

THE IMPACT OF THE EXERCISES AT TIGHT SPACES IN THE DEVELOPMENT OF PHYSICAL & KINETIC CAPABILITIES AND TECHNICAL SKILLS FOR THE SOCCER'S YOUTH TEAM

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Abstract

In order to identify the impact of the exercises which special for a small and tight spaces in the development of physical & Kinetic capabilities and technical skills for the soccer's youth players who belonged to Babylon / Iraq province's clubs. The two researchers conducted an experiment on a random sample of (60) young players, which divided into equivalents groups in the dependent variables (physical capabilities, Kinetic and technical) which special for the research. After taking the necessary procedures on the development and improve the performance of sample in the surveyed variables were measured and then address the statistically data, which comes by the results which indicate all of the sample got an acceptable level in all the consideration's variables, that appeared the exercises of the special effect of playing in tight spaces indicates the development of physical & kinetic skills and capabilities of the soccer's youth team.

KEYWORDS: Soccer. Tight spaces. Iraq. capabilities.

1. INTRODUCTION

The technical plans needs a certain strategy according to the different possibilities of the situations of playing. Those playing situations are different by the situation's natural's difference. When we're finding for example the penalties takes a stability feature at the treat- its important- but today we're facing another complex situations are treats by another way, especially in those situations dominated by linking and replacing movements at the positions to play. In the both cases are dealing with situations by a more supervision, and the estimating of a position to getting the correct solution. It is may be a convergent, but at a replacing positions will makes the player more professional and has a prior knowledge by the most of movement which he exceeds on it through the training under the supervision of a professional coach (294 :1)

There is no doubt; the exercises for the playing at small and tight spaces are very important and effective at the development of physical & kinetic capabilities of the soccer's players, In addition to acquiring them the ability to behave properly and shows their ability to creation during the kinetic solutions at the most of tactical duties at the stadium. By using these exercises the players will develop their performance through the training on the same situations of the positions to play and store them at those memory and dealing with it during the matches with developing their physical, kinetic, technical and mental capabilities, and mix all of those, the resulting from this mix sure it will be a developing and perfecting of the skill's performance, which harmonious with the new soccer's playing requirements. To complete the development, the training's process must be used several methods including: Identifying the stadium, which relative with the expression of the tight spaces, that identified by the penalty area, the half arena or any pace as a square, circle or any other shape (135 :4) add to all "Execution in the shortest time and with less effort, Pressure on competitor and send the handling at the right time" (275 :2). All this is gaining the importance of this study. Since this will develop effective solutions to the problem of the research, which are limited in that some of players have a good performance in the preparation and exercise but they misses this performance when the participation in competitions. That such a performing problem needs a practical solution consistent with the different of offensive and defensive positions to play.

The researchers do not deny that the most of researchers, whose predecessors had their attempts in the development of physical & Kinetic capabilities and technical skills for the soccer's players by using a variety of methods and procedures, but most of them stopped at a certain limits, or developed one of capabilities at the expense of others, then the players lost the information's retrieving and applying process inside the stadium, In this study, we find that this is one of the new and living's studies, which will take a leading role in the development of the players capabilities and thus improve the results at a competitions.

So, to be possible for the researchers to solve an existing problem, they should be checking the following supposed solutions:

1. The exercises to playing at tight spaces have a positive impact of the development of physical, Kinetic and skills and capabilities of the soccer's young.
2. The exercises to playing at tight spaces have a spirit moral difference from the traditional exercises on the impact of the development of physical, Kinetic and skills and capabilities of the soccer's young.

2. MATERIAL AND METHODS

To enable the researchers to achieve the research's assumptions, pursuant to:

1. Choice the methodology of research (two equivalent groups, designing a randomized control group to choose with pretest and posttest).
2. Select the research community of young players whose working at the teams of clubs Hilla / Babylon / Iraq, totaling (135) youth, were selected randomly (60) youth for the main experiment, (15) youth to the survey.
3. Were identified the most important physical, Kinetic and technical skills, tests through a survey of (11) of experts, through statistical treatment of data, was nominated (4) physical capabilities, (3) Kinetics and (3) basic skills of soccer. Each of capabilities has identified the appropriate test to measure that capacity, respectively: Physicals (running 30 meters, running 150 meters, Long jump of stability, running 1000 meters). Kinetics (Apostate running 4 x 10 meters, numbered circles, touching the ground and the wall respectively). Technical (aiming toward the goal, Apostate handling from the wall, the ball winding running) has been confirmed the validity of these tests to the participants through an exploratory experience, that set out the scientific basis of the validity and reliability and objectivity with a good distribution of participants at each of the candidate tests (6: 4).
4. Once initialized the participants to conduct tests (physical, kinetic and technical skills), began researchers on them apply it, for a (10 days) and according enabled them system to achieve the required objectives without damages or obstacles, keeping in view those survey's procedures.
5. when the tests conducting, taken the necessary measures in (initialization the result registration forms by unification of recording mode, shows a typical sequence in the tests applying on the participants, taking into account prevention methods and safety when applying the tests).
6. after made the reconnaissance at 05/20/2012 AD on (15) soccer's youth, the main experiment made at 06/01/2012 AD on (60) of the participants in the research, through the test's applying (physical and kinetic skills) according to the best methods, then collected the data (test results) in order to indexing and statistical treatment after dividing the participants into two groups (experimental and control group) equally in number.
7. Statistical methods were used in the following of data analysis: the arithmetic average, standard deviation, test (F) to the homogeneity of the two groups, the test (t) of the differences and equality of the two groups, the standard error, (5: 140).
8. After dividing the participants into two groups, the researchers ensured of the homogeneity and equivalent of the participants at the both of groups at all of tests when they got it.
9. Were placed the playing exercises which (5) exercises, taking into account the nature of the training in methods and techniques used for explaining the special series of related variables to organize and provide exercise, which should be develops the potential of the individual and collective players at different positions to play content of the exercises. Then applied to the experimental group and the tight and small spaces stadiums, by (4) training units per week, for each unit (90) minutes for (6) weeks, begins from 5/6/2012 AD.
10. The participants of controlled group trained in the same training period, according to the natural of the positions to play, especially which recognized in the field study.
11. After the applying of the exercise's variables on the research's groups, the researchers the researchers conducted a physical & kinetic and skills tests to measure the post-experiment, they took the data in processing and statistical analysis in order to achieve the research's assumptions.

3. RESULTS AND DISCUSSION

The impact of exercises to playing at tight spaces in the development of the capabilities of participants (physical, kinetic and technical skills)

Table 1: Shows the results of the two measurements the pretest and posttest to the participants in the experimental group at a researched tests

No	Capability	Tests	pretest		posttest		Correlation coefficient	Tabled T	Denoting the statistical
			's	rate	's	rate			
1	Physical	Running (30) meters	5.26	0.568	4.86	0.322	0.85	4.689	Spirit
		Running (150) meters	25.72	1.37	23.12	0.964	0.78	16.46	Spirit
		Long jump of stability	1.67	0.134	1.76	0.082	0.83	6.29	Spirit
		Running (1000) meters	4.72	0.283	4.48	0.241	0.74	6.78	Spirit
2	Kinetic	Apostate running 4 x 10 meters	11.84	0.653	10.97	0.530	0.80	10.46	Spirit

		Numbered circles	9.23	0.522	9.01	0.418	0.79	3.79	Spirit
		Touching the ground and the wall respectively	19.44	1.97	24.75	1.18	0.69	20.19	Spirit
		Aiming toward the goal	4.82	1.63	5.73	1.21	0.79	4.97	Spirit
3	Technical	Apostate handling from the wall	11.78	1.56	14.12	1.28	0.77	12.83	Spirit
		Ball winding running	15.23	1.07	13.79	1.02	0.84	13.33	Spirit

(*) tabled T is (1.70) at the freedom degree (29) on the Indication level(0.05)

Table (1) shows the difference at the two measurements results (before & after) when the participants underwent all the tests By comparison samples T-test was greater than the tabular value for this test at the freedom degree (29) on the Indication level(0.05) that is equal to (1.70), This means that the exercises to playing in the tight spaces have a great and a developer impact of the physical, kinetic and technical capabilities which including into the items of experimentation group. This impact is due to the training using the exercise which has a multiple properties, which helping in the correction operations of the corners of the real goals gradually to development the passing and correction, as well as the harmony imparting and the spirit of cooperation and perseverance among a participants, which will make it easier the development of the basic physical, kinetic and technical capabilities. Also help them to perform their duties and carry out their responsibilities inside the stadium convincingly, which increases their creative and tactical abilities and provide them the experience (7:12).

The impact of exercises to playing at normal situations in the development of the participant’s capabilities (physical, kinetic and technical skills)

Table 2: Shows the results of the two measurements the pretest and posttest to the participants in the experimental group at a researched tests

No	Capability	Tests	pretest		posttest		Correlation coefficient	Tabled T	Denoting the statistical
			's	rate	's	rate			
1	Physical	Running (30) meters	5.32	0.641	5.17	0.628	0.94	1.26	Non spirit
		Running (150) meters	26.10	1.45	24.07	1.09	0.86	14.68	Spirit
		Long jump of stability	1.64	0.132	1.68	0.147	0.75	1.54	Non Spirit
		Running (1000) meters	4.69	0.300	4.58	0.217	0.85	3.67	Spirit
2	Kinetic	Apostate running 4 x 10 meters	11.61	0.532	11.28	0.142	0.78	4.23	Spirit
		Numbered circles	9.17	0.643	9.11	0.612	0.84	0.923	Non Spirit
		Touching the ground and the wall respectively	18.81	1.92	20.63	1.94	0.74	7.17	Spirit
3	Technical	Aiming toward the goal	4.68	1.78	4.89	1.73	0.73	0.875	Non Spirit
		Apostate handling from the wall	11.62	1.83	12.95	1.75	0.84	7.170	Spirit
		Ball winding running	15.00	1.24	14.67	1.57	0.79	1.875	Non Spirit

(*) tabled T is (1.70) at the freedom degree (29) on the Indication level (0.05)

Table (2) shows the deference of results, the usual exercises that were given to the participants in normal situations a spirit effect of a statistically spirit at some researched capabilities, especially those which came at a statistical test values (T) at the freedom degree (29) on the Indication level (0.05) that is equal to (1.70), but the tests on the capabilities which came then the values of (T) calculated less than tabular value (1.70), Has pointed out that exercises which given to the participants of the controlled group were not affected to the capabilities spirit ly, but the impact is not developer or statistically spirit in it. Not surprisingly, there are some studies that have exercises used in the soccer game indicate that "the traditional methods - with normal situations - followed in the development of physical, kinetic and technical soccer’s skills, does not depend on diversity and excitement and suspense in the exercise, and take considerable time and effort "(3:11).

The difference in the impact of the exercises used to develop the participant’s capabilities (physical, kinetic and technical skills)

After the showing of the previous tables that each of the exercises used in the positions of playing spaces (tight and normal) impacted directly in the development of the research's capabilities. But this difference in the amount of development was according to the intensity of exercise and its impact, for the purpose of knowing how much of this difference and the spirit statistical, the researchers used samples T-test for independent groups, and from it the results shown in table (3).

Table 3: Shows the results of the two measurements the pretest and posttest to the participants in the experimental group at a researched tests

No	Capability	Tests	pretest		posttest		Tabled T	Denoting the statistical
			's	rate	's	rate		
1	Physical	Running (30) meters	4.86	0.322	5.17	0.628	2.41	Spirit
		Running (150) meters	23.12	0.964	24.07	1.09	3.57	Spirit
		Long jump of stability	1.76	0.082	1.68	0.147	2.58	Spirit
		Running (1000) meters	4.48	0.241	4.58	0.217	1.67	Non Spirit
2	Kinetic	Apostate running 4 x 10 meters	10.97	0.530	11.28	0.142	3.10	Spirit
		Numbered circles	9.01	0.418	9.11	0.612	0.741	Non Spirit
		Touching the ground and the wall respectively	24.75	1.18	20.63	1.94	9.93	Spirit
3	Technical	Aiming toward the goal	5.73	1.21	4.89	1.73	2.18	Spirit
		Apostate handling from the wall	14.12	1.28	12.95	1.75	2.95	Spirit
		Ball winding running	13.79	1.02	14.67	1.57	2.57	Spirit

(*) tabled T is (1.67) at the freedom degree (58) on the Indication level (0.05)

Table (3) referring to the moral differences with a statistical significance between the research's two groups (Experimental and controller) at the posttest measurement's results in each of the physical tests (running (30) meters, running (150) meters and Long jump of stability) the kinetic tests (apostate running 4 x 10 meters and touching the ground and the respectively), also all of technical tests were spirits of the experimental group, applied the exercises of playing in the tight spaces, because the statistical test's values (T) then the largest of its value tabular of (1.67) at the freedom degree (58) on the Indication level (0.05).

The right, the real impact of these exercises comes from being the exercises are related a way or other by the fitness exercises, because it's difficult to the training gradually to develop the skill of the participants and their ability to control and hold the ball with increasing the speed of movement to take the appropriate places in the stadium, and the disposition of the ball, as well as the fact that these exercises are compatible to the participant's capacities and enabling them, in addition to their easiness performance and making them glades (8: 1) , The two choices (running 1,000 meters, numbered circles) was the results were not spirit because their values less than the tabled (T) at the freedom degree (58) on the Indication level (0.05) which equal (1.67), this means that: the impacts of exercises are convergent which made the process of developing the adjectives of the stretching and the compatibility at the participants of a both of groups is less than they do at the other physical and kinetic capabilities.

4. CONCLUSION

1. Exercises to playing have a large impact of the tight spaces spirit at the development of physical& kinetic skills and capabilities to all of soccer's youth. This is confirmation of what's come on study of (Saddam Mohammed Ahmed).
2. The results showed that the exercise of a traditional playing great influence to development of physical capacity (speed endurance, general endurance), kinetic (fitness, dynamic flexibility) and technical (handling the counterattack from the wall). The effect is spirit in physical capabilities (transitional speed, explosive power), kinetic (compatibility) and technical skills (shooting toward the goal, the ball winding jogging).
3. The results were spirits differences in the function and impact for the benefit of exercises a group to playing in tight spaces through the development of its subscribers (physical, kinetic and technical skills) at all except the physical ability (Endurance) and kinetic (compatibility) Its made non spirit's different.

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