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The effect of special exercises using assistive tools in developing the long-passing skill of young football players in Baghdad

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Abstract

The study aims to develop the long-passing skill of football youth by identifying the effect of special exercises using assistive tools, which helps to develop accuracy in performance. The research community consists of young players from Al-Zawraa Sports Club and Al-Karkh Sports Club in football, and the researcher selected the research sample in an intentional manner. For (30) young football players, a number of (20) players were chosen for the basic study, representing Al-Zawraa Sports Club, and the exploratory sample was taken from Al-Karkh Club players, numbering (10) players for the purpose of conducting the exploratory study and statistical description of the basic measurements and skill tests for the research sample. The researcher conducted an exploratory study with the aim of identifying the scientific parameters of long passing skill tests for young footballers. One of the most important conclusions was that the special exercises using assistive tools applied to the sample members had a positive impact on the research sample in improving the performance of the passing skill, and that there were differences in the improvement rates between the averages of the pre- and post-measurements for the football players, which helps to develop accuracy in performance, and the researcher recommended There is a need to use special exercises to improve the long-passing skill of young football players.

Keywords: Football player, long-passing skill, Baghdad

Introduction

The training process aims to raise the level of athletic achievement, whether physical, skillful, or physiological, in sports games and activities in general and in football in particular. The advancement of levels in this game came as a result of the use of modern training methods and techniques through codified training based on scientific foundations, which was the basis. Which enabled the athlete to reach the highest level and achieve achievement in international and continental championships.

Football is one of the first popular games in the world, and it has developed rapidly and the need to improve skill performance has become essential for the football player to perform automatically and proficiently under any circumstances of the match, and the young age groups are considered the strong foundation upon which he depends. Building an advanced level of football in the future, and they represent the basic base upon which one will depend in the future, as it is the tributary that flows into the national teams. Youth training aims to prepare and prepare the player to reach the higher levels appropriate to the characteristics of his age, his individual characteristics, the possibility of his biological development, and his ability to adapt to the requirements of the higher levels. And building a stable base for those levels, so the person conducting the training process must have sufficient knowledge of the characteristics of this age stage, in which the players' ages range between (17-19) years, as at this stage the player is able to gain experience and interact with competitors and colleagues in the training units. Modern competitions, as well as other league and tournament competitions, through which the player's efficiency and ability to continue performing well without decline or fluctuation in level are demonstrated (Rashid, Ahmed, & Raheem, 2022) [8].

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The assistive training tools are one of the important and necessary means in the process of building and preparing the player, as they help to shorten the time and effort expended by the coach and the player in the process of developing basic skills, as well as adding an element of excitement and suspense by playing with a colleague or with the tool used and facilitating the process. Mastering technical performance indirectly, and one of these skills, the most important of which is the passing skill, in its various forms and types, because of its effective role in controlling the match and increasing the percentage of possession, and here the importance of research appears in developing the passing skill of young players in football.

Research problem

The skill of passing in the game of football is one of the most important basic skills, as through it the ball is transferred between the team members throughout the field, and the team whose members are proficient in this skill is able to control and possess for the longest possible period and thus control the match.

Through the researcher's follow-up of the training units for young players, he noticed a weakness in this skill, in addition to his interest in reviewing the training curricula of specialized coaches for the youth category, which still lack modern means, and thus the emergence of existing problems linked to the training process that prevent the development of basic and technical skills in the game of football, as found. There are some trainers who do not pay much attention to training methods that help in the process of training and developing skills, and here the problem of the research lies in the lack of use of training methods that help through exercises that work to develop this skill.

Research objective

- Using assistive training tools that develop the long passing skill of young football players.
- Designing special exercises using the proposed training tools to develop the long passing skill of young football players.
- Identifying the effect of exercises using the proposed training tools in developing the long passing skill of young football players.

Research hypotheses

- There are statistically significant differences between the pre- and post-measurements of the control group in developing the long passing skill of young football players.
- There are statistically significant differences between the pre- and post-measurements of the experimental group in developing the long passing skill of young football players.
- There are statistically significant differences in the post-measurements between the experimental and control groups in developing the long passing skill of young football players, in favor of the experimental group.

Research fields

- **Human field:** Young players of Al-Zawraa Sports Club football in Baghdad
- **Time field:** (1/5/2023) to (1/8/2023)

- **Spatial field:** Al-Zawraa Club Stadium and Al-Karkh Club Stadium.

Theoretical studies

Assistive tools used in teaching basic football skills

The interest in using devices and tools, especially modern ones, came from the awareness of those in charge of their importance in the process of teaching skills because of the positive results they achieve and achieving the required goals of the learning and training process during educational or training units. There is no doubt that the availability of these tools in football training centers and stadiums is an effective means of raising From the efficiency of the player's skill performance as well as the training process, and among these tools that work to develop basic skills in football are "illustrative images - television, video and cinema films - ball throwing device - multiple goals of various sizes - the human wall - vertical bars - rubber ropes - balls Medical care has different weights" (Muhammad Ali Majeed, 2014) ^[1]. The researcher used the following:

First: the soccer wave device

Using the soccer wave device is used to practice and improve soccer techniques and skills without the help of another person or player, as all players can perform the passing skill, as all players have equal opportunities.

The ball can be returned to the player at different heights due to the device's tilt on one side greater than on the other side. It also helps in developing reflexes and then the kinetic response as well as improving skills and aerobics because the ball bounces at different heights and higher than the player.

The device has the following measurements: height 80 cm, width 91 cm, and base length 90 cm.

As in the pictures below:-



Fig 1: Shows a soccer wave device.

Second: A tool to improve scrolling control at multiple heights

It is an easy-to-make tool. It consists of two poles of the same height (2.50 cm), two small bases for each pole to securely fix it to the ground, and from the top of the two poles two ropes are attached to any height the trainer needs during training.

The task of the tool is to pass the ball between the two ropes, in order to control the direction and heights of the ball when it passes through the two ropes from the top to the player, in addition to gradually making the exercises more difficult depending on the desired goal. It is also possible to manipulate the height of the ropes up and down, by changing the position of the ropes on the supporting columns in a way. Easy and use the following measurements:

The height is 250 cm, the width is 150 cm, and the base length of each column is 25 cm, as in the picture below:

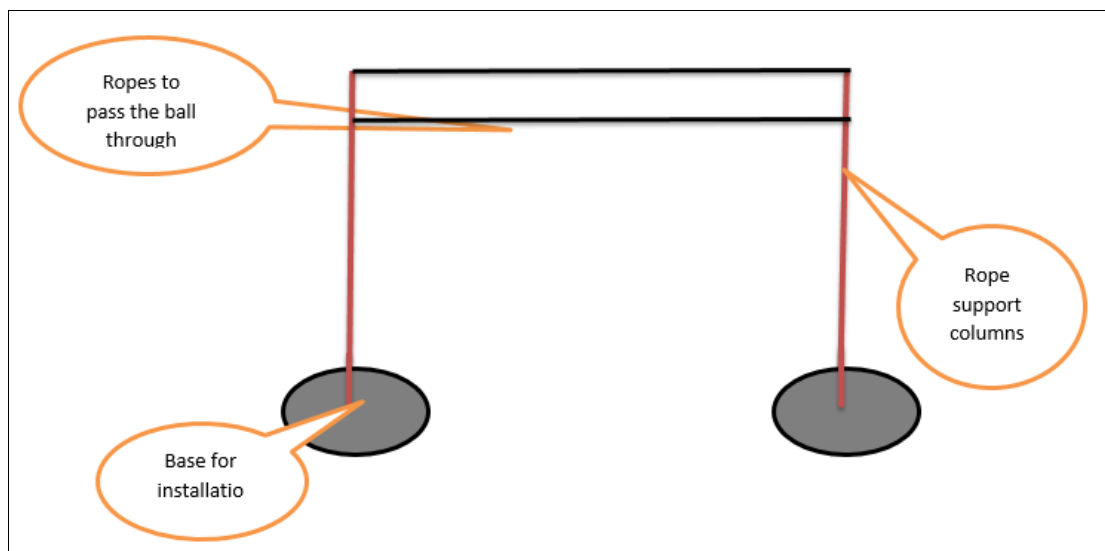


Fig 2: Shows a tool to improve scroll control at multiple heights Research methodology and field procedures

Research Methodology

- The researcher used the experimental method with an experimental design for the control and experimental groups with a pre- and post-measurement system because it was appropriate to the nature of the research and to achieve its objectives.

Research population and sample

The population of the research sample are young players in the Al-Zawraa Sports Club in football, aged (17-19) years in Baghdad Governorate, numbering (20) players. The players were divided by lottery into two control groups that include (10) players who train according to the curriculum prepared by the coach. An experimental group that includes (10) players is trained according to the research curriculum, and (10) players representing the youth of the Al-Karkh Sports Club in football were selected in (Al-Karkh Stadium) to be used in conducting the exploratory experiment.

Tools and devices used in the research:

- Legal football field.
- Legal footballs.
- A small target measuring (100x75) cm.
- Stopwatches, whistles, cones.
- A bench, 20 cm high and 3 m wide.
- Measuring tape.
- Ball guiding device.

- Passing control tool

Research test

Test name: Long passing skill accuracy test.

Its purpose: This test aims to measure the long passing skill.

Tools used: football field, 5 balls, measuring tape, signs.

Performance specifications: We draw a square with a side length of (5) m such that it is (30) m away from the line at which the player stands to pass. At the signal, the player passes the ball so that he is given (5) attempts, and at the start signal, the tester hits the ball so that it is flying. In the air, then the place of its fall is marked, and the score is calculated based on that.

Scoring: Marks are given based on the place where the ball lands and are calculated as follows

- If the ball falls inside the square on the first attempt, (5) points are given to him
- If the ball falls inside the square on the second attempt, (4) points are given to him
- If the ball falls inside the square on the third attempt, (3) points are given to him
- If the ball falls inside the square on the fourth attempt, (2) points are given to him
- If the ball falls inside the square on the fifth attempt, (1) point is given to him
- If the ball falls outside the square in all cases, (0) points are given to him

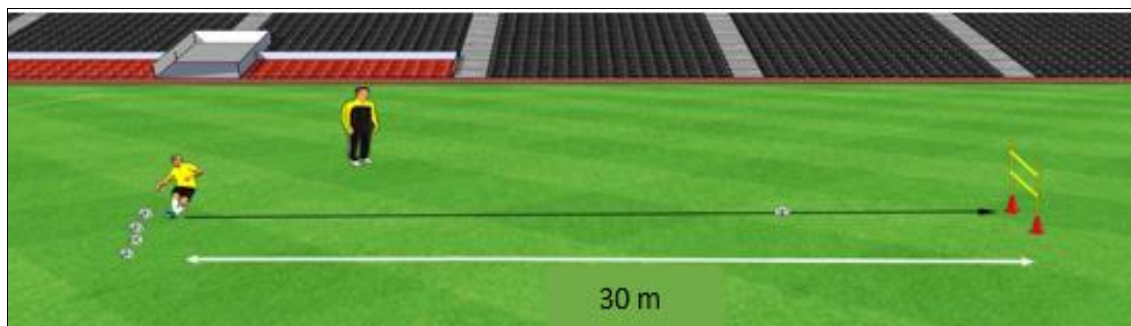


Fig 3: Shows the long passing skill accuracy test

Field research procedures:

The researcher determined the research measurements and data collection tools by reviewing scientific references and

practical research related to the subject of the study to determine the measurements used, as well as identifying exercises using assistive tools that affect the development of

the long passing skill in football, which achieve the goals and suit the nature of the sample, which are as follows:

Scientific transactions for the test

The researcher conducted a study with the aim of identifying the scientific parameters of the long-passing test in football on a sample of (4) players from the same research community

and outside the basic sample. The results were as follows:

First: validity

The validity of the long passing test in football was calculated using discriminant validity on 20/5/2023 between a distinguished and non-distinctive group, and to verify this using the calculated “t” test and the discriminant validity coefficient, as shown in Table (1).

Table 1: Shows the significance of the differences and the discriminant validity coefficient between the distinguished and non-distinctive group in the long passing test for young football players

No.	Groups	Distinctive group		Undistinguished group		T value	sig value	Sig type
	Variables	Mean	Standard deviation	Mean	Standard deviation			
1	Long passing	7.21	1.29	3.19	1.93	3.86	0.00	Sig

* At a degree of freedom (8) and a significance level (0.05)

Second: Stability

The researcher conducted the reliability test for the long passing test in football by repeating the test with a time interval of one week in the period from 5/25/2023 to 6/1/2023

between the first application and the re-application, then calculating the “T” value and the reliability coefficient between the two applications, as shown in the table. (2).

Table 2: It shows the significance of the differences and the reliability coefficient between application and re-application in long-passing skill tests for young football players

No.	Groups	First test		Re-test		T value	Sig value	Sig type
	Variables	Mean	Standard deviation	Mean	Standard deviation			
1	Long passing	5.26	2.89	5.11	2.71	0.56	0.588	Non sig

* At a degree of freedom (9) and a significance level (0.05)

Considerations that must be taken into account when implementing the suggested exercises

- At the beginning of the training unit, the objective of the training unit is explained.
- You should start with simple, easy exercises until players feel self-confident.
- Taking into account the security and safety factor during application.

measuring the long-passing skill tests for the young football players under study. The tests showed that there were individual differences among the sample members, which explains the large difference among the research sample in the performance of the long-passing skill.

Applying the suggested exercises using assistive tools to young football players

The exercises were applied during the period from 10/6/2023 to 25/7/2023, as the total period for applying the exercises was (a month and a half) at a rate of (2) units per week and the unit time started from (45) minutes until it reached (60) minutes. That is, the main section of the training unit.

Main experience

The researcher conducted the basic study and applied the exercises to the basic research sample in the period from 20/5/2023 to 1/8/2023, according to the following executive steps:

Post-measurement

The researcher conducted the post-test on August 1, 2023, using the same procedures for arranging and implementing the pre-test, then collecting and processing the data statistically.

Exploratory experience

The researcher conducted the exploratory experiment on a random sample outside the main research sample and from the research community, numbering (10) youth football players from the Al-Karkh Football Club in (Al-Karkh Stadium) on 25/5/2023, and it aimed to test the validity of the tools and devices used and the assistive tools and reach To reach the final form of the data registration forms, identify the obstacles and difficulties that the researcher may face while implementing the research procedures, and know the efficiency of the assistant work team.

Statistical methods: The search data was processed through the Statistical Package for the Social Sciences (SPSS).

Presentation and discussion of the results

Presentation and discussion of the results of the pre- and post-test of the long passing skill for the control and experimental group.

Pre-measurement

The researcher conducted the pre-test on 5/6/2023 by

Table 3: Shows the statistical features, the calculated T-value, and the significance level of the pre- and post-test for the control and experimental groups in the long passing test.

Groups	Measuring unit	Pre-test		Post-test		Mean difference	Standard error of the mean difference	T value	Sig	Type sig
		Mean	Standard deviation	Mean	Standard deviation					
Experimental	Degree	4.11	2.42	8.20	1.32	4.10	.67	6.09	.000	Sig
Control	Degree	4.01	3.09	12.00	2.00	8.00	.82	9.73	.000	Sig

Discussion of the results of the pre- and post-test of long-passing skill between the control and experimental groups

It is clear from Table (1) that there are significant differences in the long passing test for the control and experimental group. The researcher attributes the reason for this to regular training and stability without interruption among members of the control group, as Hanafi Mahmoud states, "Continuing training plays an important role in the player's reaching the high level in terms of performance." Technical skill in terms of accuracy, integration, stability and mechanism of high technical performance" (Hanafi Mahmoud Mukhtar, 2001) [2] (Rashied, 2024) [9].

In addition, there are significant differences between the pre- and post-tests, in favor of the post-test in the long-passing test for the experimental group. The progress of the players' level and the extent of their development depends to a large extent on the degree of mastery of the skills, and this can be achieved by following the correct method in the methods and means of learning. And training. Accordingly, the use of aids has no less scientific value than real experiences if they are used well, and they also serve as alternative experiences, as it is "the use of aids and tools because they lead to the process of learning skills and help." It speeds up the completion of various programs and also helps in shortening time. As for the reason for the development in the passing skill, the researcher attributes the reason for this to the fact that this skill is one of the skills that requires the elements of precision and appropriate strength at the same time, and this is what requires good compatibility in performance, and it requires high skill performance. In how to use the appropriate part of the foot to hit the ball, this is consistent with what was stated,

"The specifications for a correct pass are that the pass be to the right player, the timing of the pass, the strength of the pass, and the accuracy of the pass" (Youssef Lazem Kamash, 2000) [3].

As well as giving the passing skill sufficient time to perform in the research exercises, which helped in consolidating and developing them. Here it is clear that the experimental group that used (the aids in the training unit) was the best in the long passing skill as evidenced by the significant differences. Various assistive tools were used with it. Weights in terms of the amount of air they contain, passing on a wall and from different distances, passing to a colleague, on a post, on a goal post, or on small barriers of movement and stability helped to make the training process more effective, as the use of multiple means of aid in learning kinetic skills in the fields of sports, the results were exciting and beyond doubt the effectiveness and positivity of this use (Muhammad Othman, 1999) [4], and the variety of assistive tools worked to expose the learner to multiple situations and different, which led to the storage of many kinetic programs related to the performance of that skill, which helps the learner's ability to perform the skill under any circumstances. point out that devices and tools contribute to shortening the time for each educational stage and that they are used as introductory exercises that facilitate the possibility of learning difficult movements. (Kazem Mustafa and others, 1995) [5].

Presentation and discussion of the results of the post-test of long-passing skill for the control and experimental groups

Table 4: It shows the arithmetic means, standard deviations, T-value, and significance level for the control and experimental groups in the post-test.

Variables	Measuring unit	Experimental		Control		Mean difference	Standard error of the mean difference	T value	Sig	Type sig
		Mean	Standard deviation	Mean	Standard deviation					
Long passing	Degree	8.20	1.31	12.00	2.00	3.80	.76	5.03	.000	Sig

Discussion of the results of the post-test of long-passing skill between the control and experimental groups

The results in Table (2) showed that there were significant differences in the post-test between the control and experimental group and in favor of the experimental group. The researcher attributes the reason for this to the nature of the exercises used, as special exercises were used using assistive tools, which helped the members of the experimental group in raising the level of Kinetic and physical abilities, and thus has a positive impact on the development of their skill performance. This development is due to the nature of the program using assistive tools that were used for the first time by the experimental group, and they had not previously been trained on such assistive tools, which had an impact on their skill and kinetic level, in addition to the impact it clearly affects the psychological and moral state of the player by introducing the factor of recreation and excitement when applying the exercises to get out of breaking the routine of traditional exercises. It was stated (Abu Abdo and Hassan Al-Sayyid, 2008) [6] (Neama, Salman, & Mahdi, 2022) [7] "that a planned and purposeful training program for the content of exercises that are mastered in a scientific manner leads to obtaining the best results." "

The researcher showed that the exercises using assistive tools achieved the goal of the study in influencing the skill, and this

indicates the success of the content of the exercise and what was applied, and this confirms the validity of the results of the study in the presence of differences between the experimental and control groups in favor of the experimental group.

Conclusion and recommendation

Conclusion

- The results of the study showed that exercises on using assistive tools had a positive impact on the research sample in developing the long-passing skill of young players.
- There are statistically significant differences between the averages of the measurement (pre- and post-measurement) in the level of performance of the long passing skill under study and in favor of the post-measurement among members of the experimental group.
- There are statistically significant differences between the means of the measurement (post-post) between the control and experimental groups in the level of performance of the long passing skill under study and in favor of the post measurement among members of the experimental group.

Recommendation

- The necessity of using assistive tools during training

units for young players because of their positive impact on developing the long passing skill of football players.

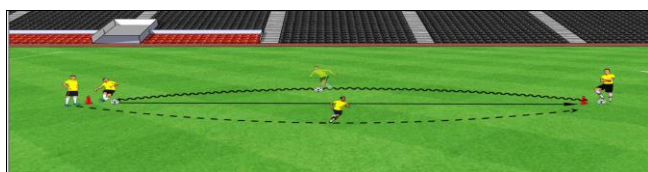
- Using the proposed special exercises to develop the skill performances of young footballers and other age groups.
- The need to conduct similar studies on young football players in clubs, teams, and other national centers.

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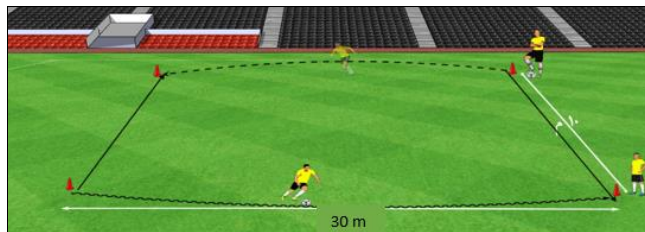
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Appendix (1) Examples of exercises used

- Two players have one ball and the distance between them is (30 m). Two figures are placed near each of them. The exercise begins with the player playing the ball towards the teammate and the teammate repeats the long passing again, provided that the ball does not touch the ground during the passing until it reaches the place designated for the teammate and he extinguishes it and then replaces it. Centers.



- Two players are 30 meters away. Player A rolls the ball to the place of player B, who takes the place of player A, who hands the ball to player B. He puts it down and rolls it back.
- Two players at a distance of (10) meters. The player with the ball passes it to the teammate who rolls the ball (20) meters, who returns the pass to the first player and rolls (20) meters and passes in the form of a square until returning to the starting places. The distance traveled is (60 meters).



- The player stands 3 meters away from the device and handles the ball towards the device 5 times in a row, and so do the rest of the player



- The player stands in front of the passing height control device, which consists of two poles connected by two ropes, the distance between which allows the ball to pass to improve passing accuracy. He is 20 meters away, with 5 balls in front of him, and plays the ball to the height specified by the coach.



- The player stands in front of the passing height control device, which consists of two poles connected by two ropes, the distance between which allows the ball to pass to improve passing accuracy. He is 30 meters away, with 5 balls in front of him, and plays the ball to the height specified by the coach.



Appendix (2)

Sample of training modules:

The first week / Al-Zawraa Sports Stadium

The first training unit / at (5) pm / date 10-6-2023.

Special exercises	Exercise time	Repeat the exercise a number of times	Rest between repetitions	Groups	Comfort between groups	Rest between exercises	Total working time	Total rest time	Total work and rest time
1	20 seconds	2	80 seconds	2	2 minutes	2.30 minutes	1.20 minutes	6.10 minutes	8.30 minutes
3	20 seconds	2	80 seconds	2	2 minutes	2.30 minutes	1.20 minutes	6.10 minutes	8.30 minutes
4	20 seconds	2	80 seconds	2	2 minutes	2.30 minutes	1.20 minutes	6.10 minutes	8.30 minutes
9	30 seconds	2	120 seconds	2	2 minutes	2.30 minutes	2 minutes	7.30 minutes	10.30 minutes
10	10 seconds	3	60 seconds	2	2 minutes	2.30 minutes	1 minutes	7.30 minutes	9.30 minutes
12	8 seconds	3	42 seconds	2	2 minutes	2.30 minutes	48 seconds	6.18 minutes	7.06 minutes