the characteristic force with speed

Total	Total Time	Comfort between groups	Totals	Iteration	Comfort between iterations	Performance time	Intensity	Exercise Name
33.3d	17.05min	120 sec	3	5	54s	9s	92%	Speed Power(4)
	16.25m	150 s	3	4	63s	9s	92%	Ball Kinetic Velocity (3)

Device used : GPS Ubiko is an advanced technical tool used in the sports field to track and analyze the movement of players with high accuracy. The device measures performance indicators such as speed, distance, acceleration, and areas of physical exertion during training or matches. It provides real-time data that helps coaches design more effective training programs based on each player's abilities.


UBIKO
Dashboard
Team
Fields
Sessions
Health
Training management
New session
2024/2025
Dashboard
Trainings
14
Matchs
4
Sessions this week
2
Sessions this month
6
Accumulated minutes
1,744
Minutes this week
199
Minutes this month
589
Alerts – Health Prevention
Players at risk of injury - Objective evaluation - External load


UBIKO


UBIKO
ADVANCED SPORTS ANALYTICS