

# THE EFFECT OF PLAYING WITH MINI SPACES IN LEARNING AND DEVELOPING SOME KINETIC ABILITIES AND PERFORMANCE OF SOME BASIC SKILLS OF FUSTAL

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## Abstract

The current scientific progress in the field of kinetic learning and sports training with the multiplicity of ways and methods used in the learning process and to the modern means of training Futsal, which did not take a course in our Arab societies and this is what focused on the research problem, which lies in knowing the effect of playing with mini spaces exercises to learn and develop some of the kinetic capacity and the performance of some of the basic skills of Fustal with a squad of Diyala University, as researchers used experimental method for its suitability to the problem nature and this door included equipment and utilities and means of information collecting and the two exploratory experiments and tests used in research and scientific foundations for the tests and before and after tests and the statistical methods used in the data recovery that the researchers present, analyze and discuss their findings in the before and after tests and find differences significance, and that with viewing it on a tabular form and then analyzed these tables and discussing it, enhanced that with scientific sources and the study concluded that the playing with mini spaces exercises positive impact on learning and developing some kinetic abilities and performance of some of the basic skills of the Diyala University fustal team players.

**KEYWORDS:** playing exercises. Mini-spaces. Kinetic abilities. Basic skills. Futsal.

## 1. INTRODUCTION

The rapid development in the field of Physical Education and its diverse means may open new prospects for the researchers and the students in the field of football to know the updates in information acquisition operations and the capabilities and the skills and developing it, "and to get a better good results by following all what is new and innovative in sports science and this is a need should be taken into consideration when planning the education and training process and its curricula "(Qasim Lzam Sabr: 2005.5).

And the game of futsal one of the developments of the modern football, it is a new way of playing and has the excitement and suspense element over the public, and this game has great caring and attention everywhere for being one of the games that flourished in popularity dramatically in the world and the young and old want to exercise and watch it for the mobility skills and events and attitudes which this the game has that make everyone exciting and interested about the practice and observation, For the similarity of its basic skills with ordinary football skills this which led to practice it by a large number of players, so quintet player needs to high and good mobility performance and requires using of his body parts significantly with the change of place and maintain the same performance with high accuracy and good performance.

The importance of research comes from being trying, through these exercises and following proper scientific method through playing with mini spaces exercises that increase the effectiveness of the kinetic ability and performance of some of the basic skills with better way than conventional followed ways, and the research problem focused at the researchers using of a training method in a different way, a method gives the fun in the game exercises and bigger understanding of how to play and at the same time to learn and develop the basic skills and the kinetic abilities and get away from the boredom that occurs when developing a kinetic skill, and for that the researchers developed a set of exercises and knowing their impact on the learning and development of some of the kinetic capacity and the performance of some of the basic skills of Diyala University the Fustel team players, as the goal of the researchers of this study was to know the playing exercises in the mini-space in the learning and developing some of the kinetic capacity and the performance of some of the basic skills of Diyala University the Fustel team players.

## 2. MATERIAL AND METHODS

The researchers used the experimental method suited for the nature of the research.

### **The Research Sample.**

The research sample has been tested by the intentional way, a group of team players of Diyala University fustel, as number reached (14) player.

### **Determine kinetic skills and the abilities of fustel:**

### **Determine the fustel kinetic capacity:**

**Table 1:** shows the kinetic capabilities that experts unanimously by the order

Kinetic capacity	Relative importance	the final order
Fitness	90%	1
Compatibility	80%	2

**Determine kinetic skills tests:**

**Table 2: shows the approved kinetic capacity tests in the research**

Kinetic capacity	Tests	percentage
Fitness	Winding running between barriers test	90%
Compatibility	Numbered circles test	80%

**Determine fustel basic skills:**

**Table 3: shows the approved basic capacities tests in the research**

Basic skills	Relative importance	the final order
Rolling	90%	1
Handing	80%	2

**Determine fustel basic skills:**

**Table 4: shows the approved skills tests in the research**

Basic skills	tests	Percentage
Rolling	Rolling between (5) persons back and forward	90%
Handing	Handling towards small goal away (10m).	80%

**Testing specifications**

kinetic abilities test with Quintuple football.

**Fitness** (Qais Naji: 1984, p. 323).

**Compatibility** (Qais Naji and Bastawisi: 1984, p. 149).

**Basic skills tests of fustel:**

Rolling by changing direction (Mufti Ibrahim: 1994.222).

Handling (Thamer Mohsen Ismail: 1999.77).

**Exploratory experiment**

The first exploratory experience:

The researchers conducted a trial of these tests which set for kinetic capabilities and basic skills on a sample of (5) players from the research community and that on 11.18.2014.

And through this experience it has been recognized and reached to the following:

1- Determine the appropriate tests to the level of the sample.

2- Knowing of the difficulties and problems that may encounter the researcher when implementing the tests which are under researching.

3- Identifying the time it takes to perform the tests and measurement.

**The scientific basis for the tests used in the research:**

The researchers sought to scientific bases in the tests for the purpose of determining the validity of these selected tests over which means how far its validity and reliability and objectivity.

**Honestly test:**

Honestly test means " that the test measures what topic to be measured in the sense that the honest test measures the job that alleged that he is measuring and does not measure anything else instead, or in addition to it" (Nuri thorns, Rafe Kubaisi: 2004.88).

The researcher has found sincerity tests factor through using of self-honesty factor.

**Stability of the test:**

stability of the test means "if test conducted on a sample and then this test remade on the same sample and under the same conditions, the results of which appeared in the first time are the same results in the second time" (Mustafa Hussein Bahi: 1999.5).

The Researcher has used to find a stability factor with testing way and return it because it is one of the most appropriate methods in the stability of the test.

**Table 5: shows the honestly factor and the self-honesty factor and the degree of freedom of the tests that used in the research**

tests	Stability factor	Self-honesty factor
Test (winding running) to measure fitness.	86%	94%
Numbered circles tests to measure the compatibility	84%	92%
(rolling between 5 persons back and forward) test to measure the ability of rolling by changing direction.	83%	90%
Handling test on a small target	87%	92%

Tabular value (0.43) at the level of (0.05) and at freedom degree (4).

**Objective test:**

Since the tests that have been used by researchers in the search are far from self-determination and bias, they are clear and easy to understand by the respondents and depending on tools and clear measurement because the results of the tests are recorded in units (time, tha; degree / specific time, degree / Account place Ball) which made the researcher set the testing used in the research of high

objective.

**Research procedures:**

**Before tests:** Before tests was conducted for a sample search on Thursday, 24/11/2014 and on the Futsal Stadium. , The researcher has stabilized the conditions and method of testing and the assistant team to achieve the same conditions as much as possible when making after tests.

**Main experience:** This curriculum included (8) training modules for a period of 8 weeks and by training module in one week and a time of 90 minutes per one training unit.

**After tests:** Posteriori tests were conducted for a sample search on Sunday, 04/02/2015, the two researchers followed by conditions and procedures for before tests itself.

Present the results of the kinetic capacity tests in pre and post tests of a sample of research and discuss it.

**Table 7 shows the computational circles values and standard deviations of the two pre and post tests and squads of calculations circles and the rate of evolution of the kinetic characteristics tests.**

tests	Measuring unit	before		after		Difference between the circles	Evolution rate
		x	y	x	y		
fitness	Time t	7.66	3.8	6.60	4.2	1.06	13.83%
Compatibility	Time t	12.23	6.1	11.15	7.3	1.08	8.83%

**Table 8: shows the computational circles values of the differences and the total deviations boxes differences from the average of these differences and the calculated value of (T), tabular and significance of the differences between pre and post tests to kinetic abilities tests.**

Tests	Measurement unit	Q - P	Total h2 - p	Calculated (T)	Tabular (T)	significance differences
Fitness	Time t	0.6	3.1	6.6	2.09	Moral
Compatibility time	Time t	0.4	2.5	5		moral

Value (T) tabular (2.09) at the level of significance (0.05) and the degree of freedom (13).

### 3. RESULTS AND DISCUSSION

The display and analysis show the results in the previous tables that there is a significant differences statistically significant between pre and post tests of a sample search on the kinetic characteristics tests for the benefit of post-test.

This shows the extent of the effect of exercise that introduced in the training curriculum for the fustel Diyala University squad, in the developing of some of the kinetic capabilities task that required by the player in Futsal, including prescription Fitness for being the collective recipe for all or most of the other qualities, and this was confirmed by (Kasem Lzam and Forat Gbar: 2004.56) "The movements performed by a football player requires adequate and appropriate force accompanied by appropriate speed and good elasticity .... So the performance would be nice and coordinated and the consistency is the most accurate concept of agile player."

For the success of a football player in the integration of several basic skills in one frame and change of his speed and direction, and that what is referred to (Hanafi Mahmoud: 1994.93) "player needs in football to use the whole body to perform the movement with utmost perfection with the ability to change his direction and speed in an Easy and smooth manner, and the football player need to recipe agility to try to success in integration of several basic skills in a single frame or change of skill to another or change of his speed and direction. "

the two researchers sees that exercises style to play contributed to increase the capacity of the players on the right performance skills as a result of the development of a synergy, and this is consistent with what referred to (Ali Salloum: 2004.63) "The most of beginners mistakes are the inability to compatibility when performing movements by involving the not required muscles when performing movements that causing to event disorders in the movement which come out in a confused way ".

**View and analyze the results of basic skills tests in pre and post tests of a research sample.**

**Table 9: shows the computational circles values and standard deviations of the two pre and post tests and teams calculations circles and the level of development of basic skills tests.**

tests	Measuring unit	pre		post		The differences between circles	Evolution rate
		Q	P	Q	P		
Rolling	Time t	1.77	1.35	16.40	1.73	1.37	7%
Handling degrees	degree	4.20	1.42	5.10	1.18	0.90	2.4%

**Table 10: shows the computational circles values of the differences and the total deviations boxes differences from the average of these differences and the value of calculated (T) and tabular and the significance of the differences between pre and post tests of basic skills tests.**

T	Tests	Measuring unit	q-p	Total h2 p	Calculated (T)	Tabular (T)	Significance differences
1	rolling	Time t	2.9	50.6	8.05	2.09	Moral
2	handling	degree	2.5	40.8	7.8		moral

Value (T) tabular (2.09) at the level of significance (0.05) and at the degree of freedom (19).

#### Discuss the results of basic skills tests:

The display and analysis of the results in the previous tables shows that there is a significant difference statistically significant differences between pre and post tests of a sample search in all the basic selected skills for the post test.

The researchers attribute the reasons of the development of rolling skill to use aids while performing exercises such as pillars, (Hrgod and Liebler: 1988.24) refer to the "training with pillars gives the player a sense of facing rival and thus estimate the distance available from both sides of the game quickly."

the researchers attribute evolution that has occurred in the handling skill to good performance and rush in performance as a result of the case of the competition and the thrill existed under exercise recreational and skill, and agree this result with as indicated by (Makarim Helmi et al: 2000.125) "The use of exercises and games in physical education lesson leads to activate the nervous and physical device, as they play an influential role in the development of the psychological aspects to accept the lesson parts happily and joyfully, which generates motivation and the tendency toward exercise."

the researchers attribute evolution in handling skill to the number of iterations when applying the exercise, which was awarded the students the time to practice and repetition, and this is consistent with what referred to (Schmidt: 2000.206) "It is imposed on teachers or coaches to encourage learners to the largest possible number of attempts to exercise performance as much as possible."

And consistent also with what referred to (Secretary Anwar and Osama full: 1983.151) on "The repetition is the basis for learning and determining the frequency of the performance of the movement is crucial, it depends on the acumen of the teacher and his experience to a large extent in determining the number of appropriate frequencies optimal for each age stage. "

#### 4. CONCLUSIONS

1. The exercises are used for a positive impact on the acquisition of certain kinetic capacity and performance of some of the basic skills of the players of fustel Diyala University team.
2. The education of the methods used in the course of performing exercises great positive impact on learning and the development of some of the abilities and skills essential for the fustel players.
3. That repeating of some exercise led to the development of some basic kinetic abilities and skills and thus stabilized it and developed it.

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