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The effect of skill exercises to develop some of the physical and skill capabilities of the weak leg with fixed scoring accuracy and handling for soccer players

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Abstract

Choosing the type of exercise and its consistency with the physical and skill capabilities of the weak leg of the research sample and the game is one of the important matters and the basis for the training process. Since the game of football is one of the games that requires a long period of time to finish the match, this requires developing exercises for the muscular strength of the legs, so the researchers decided to prepare skill exercises to develop The weak leg and identify the effect of skill exercises to develop some of the physical and skill capabilities of the weak leg with accuracy of fixed scoring and handling for football players (Al-Shoula Club). The researchers adopted the experimental method as it is appropriate to solve the problem. The research sample represented Al-Shoula Football Club players, who numbered (30) players, and the most important results were reached. Conclusions: Attention must be given to the physical and skill capabilities of the weak leg in football because they have a positive impact on developing playing situations, including accuracy of handling and consistent scoring in football. The researchers recommend using exercises in other team games in order to develop the weak leg, as well as using them in other games such as futsal pentathlon and others.

Keywords: Weak leg, fixed scoring accuracy, physical and skill capabilities

Introduction

Skill and physical exercises based on training processes are an important part for coaches in preparing the training curriculum, as well as exercises that serve the physical and skill aspect. It is not easy for the player to reach the highest levels unless methods and methods are used to be able to develop solutions and alternatives that make the coach get rid of weak points during the process. Training, and that physical capabilities are an integral part of the basic skills of the player, and among these capabilities is muscular strength, which gives the importance of strength because it is closely linked to some physical movement components such as explosive ability, strength characterized by speed, and motor and translational speed to reach the high level of performance and achieve athletic achievement.

The game of football is one of the most popular games in all parts of the world, due to its multiplicity of skills and plans, and the creativity and continuous collective movement it includes. It is practiced by many fans all over the world. Scoring in general, and fixed scoring in particular, are among the important skills and foundation of the game, as well as its pillar. It is important to change and obtain results. This skill is considered one of the best offensive skills to obtain good and distinctive results if it is used well in matches because of its effect in highlighting the advantage of focus and accuracy that players enjoy in most teams. The result of the match depends on the performance of the player who scored the goals, so it must be put in place. Exercises to develop this skill. Through the above, the importance of researching into developing exercises that work to develop this skill for the player is highlighted, as the accuracy of fixed scoring depends on the man and how strong he is in performing and achieving victory for the team he plays for.

Research problem

The game of football is one of the most widely spread and developed sports, as it is characterized by suspense, excitement, and the spirit of competition among its practitioners everywhere.

It has developed significantly in recent years, and this development has required players to

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have many physical, skillful, tactical, and psychological duties. The convergence in physical and skill levels has made it difficult to perform. Some basic skills of some players during the match, and through the researchers' access to scientific sources, research, studies, and their field experience, it became clear to them that there are many football players in sports clubs who are not good at playing with both legs, which caused weakness in their skill performance during matches, which prompted them to prepare skill exercises. In a diverse way, it contributes to developing the player's performance to play with both legs and prepares him to participate in tournaments and reach the highest levels skillfully, physically, technically and tactically in order to achieve the best results in tournaments.

Research Objectives

1. Identifying the physical and skill capabilities of the legs of football players.
2. Preparing skill exercises to develop the physical and skill ability of the weak leg in scoring and handling for football players.
3. Identify the effect of skill exercises to develop the physical and skill capabilities of the weak leg of football players.

Research hypotheses

1. There are statistically significant differences between the pre-test and post-test and in favor of the post-test for the control group in some physical and skill abilities of the weak legs of soccer players.
2. There are statistically significant differences between the pre-test and post-test and in favor of the post-test for the experimental group in the accuracy of fixed scoring and handling for soccer players.
3. There are statistically significant differences between the two post-tests of the control and experimental groups and in favor of the experimental group in some of the physical and skill abilities of the weak leg in fixed scoring accuracy and handling for soccer players.

Research areas

- **Human Field:** Al Shoala Sports Club for football players.
- **Temporal scope:** Period from 1/2/2023 to 3/13/2023.
- **Spatial area:** Al-Shouala Club sports stadium.

Research Methodology

The method is defined as (an experimental method related to bringing about a controlled change in the phenomenon of the subject of the study and observing the effects that result from this change). The researchers adopted the experimental method because it is more appropriate in developing appropriate solutions to the research problem.

Research population and sample

The research community is the basis for the study to solve the research problem, as the problem is placed on the research community. The research community consists of (30) football development club players. The research sample was chosen by lottery, as their number consisted of (20) players, and they were divided into two groups, where the first (experimental) group consisted of (10) players and (10) for the second (control) group. (2) Injured players and (8) players were excluded for the exploratory experiment, and

the sample percentage was (0.67), and this percentage represents the population most faithfully.

Methods, devices and tools used in the research

- Scientific sources and references.
- The questionnaire.
- Testing and measurement.
- Note.

Auxiliary tools and devices

- Legal football field (1).
- Footballs (5)
- Chinese-made Lenovo computer (1).
- Colored adhesive tapes (5).
- Chinese-made electronic stopwatch (2).
- (5) squares to conduct the accuracy test (5)
- Whistle number (2).
- Medical scale for measuring weight (1).

Determine the tests used in the research

The researchers identified the tests that are related to the required skills, as they are experienced and specialized in the field of sports training and team games

Description of the tests used in the research

1. Stand jump test (1).
2. Test (10) right-handed hops and (10) left-handed hops (2).
3. Handling accuracy test (3).
4. Testing scoring accuracy.

Exploratory experience

The exploratory experiment is a preliminary test for the researcher, as the exploratory experiment was conducted on (1/4/2023) on a sample of (8) players who were selected randomly and were excluded from the main experiment. Its purpose was:

1. Training the assistant work team to implement the experiment.
2. Identify the suitability of physical and skill tests for individuals in the research sample.
3. Know the time it takes to conduct each test.
4. Ensure the validity of the tools and devices used in the tests.

Pre-tests

The researchers conducted the tests before starting to implement the training curriculum, as the tests took place on Wednesday (11/1/2023). The functional tests and skill tests took place on the same day. The researchers fixed the conditions for the tests in terms of place, time, test method, and work team in order to achieve the same or similar conditions as much as possible when conducting post-tests for the research sample.

Training curriculum

The researchers prepared skill exercises within the training curriculum according to the weaknesses found among the club players and the technical errors in the skill performance of the research sample. The components of the proposed curriculum were implemented in (12) training units, where two units were conducted per week and the time of the training unit was (90 minutes). The exercises were given within organized times (for exercise - rest - intensity).

The time for applying the curriculum took from the date of (1/12/2023) on Thursday to (3/2/2023) on Thursday, and after that, post-tests were conducted in order to identify the extent of the impact of the exercises prepared by the researchers on the research sample.

Post-tests

Post-tests were conducted on the research sample (Al-Shouala Football Club) on (3/5/2023), and the tests were conducted in the Al-Shouala Club hall, as the same conditions were created in terms of time, place, and equipment as much as possible, and then data was collected and results were extracted using statistical means.

Statistical methods

The researchers used the statistical program (SPSS), and the laws adopted in the study were:

1. Arithmetic mean.
2. Standard deviation.
3. The torsion coefficient.
4. t-test.

Presentation, analysis and discussion of the results

Presentation and analysis of the results of the pre- and post-tests of the research sample tests

Table 1: It shows the arithmetic means, standard deviations, and t value calculated between the pre- and post-tests of the research variables for the control group of the research sample

Variables	Test	Pre	Test	Post	Calculated t value	Indication statistics
	S	A	S	A		
Long jump stability test	1, 40	0, 84	1, 85	0,93	3, 76	Moral
Right-handed man's hooves test	8, 15	2, 81	9, 35	2,85	4, 34	Moral
Left leg hopscotch test	7, 98	2, 73	8, 42	2,83	2, 98	Moral
Accuracy of football handling	7, 12	1, 79	8, 35	2,76	5, 54	Moral
Football scoring accuracy	2, 84	1, 13	3, 03	1,18	3, 33	Moral

Tabular t value (2.23) at significance level (0.05) and degree of freedom (9)

Table 2: Shows the arithmetic means, standard deviations, and t value calculated between the pre- and post-tests for the research variables for the experimental group of the research sample

Variables	Test	Tribal	Test	Al-Baadi	Calculated t value	Indication statistics
	S	A	S	A		
Long jump stability test	2,95	0,16	3,12	0,15	5,44	Moral
Right-handed man's hooves test	10,98	2,95	13,62	3,13	4,76	Moral
Left leg hopscotch test	9,13	2,84	10,73	2,91	7,23	Moral
Accuracy of football handling	8,20	1,12	9,16	1,03	3,12	Moral
Football scoring accuracy	3,61	1,15	5,25	0,83	3,31	Moral

Tabular t value (2.23) at significance level (0.05) and degree of freedom (9)

Table 3: It shows the arithmetic means, standard deviations, and t value calculated between the post-tests of the research variables for the control and experimental groups of the research sample.

Variables	Test	The control dimension	Test	Dimensional experimental	Calculated t value	Indication statistics
	S	A	S	A		
Long jump stability test	1, 85	0,93	3, 12	0,15	3, 12	Moral
Right-handed man's hooves test	9, 35	2,85	13, 62	3,13	4, 19	Moral
Left leg hopscotch test	8, 42	2,83	10, 73	2,91	5, 45	Moral
Accuracy of football handling	8, 35	2,76	9, 16	1,03	4, 33	Moral
Football scoring accuracy	3, 03	1,18	5, 25	0,83	5, 32	Moral

Tabular t value (2.23) at significance level (0.05) and degree of freedom (9)

The existence of a relationship between some physical abilities and the accuracy of passing and scoring in football in the research sample is due to the exercises used in the training units on playing exercises in a large way, especially when managing and implementing training units for players, preparing the team before the tournament, and this in turn leads to irregularity among the fitness elements. Physical and basic skills in football. Therefore, the process of organizing training plays a fundamental role in developing the level, which is consistent with the players' abilities to obtain positive results. Likewise, the organizational foundations are of great importance in sports training.

The game of football is like other sports, in which skills are linked to the level of physical fitness, as a player who has high physical fitness is able to perform skills with high efficiency.

Among the physical abilities is strength, so "strength

characterized by speed has clear and specific importance, especially when achieving goodness in many aspects of sporting activity, especially the type that has a variable nature in terms of motor performance, such as group games" (1), and football needs this attribute in many skills, such as Passes during the match, in addition to the fact that the coach may have a wealth of information about training methods, but the lack of equipment and tools and the players' lack of commitment to attending the training units is a reason for achieving development, as the clubs work to prepare the team before the tournament, and this in turn leads to irregularity among the elements. Physical fitness and basic skills in football, so the process of organizing training is an essential role in developing the level, which is consistent with the players' abilities to obtain positive results. Also, the organizational foundations are of great importance in sports training, so the training must be

appropriate during field training because it helps to Building the foundations of technique and improving physical qualities

The researchers attribute the emergence of significant differences in the association of some muscle strength with the accuracy of passes to the lack of interest in linking physical exercises with basic skills among young people, as it is important to focus on the physical variables necessary in order to develop basic skills. "To achieve a good height, you must first learn the correct technique for jumping with complete physical preparation for it." Especially the motor qualities directly related to the jumping movement, including the strength and speed of the push, and therefore, preparation for general strength and special strength training will have great meaning in football training".

The significant differences that appeared in the skill of fixed scoring accuracy, which is one of the fixed playing situations for the sample members, are due to the effectiveness of the exercises prepared by the researchers that were used on the members of this group, which helped in ensuring that the performance was complete from the technical aspect and according to technical characteristics that were linked to the development of the explosive ability of the two legs. And the strength of the legs, which is related to the level of performance of the skills, so the application of the training program, which included the use of multiple jumping training methods, helped in the development when using the skill of optimal scoring and handling, which helped in achieving the highest possible speed of launching the ball and in the desired direction. On the other hand, it is assumed that there is integration in the rest of the variables that have an effective role in achieving high efficiency, as exploiting these variables and applying them with consistency and high flow makes the ball launch speed values accurate in skill performance, and this is due, in the opinion of the researchers, to the clear effect of applications. Skill exercises that helped the sample members apply the skill correctly. The important technical basis that the sample members must do to complete this skill is to bring the parts of the kicking leg closer to the axis of rotation, and this has nothing to do with increasing the speed of movement of the kicking leg, and its relationship to the work of the muscles working on these joints to allow It has the ability to produce the force required for performance, and this increased the speed of the foot joint of this leg due to the increased efficiency of the muscle groups working on it, and this development came as a result of the development of the work of the working muscles, which were exposed to various resistances to skill exercises as a result of different training methods, which increased their degree of adaptation and efficiency. In addition, all the training included exercises related to the technical performance of football skills, and this helped in achieving clear differences between the pre- and post-tests and achieving the goal of these skills to the fullest extent, especially the skill of handling and scoring, as the application of the performance of this skill during training And the required movements it includes, which help in increasing the speed of kicking, as we can say that the movement of the kicking leg should be very fast because through it the speed of the ball is determined, and this is what the researcher aimed to achieve by practicing training with different training methods, and according to what she indicated Most studies indicate that there must be a high correlation between ball speed and foot speed, and the

latter is an important factor in the mechanics of the effect of the joint interaction between the ball and the kicking foot.

Conclusions

1. There are significant differences, so attention must be paid to physical capabilities (muscular strength of the legs and explosive ability of the legs for football players. This can have a positive impact on the development of playing situations in football, including scoring skills).
2. There is a positive effect of the training curriculum (skill exercises) on raising the physical and skill efficiency of the members of the research sample through the significant differences revealed by the research results.
3. There is a significant correlation between the skill capabilities of the right leg and the accuracy of scoring and handling for soccer players.

Recommendations

1. Attention should be paid to conducting similar studies on other physical abilities and their relationship to basic skills.
2. Paying attention to the skill aspect, especially the skill of passing and handling in football, and placing it in training units for basic skills.
3. Similar studies must be conducted for different team and individual sports for the physical and skill development of team players.
4. It is necessary to conduct skill tests on an ongoing basis to evaluate the physical and skill level of the players before they enter the competition period.

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