



Network training exercises have improved some physical abilities and taught some football skills to students

A. T Abbas Hamid Hussein, Faculty of Education-Mustansiriya University, Iraq.
aabbss1157@gmail.com

P. Dr. Ismail abdezid Ashour, Faculty of Education-Mustansiriya University, Iraq
dr_ismail1975.edbs@uomustansiriyah.edu.iq

P.Dr. Emad Tohme Rady, Faculty of Education-Mustansiriya University, Iraq
emadiraq516.edbs@uomustansiriyah.edu.iq

Abstract

The research aimed to develop network training exercises and study their impact on improving some physical abilities and learning football skills for students. The researchers used the experimental approach because it suits the nature of the problem, and the experimental approach was used in the manner of two equal experimental and control groups. The research population was chosen from third-year students in the Department of Physical Education and Sports Sciences, Al-Salam University College, and their number is (20) students. For the academic year (2023-2024). The research population consisted of (40) male and female students, while the research sample consisted of (24) students (males only), (5) students who were used for the exploratory experiment, so they became outside the research sample, so the research sample reached (20) students, so the percentage of the sample is (50%), as the sample was chosen intentionally and was divided randomly into two groups, the experimental group, numbering (10) students, and the control group, numbering (10) students. The researchers took into consideration the element of homogeneity among the sample members, as they are all of the same gender, from the same age group, and close in physical measurements. Therefore, the sample is homogeneous, and they are all new learners and have never practiced soccer skills. The implementation of the training network exercises began on 10/16/2023 and was completed on 12/25/2023. After that, the researchers began to divide the sample members into two groups. The first group (the experimental group), which numbered (10) students, as this group was used to learn the skills under research. The method of exercises in the training network and the implementation of calculated and organized exercises with repetitions, rest between repetitions, rest after the exercise, and the total time of the exercise. As for the second group (the control group), numbering (10) students, the skills for this group were learned using the method of the trainer followed and it contained the same exercises, but without adherence to specific areas. The same tools and devices were used. The researchers' work focused on supervising giving exercises to the experimental group during the main part of the educational unit, while the rest of the parts of the educational unit were done for both groups together. The duration of the exercises for the training network was (8) weeks, at a rate of (4) units per week, which is equivalent to (32) educational units during the duration of the curriculum, and each unit is designed to have its own goal of improving physical abilities and learning football skills, noting that the time of the educational unit (90 minutes. The conclusions of the research were that the training network exercises had a significant impact on learning football skills for students. The training network exercises, in their various dimensions, had a significant impact on the development of some physical abilities.

Keywords: net exercises, physical exercises, skills, football skills.

Definition of research:

Introduction and importance of research:

The application of training grid exercises in training presents us with situations similar to what is in modern football ,and the lines that define these squares inside the grid represent opponents, and when the ball comes out, the player loses possession, playing in this way develops the players ' abilities to play in situations where the control is tightened, as well as reading the game before getting the ball, and training in these squares



restricts the freedom of play, Freedom of movement, and mastery of play, in which the game becomes easier for good players, as well as that training players inside different and restricted areas of the field, or the so-called (training grid) returns players to acquire good habits and accustom them to correct behavior decision-making Proper and timely. It provides us with similar and identical situations to what is in modern football, so learning the motor skill is a difficult process, especially for beginners, because it is associated with the characteristic power of speed and compatibility, which is the characteristic of the technique, i.e. the motor quality of the skill .the skill means the constancy of movement and use in different positions and clearly, that is, it is related to motor experiments and the stages of learning and continuous training of the game. comprehensive training on various skills in football works to absorb, develop and master these skills.

develop physical abilities and learn skills in football in conditions similar to what is happening in the game, if These exercises play a big role in the success of the educational and training process, and because football is the most popular game in the world, the interest in it came exceptionally commensurate with its importance on the one hand, and because it is the game that brings pleasure and pleasure to the hearts of its viewers and practitioners on the other hand, so the tremendous development in educational science and knowledge has come to devise the best educational means to teach skills. Therefore, the importance of the research came in preparing the training network exercises and studying their impact on the learning of some skills and the development of some elements of physical fitness in football for students,

The search problem :

Through the work of researchers in this field of teaching, teaching and coaching the game of football, they may not have noticed that there are many problems that require studying and stopping there to find solutions to them, and the first of these problems is to find educational and training exercises similar to playing conditions, so the researchers resorted to work on designing and rationing training network exercises and his ability to control the ball, so Interest in this area came by finding training network exercises, so the researchers developed a curriculum using Training Network exercises and its impact on learning in improving physical abilities and learning some skills in football for students .

Research objectives:

- Developing training network exercises and studying their impact on improving some physical abilities and learning football skills for students .

Research hypotheses :

- There are significant statistical differences between the results of pre-and post-tests of physical abilities and skills between the control and experimental groups and in the interest of the experimental group .

Research areas:

The human sphere: Students of the third stage in the Department of physical education and Sports Sciences, Faculty of Peace University, and their number is (20) students .

Time domain: from 2/10/2023 to 10/1/2024 .

Spatial field: football fields at the Department of physical education and Sports Sciences, Faculty of Peace University, and their number is (20) students .

Research methodology:

The researchers used the experimental method to suit the nature of the problem, and the experimental method, and this method was used in the manner of two equal experimental and control groups for the purpose of comparison, "so that these groups are equivalent in all respects, except for the experimental variable that affects the experimental group .

Research community and its sample:

The research community was selected from the students of the third stage, Department of physical education and Sports Sciences, Faculty of Peace University, and their number (20) students .For the academic year (2023-2024), the research community consisted of (40) students and the research sample consisted of(24)



students (males only), (5) students who were used for the survey experiment, so they became outside the research sample, so the research sample amounted to (20) students, so the percentage of the sample is (50%), as the sample was chosen deliberately and they were randomly divided into two groups, the experimental group numbering (10) students and the control group numbering (10) students. The researchers took into account the element of homogeneity among the sample members, as all of them are of the same gender and age group and are similar in body measurements, so the sample is homogeneous and all of them are newly educated and have not previously practiced football skills .

Means, tools and devices used in research:

For the purpose of ensuring obtaining correct and accurate data that secures reaching the achievement of research goals, researchers used multiple and different tools to implement the research requirements of two agencies :

- Provide Arabic and foreign sources and references .
- Personal interviews, tests and measurements
- Physical and skill skills.
- Registration forms
- The exploratory experiment.

Devices and tools used in research:

The following devices and tools were used :

The internet

About Bork material

There is an electronic stopwatch (2).

M is a football field

Number of legal footballs (15).

Most football goals .

It's a small playground .

Determination of physical abilities and skills in football:

The physical abilities and football skills of the students under consideration were determined by the researchers for physical abilities and football skills .

Physical abilities

- * Extended strength
- * Transitional speed
- * Speed-specific power

Table (1)

The selected variables under consideration, the selection of their tests, their repetitions and their percentage

Percentage ratio	Ray experts		candidate tests	Variants Find affiliate	t
	no	yes			
82%	2	9	measuring accuracy in stopping the ball and controlling it with the bottom of the foot	putting out the ball	-1



82%	2	9	measuring the accuracy of handling the ball towards a goal painted on the wall	handling	-2
73%	3	8	is a measure of the ability to control the ball while advancing on the court	rolling	-3
100%	0	11	foot shots on overlapping rectangles	scoring	-4
91%	1	10	running speed(30) m from the High start	Transition speed	-5
82%	2	9	extended full debny power until the exhaustion of voltage	Stretching the power	-6
73%	3	8	Partridge on one leg 30m	the characteristic strength of speed	-7

Test vocabulary specifications:

Skills tests :

The first Test: stopping the movement of the ball (suppression):

The second Test: rolling test: ⁽¹⁾

Third Test: handling test

The fourth Test: scoring towards a goal divided into squares

2.5-3physical aptitude tests :

The first Test: from a standing position, bend and fully extend the knees (debni) limit the exhaustion of effort

The second Test: fast running for a distance of 30 m from the High start

Third Test: Partridge test on a 30m man

Exploratory experience:

In order to give a clear and accurate picture of the vocabulary of the tests of physical abilities and football skills used in light of the research problem, the researchers conducted an exploratory experiment of tests designed for skills on a sample of (5) students from outside the research sample on 2/10/2023, who represent the exploratory sample.

Scientific transactions of tests:

After the exploratory experiment was conducted on a sample of (5) students for the purpose of finding the scientific coefficients of the tests before conducting the tribal tests to find the validity of these tests for the research sample and agencies:

(1)

performance of football players for ages (14-16), unpublished doctoral thesis, Higher Institute of Sport and Physical Education, University of Sfax, Tunisia, 2024, p. 59.

(7Islam Yusuf Othman; The effect of an educational program using educational technology on learning some basic skills for soccer goalkeepers, published research, Arab Journal of Physical Education and Sports Sciences, Volume 24, issue serial number 8, December 2020, p. 432.



Believe the tests:

In order for the researchers to make sure of the truthfulness of the tests that were used in light of the specialists' question and their opinions, self-honesty was used, so the real scores of the tests become the test to which the truthfulness of the test was attributed, and self-honesty is measured by calculating the square root of the coefficient of test constancy as shown in Table (3).

Stability of tests:

To calculate the stability coefficient of the tests, the researchers adopted the Test-re-test method. The stability of the test means the degree of accuracy, perfection or consistency, as the test measures the phenomenon for which it was developed. The first Test was conducted on 2/10/2023. Then the tests were re-applied to the same sample one week later, on 7/10/2023. Then the researchers used the simple correlation coefficient (Pearson) to find out the stability of the tests. It turned out that all tests have a high stability coefficient and Table No. (3) shows this.

Table (2)
The coefficient of constancy and the coefficient of self-honesty

Coefficient of honesty	Stability coefficient	Skill and physical tests	t
0.89	0.88	stop the movement of the ball	-1
0.91	0.88	Handling	-2
0.88	0.85	Rolling stock	-3
0.85	0.87	Scoring	-4
0.84	0.86	Stretching the power	-5
0.87	0.89	transition speed	-6
0.85	0.88	characteristic force with speed	-7

Objectivity of tests

The approved tests were clear and understandable and far from self-evaluation, as the registration is based on the units of time, distance, repetition and the number of times of success, in addition to the fact that the assistant team is specialized in physical education, so the approved tests are highly objective.

Table (3)

Shows the value of the arithmetic mean, the standard deviation, the calculated t-value and the level of significance for the experimental and control research groups in physical abilities and football skills

-level of significance	The value of the calculated t	Experimental group		control group		variables
		P	s	P	s	
Not moral	1,37	13,5	50,6	11,183	5,82	Elongation of force
Not moral	1,041	0,378	5,433	0,364	5,26	Transition velocity
Not moral	0,143	3,184	39,736	5,2	40,012	Speed characteristic power
Not moral	0,93	1,475	3,8	1,398	3,2	Quench
Not moral	0,549	2,635	15,5	3,77	16,3	Handling



Not moral	0,326	4,153	16,65	4,804	17,306	Rolling stock
Not moral	1,65	1,418	11,3	3,56	9,3	Scoring

The tabular degree at a degree of freedom (18) and below the level of significance (0,05) is equal to (2,10)

Training network exercises:

The researchers applied an educational curriculum to the members of the experimental group using a set of exercises prepared in the training network, based on references and competent sources, and after presenting it to a group of experts and specialists in the field of football, so that it fits with the abilities and capabilities of the sample according to the available tools, devices and capabilities. The vocabulary of the curriculum was applied to the research sample by the subject teacher and under the supervision of researchers. The application of the training network exercises was started on 16/10/2023 and completed on 25/12/2023, after which the researchers began to divide the sample members into two groups, the first group (experimental group), which numbered (10) students, where I use this group to learn the skills in question through exercises in the training network and by performing calculated and organized exercises with repetitions and rest between repetitions and rest after exercise and the total time of exercise, the second group (control group) of (10) students the trainer followed and contained the same exercises, but without adhering to specific areas, as the tools were used And the devices themselves. The work of the researchers focused on the supervision of giving exercises to the experimental group during the main section of the educational unit, while the rest of the parts of the educational unit were worked out for both groups together. The duration of the exercises for the training network was (8) weeks with (4) units per week, equivalent to (32) educational units during the course of the curriculum, and each unit is designed with its own goal in improving physical abilities and learning skills in football, noting that the time of the educational unit is (90) minutes distributed among its parts because the unit is considered "the smallest component in the organizational structure of the learning and training process in general and the unit contains a set of exercises and the type and form of the compositional content depends on its attitude to the larger construction or composition The nature of the activity, the state of the athlete and his individual characteristics. all methods of modern play, including playing exercises, exercises with several balls,

Statistical tools:

the ready-made statistical system SPSS was used to complete the statistical manipulations of the search results.

Presentation, analysis and discussion of results

Presentation, analysis and discussion of the results of the differences between the pre-and post - tests of the experimental group in physical abilities and learning skills in football :

Table (4)

It shows the arithmetic mean, standard deviation, average differences, standard error of differences, calculated value (V) and the level of significance of the experimental group in physical abilities and skills in football and for the tribal and dimensional tests

Level of significance	Value (t) Calculated	F H	F	Dimension		tribal		Dependent variants
				P	s	p	s	
moral	3,71	2,183	8.1	7.88	66,3	11,183	58,2	Elongation of force
moral	10.414	0.197	2.059	0.78	3.201	0.364	5.26	Transition velocity



moral	11.491	1.068	12.28	6.02	27.732	5.2	40.012	Characteristic power with speed
moral	9,302	0,53	5	1,032	8,8	1,475	3,8	Put down
moral	33.952	0.715	24.3	1.475	39.8	2.635	15.5	Handling
moral	5.64	1.399	7.893	0.54	8.757	4.153	16.65	Rolling stock
moral	14.21	0.64	9.1	0.966	20.4	1.418	11.3	Scoring

The tabular degree at a degree of freedom (9) and below the level of significance (0.05) is equal to (2.26).

When observing Table (4), which shows the arithmetic mean, standard deviation, average differences, the standard error of the differences, the calculated value of (V) and the level of significance of the experimental group in the pre-and post-tests, the difference is significant and for the benefit of the post-test, the researchers attribute the development in the skill of suppression to the use of the training network the purpose of teaching it, as the application of this skill came in a simple easy way and it did not need to be performed by students. The reason for this development is due to the impact of special exercises that were applied to the students of the experimental group, their nature and the process of putting down the ball.

The result of the research is spent on this with (Montazer Hussein 2021), who emphasizes that "the more attention is paid to providing training similar to the competition situation and similar to the playing movements performed during the game and how to deal with these situations seriously during the game, the more players will be able to learn the right skill to achieve optimal performance"⁽²⁾.

The result of the research is spent on this with the opinion of (Mohammed Ghazi Salman 2023), who emphasizes that "the process of organizing training plays a key role in developing the skills of players in line with the players' abilities, and the training conditions and possibilities play a good preparation for the player, which plays a positive and significant role in the process of understanding and developing skills for players, as reaching the achievement and stabilization of skills will be the result of organizing training in place and time, investing appropriately and exploiting them in an organized manner, so training should be organized according to the correct rules that ensure the optimal development of skills among players."⁽³⁾

The researchers spend with (Qahar Ali Ahmed (et al.) 2021), who emphasizes "the important role of the teacher or coach in guiding his players to master the skill of handling of all kinds as a way to move to the opponent's arena and implement the required plans because handling is faster than the player and more used in the game"⁽⁴⁾.

⁽²⁾Montazer Hussein Sabet; The effect of the competitive learning method according to the training network exercises in learning some football skills for students of the Department of Physical Education and Sports Sciences, published research, Al-Mustansiriya Journal of Sports Sciences, Volume 3, Issue 3, 2021, p. 290.

⁽³⁾ Muhammad Ghazi Salman; The effect of special training according to small training circles in developing some physical abilities and the accuracy of forehand and backhand strikes among squash players, published research, Journal of Sports Sciences, Volume 15, Issue 55, 2023, p. 230.

⁽⁴⁾ Qahar Ali Ahmed (and others); The effect of an interval training approach using the training network to develop some physical and skill variables for Aaso Football Club players, published research, Journal of Physical Education Studies and Research, Volume, Issue 68, 2021, p. 410.



The researchers attribute the development of the rolling skill of the experimental group to the quality of the exercises performed in the training network, which was carried out by this group, as this skill was given in a variety of exercises using different tools and training methods with ball handling exercises and sensation in small and specific areas, as the frequent handling of the ball generates a feeling and effort is possible. The reason for this development is due to the impact of some special exercises that were applied to the students of this group in the training network. conducting these exercises led to the use of the rolling skill and repeating it in different places on the field, such as moving the student and the ball from one place to another, then handling it, hitting it towards the goal or rolling it on the sideline and then transferring it to the penalty area, as well as running exercises with the ball. This is what the researchers agree with (Mosleh and Mutlaq 2019), who stressed that "the football player must perform the skill of rolling quickly and accurately, the requirements to implement this skill must be done with the least possible effort and the shortest time, and requires the player to be on a degree of physical and skill preparation to reach the performance of the required duties accurately and correctly for various playing conditions and within the framework of the law of the game." ⁽⁵⁾

The result of the research is in agreement with (Qusay Hatem 2013), which emphasizes that "the focus should be on using the players to roll at the right times to serve the team's offensive game plans". ⁽⁶⁾

The researchers attribute the development of the scoring skill to the specificity of the training network exercises by the researchers has contributed to the development of muscles for the performance of this skill, especially the muscles of the legs, which play a major role in the process of maintaining the balance of the body during the performance of various skills, as the scoring exercises were important exercises, especially when combined with other skills such as scoring, handling and suppression, as they helped to develop the level of students to increase their physical and motor abilities as well as neuromuscular compatibility, as the development of these factors implicitly led to the development of this skill" ⁽⁷⁾.

The researchers attribute the development in the scoring skill to the impact of those special exercises carried out on the basis of plans similar to the situations of play that occur during the game, which ends with the scoring process, which is the goal of the football game and the most exciting and fun for the players, as well as the repetition of these exercises during the the student, when hitting the ball, determines the place of handling and scoring". ⁽⁸⁾

The researchers agree with (Amir Sabah 2018), who stressed that the development of football skills has a clear impact on the development of physical abilities through the choice of training on special exercises that suit

⁽⁵⁾ Hussein Habib Musleh and Hisham Mazhar Mutlaq; The effect of the interaction between the two methods of reciprocal teaching and inclusion according to the training network exercises in learning the skill of peaceful scoring in basketball, published research, Anbar University Journal of Physical and Sports Sciences, Volume 4, Issue 17, 2018, p. 197.

⁽²⁾ Qusay Hatem Khalaf; The effect of network training exercises in developing some physical and skill traits in football, published research, Journal of Sports Sciences, Volume 5, Issue 1, 2013, p. 321.

⁽⁷⁾ Abdul Rahman Nasser; The effect of using the training network on learning some basic skills and their relationship to developing some physical abilities in football, published research, Contemporary Sports Journal, Volume 9, Issue 13, 2010, p. 105.

⁽⁸⁾ Atheer Abdul Jabbar is hilarious; The effect of using interlocking exercises in competitive playing style in developing some special physical abilities and skills and their relationship to scoring accuracy for female indoor soccer players, Master's thesis, College of Physical Education, University of Baghdad, 2012, p. 37.



the nature of the skill and the nature of the sample, as the selection of appropriate exercises enables the player to develop his physical qualities and at the same time work on the player's mastery of various skills".⁽⁹⁾

The researchers emphasize the development of the transition speed of the experimental group members to the importance of the exercises used in the training network, as these exercises helped to obtain the differences between the two groups, as well as the high quality of the exercises used with a specific frequency, time, calculated and studied comfort, their

The result of the research agrees with (Reza Faleh 2022), who emphasizes that "the exercises used inevitably lead to the development of the physical level, as they are built on a scientific basis in their organization in terms of the use of appropriate repetitions and the observation of individual differences, what happens to the individual physical adaptations as a result of the athlete undergoing structured and codified training curricula"⁽¹⁰⁾.

The researchers point to the development of the speed-characteristic strength variable of the experimental group to the quality of the exercises performed by the training network, as the development of exercises for the speed-characteristic strength during the implementation of the curriculum indicates that the members of the experimental group have a good degree of ability to use the muscles working with great ability to perform, as the development of the speed-characteristic strength component came as an

The result of the research agrees with (Saddam Mohammed 2016), which emphasizes that the development of various physical abilities comes as an inevitable result of the use of new special exercises and trainings that are effectively performed in skill performance if developed correctly and organized scientifically, as well as that the physical abilities associated with the strength characteristic of speed in special exercises help to quickly improve the motor performance of these qualities, whether physical or skill."⁽¹¹⁾

Table (5)

Shows the arithmetic mean, the standard deviation, the average of the differences, the standard error of the differences, the calculated value (V) and the level of significance of the control group in physical abilities, learning skills in football, for the pre-and post-tests

level of the signifier	(t) calculated	F h	f	Dimensional		tribal		variables
				P	s	P	s	
Moral	8,132	3,922	31,9	8,55	82,5	13,5	50,6	Elastic force
Moral	17.86	0.175	3.137	0.317	2.296	0.378	5.433	Transitional velocity

⁽⁹⁾Amir Sabah Abdul Amir; The effect of the educational model using complex exercises on some physical abilities and learning offensive skills in basketball, Master's thesis, College of Basic Education, Al-Mustansiriya University, 2018., p. 46

⁽¹⁰⁾Reda Faleh Abdel Hassan and Muhammad Kazem Arab: Control exercises for inertia moment variables with a device designed to address some of the physical abilities of futsal players, published research, Wasit University of Physical Education Sciences, December 2022, p. 341.

⁽¹¹⁾Saddam Muhammad Ahmed,; The effect of exercises with assistive devices in developing motor response speed and some physical abilities and basic skills in futsal for female players aged (16-18) years, doctoral thesis, College of Basic Education, University of Diyala, 2016, p. 78.



Moral	13.88	1.276	17.718	2.13	22.018	3.184	39.736	Speed-specific power
Moral	5,66	0,6	3,4	1,349	6,6	1,393	3,2	Quench
Moral	8.014	2.233	17.9	5.29	34.2	3.77	16.3	Handling
Moral	3.792	1.541	5.848	3.13	11.458	4.804	17.306	Rolling stock
Moral	1,909	1,087	8,6	1,1	17,9	3,56	9,3	Scoring

The tabular degree at a degree of freedom (9) and below the level of significance (0,05) is equal to (2,26).

The researchers spend with (Saddam Ahmed 2021), who emphasizes that "all players must master the skill of putting down, without which the player cannot score, pass or deceive in the right way, and this skill is extremely important, as the performance of most other skills depends on receiving the ball well and putting it down, it is an important element of the course of the game, so all available possibilities and Means must be used to learn it" ⁽¹²⁾.

The researchers emphasize the development of the skill of handling the soles of the feet to the importance of the exercises given to this group and the teaching of this skill within the training network, The result of the research is in agreement with this (Adel Abbas 2016), who emphasizes that "the handling skill is one of the important and most frequent skills in football, it is a means of implementing game plans and an indicator of the cooperation of team members and the extent of players' self-confidence and the team whose players are able to master various maneuvers accurately and quickly and move towards the opponent's goal, they have a greater chance of achieving good results in the match" ⁽¹³⁾.

The result of the research comes in agreement with (Abdullah hawil 2017), who emphasizes that "players must master the skill of rolling the ball in a well-mastered and good manner, because the player resorts to it in many playing conditions, it is used when the player does not have an opportunity to practice for a colleague, when the player wants to advance the ball in free space, as well as using it to keep the ball with the team, and when the player wants to attract a defender to him to keep him out of coverage, so the player had to master this skill in all its details for the team" ⁽¹⁴⁾.

The researchers also emphasize the development of the scoring skill of the experimental group to the importance of exercises that are interspersed with the curriculum prepared by the researchers with the training

⁽¹²⁾) Saddam Muhammad Ahmed; The effect of competitive exercises with numerical deficiency in developing transitional speed and the rolling and handling skills of futsal players, published research, Al-Mustansiriya Journal of Sports Sciences, Volume 3, Issue 2, 2021, p. 211.

⁽¹³⁾) Adel Abbas Dhiab; The effect of playing-style exercises in improving motor response and some basic skills among female students of the College of Physical Education and Sports Sciences in futsal, published research, Journal of Contemporary Sports Sciences, Volume 8, Issue 24, 2016, p. 46.

⁽¹⁴⁾) Abdullah Haweel is hilarious; The effect of skill exercises combined with agility in developing motor speed and skill performance for female junior players of the Diwaniyah indoor soccer team under the age of (17) years, Master's thesis, Journal of the College of Physical Education and Sports Sciences, Al-Qadisiyah University, 2017, p. 57.



network trainings, as the researchers attribute the learning of this skill by the experimental group to the training network trainings designed for the skill of scoring, its effective impact and its positive role in learning this skill, and that the availability of excitement and thrill factors played an important role in learning this skill as it is one of the most important skills and the most exciting in the game of football, which achieves the goal of the game and without scoring, the game of football is meaningless .

He spends the result of the research with (Ali Hikmat et al. 2022) that " everything a player or team does is a contribution towards creating scoring opportunities, and scoring depends on the result of the match and scoring is the last step in a series of events ending with the scoring blow, so this skill is greatly influenced by the thrill and excitement factors, being one of the most skills that require the availability of these two factors ". ⁽¹⁵⁾

The researchers attribute the development in strength stretching to the effectiveness of the exercises used during the educational units, as the

The result of the research is spent on this with (Emad Tohme Rady 2014), in which he stressed that " muscle strength is one of the important elements that affect the load and that increasing strength will result in an increase in muscle load, and that muscle load depends mainly on muscle strength and the integrity of cooperation between them and the nervous system, which ultimately leads to a noticeable development in strength extension. ⁽¹⁶⁾

The researchers attribute the development in the transitional speed in the dimensional test to the special exercises implemented by the training network, as the small training spaces and the appropriate measurement of students ' ages to the performance of exercises that include the element of transitional speed and moving from one place to another at maximum speed, whether with the ball or without it, contributed effectively and effectively to the development of transitional speed, as well as the use of skill exercises to learn the skills included in the element of transitional speed were given at the beginning of the educational units immediately after the warm-up and before the student felt tired from doing those exercises .

The result of the research is spent on this with (Ali Falah 2022), who stressed that "the effectiveness of speed training increases if it is given at the beginning of training because the player's body is not tired in order to excite the nervous system, when planning exercises that include the speed element, the use of these exercises should be avoided in case of fatigue, so it is preferable to be given during the first parts of training". ⁽¹⁷⁾

The researchers attribute the development in the variable of strength characterized by speed to the exercises prepared in the training network, which were prepared by the researchers and contained the curriculum used

Arabic and foreign sources

Arabic sources

⁽¹⁵⁾ Ali Hikmat Kazem (and others) The effectiveness of an educational curriculum based on the information processing strategy in cognitive achievement and learning the skill of scoring in futsal for students, published research, Nasq Magazine, Volume 36, Issue 4, 2022, p. 231

⁽¹⁶⁾ Imad Tohme Radi; The effect of using effective teaching with various strategies according to movement sentences on some physical and skill abilities in basketball and their retention, doctoral thesis, College of Basic Education, Al-Mustansiriya University, 2013, p. 43.

⁽¹⁷⁾ Ali Falah Muhammad; The effect of special exercises on some kinetic perceptions and the contribution rates of the dribbling and scoring skills of futsal players, published research, Karbala Journal of Physical Education Sciences, Volume 1, Issue, 2022, p. 224



Atheer Abdul Jabbar is hilarious; The effect of using interlocking exercises in competitive playing style in developing some special physical abilities and skills and their relationship to scoring accuracy for female indoor soccer players, Master's thesis, College of Physical Education, University of Baghdad, 2012.

Atheer Abdul Jabbar is hilarious; The effect of using interlocking exercises in competitive playing style in developing some special physical abilities and skills and their relationship to scoring accuracy for female indoor soccer players, Master's thesis, College of Physical Education, University of Baghdad, 2012

Asaad Lazem Ali; The prorated value of the skill level in terms of some physical and functional abilities as an indicator for selecting young football players, PhD thesis, College of Physical Education, University of Baghdad, 2008

Islam Yusuf Othman; The effect of an educational program using educational technology on learning some basic skills for soccer goalkeepers, published research, Arab Journal of Physical Education and Sports Sciences, Volume 24, Issue Serial Number 8, December 2020

The names are Hazem Mohammed and Mohammed Jassim Mohammed; The effect of combined exercises with auxiliary means in developing strength characterized by speed and some combined attacking skills in futsal, published research, Kufa Journal of Physical Education Sciences, Volume 6, Issue 1, 2020

Amir Rahim Laftah; The effect of complex structural exercises similar to playing in developing some physical and motor abilities and basic skills for young futsal players, Master's thesis, College of Physical Education, University of Kufa, 2018

Amir Sabah Abdul Amir; The effect of the educational model using complex exercises on some physical abilities and learning offensive skills in basketball, Master's thesis, College of Basic Education, Al-Mustansiriya University, 2018

Hossam Kazem Jawad: The effectiveness of an educational field using aids in developing some biomotor abilities and the skills of rolling and scoring in football at the ages of (13-14) years, doctoral thesis, College of Physical Education and Sports Sciences, University of Babylon, 2021

Hussein Habib Musleh and Hisham Mazhar Mutlaq; The effect of the interaction between the two methods of reciprocal teaching and inclusion according to the training network exercises in learning the skill of peaceful scoring in basketball, published research, Anbar University Journal of Physical and Sports Sciences, Volume 4, Issue 17, 2018

Raed Shukr Jawad; The effect of training in different areas using assistive devices in improving the physical, skill and tactical performance of football players for ages (14-16), unpublished doctoral thesis, Higher Institute of Sports and Physical Education, University of Sfax, Tunisia, 2024

Reda Faleh Abdel Hassan and Muhammad Kazem Arab; exercises to control the variables of inertia moment with a device designed to address some of the physical abilities of futsal players, published research, Wasit University of Physical Education Sciences, December 2022



Saddam Muhammad Ahmed,; The effect of exercises with assistive devices in developing motor response speed and some physical abilities and basic skills in futsal for female players aged (16-18) years, PhD thesis, College of Basic Education, University of Diyala 2018

Adel Abbas Dhiab; The effect of playing-style exercises in improving motor response and some basic skills among female students of the College of Physical Education and Sports Sciences in futsal, published research, Journal of Contemporary Sports Sciences, Volume 8, Issue 24, 2016

Abdul Rahman Nasser; The effect of using the training network on learning some basic skills and their relationship to developing some physical abilities in football, published research, Contemporary Sports Journal, Volume 9, Issue 13, 2010

Amenah Hussein Ismail Abdzid Ashoor Sadulla Saeed Majed <https://doi.org/10.33438/ijds.1370182> Year 2024, Volume: 7 Issue: 1, 236 - 244, 25.01.2024

Atheer Abdul Jabbar is hilarious; The effect of using interlocking exercises in competitive playing style in developing some special physical abilities and skills and their relationship to scoring accuracy for female indoor soccer players, Master's thesis, College of Physical Education, University of Baghdad, 2012.

Atheer Abdul Jabbar is hilarious; The effect of using interlocking exercises in competitive playing style in developing some special physical abilities and skills and their relationship to scoring accuracy for female indoor soccer players, Master's thesis, College of Physical Education, University of Baghdad, 2012.

Asaad Lazem Ali; The prorated value of the skill level in terms of some physical and functional abilities as an indicator for selecting young football players, PhD thesis, College of Physical Education, University of Baghdad, 2008

Islam Yusuf Othman; The effect of an educational program using educational technology on learning some basic skills for soccer goalkeepers, published research, Arab Journal of Physical Education and Sports Sciences, Volume 24, serial number 8, December 2020.

The names are Hazem Mohammed and Mohammed Jassim Mohammed; The effect of combined exercises with auxiliary means in developing strength characterized by speed and some combined attacking skills in futsal, published research, Kufa Journal of Physical Education Sciences, Volume 6, Issue 1, 2023.

Amir Rahim Laftah; The effect of complex structural exercises similar to playing in developing some physical and motor abilities and basic skills for young futsal players, Master's thesis, College of Physical Education, University of Kufa, 2018.

Amir Sabah Abdul Amir; The effect of the educational model using complex exercises on some physical abilities and learning offensive skills in basketball, Master's thesis, College of Basic Education, Al-Mustansiriya University, 2018.

Hossam Kazem Jawad: The effectiveness of an educational field using aids in developing some biomotor abilities and the skills of rolling and scoring in football at the ages of (13-14) years, doctoral thesis, College of Physical Education and Sports Sciences, University of Babylon, 2021.

Hussein Habib Musleh and Hisham Mazhar Mutlaq; The effect of the interaction between the two methods of reciprocal teaching and inclusion according to the training network exercises in learning the skill of peaceful scoring in basketball, published research, Anbar University Journal of Physical and Sports Sciences, Volume 4, Issue 17, 2018.

Raed Shukr Jawad; The effect of training in different areas using assistive devices in improving the physical, skill and tactical performance of football players for ages (14-16), unpublished doctoral thesis, Higher Institute of Sport and Physical Education, University of Sfax, Tunisia, 2024.



Reda Faleh Abdel Hassan and Muhammad Kazem Arab: Control exercises for inertia moment variables with a device designed to address some of the physical abilities of futsal players, published research, Wasit University of Physical Education Sciences, December 2022.

Saddam Muhammad Ahmed; The effect of competitive exercises with numerical deficiency in developing transitional speed and rolling and handling skills for futsal football players, published research, Al-Mustansiriya Journal of Sports Sciences, Volume 3, Issue 2, 2021.

Saddam Muhammad Ahmed; The effect of exercises with assistive devices in developing motor response speed and some physical abilities and basic skills in futsal for female players aged (16-18) years, doctoral thesis, College of Basic Education, University of Diyala, 2016.

Adel Abbas Dhiab; The effect of playing-style exercises in improving motor response and some basic skills among female students of the College of Physical Education and Sports Sciences in futsal, published research, Journal of Contemporary Sports Sciences, Volume 8, Issue 24, 2016.

Abdul Rahman Nasser; The effect of using the training network on learning some basic skills and their relationship to developing some physical abilities in football, published research, Contemporary Sports Journal, Volume 9, Issue 13, 2010.

Abdullah Haweel is hilarious; The effect of skill exercises combined with agility in developing motor speed and skill performance of young female players of the Diwaniyah indoor soccer team under the age of (17) years, Master's thesis, Journal of the College of Physical Education and Sports Sciences, Al-Qadisiyah University, 2017.

Ali Hikmat Kazem (and others) The effectiveness of an educational curriculum based on the information processing strategy in cognitive achievement and learning the skill of scoring in futsal for students, published research, Nasq Magazine, Volume 36, Issue 4, 2022.

Ali Falah Muhammad; The effect of special exercises on some kinetic perceptions and the contribution rates of the dribbling and scoring skills of futsal players, published research, Karbala Journal of Physical Education Sciences, Volume 1, Issue, 2022.

Imad Tohme Radi; The effect of using effective teaching with various strategies based on movement sentences on some physical and skill abilities in basketball and their retention, doctoral thesis, College of Basic Education, Al-Mustansiriya University, 2013.

Imad Kazem Shinawa (and others); The effect of cluster-style exercises on transitional speed, explosive ability of the legs, and scoring accuracy index