

Effect of Specific Exercises to Developing Agility and Learning the Skill of Dribbling of Futsal for Female Students

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Abstract

Through the experience of the researchers as a player and coach of futsal, they noted that the method used in education is the traditional method that relies on one source of knowledge, which is the explanation on the part of the teacher, followed by a presentation of the model without the slightest actual participation of the situation of educated, as the verbal explanation is not enough, the student cannot understand the explanation except within the limits of her knowledge and information, in addition to the numerical increase of the students in the lesson and the consequent increase in the variance in the individual differences between the students, which increases the burden on the teacher, and this is not compatible with the development in technology education in terms of using some technological educational media to improve the educational process at the present time, The development of these skills requires the use of many motor abilities at a good level. Therefore, the process of teaching these skills must be accompanied by the development of these motor abilities accompanying the learning process because of its association with them. These abilities are the core of the skillful performance process of futsal. Therefore, the researchers considered, as a matter of enriching the process of skill education in futsal football through specific exercises in developing agility and learning the skill of rolling for female students in futsal and implementing it through one lesson, as well as dispelling the state of boredom among students and making the educational process more interesting, and increasing their desire and drive to learn .

The researchers used the experimental approach to design the two equal groups with the two pre and post-tests, and on the main research sample of (30) students representing the first phase of the Faculty of Physical Education and Sports Sciences at the University of Babylon for the year 2020-2021, as they were divided into two groups equally in a random way and by the method of lottery, and the experimental group was followed specific exercises, whereas, the control group followed the method used by the trainer, and a parity process was conducted in the pre-tests for basic skills, and then the vocabulary of specific exercises was implemented on the experimental group within a period of (4) weeks, and the number of units per week was (2), and the total number of units reached (8) training units at a time of (90) minutes per one, and after

completing the vocabulary of specific exercises, post-tests were conducted on the control and experimental research groups and in the same circumstances and conditions in which the pre-tests were conducted.

Introduction:

The age in which we live is the right of the age of science and the age of informatics, and is characterized by rapid changes and astonishing developments in scientific knowledge, and that progress and development is not limited to a specific field, but includes all fields of life, including the mathematical field, as researchers emphasize in particular in the field of kinetic learning and the science of sports education the necessity of using several types of modern media in the lessons of sports education, to develop the level of learning among the learners, it is a normal process for students, but it is complex and needs a lot of study and analysis, and the correct rapid adjustment of the motor work, its control and agility is related to the motor performance and determines the degree of accuracy, fluidity and compatibility, and reflects the body's ability to relax at the correct times. Futsal is one of the sports that is characterized by its wide popularity and specificity resulting from its possession of the elements of excitement and suspense football for the parent game, rather, it is similar in many of its abilities and skills to the basic game of soccer, and it is one of the games that consists of several skills and is good in order to raise his skill performance and this is through specific exercises that help in developing motor abilities, including agility, which means the ability to change body positions or its speed or directions on the ground or in the air with accuracy, flow correct timing, speed control in the performance of movement and its sense of directions and distances. Changing directions is one of the most important aspects of agility, which is a rare characteristic unless it is part of the skillful movement of sports, agility is clearly shown through the varied complex motor performance that is characterized by its speed and difficulty in its implementation, as the need appears to complete the whole movement at once and in a manner in which its parts are followed and changed according to specific circumstances. The availability of agility for female athletes is a basic rule in learning, developing and mastering motor performance, especially the compound.

Technological progress plays a major role in providing the teacher with modern educational tools, devices and means, whether cognitive or applied, that help deliver information to learners, and specific exercises are among the important foundations in the process of learning motor skills at the present time and they are auxiliary exercises aimed at developing the motor skills of the type of skill or activity sports practice, and specific exercises are more specialized because general exercises are exercises for all games or sporting events. As for special exercises, they are exercises for each activity separately, but specific exercises are for each skill and activity separately, and the use of specific exercises leads to saving time and effort until you reach mastery of motor skills in type of game or sporting events to practice, it is considered one of the most important types of education for female students to develop the skill, physical and movement side at the same time, and quality passes come in various forms within the educational units for games and sporting events on a regular basis and in sufficient quantity according to the

requirements of the game or practice activities, and it is considered one of the means that contribute effectively to the development of physical characteristics public and private, basic and skill movements in order to reach students to the highest possible level in the skillful performance of the game or sporting event.

Consequently, the researchers set the objectives of the research, which are preparing specific exercises in developing agility, learning the skill of dribbling, identifying the movement abilities such as agility and dribbling skill, and knowing the effect of specific exercises in developing agility and learning the skill of dribbling for the demanding futsal.

They also assumed that there is a positive effect of specific exercises in developing agility and learning the skill of dribbling for female students with futsal.

As for the fields of research, it was represented by female students of the first stage in the Faculty of Physical Education and Sports Sciences at the University of Babylon for the academic year 2020-2021 AD, and the news was conducted in the closed sports hall at the University of Babylon.

Research methodology and field procedures:

Research Methodology:

The researchers used the experimental approach to design the pre- and post-test equivalent group.

Research community and sample:

The research community has been identified for the first stage female students in the Faculty of Physical Education and Sports Sciences at the University of Babylon for the academic year 2020-2021 AD, and their number is (45) students. The research sample was chosen with a strength of (30) students and a percentage of (66%) after the female students who were admitted to the college successively were excluded from the successful students in the third round and the female students for evening admission and parallel admission. The research groups were selected and divided in a random way by (15) students for each group, as they were divided into two groups equally in a random manner and by the method of lots, and the experimental group followed specific exercises, while the control group followed the method followed by the trainer.

Tools and methods used in the research:

Methods for gathering information:

- Note.
- Questionnaire.
- Arab and foreign sources and references.
- Tests, measurement and topography.
- The opinions of experts and specialists.
- Personal interviews

Devices and tools used in the research:

- Futsal court is legal.
- Balls, count (5).
- Colored plastic cones, count (18).
- A tape measure

- Colorful adhesive tape.
- Posters and flexs in different sizes.
- Manual stopwatch type (KENKO) count (1).
- Medical scale (Chinese) type, count (1).
- Electronic Calculator Type (CLTON).
- Personal calculator (DELL) type, number (1).
- Camera type (SONY) number ().
- One (1) camera mount.
- Four-color training clothes, (30) pieces

Field research procedures:

Determining the agility test for female students in futsal:

Agility tests:

Test name: Zigzag running test with a 3x4.75 m Barrow method.

The aim of the test: - To measure agility by changing body positions.

Tools:

- Stop Watch.
- A running field is rectangular, on a solid ground 4.75 m in length and 3 m in width.
- Five legs not less than 30 cm long.
- The test area is planned according to the shown figure.

Performance description:

- The laboratory takes the standby mode from high start behind the start.
- When the start signal is given, he will run zigzag between the five lists three times in a row.
- The running tester starts standing at the starting line (A).
- The direction of running shall be according to the figure specified in the drawing, which is in the form of No. (8).
- Upon failure to perform the test or when a mistake occurs in the performance conditions, the test shall be repeated once.
- The laboratory is given only one attempt.

Registration : Record the time taken for the laboratory to travel the distance from start to finish.

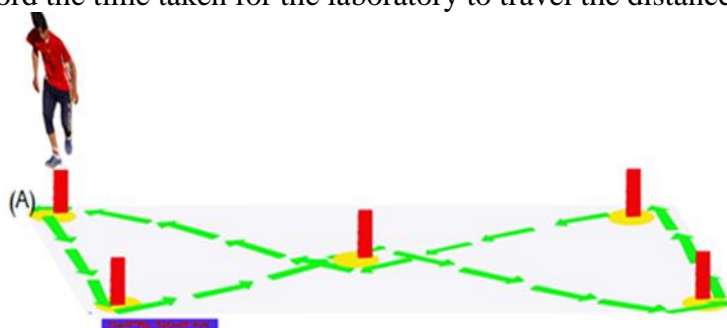


Figure (1)

The zigzag running test according to Barrow Way.

Dribbling test:

Name of the test: The zigzag running with the ball between (7) signs and the distance between one person and another (1m).

The purpose of the test: - To measure the laboratory's ability to control the ball while running with it between the halves.

Equipment: - football for halls, (1), (7) signs, a stopwatch, a playground where the signs are placed in a straight line, the distance between one person and another (1 m) and the distance between the starting line and the first sign (1.5 m).

Performance description: - The tester stands with the ball on the starting line, and when the starting signal is given, the tester runs a zigzag run between the signs using one of the left or right feet until it reaches the last marker rotating around it and returns to the starting line in the same way.

Performance conditions:

- The tester can begin by passing the first sign from the left or right.
- The movement of the player must not be stopped during the test.

Registration: The tester calculates the time to the nearest second from the moment he gives the start signal until he returns to the starting line again.

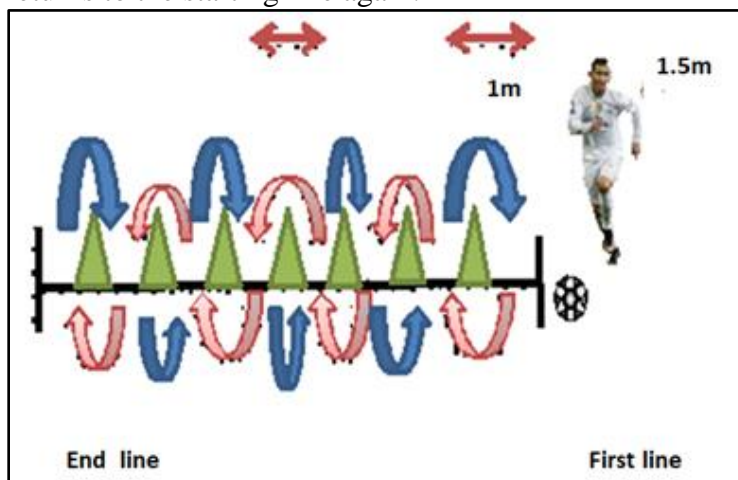


Figure (2)

Exploratory experience:

For the purpose of identifying the course of the main field experiment procedures for the purpose of obtaining accurate and reliable results, the researcher conducted the first exploratory experiment on Wednesday 12/24/2020 at ten o'clock in the morning on a sample consisting of (10) students in the Hall of Physical Education and Sports Sciences / University of Babylon And for the first stage students to get acquainted with most of the matters that concern and affect the search procedures, in addition it is one of the important and necessary means in the research procedures, as it is a mini-experiment applied to a small sample of the same research community that is conducted in conditions similar to the same main experiment.

The scientific basis for the tests:

Validity of tests: The validity of the test means "it is an estimate of whether the test measures what we want to measure it with it" ⁽¹⁾, and it was obtained by presenting the tests to experts and specialists.

Reliability: means the consistency of the test: that the test gives the same results as it is not repeated on the same group in the same circumstances, in other words, if the measurement process of a single individual was repeated, his score would show some consistency, that is, his score does not change fundamentally by repeating the test ⁽²⁾. The test was used and retested with a time difference of 7 days.

Objectivity of the tests: It is "the process of evaluating the independence of the results from the self-judgment of the corrector" ⁽³⁾ and they were verified by evaluators.

Pre-tests:

After completing the exploratory experiment and making sure of it, the researcher applied the main experiment by applying the tests to the research community, and the pre-tests were conducted on Wednesday and Thursday 13-14 / 1/2021 for the research sample of (30) students.

Exercise (1):

The exercise is organized inside a rectangle (4 x 10 m) in which two groups of players each group consists of four players and the distance between the two groups is (12 m) and the ball is with player No. (1) and (2). The exercise begins with player No. (1) and (2) rolling The ball until each of them reaches the opposite group, then player (1) hands the ball to player (4) and player (2) to player (3), and then they run to stand behind the group to which they arrived, and so the exercise continues.

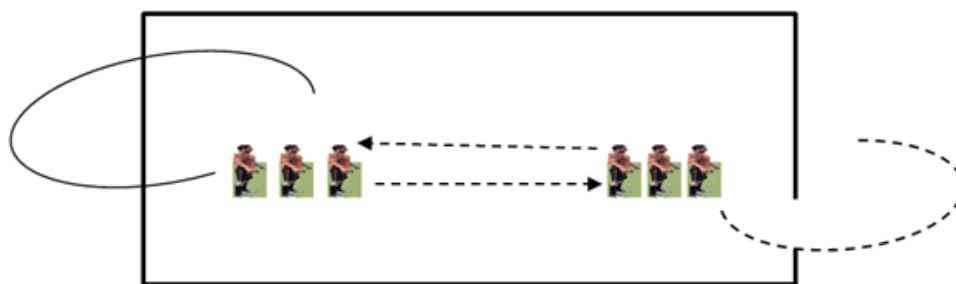


Figure (3)
Exercise 1.

Exercise 2 :

The exercise is organized inside a rectangle (8 x 10 m) in which four marks are placed in a gradual way, and the player begins to roll from the specified starting line and pass between the four signs, and after passing the last person, he quickly returns in a straight line to the starting point.

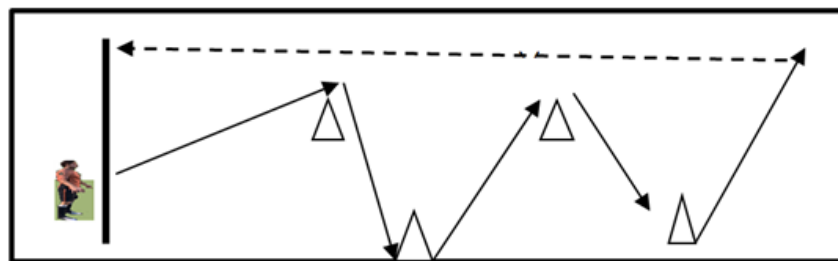


Figure (4)
Exercise 2.

In order to achieve the training process, the details of the specific exercises in the educational curriculum came as follows:

- The number of total training units that included specific exercises (8) training units, and the number of weekly training exercises that applied specific exercises (2) training units for a period of (4) weeks.

- The time for specific exercises in the training unit is (90) minutes.
- The aim of specific exercises is to develop the ability of movement agility and rolling skill for students of Physical Education and Sports Sciences / University of Babylon.
- Observe the interchange of separation between the muscle group.
- Specific exercises are given at the beginning of the main section and thus aim to teach the athlete new experience in various basic skills, game plans, or theoretical information in the field of training and competition.

Post-test:

The researchers, with the help of the assistant work staff, conducted the post-tests for the research sample after completing the specific exercises applications, and that was on Wednesday and Thursday with the same sequence of pre-tests, as the researcher took into account the same conditions in which the pre-tests were conducted in terms of the sequence of tests.

Statistical means:

The researcher used the statistical bag (spss) to analyze the results of the research, including:

- Arithmetic mean .
- standard deviation .
- Test for independent samples.

Presentation, analysis and discussion of the research results:

Presenting, analyzing and discussing the results of the pre-post tests for agility and dribbling skill.

Tests	Control group		Experimental group		T value	Sig level	Sig type
	Mean	Std. Deviation	Mean	Std. Deviation			
Agility	13.10	3.15	10.22	3.22	4.22	0.000	Sig
Dribbling	8.07	1.12	11.26	1.45	3.95	0.000	Sig

Experience: pre-post:

Tests	Control group		Experimental group		T value	Sig level	Sig type
	Mean	Std. Deviation	Mean	Std. Deviation			
Agility	7.35	1.15	12.54	1.34	4.16	0.000	Sig
Dribbling	13.40	3.65	9.17	3.09	4.52	0.000	Sig

Experience: post -pre:

Tests	Control group		Experimental group		T value	Sig level	Sig type
	Mean	Std. Deviation	Mean	Std. Deviation			
Agility	10.22	3.17	12.54	1.34	3.62	0.000	Sig
Dribbling	11.26	1.45	9.17	3.29	3.29	0.000	Sig

Conclusions and recommendations:

Conclusions:

- Special specific exercises led to the development of agility
- The special exercises led to the development of agility and the skill of rolling the futsal ball for female students
- The curriculum adopted by the trainer developed agility, as well as the skill of rolling with futsal soccer for students.

- Special exercises are more effective and preferable in developing the skills of rolling with futsal for female students
- The method of choosing the specificity, quality, number and distribution of special exercises in an equal manner had a clear effect on the development of all the variables addressed by the research through the presence of significant differences between the control and experimental groups, which showed the results of the (t) test.

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Recommendations:

- Adopting specific exercises in developing the skills of rolling in futsal football for female students
- Emphasis on the development of specific exercises for the use of the playing tool (soccer) in most of the duties performed by the players must be accomplished during the match using football.
- Adopting the exercises used in the research within the components of the training load (intensity - size - comfort) when training special specific exercises that participated in the development of the variables (under research).
- Conducting similar research and studies on other organized games for different age groups.

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