

RESEARCH ARTICLE

THE EFFECT OF USING EXERCISES IN SPECIFIC AREAS ON SOME SKILL VARIABLES OF SOCCER PLAYERS

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ABSTRACT

Background: The process of searching for new ways and methods similar to actual competition is one of the important processes that trainers must focus on when designing training programs in order for these programs to be diverse, suspense and motivational so that development of technical and planning performance occurs optimally and the player does not get bored during training. **Aim:** Designing a training program using exercises in specific areas to determine its effect on some of the skill variables for soccer players. **Methods:** The researcher used the experimental Design of the Al-Barajaya Youth Center team, using the experimental design of the one group by pre and post measurement. **Results:** There are statistically significant differences between the mean levels of pre and post measurement in skill variables Football players. **Conclusion:** Improve the skill level of football players in the research sample.

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INTRODUCTION

The process of searching for new methods and methods similar to actual competition is one of the important processes that trainers must focus on when designing training programs in order for these programs to be diverse, suspense and motivational so that the development of technical and planning performance occurs optimally and the player does not get bored during training. The exercises in the specific areas lead to the development of the player's ability to perform and think well. This means designing these exercises in multiple ways and methods and changing situations, and by repeating the training on them, it can help the player to quickly understand the performance and the required movement and also for possible situations facing them during the game and this is done according to applied training in Miniature pitches of different sizes and groups (2 x 2) (4 x 2) (4 x 3) (6 x 4) where these exercises are performed in a serial manner that ends with the positions of playing during the game. (Taha Ismail, 1993).

MATERIALS AND METHODS

Subjects: A training program was implemented for the The first team of Al-Barajaya Youth Center in Minia. For a period of 12 weeks from 31/8/2018 to 21/11/2018 in The first team of

Al-Barajaya Youth Center in Minia, Egypt, 6 training units per week. Unit time is 90 minutes. Before and after measurements were used for one group, using the experimental design pre and post measurement.

Sample Selection condition: The research sample is from Al-Barajaya Youth Center team. The sample size reached (25) players registered with the Egyptian Football Association in the sports season 2018/2019,

Instrumentation: football stadium, Soccer balls, stopwatch, whistle, and plastic collars.

Procedures: Practical training in mini-courts with different areas and groups (4 x 2) (4 x 3) (6 x 4) where these exercises are performed in a serial manner that ends with the positions of playing during the game

Statistics

Independent Variable: exercises in specific areas.

Dependent Variable: skill variables.

Statistical method used: Mean, Median, Standard deviation, test (T), Wilcoxon test, Use of Spss for Statistical processors version.

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Table 1. Description of the research Sample

N=25	Age(Yrs)	Height (Cm)	Weight(Kg)	Training age(Yrs)
Mean	26.00	170.08	68.40	27.00
Median	27.00	169.00	68.00	11.00
SD	0.77+ -	0.47+-	0.03+-	1.37+-
Skewness	3.46	5.51	4.49	2.76

Table 2. The rate of change between the mean scores for the pre and post measurements In skill variables

	Pre test		Post test		Change ratio	T	Sig P.value
	Mean	SD	Mean	SD			
Pass the ball	5.84	1.49	6.76	1.09	15.75	** 3.26-	0.003
Running with the ball	5.71	0.36	5.63	0.36	1.22	** 5.66	0.000
Dribbling	11.32	0.66	11.18	0.59	1.23	** 4.38	0.000

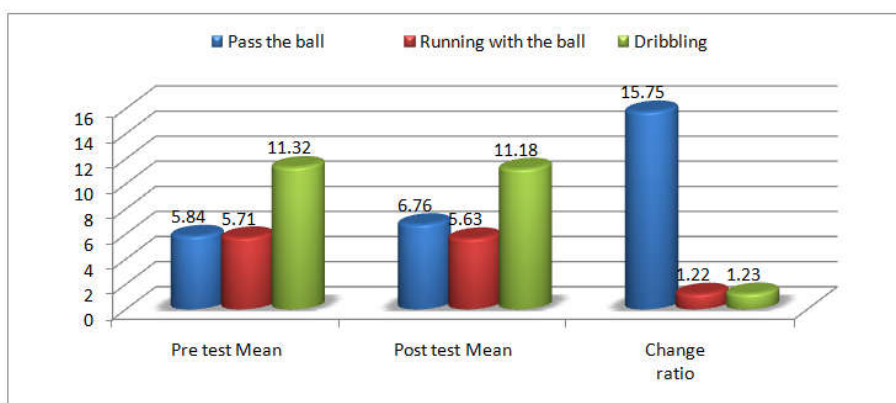


Figure 1. Average differences between pre and post measurements

RESULTS

There are statistically significant differences between the mean levels of the pre and post measurement of the experimental group in the skill variables (passing, running in the ball, dribbling) and the values of (T) ranged between (3.25, 5.66), and they are statistically significant values in the direction of the post-measurement, and this means that these differences Real and irreversible (HanafiMukhtar 1995).

DISCUSSION

There are statistically significant differences between the mean levels of pre and post measurement in the skill variables under consideration by football players. Changing the space in relation to the stadium and the shape, whether in performance or in the way of playing, helps the player to solve problems encountered in different play situations, in order to achieve specific and specific perceptions that help him in developing his performance and improving his capabilities and capabilities (Mohamed Ibrahim, 1999)

Conclusion

The level of skill performance of soccer players has changed. The research sample, especially in skill variables, passing, ball running and dribbling in the direction of Post tests, and the best change was in order. Passing, dribbling, running with the ball.

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