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PHYSICAL AND SKILL DETERMINANTS AS A STANDARD MODEL FOR SELECTING FOOTBALL TENNIS PLAYERS

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Abstract: The importance of research lies in identifying physical and skill tests as a standard model for selecting football tennis players to assist coaches and stakeholders in this game in selecting the best players and identifying physical and skill tests for football tennis players in the Middle Euphrates region. The researcher used the descriptive method with survey and correlational studies, as it is suitable for the research problem. The research sample consisted of (14) players from clubs in the provinces of the Middle Euphrates. Physical and skill capabilities and tests were identified and applied to the research sample to achieve the research goal.

Keywords: Physical and Skill Determinants, Standard Model, Football Tennis

1- Introduction:

The development in the sports field depends on the attention given to tournaments and competitions through which individuals compete.

Highlighting sports talents depends on the method and style of selecting players for tournaments and sports competitions. Proper selection for sports practice in tournaments is considered an important issue that contributes significantly to the desired sports level and achievement. This requires all those working in the sports field to give it utmost importance as it means a lot to the training process. Additionally, sports activities are available for all games that may provide teams with distinguished players in terms of physical and skill performance.

All sports activities, whether individual or collective, are subject to what the researcher concluded about their specificity in studying one of the collective games, which is football tennis. This game is played by individuals of different age groups, starting from under 12 years old. However, some sports institutions and clubs sometimes do not participate under the pretext of not having players or not achieving success in competitions. One of the obstacles in this case is the selection process of players with physical and skill competence that enables them to achieve better results. Hence, the importance of research lies in identifying a standard model according to physical and skill determinants for selecting football tennis players to obtain the best players for competitions and achieve the best results. Specialists in football tennis should pay attention to this new game on the Iraqi scene, which has its own world even in the nature of its races. It is incumbent upon all sports specialists to find ways and methods to ensure the selection of the best players through identifying physical and skill tests as a standard model for selecting football tennis players.

2- Research Objectives.

To identify physical and skill tests as a standardized model for selecting football tennis players.

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3- Research Procedures:

3-1 Research Population and Sample:

The researcher selected the research population, which consisted of players from Iraqi football tennis league clubs. The research sample was purposively selected from clubs in Babil province, totaling 14 players.

3-2 Study Design:

Choosing the appropriate methodology is fundamental and serves as the roadmap for any research. No research can be conducted without a suitable scientific methodology aligned with the study's objectives. Therefore, the researcher chose the descriptive approach with a survey method for its suitability in addressing the research problem. "The descriptive method is one of the scientific methodologies that focus on collecting accurate scientific descriptions of the phenomena under investigation, describing the current situation, and interpreting it" (Al-Yasri, 2017: 192).

3-3 Studied Variables:

To achieve the research objective, physical and skill capabilities were identified as a model for selecting football tennis players. This was done through surveying and collecting various sources and scientific studies, as well as reviewing several publications in the field of football tennis to understand the physical and skill capabilities specific to football tennis players. It is known that physical and skill capabilities are of great importance to football tennis players, and no physical or skill capability can be dispensed with. The performance of basic football tennis skills during competitions is crucial to the specificity of the game, requiring players with high physical fitness and concentration. "Physical fitness and readiness in the sports field refer to an individual's ability to engage in sports activities, being prepared and qualified to engage in them according to the requirements of the sports activity or specialization and its purpose" (Al-Ghareeri, 2016: 45). The researcher identified the physical capabilities required for football tennis and its skills from his perspective through experience and reviewing sources in this field, as shown in Table (1).

Table (1) illustrates the physical abilities and skills in football tennis used in research.

No.	Physical Abilities and Skills in Football Tennis.
1	Handling
2	Passing the ball with different parts of the body (foot, thigh, head)
3	Passing with the foot in the air between players
4	Curved kick
5	Scoring using the head
6	Explosive leg power
7	Speed specific power for legs
8	Response speed

Tests used in the research:

After identifying the physical abilities and skills in football and consulting specialized scientific sources in the field of physical tests, the researcher selected physical and skill tests. These tests were presented to some experts and specialists (Appendix 1) to assess their suitability for achieving the research objectives. Suitable tests for the research were determined, and skill tests were measured by experts and referees.

Table (2) illustrates the physical and skill capabilities of football Tennis.

Test Number	Skill/Physical Ability in Football Tennis	Test Name
1	Handling	Handling in Football Tennis

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2	Ball handling with various body parts (foot, thigh, head)	Ball handling in different body positions
3	Air dribbling between players	Air dribbling
4	Scissor kick	Scissor kick
5	Heading	Heading
6	Leg explosive power	Broad jump
7	Speed with directional change for legs	18-meter sprint with right leg forward and left leg backward
8	Reaction speed	Nelson Reaction Test for Motor Response

2-5 Pilot Experiment:
On March 1, 2024, the researcher conducted a pilot experiment on a sample of (6) players from the same research sample. The aim was to diagnose any errors or difficulties that might accompany the administration of tests prior to the main experiment and to assess the validity and reliability of the auxiliary tools used in conducting the tests.

2-6 Scientific Principles of Testing:
"Any test cannot be used to measure a specific trait or skill if it lacks one of the basic scientific conditions, which include the test's validity, reliability, and objectivity. These are the fundamental characteristics of a good test" (Al-Samiddai et al., 2010: 102).

2-6-1 Test Validity:
The researcher identified the scientific principles of the tests used in the research through the usual scientific steps for extracting the scientific principles of tests. After identifying the football tens skills, the researcher distributed a questionnaire to identify the tests to a group of experts and specialists in the field of tests and football appendix number (1). After collecting and analyzing the results, it became apparent to the researcher that they were valid for research purposes. "One of the components of validity is the test's ability to discriminate between different abilities" (Nazar Al-Talib and Mahmod Al-Samaraie, 1981: 163).

2-6-2 Test Reliability:
Test reliability refers to "the degree of accuracy of the test in measurement and the consistency of its results when applied multiple times to the same individuals" (Al-Yasiri, 2010: 74). The researcher assessed reliability through test-retest method on March 16-17, 2024, and again after seven days on March 23-24, 2024. After analyzing the data of the tests applied to the research sample, the researcher concluded the validity and reliability of the tests, as shown in Table (3). As for the objectivity of the tests, they were all considered objective since the judges did not differ in scoring as they were measured by time and grades.

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Table (3) The stability coefficient and self-consistency of physical ability tests and soccer skills are demonstrated for the research sample.

NO.	Physical Abilities and Football Skills	First Application		Re-application		Stability Coefficient	Self-Validity
		R	S	R	S		
1	Dribbling	1,12	0,134	1,54	0,37	0,914	0,956
2	Ball Handling with Different Parts of the Body (Foot, Thigh, Head)	13,596	3,22	14,517	4,186	0.913	0,955
3	Air Dribbling between Players	8,32	2,24	9,26	2,53	0,906	0,951
4	Curved Kick	5,35	1,43	7,62	1,57	0,904	0,950
5	Header Scoring	20,1	3,134	20,3	2,378	0,886	0,941
6	Explosive Power of Legs	2,592	0,22	2,511	0,186	0,940	0,969
7	Speed Specific Power for Legs	20,12	2,221	20,2	2,012	0,992	0,956
8	Reaction Speed	6,912	0,031	6,944	0,025	0.896	0,946

2-7 Statistical Methods Used in the Research:
For the purpose of result analysis, the researcher utilized the Statistical Package for the Social Sciences (SPSS) (Al-Kanani, 2009).

2-8 Presentation, Analysis, and Discussion of Results:
2-8-1 Presentation of Research Sample Test Results:
The researcher presented the results obtained using statistical methods to achieve the research objective. After conducting tests on the research sample, raw scores were obtained through the examination of variables and measurements for individuals in the research sample. Raw scores for physical and skill tests were obtained. In order to achieve the research objective of identifying physical and skill tests for the selection of soccer players, and after statistically treating the results, the researcher extracted measures of central tendency and dispersion (mean, standard deviation, and median) for each of the test results used in the research sample. "Since measures of central tendency do not provide a complete description of the nature of the data they represent or accurately represent their vocabulary, data are inadequately described if based solely on measures of central tendency for comparison" (Al-Mashhadani, 1976: 107). To ensure comprehensive description of the research sample results in the tests used and to provide accuracy to the results, the researcher employed measures of central tendency and dispersion as shown in Table (4).

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Table (4) Statistical description of the sample distribution.

Variable	Measurement Unit	Mean	Standard Deviation	Median	Skewness Coefficient	Minimum Value	Maximum Value
1. Handling	Degree	10.26	0.134	1.27	313.-	5	15
2. Handling ball with different body parts (foot, thigh, head)	Degree	11.23	3.22	21.351	305.-	4	15
3. Foot handling in the air between players	Degree	9.34	2.24	7.86	106.	7	12
4. Bicycle kick	Degree	7.35	1.43	7.500	436.	7	10
5. Header scoring	Degree	10	3.134	19.000	124.-	5	12
6. Explosive power of legs	cm	182.56	0.22	2.000	308.-	166	190
7. Speed-specific power of legs	sec	20.32	2.221	18.04	229.-	23.21	18.66
8. Response speed	sec	4.942	0.031	6.000	128.-	4.11	6

2.9 Discussion of Test Results.

The test results in Table (4) indicate that the sample exhibited a normal distribution, which suggests the suitability of the tests for the research sample level. This is particularly relevant if the trainers' goal is to select the best players to develop their abilities and capabilities in the least amount of time and effort, given the need for quality rather than quantity in their work. What distinguishes football tennis players from other games is their high ability to sense space and perform skills by repeating different situations during the match, which require appropriate performance compared to opponents, in addition to the ability to control the ball in

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different conditions through performing basic skills with coordinated and compatible movements. Abdulsattar Aldamad (2000) indicates that "skill performance in team sports is one of the most important capabilities that contribute to improving and developing performance control in the game" (Aldamad, 2000:36).
The coefficient of variation for all tests indicates that the tests were of moderate difficulty for application to the sample, and that skills in football tennis distinguish individuals in the sample in terms of level. "The most important elements for learning football tennis are learning how to perform skills correctly, the timing for them, and which skills can be used most effectively" (Muzakkar, 1982:59).
Additionally, the test results indicate that the sample approached a similar level of performance, meaning that the tests were somewhat easy for the players due to the presence of excitement, thrill, and enthusiasm in these skills, which are the primary goal for every player and team. Mastering all other basic skills without scoring points becomes useless if not followed by good scoring and goal achievement. This comes through good training on these important skills, and attention should be paid to the accuracy and speed that work together in performing football tennis skills. Huda Al-Attar (2004) emphasizes that "the fundamental and most important principle among the other basic skills, as the result of the match is determined by the number of successful goals scored by one of the teams in the opponent's goal by players who possess high physical and skillful abilities and harmony among them" (Al-Attar, 2004:7).
Therefore, players must "master all basic skills to serve him in scoring a goal" (Al-Taie, 1990:143). Thus, coaches should focus on these skills to improve performance levels in football tennis matches.

4. Conclusions and Recommendations:

4.1 Conclusions:

a. Physical tests are suitable for the research sample and can be utilized as a model for selecting football tennis players.
b. Skill tests in football tennis are suitable for the research sample and can be utilized as a model for selecting football tennis players.

4.2 Recommendations:

a. Conduct similar studies to the current one, in which levels and standards for similar samples to the research sample are determined.
b. Conduct similar studies to the current one, in which tests for physical and physiological measurements for samples similar to the research sample are determined.

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Appendices:
Appendix (1)
Lists the names of the experts to whom the research variables were presented.

No.	Expert Name	Specialization	Academic Title	Workplace
1	Abdullah Hussein Al-Lami	Sports Training	Prof.	Al-Kut University, Private College
2	Salam Jabbar Sahib	Testing & Measurement	Prof.	Al-Qadisiyah University
3	Habib Shakir Hussein	Sports Training	Prof.	Al-Qadisiyah University
4	Adnan Nughaysh Hassan	Testing & Measurement	Prof.	Open Educational College
5	Emad Aud Jouda	Sports Training	Asst. Prof.	Al-Qadisiyah University
6	Majed Abdulhamid Rashid	Sports Training	Asst. Prof.	Al-Qadisiyah University
7	Mohannad Yasser Dayekh	Testing & Measurement	Asst. Prof.	Al-Qadisiyah University
8	Ali Yaqoub Youssef	Management & Organization	Asst. Prof.	Al-Qadisiyah University

Appendix (2).

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