The Impact of Training Pattern According to the Function Exercises of Play to Develop the Some of Physical Capabilities and the Performance Accuracy of the Fundamental Skills in Soccer

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Abstract

The research problem indicates a weakness and a decrease in the level of some special physical abilities as well as a decrease in the accuracy of the performance of some basic skills of the research sample and this is clearly evidenced by the slow movement and frequent maneuvers or cases and the failure of most cases scoring. The main objective of the research was to develop training pattern according to the training exercises in the training curriculum and to identify the effect of these training pattern on the research variables under consideration. The research hypotheses were statistically significant differences in the results of pre and posttests between the control and experimental research groups, statistical significance between the posttests between the control and experimental research groups and for the benefit of the experimental group.

The researchers were used the experimental method, the sample of research consisted of (20) players representing the club (Ararat) the experimental group and (20) players representing the Club (Shaklawa) total control, the most important conclusions reached by researchers that the training models according to the exercise exercises used in The research has developed in some special physical abilities and accuracy of the performance of the basic skills used in the research. The recommendations are the adoption of training models according to the training exercises in the preparation stage and the two repetitive training methods in the training curricula of trainers.

Keywords: Training pattern, Exercises, Physical capabilities, Fundamental skills and soccer.

Introduction

The modern scientific theories associated with the science of sports training emphasize the importance of the science of sports training in achieving the principles of sports excellence and access to the player to the highest levels of advanced sports. This means that the player reaches his best position so that the performance of the advanced competition and the continuation of this performance for the longest possible time is by relying on the foundations and principles of scientific in the process of sports training, so the athlete should constantly research on the best scientific means to improve the performance of sports, Physical and professional skills for what has a positive and effective impact on the physical, psychological and mental aspects of the player.

The exercises of play are one of the most important means to develop the performance of the players physically and skills planning is necessary for the success of any soccer team as well as it is desirable and exciting for the players as the situation of boredom and increase the excitement of the players as it helps in adapting the players to the conditions of real competition and often used in the preparation stage (Thamer Muhsin and Muwafaq Majid Al-Mawla 199) “The exercises are similar to what happens in the circumstances of the game, but these exercises are not without a goal, but the coach put it to achieve this of the goals (including the physical - planning - psychological - and mental).(1)

In the opinion of (Ammarullah Ahmad Bassati 1998) that these exercises play contribute to the development of physical elements and skill and planning during the course of the various games and mainly elements of the various sports activity by

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giving the duties (conditions) in the direction to be achieved during the course of the game and in various forms, The change in the degrees of pregnancy through the control of the duties and conditions and the space and time of play is an effective and non-boring way of frequent changing and different positions and the good coach is able to organize playing conditions and duties contribute to achieve the goal he wants to achieve. (2)

The efforts exerted in the field of sports training as a result of various studies and researches have made progress in the game of soccer despite the problems that appear in the training process or during the performance, which require scientific solutions through field follow-up and through the experience of researchers in the field of soccer, Which is reflected negatively on the accuracy of the performance of some of the basic skills in soccer and this decrease was the result of the low level of coordination and interdependence between the physical and technical aspects as soccer requires the performance of movements accurate and fast in the directions of the brain With a high level of motor coordination.

The developments in the field of sports training have created the necessary need to find a variety of exercises and advanced, including exercise exercises, which is an effective tool and one of the field solutions to all the problems facing the team during the competitions as they were realistic exercises and sponsors the levels of players whenever approached close to the real competition and contribute to the development of aspects Physical and mastery of basic skills and critical aspects. Therefore, the trainers depend on the training process because of their effective and vital effect in addressing the problems that arise during the training process.

Methodology

Research Methodology

The experimental method was used for its suitability and the nature of the research problem to be solved as well as to achieve the objectives and hypotheses of the problem.

The Sample of Research

The research sample included the players of the club Ararat and Shaklawa soccer club for the season (2015-2016) and the number of (44) players, who were chosen in a deliberate way and then divided into two groups by lottery (20). Players representing Shaklawa club and an experimental group of (20) players representing the club Ararat after the exclusion of (4) players due to injury and a percentage of (90%).

<table>
<thead>
<tr>
<th>Tests</th>
<th>Control group</th>
<th>Experimental group</th>
<th>(t) calculated</th>
<th>(t) tabulated</th>
<th>Significant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power lengthening of the lower limbs</td>
<td>46.2</td>
<td>46.4</td>
<td>0.91</td>
<td>2.02</td>
<td>Non Sig.</td>
</tr>
<tr>
<td>Velocity endurance</td>
<td>37.1</td>
<td>36.8</td>
<td>1.5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The goal</td>
<td>11.7</td>
<td>11.1</td>
<td>0.58</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Short passing</td>
<td>14.2</td>
<td>14.5</td>
<td>1.9</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The Tests used in Research

Test Endurance Force of Lower Limbs

The Purpose of the Test
Measuring the endurance force in the lower limbs

Tools
5 balls, whistle and stopwatch

Performance Specifications
The laboratory stands out from the standby position under the hanging ball from one end, and then the laboratory is required to perform the jumps within the specified time and with maximum force.

Registration (Minutes)
The values are calculated for the nearest second recorded by the laboratory.

Measuring Short Handling Accuracy

The purpose of the Test
Measuring the accuracy of short handling from a distance of (10) meters.

Tools
Soccer field, balls number (5), plaster, measuring tape, floor (2.80 x 50 cm)

Performance Specifications
Two parallel lines draw the distance between them (10) meters and the length of each line (3) meters, the platform is placed 10 meters from the starting line, and the balls are shown behind the other line. At the start the player starts towards the balls to receive a football, before reaching the starting line, he hits the ball and then ends the five attempts.

Registration (Degree)
The total score of five balls is calculated, the highest score obtained by the player (20) degree.

Test of Scoring Accuracy

The Purpose of the Test
Measure the accuracy of the correction.

Tools
5 balls, measuring tape, cones and wide band to divide the goal.

Performance Specifications:
- The player stops at the funnel which is 18 meters from the goal.
- When the signal is heard, the player will kick the five balls.
- The ball is corrected with any kind of correction in a strong and correct manner.

Registration (Degree)
- The grades are calculated as in the drawing.
- The average score is calculated for five attempts.

Test of Velocity Endurance

The Purpose of the Test
Measure the velocity endurance of the lower limbs.

Tools
Stopwatch

Performance Specifications
The laboratory stands behind the starting line of the stand position and takes the standby mode, when the coach whistle is heard, it starts as fast as possible to cut the distance and reach a line end.

Registration (Minutes)
The recording takes about 300 m (1/100 sec).

### The Scientific Basis for the Tests

<table>
<thead>
<tr>
<th>Tests</th>
<th>validity</th>
<th>Resolution</th>
<th>Impartial</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power lengthening of the lower limbs</td>
<td>0.85</td>
<td>0.90</td>
<td>0.97</td>
</tr>
<tr>
<td>Velocity endurance</td>
<td>0.93</td>
<td>0.96</td>
<td>0.95</td>
</tr>
<tr>
<td>The goal</td>
<td>0.82</td>
<td>0.80</td>
<td>0.91</td>
</tr>
<tr>
<td>Short passing</td>
<td>0.80</td>
<td>0.93</td>
<td>0.95</td>
</tr>
</tbody>
</table>

### Pilot Study

The pilot study was carried out with the help of the auxiliary team on the experimental sample. The objective of the experiment was:

- Determine the maximum performance of the training models used in the research.
- Determine the number of training modules used in the training module.
- Determine the time taken by each of these models in the module.
- Determine the number of repetitions and training models in the target time in the training module.

### Heartbeat Calibration According to the Training Models Used

<table>
<thead>
<tr>
<th>Exercise sequence</th>
<th>Pulse after warm-up</th>
<th>Maximum performance</th>
<th>Pulse after performance</th>
<th>Pulse after 3 minutes</th>
<th>Pulse after 5 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>(4-1)</td>
<td>110-120 P/Min.</td>
<td>12.5 Min.</td>
<td>190 P/Min.</td>
<td>163 P/Min.</td>
<td>125 P/Min.</td>
</tr>
<tr>
<td>(8-5)</td>
<td>115-120 P/Min.</td>
<td>8 Min.</td>
<td>185 P/Min.</td>
<td>128 P/Min.</td>
<td>110 P/Min.</td>
</tr>
<tr>
<td>(12-9)</td>
<td>125-130 P/Min.</td>
<td>12.5 Min.</td>
<td>187 P/Min.</td>
<td>169 P/Min.</td>
<td>130 P/Min.</td>
</tr>
<tr>
<td>(16-13)</td>
<td>120-125 P/Min.</td>
<td>8 Min.</td>
<td>182 P/Min.</td>
<td>130 P/Min.</td>
<td>110 P/Min.</td>
</tr>
</tbody>
</table>

### The Procedures of Field Research

#### Pretests

The tests were conducted on 27-28 / 8/2016 at 5:30 and at the Club of Araran and Shaqlawa Sports Club. The conditions for the tests were confirmed in terms of space, time and team work in order to achieve the same conditions as possible when conducting posttests to the search sample.

#### Exercise in the Training Curriculum

Training modules were implemented in the training curriculum on the experimental sample through their training units and in the days and times assigned to them. The number of training units executed on the experimental sample reached (16) training units by (4) units per week (3-1). Between the weeks and the system of the intermediate training circles, where two training departments were formed for each period (14) days, where the time of the training unit (120 d), the main target section was (85 / d) was targeted part of this section (50 / ).

To apply the training models and in the special preparation stage, severely (80-100%) using the method of training B Recurring. They are what distinguishes the training models used in the search, they perform in specific conditions, as well as the dimensions of spaces and different periods has reached:

#### Posttests

Posttests of the experimental and control research sample were carried out in the research variables after identifying and stabilizing all the conditions in terms of place, time, tools and auxiliary team on 29-30 / 9/2016 by the helpful team.
Results and Discussion

Table 5: The arithmetic mean, standard deviation, arithmetic differentials, standard deviations and the calculated and tabular value of (t) of the pre and posttest in the control variables of the control group

<table>
<thead>
<tr>
<th>Tests</th>
<th>Pretests</th>
<th>Posttests</th>
<th>Mean difference</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power lengthening of the lower limbs</td>
<td>Mean</td>
<td>STD.EV.</td>
<td>Mean</td>
<td>STD.EV.</td>
</tr>
<tr>
<td>Velocity endurance</td>
<td>47.12</td>
<td>2.5</td>
<td>48.3</td>
<td>3.06</td>
</tr>
<tr>
<td>The goal</td>
<td>31.1</td>
<td>2.7</td>
<td>32.1</td>
<td>0.75</td>
</tr>
<tr>
<td>Short passing</td>
<td>12.6</td>
<td>2.5</td>
<td>13.2</td>
<td>1.13</td>
</tr>
</tbody>
</table>

Table 6: The arithmetic mean, standard deviation, arithmetic differentials, standard deviations, and calculated and tabular value (t) of the pre and posttest in the experimental variables of the experimental group

<table>
<thead>
<tr>
<th>Tests</th>
<th>Pretests</th>
<th>Posttests</th>
<th>Mean difference</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power lengthening of the lower limbs</td>
<td>Mean</td>
<td>STD.EV.</td>
<td>Mean</td>
<td>STD.EV.</td>
</tr>
<tr>
<td>Velocity endurance</td>
<td>49.4</td>
<td>2.3</td>
<td>50.1</td>
<td>1.5</td>
</tr>
<tr>
<td>The goal</td>
<td>31.1</td>
<td>1.7</td>
<td>32.1</td>
<td>0.75</td>
</tr>
<tr>
<td>Short passing</td>
<td>31.1</td>
<td>2.5</td>
<td>14.6</td>
<td>1.5</td>
</tr>
</tbody>
</table>

Table 7: Shows the computational and standard deviation and the calculated and tabular value (t) between the posttests of the control and experimental groups in the search variables

<table>
<thead>
<tr>
<th>Tests</th>
<th>Control group</th>
<th>Experimental group</th>
<th>(t) value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power lengthening of the lower limbs</td>
<td>Mean</td>
<td>STD.EV.</td>
<td>Mean</td>
</tr>
<tr>
<td>Velocity endurance</td>
<td>48.3</td>
<td>2.5</td>
<td>50.1</td>
</tr>
<tr>
<td>The goal</td>
<td>31.1</td>
<td>0.75</td>
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</tr>
<tr>
<td>Short passing</td>
<td>12.5</td>
<td>1.3</td>
<td>14.6</td>
</tr>
</tbody>
</table>

It is clear that the results of the tribal tests of the group and the dimension of the control and experimental group were significant and in favor of the experimental tests of the experimental group in the research variables of the sample of the research, which used training models according to the game exercises. Some special physical abilities and accuracy of the performance of basic skills and attributed the researchers the reasons for this development to the training models that were carefully tested and similar to what is happening in the games in addition to the training models are comprehensive and varied for different situations that can pass the player During the matches and this is consistent with both (Mohammed Kishk and Ammar Allah Al-Basati 2000) The nature of playing during soccer matches with its changing and varied positions impose on the players the use of models and forms of training and a variety of different skills.(6)

The physical development of the player, whether it is related to the physical abilities of performance leads to the development of technical and planning aspects and this is confirmed by (Adham Saleh 2007). The development of the physical aspect of the activity and the scientific and thoughtful directly affect the development of all aspects related to the activity.(4) Therefore, the coach has to prepare his players to meet the changing positions in the competitions by raising the level of skill performance in terms of speed and accuracy in performance, which is confirmed by (Qasim Lizam 2009). "The training using different training models is an effective way to develop the ability to perform correctly after training on These skills are working to increase the accuracy and speed of performance and for all age groups alike because of its effective influence in the development of the player physically and mentally and mentally and psychologically so it resorted to most of the most modern soccer schools in the world.(5)

Based on the above, linking fitness exercises to training in the accuracy of the performance of basic skills in the conditions of conditions and situations similar to the atmosphere of the game leads to the improvement of the accuracy of the skilled performance of the player and this is consistent with what indicated (Salam Balbisi) that "basic skills training should be under Turf is similar to the atmosphere of the game.(6) Mawaffaq Al Hitti said that the use of training models according to the exercises is a more important and important means of achieving good performance and
improving the physical aspects related to the activity, as well as the entrenchment and mastering of the basic skills under similar conditions and close to the atmosphere of the matches.\(^{(6)}\) Joseph Lazim Kemash 1999 indicates that the goal of using the exercises to play is to install the performance accuracy of the player basic skills used in the game and connect it to learn and apply the play with work on the development of physical qualities and capabilities so special performance plans in addition to the kinetic compatibility of the player development and at the same time, the player training On the requirements and duty of the center and can lead to the existence of a negative or positive defender.\(^{(8)}\) It can also be divided into special exercises for a limited group of players with the ability to determine the area and time and conditions of the performance of the exercises, so it is a training form through which the components of the various training cases and accelerate the development of physical, skill and planning requirements of competition. Through the above, it becomes clear the importance of research using more sophisticated and influential exercises in the installation and mastery of the physical and skill areas in order to succeed the training process and keep pace with the scientific development in the game.

![Figure 3: The comparison between the two sets of control and experimental research in the search variables](image)

**Conclusions**

The results of the research using training models according to the training exercises and the frequency of repetitive training showed a clear development in the research variables of the experimental research sample.

- The training models used in the exercise exercises contributed to the development of the accuracy of the performance of the basic skills used for the experimental research sample.
- The training models also influenced the training exercises used in the preparation stage.
- In addition to the fact that the training models contributed according to the exercise exercises in the spirit of cooperation and competition and seriousness and the rush between the players, which reflected positively on what was reached of results.

**References**

Skills and Plays in Soccer, 1, Cairo, the Book Center for Publishing.


