

Impact Methods of Competition in the Development of the Most Important Physical Abilities and Motor Skills and Basic Football Junior

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ARTICLE INFO

Received: 21 Jan
Accepted: 25 March
Volume: 1
Issue: 1

ABSTRACT

The game of football and one of the games, which include a large number of basic skills which are required to coach connected to the player and developed well in order to raise the performance skills to him, and this is through the use of fashion style and appropriate consistent with the tendencies of the players and their desires and reach their level of able and high ranking of efficiency, effectiveness and access to the desired goals and it has to be the coach of the research on the best approach that suits the nature of the player and the training environment and in provoking motivated teenager, and that achievement has, using a variety of means to lift the state of boredom, for him during training, resulting from the use of one style have dysfunctional to the development required, because the player is affected by the methods of training followed by the coach and the players that create innovation and competition and the desire to evolve .

Introduction

The game of football and one of the games, which include a large number of basic skills which are required to coach connected to the player and developed well in order to raise the performance skills to him, and this is through the use of fashion style and appropriate consistent with the tendencies of the players and their desires and reach their level of able and high ranking of efficiency, effectiveness and access to the desired goals and it has to be the coach of the research on the best approach that suits the nature of the player and the training environment and in provoking motivated teenager, and that achievement has, using a variety of means to lift the state of boredom, for him during training, resulting from the use of one style have dysfunctional to the development required, because the player is affected by the methods of training followed by the coach and the players that create innovation and competition and the desire to evolve.

The importance of research using methods of competition (team, doubles - Comparative, and individual) that are more influential in the development potential of the youngsters if accompanied by the type of activity skills football, through the best investment of time and effort as well as their contribution in enriching the coach-style the practical success of which he could keep up the training process and the scientific development of this game.

Problem:

Is the phase of the youngsters to football transition in their lives, as characterized by many physiological changes with the greatest impact in their lives in the future, and that is a noted researcher that some of the basic skills of players emerging in the school football club al-Hilla, which require physical and motor to develop form that is appropriate and required by the game and that as a result of the use of training methods increase the burden on the coach training process in terms of follow-up to each player and correct the errors that accompany the performance skills that he is doing.

For this researcher selected three methods of competitive is the (collective, doubles - Comparative and individual), to develop the training process in terms of speed in the development of basic skills for football and mastery as well as the development of physical abilities and motor escort and performance-



related skills and try to avoid deficiencies in training and up to the level of the best of performance for all young players.

Research Objectives:

1. Know the impact of competitive methods (mass, doubles - Comparative per capita) in the development of the most important physical abilities and motor skills and basic football junior school career at Hilla sports.
2. Knowing the best tactic in the development of the most important physical abilities and motor skills and basic football skills of the sample selected.

Research Hypotheses:

1 - There is positive impact of aggressive competition in the development of the most important physical abilities and motor skills and basic skills of the junior football (research sample) and to varying degrees.

Fields of research:

1.5.1.b human domain: juniors School spherical Club Hilla Mathematical Reconstruction (14-15-16) years in the province of Babylon.

1.5.2.a temporal domain: 28/05/2019 until 16/9/2019.
1-5-3 spatial domain: Golf Club Hilla sports.

2 - theoretical studies

The choice of the appropriate method by coach through which to be able to communicate the skill to a teenager better than others, and the training modules should be to not apply according to the style and even one to be more influential and effective, according to some criteria, which include (possibilities, the situation of climate, the capacity of learner, the type of game, the nature of skill .. and others)

The coach gives each style multiple choices of conduct training in order to choose those most suited to the conditions that have it or through this concept puts coach on track to deliver the desired objectives.

The sports competitions of indicators important and basic, which can not be any sporting activity to succeed without them, where is characterized by hardship and struggle and effort, and this feature is to force the individual to be used as the maximum physical abilities and skills and tactical required by the attitudes of the many and variable, leading to the development of these capabilities and develop when an individual or group , where (Manele) that athletic competition is the basic shape of the life of the field and therefore it must be a fundamental duty on the physical education and sport can bring, especially construction includes diverse personalities.

We have noted (Brownal) the importance of competition and the extent of its contribution to the development of skills and abilities of the individual and to any game, because the element of competition in the training module will increase the motivation of the players and help the coaches in judging the potential of the players in the application of the facts and principles they learned in the training modules.

The game of soccer specific requirements of the basic the different and wide, A good running quickly and stop and walk due to back and jump and catch the opponent and almost ball feet, head and roll away and these all require the capacity of physical high for their implementation and ownership of player fitness that help him in the face of the physical demands as well as for maintaining the capability art during the time of the full game .



3 - Research methodology and procedure of the field:

3-1 Research Methodology

Experimental method was used to fit the nature of the research:

3-2 research community and appointed by:

The research community of players school career at Hilla Sports / Babil province, a game of football and Reconstruction (14-15-16) year's (52) players. Were excluded (4) players only and the selection (48) for the player as a sample of the research are the proportion of (92.31%) of the community were divided randomly three groups and also set out the agenda (1)

Table (1) Shows the number of members of three research groups and percentage.

Research groups	the age of 14 years old	15 years old	the age of 16 years	Total	Total members of the sample	Total members of the Society	Segregates	Ratio
Competitive collective	3	6	7	16	48	52	4	92.31 %
Doubles competition	3	6	7	16				
Individual competition	3	6	7	16				

Procedures Search Field homogeneity of the sample

Was conducted homogeneity of the sample in the variables age, height weight, age of training) and appeared to have the value (P) group of variables and by sequencing (0.000, 2.991, 1.223, 0.000) all of which are less than the value of (P) spreadsheet of (3.23), indicating that he does not have a significant difference between any of these variables to the three research groups as homogeneous, indicating the scale (2)

Table (2) Shows the homogeneity of the sample in the variables (age, height, weight, age training)

Variables	the unit of measurement	p calculated value	P tabulated	denotation
The age	month	0.000	3.23	Non. significant
Tall	cm	2.991		
Weight	KG	1.223		
old training	month	0.000		

Equal sample :

Table (3) Equal sample in the variables selected and the results showed that the value calculated for all variables are less than the value (P) and the spreadsheet of \$ (3.23) under level of denotation (0,05) and my degree of freedom (45.2) indicating there is no significant difference in any of the three research groups equal physically, physically and skills.

Table (3) Shows equal sample of the research variables selected

Variables	the unit of measurement	p calculated value	p tabulated value	denotation
Fatalism explosive	cm	3.31	3.23	Not significant
Speed of transition	Second	2.058		Not significant
Fitness	Second	9.144		Not significant
Speed endurance	Second	1.768		Not significant
endurance	minute	1.695		Not significant
Compatibility	Second	2.307		Not significant
Flexibility	Second	0.488		Not significant
Handling	Second	0.588		Not significant
trundle	Second	3.107		Not significant

goals	degree	0.753	Not significant
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Exploratory experiment

Exploratory experiment was conducted on 28-29-30/5/2009.

Scientific bases for the tests:

Was the adoption of scientific bases in the process of applying the tests, despite being rated for the purpose of tests to determine the process of these tests and selected through.

A - sincerity test: was the use of truth content or content experts have agreed to achieve the purpose for which it has developed for it, as well as suitability for the age group under discussion.

B - Stability tests: it was found that tests of physical and motor skill and enjoyment high, because all the values of (t t) larger than the calculated value of \$ Indexed (2,16) and the degree of freedom (13) and at the level of significance (0,05) .

T - objective tests: the data showed that all tests are objective and they are of high significance because the values of (t t) larger than the calculated value (t t) larger than the calculated value (v t) (2,16) at the level of significance (0 0.05) and the degree of critical (13).

pretest :

Tests were conducted during the tribal days (11-12-13/6/2009) implementation of the training curriculum. Training curriculum has been implemented on Monday, 06/15/2009)

post tests:

Posteriori tests were conducted during the days (14-16/9/2009)

statistical methods:

Was the use of statistical methods using the program (SPSS)

Results, analysis and discussion:

the results of tests of physical and motor skills and in accordance with the methods of the three

Table (4)Shows the results of tests of collective-style competition

parameters of statistical Variables	sample size	pretest		post test		value of T calculated	Tabulated value	significance
		mean	Std.v	mean	Std.v			
The explosive power of the two legs	16	1.60	0.06	1.90	0.08	11.326	2.13	Sig.
Speed the transition		5.14	0.58	4.12	0.30	6.19		Sig.
Fitness		11.52	0.55	9.51	0.36	10.87		Sig.
Endurance speed		24.66	1.08	19.73	0.94	20.58		Sig.
General endurance		4.53	0.03	3.83	0.32	8.43		Sig.
Compatibility		9.38	0.73	5.38	0.50	20.16		Sig.
Flexibility		19.62	1.31	25.56	1.79	14.04		Sig.
Handling		11.63	0.50	20.06	2.52	13.35		Sig.
Trundle		15.69	10.98	11.69	0.76	15.48		Sig.
goals		5.50	1.03	11.75	1.53	13.30		Sig.

Under the degree of freedom (15) and the level of significance (0.05) .

Through our observation of the results of tests-style competition for the collective and set out in Table (4) we find that all significant differences, it reached a value (v) calculated for all variables greater than the value (T) indexed the (2.13) and the degree of freedom (15) and under a level of (0.05), which indicates the existence of significant differences in favor of the post tests.

The researcher attributed this development to the collective style of competition makes the learner to work within a group of players cooperate and build the basis from which to benefit from the capabilities

of players within the same group so as to lead the integration of these capabilities in the outcome of one united together to achieve the ultimate goal.

Table (5) Shows the results of tests manner doubles competition (comparative)

parameters of statistical Variables	sample size	pretest		post test		value of T calculated	Tabulated value	significance
		mean	Std.v	mean	Std.v			
The explosive power of the two legs	16	1.61	0.07	1.98	0.07	14.147	2.13	Sig.
Speed the transition		5.22	0.48	3.94	0.10	10.88		Sig.
Fitness		11.38	0.62	10.01	0.77	8.41		Sig.
Endurance speed		25.30	1.49	21.91	0.94	14.27		Sig.
General endurance		4.63	0.23	4.15	0.11	10.42		Sig.
Compatibility		9.83	0.99	6.17	0.17	14.14		Sig.
Flexibility		19.06	1.77	27.56	0.89	15.97		Sig.
Handling		11.19	1.38	16.19	1.17	9.39		Sig.
Trundle		15.08	0.95	12.70	0.57	12.32		Sig.
goals		5.00	1.32	9.56	0.96	11.48		Sig.

Under the degree of freedom (15) and the level of significance (0.05)

Through the values set out the agenda (5) shows that there are differences of as significant for all variables-style competition Doubles - Comparative) as the value of (T) calculated greater than the value spreadsheet of \$ (2.13) and the degree of freedom (15) and the level of significance of (0.05), indicating There are differences in favor of the check post administration.

That you get this development comes from the fact that the players work against each other in order to achieve the goals of the learner and this requires each learner to work hard and be faster than his colleague in the accomplishment of duty motor and to be more precise it.

Table (6) Shows the results of tests manner individual competition

parameters of statistical Variables	sample size	pretest		post test		value of T calculated	Tabulated value	significance
		mean	Std.v	mean	Std.v			
The explosive power of the two legs	16	1.59	0.11	1.82	0.34	9.66	2.13	Sig.
Speed the transition		5.37	0.74	4.46	0.34	5.42		Sig.
Fitness		11.72	0.55	10.52	0.35	8.89		Sig.
Endurance speed		25.56	1.54	22.69	1.09	11.92		Sig.
General endurance		4.68	0.32	4.27	0.08	6.16		Sig.
Compatibility		9.88	0.25	7.15	0.48	26.53		Sig.
Flexibility		19.06	2.25	22.13	1.09	4.50		Sig.
Handling		11.50	1.41	15.13	0.89	9.39		Sig.
Trundle		15.88	0.92	13.86	0.49	9.89		Sig.
goals		5.06	1.39	7.31	0.70	5.73		Sig.

Under the degree of freedom (15) and the level of significance of (0.05)

Seen from the table (6) that the value of (T) calculated for all variables are higher than the value of indexed amount (2.13) and the degree of freedom (15) and below (0.05), which indicates the existence of significant differences in favor of the post test tests the style of individual competition.

This development was the result of the findings of the player through the same self-assessment exercise of his activity any self-learn where each player according to his own abilities and what they were a mile and the desire of being a player is the focus of the training process.

And to identify any of the three research groups, the most sophisticated in the variables researched researcher has resorted to the use of test Tiouki (HSD), the results showed:

1 - way more than the collective comparative method in the variables of fitness, endurance speed, endurance Assembly, compatibility, handling, rolling and scoring.

While the comparative method than the collective capacity in the explosive of the two men and flexibility.

2 - than on the individual style of collective variables in the explosive capacity of the two men, the transition speed, agility, speed endurance, general endurance, compatibility, flexibility, handling, rolling and scoring)

3 - way more than doubles (comparative) on the individual variables also in the explosive power of the two men, the transition speed, agility, endurance speed, compatibility, flexibility, rolling, and scoring).

4 - did not show significant differences in the variables of endurance between the public and handling technique doubles and singles.

Conclusions and recommendations

Conclusions :

1 - that the three methods of competition have a positive effect in the development of physical attributes and motor skills and basic football, but to varying degrees.

2 - The preference for the style of competition in the development of collective variables Fitness, Mtaulp speed, endurance Assembly, compatibility, handling, rolling and scoring.

3 - that the style of the doubles competition - had a comparative advantage in the development of (the explosive power of the two men, the transition speed, flexibility) for the rest of the other methods.

4 - that the style of individual competition was less influential in the development of methods to search all variables.

Recommendations:

1 - The need to use methods of competition (collective - Doubles - Comparative and individual) in developing the components of fitness as well as the basic football skills to young men.

2 - emphasis on the use of collective style of competition in the development of physical fitness and basic skills of football for young men.

3 - the need for change and diversification in training methods to make the process of developing skills more interesting.

4 - further studies by methods of competition in other age groups to see its influence in the physical variables and motor and skill of soccer players

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