



THE EFFECT OF FUNCTIONAL EXERCISES ON DEVELOPING THE LEVEL OF SPECIAL PHYSICAL PERFORMANCE AND SOME BASIC FOOTBALL SKILLS FOR YOUNG PLAYERS

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Abstract

The importance of research was evident that through their follow -up to a group of club training, the researcher have noticed that they noticed of interest in setting Functional Exercises the course of play by some coaches. What leads to raising the physical and skill level in I am one, as well as placing the players in situations similar to what happened during the matches so that workers in the field of sports training can know the importance of employing functional exercises that help them to develop the physical and skill side to the best level.

As for the problem of finding solutions to the research problem by applying codified and organized functional exercises in a scientific manner in order to upgrade the level of physical and skill players for the best and these exercises simulate the positions that are being done during official competitions

Key words: functional exercises; special physical; football skills.

1 - Definition of Research:

1-1 Introduction Research and importance:

The great development witnessed by the world in the sports side has led to the achievement of great sporting achievements in various sporting events, and these achievements did not come from random work or a vacuum, but rather achieved thanks to the ability of experts and specialists to harness the various sciences to serve the achievement in the sports field. Which is the science of sports training that seeks to achieve the best achievements in the various races, including football, which was characterized by scientific development in all its requirements, whether physical, skill or planning that the player qualified to provide his best level and performance to play matches.

Today we see modern football that is characterized by a high physical side by speed in performance or transition, as well as strength, agility and high endurance from the intuition of the match until the end of the match time, as well as the



accuracy and high technique in using skills, whether it is or without it, also the speed in taking the readings and moving from the attack to defense Or, on the contrary, this requires a high level of numbers in order to achieve what has been mentioned above and because it is achieved to the use of modern training and exercises that mimic the reality of the game and its course. And on the basis of functional exercises have a positive role in developing the physical and skill side in I am one by using the physical side with the ball in shot or dribbling and other skills and these exercises are similar to what the players are exposed to from situations during the matches and these exercises will put the players in situations that simulate the requirements Play the player is exposed to during the matches. Hence the importance of research in highlighting the functional exercises in football and its role in raising the physical and skill level of what is used in the rest of the training and what leads to raising the physical and skill level in I am one, as well Football sports training know the importance of employing functional exercises that help them develop the physical and skill side to the best level.

1-2 Research Problem:

The scientific development witnessed by modern football and the continuous research by experts and coaches to discover the best modern training means in order to reach players to achieve the best levels in sports competitions that everyone from coaches and football specialists seek to search for modern methods and training methods and consistency With the possibilities and capabilities of the players in order to reach the players to the best levels and achieve achievements and championships, and we notice some coaches who do not seek to use modern methods and means and exercises in developing players, which leads to weak levels, as well as wasting time and making a high effort by the players without obtaining knowledge and development Which is witnessed by football and through the follow -up of the researcher and being a player and coach of the absence of the main goals as a result of the application of those exercises that do not mimic the reality of the game as well as randomness in the application of exercises and this prompted the researcher to find solutions to the research problem through the application of codified and organized functional exercises in a scientific manner in order to advance At the level of physical and skill players for the best and these exercises simulate the positions that are being done During official competitions.



1-3 Research Objectives:

- 1- Learn about the impact of functional exercises in developing the physical and skill level of young football players.
- 2- Learn about the results of the differences between tribal and post-testing and the experimental and control groups in developing the physical and skill level of young football players.
- 3-Learn about the results of the differences in the post-testing tests between the experimental and controlled groups in the physical and skill level of football players.

1-4 Research Hypotheses:

- 1- There are moral differences between tribal and post-testing tests at the level of physical and skill performance of the experimental and control groups of young players.
- 2- The presence of significant significance differences of the post-testing and skill levels between the experimental and control groups of young players.

1-5 Research fields:

1-5-1 The Human field: Al -Mina players in the Basra Governorate Club for the youth category

1-5-2 Spatial Area: Sports City Stadium

1-5-3 Time for the period from: 5/2/2022 TO 1/5/2022.

2-Theoretical Studies

2-1 Functional Exercises:

They are "exercises given to the ball using skill exercises with goal, acquisition exercises, or using physical exercises with shot or cross balls." (Tariq Al -Bannai: 2016)

3 - Research Approach and Field Procedures:

3-1 Research Curriculum:

The researcher used the trial curriculum of two groups equal to its suitability, the nature of the research problem.

3-2 Sample OF Research:

The research sample was determined in the intentional way with the players of the Al-Mina Sports Club, who participated in the Premier League for Youth

Football for the season 2021-2022, and by (20) players out of (27) players, and thus the percentage of the sample members (74%) was represented where the players were distributed to two experimental groups And control through the lottery and by (10) players in each group, where the first and second -control group represented the homogeneity between them in schedule (1) for length, weight, age, and training variables.

Table (1) Shows the calculations, normative deviations, difference factories, and value (T) calculated for the variables (length-weight-age-life training) of the experimental and control groups.

Verbal	Experimental group			Control group			T Collected Value	Sig
	Mean	Std. Deviation	difference factories	Mean	Std. Deviation	difference factories		
Age	17.2	0.896	%12.1	17.1	1.6	%8.9	1.6	random
Training Age	3.1	0.281	%21.8	1.5	0.77	%26.2	0.80	random
Length	171.2	2.506	%1.1	165.9	3.4	%1.6	1.2	random
Wight	70.5	3.092	%3.2	70.33	2.7	%3.5	1.6	random

T Value (1.6) at a degree of freedom (18) and a significant level (0.05)

3-3 Means of collection of information and data:

- 1- Arab and foreign sources
- 2- International information network
- 3- The tests and measurements used

3-3-1 Research devices and tools used:

- Footballs- Swedish terraces- faces of different sizes- timing clock- barriers- bars- tapes.

3-4 Field Research Procedures

3-4-1 Tests used to Research:

3-4-2 Physical tests: (Feday Aksoy: 2010)



- 1- Test to hit the ball with the wall from a distance of 6 meters to measure the speed of performance (Raysan Khouribet Majeed: 1989)
- 2- The testing test on one leg is 30 m to measure the force that is distinguished by speed (Kazem Al -Rubaie & Mowaffaq Al -Mawla: 1988)

3-4-3 Skill Tests

- 1- Rolling ball between the faces and the scoring in a divided goal to measure the accuracy of the scoring (Thamer Mohsen Ismail: 2010).
- 2- Test of the accuracy of the handling of the ball passes about 3 circles drawn on the ground from a distance of 20 yards (Rahim Attia ; 2003).
- 3- Rolling test with the ball for a distance (20 m) and the return to measure the speed of rolling in the ball (Zuhair Qasim: 1999).

3-5 Exploratory Experience:

The researcher performed an exploratory experience on some of the original research sample players (Al -Mina Youth Port Club) for the purpose of legalizing the exercises used and finding the appropriate training load in terms of intensity, size, comfort, and calculating the total time, each according to its training style used.

3-6-the scientific foundations of the tests: Related to codified and pre-applied tests.

3-7 Field Experience:

3-7-1 Tribal tests: Tribal tests were conducted on the two research groups on (15-19/ 2/2022)

3-7-2 the training curriculum (used exercises)

Through the researcher reviewing many research, sources and studies available in training science, as well as consulting experts and specialists, and after reviewing a set of training curricula for (Youth Category), the researcher prepared a set of different functional exercises, as these exercises were applied on 20/2/2022 Until 4/21/2022, i.e. (8) weeks, and by (3) training units per week (Sunday, Tuesday and Thursday). The researcher observed the following:

1. Graduation and diversity with the functional exercises used



2. The researcher observed the scientific foundations of the training pregnancy used, as the gradual increase, as well as the ripples between the training periods, were made.
3. The researcher used the ripple within the weekly training units and in the formation of (1: 2) as well as between the training courses with the formation of (1: 1) because it represents the method for the formation of the formation of successive pregnancy degrees, and this means that the successive degrees of pregnancy does not go in one style.
4. Exercises were applied in the main section of the training unit
5. Exercises were applied in the period of special numbers and before the competition.
6. The time of rest has been determined between repetition and another based on the pulse rate (120-130)

3-7-3-Post Tests:

The researcher assisted, with the assistant working group, conducting post-tests on 25-29/4/2022

3-8 Statistical Means:

The statistical data obtained by the researchers was processed by using the statistical bag (SPSS / 19).

4- Presenting, Analyzing and Discussing Results:

4-1-1 View and analysis of the results of tribal and post-tests for private physical abilities and basic skills

Table (2)

Shows the calculations, standard deviations, and the value (T) calculated for the special physical capabilities of the two groups

Groups	Verbal	Tribal Tests		Post Tests		T Collected Value	Sig
		Mean	Std. Deviation	Mean	Std. Deviation		
Experimental	Performance/ Sec	2.30	0.103	2.01	0.008	8.08	moral
	Performance speed/ Sec	3.06	0.54	2.83	0.092	8.50	moral
	Speed strength/ Sec	7.74	0.178	6.90	0.448	6.20	moral
Control	Performance/ Sec	2.32	0.015	2.10	0.058	9.60	moral
	Performance speed/ Sec	3.01	0.017	2.79	0.336	11.12	moral
	Speed strength/ Sec	8	0.439	7.02	0.009	6.76	moral

T table Value (2.1) at a significant level (0.05)

Through schedule (2), we find that the calculated values (T) is greater than the tabular (2.262) at the level of significance (0.05). The researchers explain this morale to proper planning, as well as to legalize loads in a correct scientific way, which led to an adaptation of the functional devices of the players and this It is consistent with what the mechanism of Muhammad Hassan Allawi indicated, "In the codification of pregnancy, all means should be used to events of physiological changes in the body, which achieves an improvement in its responses and then the body's adaptation" (Muhammad Hassan Allawi: 1984). The researcher believes that the training based on scientific and codified foundations accurately, as well as the exercises that are similar to the course of matches will work to raise the capabilities of the players and adapt them to the training unit's well, which leads to the development of the special physical side for the better.

Table (3) shows the calculations, standard deviations, and value (T) calculated for the basic skills of the two groups

Groups	Verbal	Tribal Tests		Post Tests		T Collected Value	Sig
		Mean	Std. Deviation	Mean	Std. Deviation		
Experimental	Goal/ degree	2.64	0.239	3.03	0.034	5.80	moral
	accuracy of handling/degree	12.90	0.806	15.04	0.484	8.74	moral
	Running the ball / Sec	19.41	0.963	17.35	0.014	4.82	moral
Control	Goal/ degree	2.47	0.173	2.85	0.066	5.65	moral
	accuracy of handling/degree	10.30	0.048	13.06	0.361	15.46	moral
	Running the ball / Sec	19.62		18.37	0.53	8.96	moral

(T) Table value (2.262) at a significant level (0.05)

Through Table (3), we find that all calculated values (T) are greater than the tabular (2.262) at the level of significance (0.05). The researcher explains this

morale for the effect of the exercises used in the training units that have been carried out correctly as they are of a specialized nature and simulates playing requirements to develop the side The skill is for the players, and this is consistent with (Kazem Al -Rubaie & Mowaffaq Majeed : 1988.) . We also see that the exercises that were used were regular and codified in a studied scientific manner and away from the randomness in the performance of its application and that the skill side needs the exercises of its designer and codified in a scientific way because it has an effective role in developing the performance of the athlete and raising its level towards the best and this is confirmed by (Mufti Ibrahim Hammad) "The difference between scientific sports training and other similar activities is that there are many activities that are practiced under the name of training and sports that do not use scientific foundations for sports training, as these activities depend on the implementation of spontaneous training units that are not from a scientific training plan that aims to improve the level" (Mufti Ibrahim Hammad: 2001).

4-2 Presentation and analysis of remote tests between the two groups.

4-2-1 View and analysis of the results of tribal and remote tests of special physical abilities and basic skills.

Table (4)

Shows the calculations, standard deviations and value (T) calculated for the dimension test of the special physical capabilities of the two groups

Verbal	Experimental group		Control group		T Collected Value	Sig
	Mean	Std. Deviation	Mean	Std. Deviation		
Performance action/ Sec	2.01	0.008	2.10	0.058	7.25	moral
Action/ Speed strength Speed	2.79	0.336	2.83	0.092	1.11	Random for Experimental group
Speed strength/ Sec	6.90	0.448	8	0.439	9.92	moral

(T) Table value (2.10) at a significant level (0.05)

Through the Table (4) we find the morality of the differences in favor of the experimental group. Raising the level of physical capabilities for the players, and this is what (Muhammad Hassan Allawi) states that "caring for the good choice of



the types of exercises used on the analog of the sports individual achieves raising the sports level" (Muhammad Hassan Allawi, 1987) .We also see that these exercises depend in their application on high severity, which helps the players to adapt to them to achieve the goal of these exercises and therefore the physical possibility of players will develop using methods or training methods that achieve this and this is what was actually done during the application of functional exercises that are of strong effort and high intensity It is also similar with it happens during the matches, that is, the playing position in situations and movements that mimic the reality of the game, and this also supports (Luiselli and Derek) that "practice on long periods of time and change in forms and types of training stimuli leads to the development of the physical and skill performance of the player in terms of strength, speed and accuracy." Luiselli & derek: 2011).

Table (5)

Shows the calculations, standard deviations and value (T) calculated for the dimension test of the basic skills of the two groups

Verbal	Experimental group		Control group		T Collected Value	Sig
	Mean	Std. Deviation	Mean	Std. Deviation		
Goal/ degree	3.03	0.034	2.85	0.066	8.17	moral
accuracy of handling/degree	15.04	0.484	13.06	0.361	12.20	moral
Running the ball / Sec	17.3	0.014	18.3	0.375	2.30	moral

(T) Value (2.10) at a significant level (0.05)

Through the schedule (5) we find the moral differences in favor of the experimental group and the researcher attributes this morale to the effect of functional exercises that had a large role in developing the skill side as exercises that mimic the course of competition, as well as the researcher attributes the development that took place in the skill of scoring due to the functional exercises that were Similar to the circumstances of the matches by linking the skill of scoring by running and changing the direction between the faces, as well as the presence of guards, which led to the player's position in conditions similar to the competition, which led to the player's motivation to apply and perform the exercises properly and not boring, and this is consistent with what Thamer Mohsen indicated. The successful coach always tries to make the player live in the exercise as if in the race, with his exercises similar to matches "(Thamer Mohsen Ismail: 1974). Also, the researcher attributes to the development in the accuracy



of the handling in favor of the experimental group due to the functional exercises by placing the player in planning situations similar to the matches and many of the use of the ball with the colleague or more of a colleague and multiple planning situations in the functional exercises that led to this development and this is consistent with what Hanafi Mahmoud indicated. Mukhtar "In order for the coach to stabilize the basic skills so that it can be accurate Its jurisprudence, especially since these divisions require a correct and fast performance under the pressure of the opponent and in a narrow space of the land "(Hanafi Mahmoud Mukhtar. 1982). Also, the researcher attributes to the development of the ball of the ball of the experimental group to the effect of various functional exercises and various directions, while linking them to the plans performance led to its development among members And other cases similar to the performance in the match, where (Sami Al -Saffar) confirms that "the winding run between the converging media leads to the creation of a state of performance similar to the state of preparation that the player performs in the match against the opponents." (Sami Al -Saffar and others:, 2000)

5-Conclusions and Recommendations

5-1 Conclusions:

- 1- The presence of moral differences in tribal and post- test in favor of the post -testing group tests in private physical capabilities and basic skills.
- 2- The study showed an adaptation in special physical abilities and basic skills due to the effect of functional exercises that were similar to matches.
- 3-The functional exercises had an effective and positive role in raising special physical capabilities, as well as some basic skills because they put the players in situations similar to what is happening in the competition.

5-2 Recommendations:

- 1- Adopting functional exercises to train football players because of their positive return in their development.
- 2- The use of functional exercises to develop other physical capabilities as well as other basic skills.
- 3- Emphasizing the importance of functional exercises during the stage of preparing players, whether in the year, private or competitions, because they have a large and positive role in raising the physical and skill level of players.



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