



The Effect of Compound Training in Some Physical Abilities and Accuracy of Scoring for the Free Kick of Direct Young Football Players

Qassem Mohammed Hassan¹, Mahmoud Nasser Radi², Amir Fahim Mohsen³

University of Kufa/The Faculty of Physical Education and Sports Sciences/Iraq.

Abstract

As the importance of research in the preparation of complex exercises and knowledge of the impact on some physical abilities and accuracy of the skill of scoring for the free kick directly to the football of young players. The problem of research: researchers believe that the problem of research is concentrated in the lack of use of trainers for physical training exercises that participate directly in the free kick direct football. Therefore, the researchers considered the preparation of complex exercises (physical and professional) which would affect some physical abilities contributing to the accuracy of scoring free kick direct football, so researchers wanted to go into this experiment.

Research Objectives

- Preparation of training exercises for football.
- Knowing the effect of the combined exercises in some physical abilities contribute to the accuracy of scoring for the direct free kick of young football players.

Research Hypothesis

- There is an impact of the training complex in some physical abilities of young football players.
- The impact of the training of the vehicle in the accuracy of direct free kick score among young football players.

As for the research methodology and field procedures, researchers used the experimental method to solve the problem of research. The research community was identified by the young players of Najaf clubs for the season 2017-2018, which are 8 players who are skilled in the free kick. And control) in a simple random way (lots).

As for the most important conclusions and recommendations, the most important conclusions are the following:

- The complex exercises helped to develop some of the physical abilities of (explosive power, the power of speed, speed motor).
- The complex exercises contributed to the development of the accuracy of scoring free kick direct to football.

Keywords: *Compound training, physical abilities and accuracy of scoring.*

Introduction

The rapid scientific development is one of the most important features of the modern era, which included the fields of science, including the sciences of physical education (sports training, physiochemistry, physiology, etc.), and the adoption of the results of research and studies is considered as the cornerstone of each work. It is intended for success and development [1].

And the follow-up to the game of football between the teams or the international clubs recently find them characterized by strength and speed and excitement, and that these qualities result from the player's possession in those games of physical abilities and skill high level compared to the local player, which requires a serious pause of the developers of the game ball. To work quickly and rapidly and at the same time scientific and

thoughtful research and try to find quick and innovative solutions that help to reduce the difference between the local and global levels on the one hand and keep pace with the development of the game of football on the other [2]. The physical abilities are one of the basic pillars that the football player has to be able to implement the requirements of the game as required, and that the development of these physical abilities in accordance with modern training methods will certainly reflect the performance skill to be better. Some researchers have confirmed the effectiveness of some training methods which work on developing physical and motor abilities of all kinds (explosive ability, extreme force, power handling, etc.).

However, these methods varied and differed, some of which became less influential and may at other times Is not useful, which calls for the use of modern methods and methods of training to take the process of training from the state of monotony and rigidity to another case of renewal and vitality [3]. Complexity is a salient feature of the training process, which requires the trainer who seeks to achieve the best results to measure the most accurate details that affect the performance of players and works to detect their weaknesses, whether physical (skill, skill, ... etc.)

The coach may develop an improvement in the physical abilities of his players. However, if this development is not accompanied by the player's investment of the right rules, the waste of the effort may lead to a lack of physical capacity, depletion of energy sources, loss of time, Useless .Hence the importance of research in the preparation of complex exercises and the goal is to develop some physical abilities that contribute directly to the accuracy of scoring free kick directly in the young players of football [4].

Research Problem

The player's possession of physical and skill skills is not enough to fulfill the requirements of the game in the best way. It

is necessary to focus in the training process on the good investment of the correct technical rules, either (Kinematic or Kinetic), which helps to develop the skill performance to be better.

Through the knowledge of field researchers and their follow-up to the training process, they noted the lack of use of trainers for physical training exercises that participate directly in the free kick football, as well as not to invest the best rules for the proper performance of the skill of free kick. Therefore, researchers considered the preparation of complex exercises (physical and professional) that affect some physical contribution to the accuracy of scoring free football, so researchers wanted to go into this experiment.

Research Methodology

The researchers followed the experimental approach to fit the nature of the research problem. They also chose the design of the two experimental (control and experimental) methods of the pretest and post tests.

Community and Sample Search

The research community was determined by the players of the Najaf football clubs for the youth (Najaf Club, Kufa Sports Club, and Wasat Sports Club) for the 2017-2018 sports season, which are 20 players. The researcher chose a sample of 8 players in the simple random way (the draw), and they were divided equally into two groups (experimental and control) in the simple random way.

Sample Homogeneity and Equivalence of the two Research Groups

Sample homogeneity

For the purpose of finding the homogeneity of all members of the research community in terms of length, body mass, age, and training age, the researcher used the torsion coefficient before applying the main experiment to the two groups (experimental and control) as shown in Table (1).

Table 1: Shows the homogeneity of the research community

Variables	Measuring unit	Mean	Median	STD.EV.	Skewness	Result
Tall	Cm	1.741	1.76	0.067	0.119	Homogeneous
Mass	Kg	67.75	68.5	3.77	0.253	Homogeneous
Age	Year	17.25	17.5	0.886	0.615	Homogeneous
Training age	Year	4.5	4.35	0.534	0	Homogeneous

The results of Table (1) show that the values of the torsion coefficient are less than (1), indicating the homogeneity of the research community in all variables

Equal Two Sets Search

In order for the researcher to attribute the difference in the results of the posttests of the variables under study to the effect of the

experimental factor, the researchers sought to verify the equivalence of the two groups using the t-test of the independent samples as shown in Table (2).

Table 2: Shows the equivalence of the two sets of research

Variables	Measuring unit	Control group		Experimental group		(t) Value	Level of significance	Type of significance
		Mean	STD.EV.	Mean	STD.EV.			
Explosive power	Meter	1.627	0.035	1.635	0.034	0.303	0.772	Non sig.
The power of speed	Repeat	25	1.414	25.75	1.707	0.676	0.524	Non sig.
Motor velocity	Sec	12.385	0.068	12.377	0.056	0.169	0.871	Non sig.
Direct free kick accuracy	Grade	11.25	1.258	11.75	1.258	0.562	0.595	Non sig.

Table (2) shows that the value of the sig is the largest value of the significance level (0.05) and for all the variables in question. Therefore, the significance of the test is insignificant.

Means, Instruments and Tools used in Research

- A legal football field.
- Legal football balls (10).
- Colored adhesive tape number (4).
- Measuring tape in centimeters.
- Terraces with different heights (50, 60, 70, 80, 90) cm for each height (2).
- Sport stopwatch number (3).
- Whistle number (3).
- Rings with diameter (60 cm) number (10).
- Conduction number (10).
- Moving targets (1 m x 1 m) number (2).
- Ground ladder (4) m number (1)
- Rubber band length (2) m number (1)
- Laptop Calculator Type Lenovo Number (1).
- Camera type Canon number (1).
- Electronic device to measure height and weight.

Field Research Procedures

Specify Search Variables

Search Variables are Determined to Match Your Search Problem

First

Physical abilities

- Explosive power.

- The power of speed.
- Motor velocity.

Second

The skill of the free kick directly to football.

Identification of Metrics and Tests Variables

After reviewing many sources, scientific references and previous studies, standards and tests were determined to measure the search variables, which can be measured and measured in terms of the physical abilities and accuracy of scoring for the free kick.

Description of the Tests used in the Research

Description Physical Capacity Tests

First

The long jump of stability:

Objective of the Test

Measuring the explosive power of the legs.

Tools

Tape measure (metric), the starting line of the buckle.

Performance Description

The laboratory takes the readiness position at the edge of the disc line so that the feet are clasped. The laboratory bends the two legs down and opens the arms aside. When the signal is given, the laboratory begins with the horizontal jump with maximum force to cut as much distance as possible.

Registration

Player degree is the maximum distance to reach them by jumping in front of the Surface

and procedures, given the lab three attempts to try and calculate the best.



Figure 1: Explains the explosive power of the legs muscles

Second

The test of bending and extending the knees in 20 seconds: [6]

Purpose of the Test

Measure the speed characteristic of the muscles that flex and extend the knees.

Tools

Stopwatch.

Description of the Test

From the stand position bend and extend the knees in full in a time of 20 seconds, noting that nobody members are based on anything.

Evaluation

The number of times in 20 seconds.

Repeat

The number of times in the time of 20 / Sec the power indicator is retested and the result is taken

Capacity

Re-test and take the best result.



Figure 2: Demonstrates the strength characteristic of the speed of the muscles of the legs

Third

Test the measurement of the speed of movements of the legs: [7]

Objective of the Test

Measure the speed of movements of the two legs.

Performance Specifications

Four points are placed so that the distance between point (A) and each funnel is (3) m, which is the distance, set by the experts as in Figure (6). The laboratory stands at point A in the standby mode for any skill by using the lateral movements to touch the repression with his hand and then return the same movement to the suppression number (2) using the forward moves through point A and then back to the suppression (3) through

point A to touch the cones with his hand and then to the repression (4) (A) and then to the starting point (A). The registrar will then stop the stopwatch and record the performance time.

Performance Conditions

When performing the lateral move (left or right), the player must maintain the defensive move to match the competition conditions (cross the step or crawl in feet without cross).

Register

The player records the time from the launch of the start signal until reaching the starting point, touching the four cones and recording the time in seconds.

Description of the direct free kick test (scoring from the stability of the wall) [8]

Purpose of the Test

Measure the accuracy of the scoring for the free kick directly from the wall.

Performance Specifications

The player stands near the balls placed in the ten places where (10) balls are placed in different places outside the penalty area and the distance between the ball and another (7) meters on the ball to be No. (3.8) facing the goal and located on the line and the remaining balls On the two sides of the distance mentioned between the ball and the other and parallel lines, the first of the goal line distance of (20) yards and the second line is 25 yards, shown in figure (4-1) and after the wall is placed about 10 yards from each Ball, the player shall score in the areas marked in the test and according to their importance, serialized one after the other, to be done Perform the test from a similar situation to the free kick.

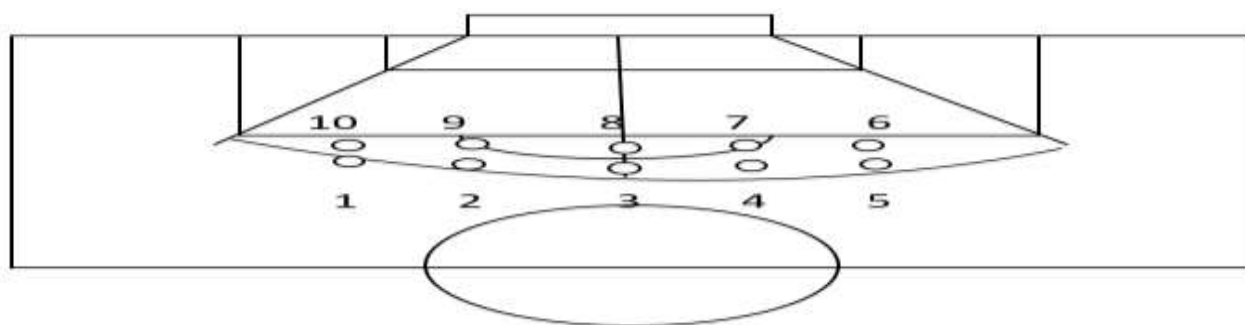


Figure 3: Show the dangerous place, the dangerous distances and the location of the ten free kicks in the test

The player takes the time, concentration and the appropriate movement to kick and the time between the kick and the second (60) seconds, the test time every player (10) minutes and test starts from ball (1) and ends in ball No. (10) The attempt is not correct in case of injury any of the three objectives in the target audience.

Summary of the Method of Registration

The number of injuries entering or affecting the inside of each of the three goals specified

in each goal and as shown in Fig. (2,3) and (4).

- (3) score when scoring in field (3).
- (2) score when scoring in field (2).
- Score when scoring in field (1).
- Degree in the rest of the other target areas.

Scores are collected for each player for his ten attempts and to know the degree and accuracy in the free kick direct.

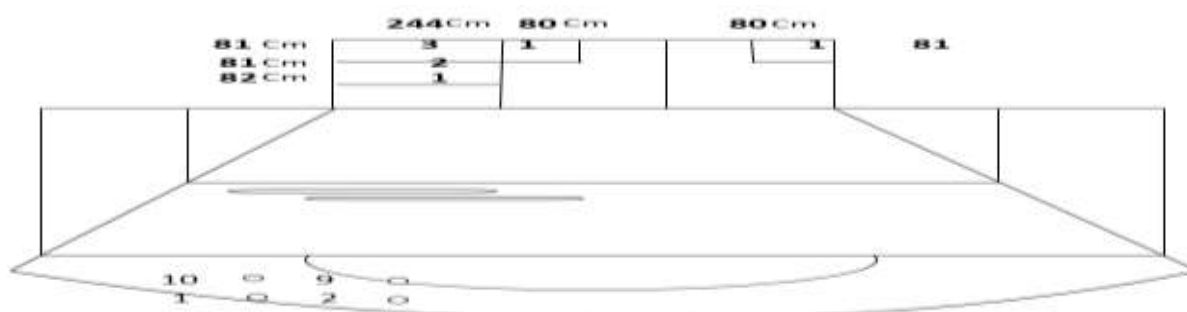


Figure 4: If the execution is to the left for the goalkeeper at positions (1, 2, 9, 10)

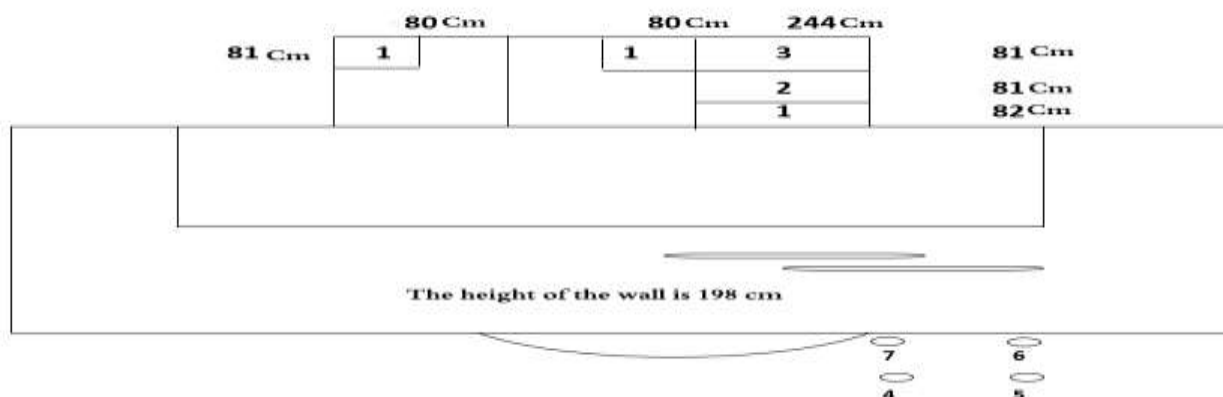


Figure 5: If the execution from the left for any goalkeeper in the positions (4, 5, 6, 7)

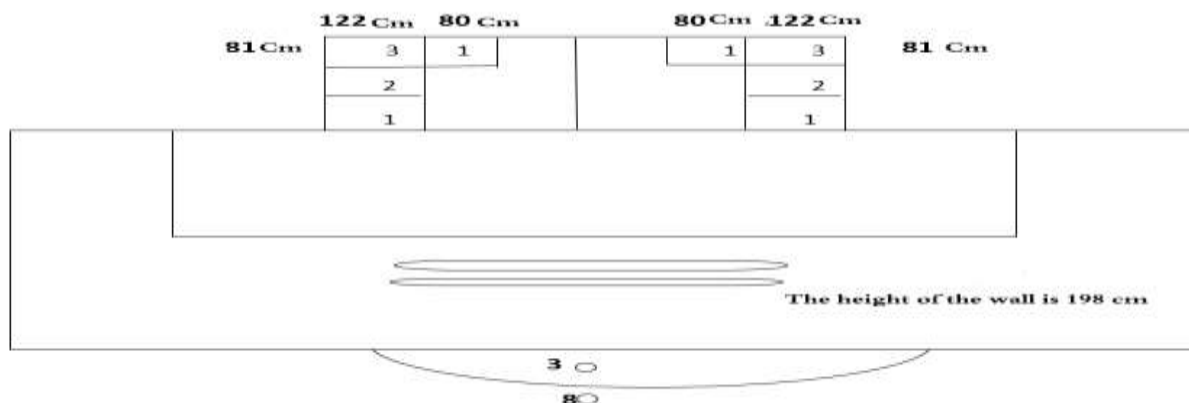


Figure 6: If the execution of the frontline area for the goalkeeper in any positions (3, 8)

Pilot Study

The researchers conducted a pilot experiment for the tests (physical abilities and accuracy of the free kick free kick) on a sample of the original research community and the same sample of the research and the number of (4) players on Monday, 5/2/2018 where the exploratory experiment aims to:

- Found the scientific basis for the tests used.
- Determine the maximum time for each exercise used in training modules (stress) and the extraction of appropriate intensity each exercise.
- Knowledge of the field difficulties that may face the researcher during the application of exercises in the training modules.
- Knowing the time required to apply the vocabulary of exercises prepared by researchers. The practical training of the researcher and the assistant staff, to find out the negatives and positive aspects that accompany the application of tests in terms of inputs and work method.
- To know the readiness of the research sample to perform tests and determine their duties.

Main Experiment Procedures

Pretests

The researchers carried out the pretest tests on the research community for the two groups (control and experimental) of the study variables (physical abilities and accuracy of the free kick). On Monday, 12/2/2018, the tests were carried out according to the following sequence:

- Test the accuracy of direct free kick score for football.
- Physical capacity tests.

Application of Compound Exercises

The researchers prepared and organized the complex exercises based on their personal experience. The application of the appropriate training and skill requirements was started on the experimental group on 17/2/2018 until 18/4/2018. The intensity, frequency, training on a scientific basis, as well as the physical and skillfulness of the research sample, the tools used and the training methods through the exploratory experiments, to help develop the physical abilities and accuracy of scoring for the direct free kick, and to achieve the goals and objectives of the training process.

Details of the Exercises Included in the Training Curriculum were as Follows

- The total number of training units (24) units.
- The number of weekly training modules which included the combined exercises (3) units for period of (8) weeks.
- The time of the combined exercises in the unit (40-45) minutes.
- Training methods (high frequency and repetitive training) were used in the training units in the implementation of exercises.
- Training days during the week are (Saturday, Monday, and Wednesday).
- The goal of the complex exercises is to develop physical abilities (explosive power, speed characteristic, motor speed).
- The goal of the complex exercises is to improve the conditions of the player during the preparation and hit the ball.
- The objective of the composite training is to develop the accuracy of the skill of scoring for the free kick.
- The researcher took into consideration the exchange of work between muscle groups.
- Planning the formations of training exercises during the training units daily and weekly are (2-1).
- The appropriate amount of exercise was extracted by calculating the time taken to perform (maximum time) in the exploratory experiment.
- A suitable rest period between exercises and groups according to the training method used.

Posttests

The researchers carried out the following tests of the research sample after the completion of the combined exercises, and on Saturday (April 21, 2018) and in the same sequence of pretests. The researcher took into consideration the conditions in which the tests were carried out in terms of sequence tests.

View the Results of the Pretest and Post Tests of the Control Group of Physical Abilities and Free Kick Directly to Football

Table 3: Shows the mean, standard deviations, the calculated value of (t) of the interrelated samples, the level of significance of the test, and the significance of the difference for the pretest and post tests of the control group for physical abilities and free kick

Variables	Measuring unit	Pretest		Posttest		(t) Value	Level of significance	Type of significance
		Mean	STD.EV.	Mean	STD.EV.			
Explosive power	Meter	1.627	0.035	1.765	0.038	12.402	0.001	Sig.
The power of speed	Repeat	25	1.414	26.5	1.29	5.196	0.014	Sig.
Motor velocity	Sec	12.385	0.068	11.935	0.091	6.484	0.007	Sig.
Direct free kick accuracy	Grade	11.25	1.258	14.25	1.957	7.348	0.005	Sig.

View the Results of the Pretest and Post Tests of the Experimental Group of Physical Abilities and Direct Freedom of Football

Table 4: Shows the mean, standard deviations, the calculated value of (v) of the interrelated samples, the level of test significance, and the significance of the difference to the pretest and posttests of the physical capacity and free kick free kick

Variables	Measuring unit	Pretest		Posttest		(t) Value	Level of significance	Type of significance
		Mean	STD.EV.	Mean	STD.EV.			
Explosive power	Meter	1.635	0.034	1.905	0.031	29.577	0.00	Sig.
The power of speed	Repeat	25.75	1.707	29.25	0.957	7	0.006	Sig.
Motor velocity	Sec	1277	0.065	10.907	0.052	28.737	0.00	Sig.
Direct free kick accuracy	Grade	11.75	1.258	19.5	2.081	16.189	0.001	Sig.

Discuss the Results of the Pretest and Posttests of the Control and Experimental Groups of Physical Abilities and Free Kick to Direct Football

The results presented in tables (3) and (4) to test explosive capacity showed significant differences between the pretest and posttests of the control and experimental groups and the post tests. The researcher attributed the reason for the difference of the control group to the methods and methods of training used and applied by the training are given to the athlete.

The training gives results and improvement to the athlete even if the components of the training load were not regularly standardized due to the physical exertion of the athlete and the adaptation of a certain level during the training period. The researcher used it to use it for the complex exercises that he prepared, as it was standardized according to scientific basis and in accordance with the principles of energy exchange suitable for this muscle work, which takes only a few seconds, and used the researcher mainly in training the explosive capacity of the muscles of the two exercises complex body weight, "This is what Qassim Hassan pointed out," exercises that use great resistance are a suitable means to develop explosive power components [9].

The researcher also attributed the cause of these differences to the members of the experimental group to the quality of the training in the training program applied by the members of this group, as it was keen to produce maximum strength in the shortest possible time, and stresses the views of experts, regardless of the origins of their cultures, scientific and practical "The training program leads to the development of achievement , provided that this curriculum is prepared on the basis of scientific and coherent and organized "[10].

In addition, the complex exercises have been used in the plaumetric technique as they have greatly helped to develop the explosive ability of the muscles of the two legs by regulating the muscle work between contraction and expansion of the working muscles, which helps in the movement of movement easily and systematically. The results presented in tables (3) and (4) showed the strength test of the speed of the muscles

of the two legs for the pretest and post tests. The results of their tests were significant for the post-test of the control and experimental groups. The researcher found that the effectiveness of the exercises used by the trainer for the control group had the effect this means that any physical work performed by the athlete has a positive and noticeable effect, but the difference lies in the size of this effect and its variation from one group to another and from one curriculum to another.

This is what must be emphasized during the development of the training curricula. The training of the experimental group, which is characterized by high intensity and repeated repetitions helped to make the difference of morale of the strength of speed characteristic of the muscles of the two legs, as football players need in the course of the performance of various motor skills is rapid and frequent muscle contractions that serve the specialized activity.

Therefore, the correlation of force with speed and the resulting strength of speed characteristic and when this correlation at the highest intensity, whether of strength or speed, it has effective effect In the performance of the movement of the player and helped by the use of the researcher in the training modules complex exercises, which were working to develop the strength of speed, such as training barriers and stones and ground peace with the exercises jump height and distances, which serves to develop the strength of speed characteristic of the two legs, the researcher also attributed the difference to the selection of appropriate training.

And the vehicle similar to the situations of the game where these exercises entered a kind of special strength, which used the body weight as developed scientifically and appropriate with the level of the experimental group led to the development of the main muscles, which serve the muscles of the two legs preferred On the ability of members of the experimental group to take out an appropriate force to perform the work performed during the complex exercises, which were repeated through the training program, which characterized the rapid and similar nature of physical exercises different muscles of the two legs, and that (Abu Ela Ahmed) that the strength of speed is linked to the degree of performance skill, Skill Performance,

The fiber-muscle alignment level has improved and the dynamic distribution of motor performance has improved [11]. The results of tables (3) and (4) show that there are significant differences in the motor speed test in the pretest and post tests of the control and experimental groups and for the post tests. The researcher attributed the reason for the difference of the members of the control group due to the nature of the exercises practiced by the trainer.

This group, as well as the repetitions played by the players during the training module, as a high percentage of exercises were focused on the development of the speed of movements of players and transfer from one place to another required by the nature of the game and this helped to make significant differences in the members of the group Duck, as for the members of the experimental group is likely to researcher the reason for its development as a result of the impact of the training curriculum, which was a combination of physical exercises with training exercises, especially, inspired by the actual positions of competition, in addition to the use of auxiliary tools, which see the researcher to have an effective impact in the development The speed of the movements of the two legs to the members of the experimental group because (the aids make the player able to address the shortcomings especially the movements of the two legs are slow and increase the effectiveness of the training module [12].

It is therefore necessary for the workers and specialists in the field of football game attention to the tools and training methods that will raise the level of their players physically and mentally and skillfully, so the researcher finds that the use of the movements of the two legs that are characterized by speed will help the player to master the preparatory stage (rack) to perform the skills more effectively.

The results of tables (3) and (4) for the computational values, standard deviations and t values calculated in the pretest and post tests for the direct free kick accuracy of football showed significant differences between the pretest and post tests and for the post tests in both control and experimental groups, The researcher sees the reason for the development of accuracy for the members of the control group due to the

repetitions of the exercises prepared by the trainer and performed by the players in the training modules and regularity in the training process, and the repetitions lead to the consolidation of the program and the movement of players and the expansion of perceptions and concepts for the skill and clarity, as the redundancy of any work will reduce the error rates and increase the proportion of workmanship and also leads to the speed of information retrieval from memory, so the player is given many attempts during the initiation of training, while the members of the experimental group that applied the exercises compound was the cause of the difference in the moral opinion of the researcher.

To the quality of the exercises, which focused on the performance of skills similar to the absence of play and competition and implementation accurately, which created a state of parity between the training load and the development of physical and motor abilities of the player, which was reflected in the level of skill performance, as well as the state of repetition and focus on correct The errors associated with the performance achieved accuracy in the skill performance of the direct free kick by estimating the distance which led to the development of this skill.

Successful scoring based on two basic factors is speed and accuracy. The quick target and the high precision in hitting the target will surprise the opponent and prevent him from acting to prevent Scoring, and that a large proportion of the exercises are performed with tools that make the player fall under the influence of competition such as the wall (wall), and that achieving the greatest accuracy in the good scoring in the training and competition requires the player to be a high level of physical performance and To be able to reach the goal and achieve the required level in the competitions as well as the number of repetitions that accompanied the appropriate training units and careful selection of the exercises taking into account their relevance to the sample of the research and their capabilities, taking into account the repetition of the exercises on a continuous basis as well as the level of difficulty and .

He believes that "choosing a trainer for difficult exercises will increase the experience of some players" [13].

Display the Results of tests (post) of the Control and Experimental Groups of

Physical and Motor Abilities and Direct Free Kick to Football

Table 5: Shows the value of (t) calculated for independent samples and the level of significance of the test and the significance of the differences between the results of the test (post-dimensional) of the control and experimental groups of physical abilities and the free kick to direct football

Variables	Measuring unit	Control group		Experimental group		(t) Value	Level of significance ^e	Type of significance ^e
		Mean	STD.EV.	Mean	STD.EV.			
Explosive power	Meter	1.765	0.038	1.905	0.031	5.638	0.001	Sig.
The power of speed	Repeat	26.5	1.29	29.25	0.957	3.422	0.014	Sig.
Motor velocity	Sec	11.935	0.091	10.907	0.052	19.483	0.00	Sig.
Direct free kick accuracy	Grade	14.25	0.957	19.5	2.081	4.583	0.004	Sig.

Test Results of the Control and Experimental Groups of Physical and Motor Abilities and Direct Free Kick to Football

Through the results that appeared in the table (5) which indicate the existence of significant differences between the control and experimental groups in the post tests to test the explosive power of the muscles of the legs and in favor of the experimental group, attributed the researcher cause these differences to the attendance of members of the experimental group on the compound exercises that applied and which go.

In the direction of extreme work and similar to the situations of play, as the focus on that the exercises are highly stressed in a repetitive training method, which contributed mainly to raise the efficiency of players and this is what the researcher did during the codification of the exercises compound.

The researcher attributed the development of the members of the experimental group also to the regularity and repetition of the training when used, as it has clearly affected the development of the explosive capacity of the muscle groups trainee, and this development in muscle strength occurred as a result of the development of the basic strength of the muscle, and this increase in strength and speed imposed by the nature of the performance of composite exercises, Using lightweight resistors with body weight or weight, and at very high speeds.

Edmund said that "training, using light weights with high power, affects different parts of the force and speed curves while increasing training the traditional heavy

maximum power player's weights, and the training that is high-speed lead to skill performance speed considerably more training than traditional heavy weights" [14]. From this the researcher concludes that the complex exercises that were prepared and applied to the members of the experimental group, which were mostly operating with the phosphate energy system had a significant impact in the development of explosive capacity, it is an important capabilities in the game of football because they share most of the skills of motor and therefore Their effect is effective in the success of those motor skills, and may be the decisive action in winning the game.

The results showed in table (5) of the strength test of the speed of the muscles of the two men on the existence of significant difference in the tests of dimension between the control and experimental groups and for the benefit of the experimental group, due to the reason of the composite exercises applied by members of the experimental group has helped the use of these exercises to develop.

The strength of speed is characterized by shortening the duration of muscle contraction and thus increase the muscle strength resulting in the rate of the pace of contraction is higher, and the greater the compatibility between the muscles involved in motor performance on the one hand and the muscles corresponding to him On the other hand increased the production of muscle strength and increased the speed of stimulation of muscle fibers for the performance of rapid muscle contraction, as mentioned (Mufti Ibrahim) that the basic methods to develop the strength of speed is:[15]

- Increase the rate of resistors used with a slight relaxation of the speed of performance.
- Increase the rate of speeds used with slight dilution of resistors.
- Link the two previous methods.

The researcher agrees with this through the organization of the exercises that he prepared in proportion to the nature of performance in the activity of specialization, as well as the characteristics of the athlete will lead to high results in the development of strength characteristic of speed and this is used by the researcher in the exercise to develop the strength of speed characteristic of the muscles of the two men, In the performance of various motor skills, players need to have rapid and frequent muscle contractions that serve their professional activity.

Therefore, the correlation of the force element with the speed and the resulting speed is characteristic of speed, and when it is at its highest intensity, whether it is strength or speed, as well as the use of various methods of training, such as repetitive training method and high frequency and the standardization of the components of the training load in a scientific method systematically contributed to the development of this level of physical capacity through the improvement of the work of nerves and muscles working.

In the lack of development of the strength characteristic of the speed of the muscles of the two men of the control group compared to the experimental group due to the lack of organization and coordination components of the training load of this capacity in a scientific science is consistent with the energy system that works on this capacity in terms of the duration of the stimulant and activation of enzymes Which is responsible for the release of large and fast energy for a short period of time, as well as not follow the methods and methods of training to help develop this capacity in the manner developed by the members of the experimental group. The results presented in Table (5) to test the kinetic velocity of the two men showed significant difference in the post tests between the control and experimental groups and for the benefit of the experimental group. The researcher found that the composite exercises, which were

prepared according to correct scientific bases of variable nature, As it is very similar to the actual competitive conditions of the game using the method of (Plyometric) as it "increases the speed of motor performance, that is, the strength gained from this type of training leads to a better motor performance in the exercise.

The muscles worked on the contractions at a faster and more explosive rate ..., "[16] and the exercises conducted by the members of the experimental group and in a standardized manner worked to add a training load and gradually led to the development of muscle capacity of the muscle groups working and thus the movements of the two men became faster and especially At the moment of the start of the movement, as "training in the Plyometric and burdens greater works to develop the general force at the moment of the start of movement and explosive force at the moment of the rebound of this force and the result of sudden change" [17].

The kinetic speed of the two men depends on movements with immediate reaction. The training exercises contributed greatly to the process of linking the speed of movement and the skill of the free kick, which is a requirement for the success of this skill quickly and accurately, as well as the principle of diversification and change used by the researcher "The diversity of exercise experiences, their organization, and the diversity of movement will increase the experience of the players and increase the number of players," Magill said.

Of the estimated Player to perform better" [18].The results presented to test the accuracy of the direct free kick showed significant difference in the post tests between the control and experimental groups and for the benefit of the experimental group, and the researcher believes that the exercises which were prepared according to the capabilities of the experimental group in terms of performance time and repetitions and regularity in the performance of skill paths.

For the combination of complex exercises in terms of motor and skill performance, as it worked on the development of physical and motor abilities and reflected this development on the element of accuracy of the members of the experimental group, as

the performance of motor skill depends on the capacity of the body of the motor, and reminds (Amer Rashid) that the resolution is "a recipe kinetic skills to perform performs any party or part of the body and if the performance carried out high degree of consensus achieved accuracy in the target or any specific site injury in response to an external sexy or internal" [19].

While it is known (Saad Mohsen) as efficiency in the target injury, both part of the body with his face towards the opponent's body or courtyard exposed,[20] The researcher also believes that the development of the motor abilities of the player increases the performance of the performance and otherwise during the implementation of the skill with the link to accuracy, which is an important factor to observe the level of the player and also have an active role in the association with the mental and physical aspects, as the player who has a good harmony with a complete control of the stimuli During the performance increases the performance outcomes and this is what sought by the researcher through the link important on the state of compatibility of

motor and skill through which we can diagnose and perform the art of skill performance correctly and accurately, as well as that most of the exercises were prepared according to the principle of bio-kinematic in terms of angles Speed and distance, and thus contributed to the combined to get the exact track of the performance of the motor direct free-kick.

Conclusions

Based on the research findings reached within the research community, the following conclusions were reached:

- The complex exercises contributed to the development of physical abilities (explosive power, speed characteristic, motor speed of the two men).
- The diversification and planning in the preparation of complex exercises led to a marked improvement in the accuracy of scoring for the free kick direct to football.
- The development of physical abilities combined contributed directly to the development of the accuracy of the skill of free kick direct football.

References

1. Apesteguia J, Palacios-Huerta EdI (2010) Psychological Pressure in Competitive Environments: Evidence from a Randomized Natural Experiment. *American Economic Review*, 100(5): 2548-2564. <http://dx.doi.org/10.1257/aer.100.5.2548>
2. Armatas V, Yiannakos A (2010) Analysis and evaluation of goals scored in 2006 World Cup. *Journal of Sport and Health Research*, 2(2): 119-128.
3. Castellano J, Perea A y, Hernández-Mendo A (2008) Análisis de la evolución del fútbol a lo largo de los mundiales. *Psicothema*, 20(4): 928-932.
4. Gabín B, Camerino O, Anguera MT, Castañer M (2012) Lince: Multiplatform sport analysis software. *Procedia-Social and Behavioral Sciences*, 46: 4692-4694.
5. Mohamed Sobh iHassanein, Hamdi Abdel-Moneim (1996) *The Foundations of Volleyball and Methods of Measurement*, Ed 1, Dar Al-Fikr Al-Arabi, Cairo, 1116-119.
6. Ali SalloumJawad (2004) *Testing, Measurement and Statistics in the Mathematical Field*, The Spectrum of Printing, University of Qadisiyah, 44.
7. SuhailJassim Al-Musallamawi (2006) *The Effect of a Training Curriculum on the Development of the Speed of the Two Men's Movements Associated with Fitness and the Accuracy of the Performance of the Attacking and Defense Skills of Youth Volleyball (17-18)* Thesis, University of Babylon, Faculty of Physical Education and Sport Sciences, 74-75.
8. AlaaJabbarAbboud (2008) *Design and Standardization of the Test of the Direct Score of Free Football*, *Journal of Physical Education Sciences*, University of Babylon, 9 (1):46-50.
9. Qasem Hassan Hussein, Mansur Jamil al-Anbuga (1988) *Physical fitness and ways to achieve it*, the Higher Education Press, Baghdad, 113.
10. Dick W Frank (1997) *Sport Training principles*. 3rd Ed. London. A-C Black, 192-214.
11. Abu El-Ela Ahmed Abdel-Fattah (1997) *Mathematical Training Physiological Basis*, Cairo, Dar Al-Fikr Al-Arabi, 133.
12. www.Angelfair.Com/mn/almoalem.html (2005).

13. Mufti Ibrahim Hamadeh (1988) Modern Sports Training, Planning, Application, Leadership, Ed1, Cairo, Dar Al-Fikr Al Arabi, 119.
14. Edmund R Burke (2001) ballistic training for explosive results, Human kinetics publishers, 46.
15. A Educación y Psicología, Universitat Rovira, I Virgili, Tarragona Tucker, W Mellalieu, S James N, Taylor JB (2005) Game location effects in professional soccer: A case study. International Journal of Performance Analysis of Sport, 5: 23-35.
16. www.SportCoach.Strength Power Training/b. Rob (2005).
17. Zaki Mohammed Hassan (1988) volleyball, building technical skills and planning, Alexandria: Dar Al Maarif, 141.
18. Yiannakos A, Armatas V (2006) Evaluation of the goal scoring patterns in European Championship in Portugal 2004. International Journal of Performance Analysis in Sport, 6(1): 178-188.
19. Amer Rashid Shaba (1998) Learning skills using the methods of training gathered and distributed under different training systems and circumstances, PhD thesis, University of Baghdad / Faculty of Physical and Mathematical Sciences, 110.
20. Saad Mohsen Ismail (1996) Effect of training methods to develop the explosive power of both men and arms in the accuracy of post correction by jumping high in handball, doctoral thesis, University of Baghdad / Faculty of Physical and Mathematical Sciences, 459.

Appendix 1: Sample exercises used in training modules

Exercise 1

- Objective of the exercise: to develop the motor speed of the two men and the accuracy of scoring from the free kick
- Playground and tools used in the exercise: legal football field, legal balls number 10, whistle number (2), dyes, positive wall (human) number (4) height (165 cm) 2).
- Performance mode: The player stands 25 meters from the right of the goal at point A, and the other side has another ball-bearing player (4m) and on the left side is a 4-meter (4m) With each player (4 balls), when you hear the starting signal, the player who holds the balls on the right side throw the balls to the player who stands at point (A) and the high level of the basin of the player where the player who stands A (A) kick the ball in the air before Falling to the ground with the soles of both feet alternately, and then the player turns to the left side and doing the same work, after which the player moves forward towards the ball (20 yards) to score on the goal divided into (6 zones) for the accuracy of the free kick, and the exercise from the left, as shown in the figure below.

Exercise 2

- Objective of the exercise: development of motor balance and emphasis on the angle of the player's trunk and the accuracy of scoring from the free kick.
- Playground and tools used in the exercise: legal football field, legal balls number (10), BASU BALL number (1), whistle number (2), stopwatch number (2), artificial wall number (3)) Height (160 cm), tape measure, dyes.
- The way of performance: A sign on the ground is located 25 meters away from the right; the player stands behind the mark and on the right side stands the ball of balance (BASU BALL). When the start signal is heard, the player jumps and stands above the balance ball, and then jump and return to the ground from the other side of the ball, and then jump and stability over the ball balance with the left man, and then jump and return to the ground, and so. Then the player moves towards the ball on the ground, which is about 20 meters away from the goal and scoring on the goal split (6 zones for accuracy) from the free kick, and the exercise is returned from the central point of confrontation for the goal and the left of the goal, as shown in the figure below.