

# Effect of Special Exercises According to Skill Performance Endurance to Develop Some Physical Abilities and Scoring With the Head Accuracy Skill by Jumping among Talented of the Amo Baba Football Academy for the Ages of (14-15) Years in Football

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**Abstract:** This research dealt with the preparation of special exercises to withstand the skill performance in the development of some physical abilities in the accuracy of the skill of scoring with the head of jumping and to identify the impact of these exercises in the development of physical abilities such as motor speed and explosive power of the legs and rapid force, so the researcher used the experimental approach according to exercises to withstand the skill performance and that for its suitability to conduct field research because it is the best approach to suit the nature of the problem and reach the goal. Therefore, the researcher applied the vocabulary of the exercises for a period of (8) weeks by (2) training units per week (Friday - Tuesday), if the ability to withstand the skill performance in developing capabilities is placed accurately scoring with the head of jumping for the sample members. As a result of the efficiency of the training curriculum prepared by the researcher. It witnessed the improvement of the level of performance in the post-tests of the experimental group as a result of the increased development of physical capabilities according to the endurance of the skill performance and the effectiveness of the program for these exercises, where the researcher concluded the superiority of the experimental group in the post-tests of physical abilities and the accuracy of the skill of hitting the ball with the head from the jumping under study, as well as the research concluded the extent of the impact of bearing skill performance in the development of abilities under study accurately scoring with the head of jumping according to this approach, as the researcher recommended the need to legalize the training load for training programs To work on training to withstand skill performance to avoid defects in the training unit in the development of physical abilities and accuracy of the skill of scoring head from jumping to the research sample.

**Key points:** Kinetic Speed, Legs Explosive Power, Head Scoring From Jumping.

## **1- Definition of Research:**

### **1-1. Introduction and Research Importance:**

The game of football is one of the first mass and popular sports, due to the great development of this sport in the arts of its skills and special abilities interesting to the practitioner and viewer of this game, and this game has many requirements, especially in the field of sports training science, including the requirements for the development of the capabilities of its physical and skill players, and these abilities are only according to training developed according to the principles and foundations of scientific and practical sober, As the methods and methods of sports training, especially in the game of football, is an influential and interconnected process based on scientific

principles aimed at reaching the player and team members to the best level in the development of physical and skill abilities, and skills accuracy of the skill of scoring with the head of jumping, which works to play an effective role in this game, and these skills do not come from a vacuum unless there are physical abilities that work to prepare the player physically for performance, Therefore, the ability of players to perform a great physical effort for physical abilities such as motor speed, explosive power of the legs and rapid force during matches, which occurs in the development of the scoring process with the head from jumping, which occurs as a result of physical training according to codified, organized and continuous training.

Physical development training is all about improving endurance and skill performance. According to studies, physical abilities can be improved during a short period ranging from two to three months of regular training, as the important physical abilities of football players include motor speed, explosive power of the legs, and the rapid power that players need during matches. These abilities play a crucial role in a player's ability to perform technical skills accurately, especially headshots from jumping.

Mufti Ibrahim Hammad points out the importance of skill performance in improving kinetic speed, explosive power, and the ability to repeat skills correctly and efficiently for a relatively long period of time. Players should take care to develop these abilities in order to achieve the best performance during competitions.<sup>(1)</sup>

Hence the importance of the research through the preparation of exercises to withstand the performance of skills in the development of some physical abilities such as motor speed and explosive power of the legs and the rapid strength of football players in special requirements to develop the skill of hitting the ball with the head of jumping for talented aged 14-15 years of the sample members.

### **1-2. Research problem:**

The science of sports training and its modern and sophisticated methods in accordance with the foundations, principles, characteristics and requirements to withstand the performance of the skills that depend on the type and vocabulary of special exercises, which need a short period in the development of capabilities such as explosive power of the legs and the rapid force and speed of movement, and therefore the player needs a period of special preparation for the skill, especially hitting the ball with the head of jumping and the role is continuous to bear the skill performance in the development of physical abilities for the length of time for the period of performance of the skill or while doing technical skills from In order to achieve the goal of the requirements of the performance of the skill, whether in competition or physical preparations, and to reach the player to achieve the desired goal. From that, the research dealt with the problem by preparing special exercises to withstand the skill performance in the development of some physical abilities under study in the accuracy of scoring with the head of jumping to the requirements of effectiveness, which needs the development of physical capabilities of the explosive power of the legs and the rapid force and kinetic speed, which occurs during the performance of the players, so the researcher prepared exercises to endure the skill performance in the development of some physical abilities under study in the accuracy of the skill of scoring with the head of jumping football for the sample members to solve the research problem for the sample members.

### **1-3. Research Objectives:**

1. Preparing special exercises to withstand the skill performance of the sample members.
2. Identify the impact of these exercises in developing the physical capabilities of the explosive force of the legs, rapid force and kinetic speed in the accuracy of the skill of hitting the ball with the head from jumping to the sample members.

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<sup>1</sup>Ibrahim Hanafi Shaalan and Amr Abu al-Magd: Defense Strategy in Football, Dar al-Kitab, Cairo, 1996, p. 195.

#### **1-4. Research Hypotheses:**

1. There are statistically significant differences between the pre- and post-tests of physical abilities (explosive power of the legs, rapid force, and kinetic force) and in favor of the post-tests of the research sample.
2. Hulk statistically significant differences between the pre-test, and the post-test of the skill of scoring head in the research sample and in favor of the post-test.

#### **1-5. Research Fields:**

1-5-1 Human field: Players of the late Amo Baba Football Academy aged (14-15) years

1-5-2 Time Field: For the period from 25/10/2023 - 25/12/2023.

1-5-3 Spatial Field: The stadiums of the late Amo Baba Football Academy - Al-Shaab International Stadium.

#### **1-6. Research Terms:**

Explosive force: the ability of the nervous system to try to overcome resistance that requires a high degree of rapid muscle contractions<sup>2</sup>

Rapid force: defined as the ability of the muscular and nervous system to try to overcome resistance that requires a high degree of rapid muscle contractions.<sup>(3)</sup>

Kinetic speed: It is the ability to cover a known distance or move forward in the shortest possible time.<sup>(4)</sup>

Hitting the ball with the head from jumping: It is one of the difficult skills that need to be employed properly at the moment of contact with the ball, courage and high self-confidence, and this is affected by training.<sup>(5)</sup>

### **2- Research Methodology and Field Procedures:**

#### **2-1. Research Methodology:**

"The nature of the problem determines the research methodology in order to reach the truth and thus reveal it, through a comprehensive and accurate investigation of the phenomena and evidence related to the research problem<sup>6</sup>", the method is "the way leading to the disclosure of the truth in the various sciences, through a set of general rules that control the course of the action and determine its operations until it reaches an acceptable result<sup>7</sup>", the researcher has used the method Experimental design of one group and pre- and post-tests.

#### **2-2. Research Community and Sample:**

The selection of the appropriate sample is necessary to achieve the objectives of the research because it is "that part of the community that is selected according to scientific rules and methods so that the community is properly represented<sup>accordingly</sup><sup>8</sup>", the research community was selected by the researcher in a deliberate way, and they are the players of the late Amo Baba Football Academy, whose total number is (68) players, the sample of them was selected randomly for one experimental group with a pre- and post-test from the research community, which numbered (12) players, and (2) players were excluded to conduct the exploratory experiment on them. Before starting the field

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<sup>2</sup>Osama Kamel Rateb: Sports Psychology, Dar Al-Fikr Al-Arabi, Cairo, p 130

<sup>Stosi</sup>3 Ahmed: Foundations and Theories of Kineticism, Dar Al-Fikr Al-Arabi, Cairo, 1996, p. 45

<sup>4</sup>Mahmoud Mowaffaq Asaad (1989): A proposed training program to develop some basic skills in football, Master's thesis, College of Physical Education, University of Basra, p 28

<sup>(5)</sup> . Dewewalden Vandaline: History of Physical Education, translated by: Muhammad Bakhit and others, Franklin Center for Printing and Publishing, Cairo, 1985, p. 35

<sup>Ibid</sup>6 ., p. 31

<sup>Hassan</sup>7 Sayed Moawad: Teaching Methods in Physical Education, Dar Al-Fikr Al-Arabi, Cairo, 1989, p. 64

<sup>Ahmed</sup>8 Adam Ahmed: The Impact of a Proposed Educational Program to Develop the Basic Skill in Football for Students of the Faculty of Physical Education, PhD, 2002, p. 64

research procedures, the researcher conducted homogeneity on the research sample and the variables to be studied Table 1, between that.

**Table (1) Shows the arithmetic means, standard deviations, mode and torsion coefficient of variables (age, height, mass) of the research sample**

المتغيرات	الوسط الحسابي (س <sup>-</sup> )	الانحراف المعياري ( $\pm$ ع)	المنوال	معامل الالتواء
العمر	14.7	0.61	14	0.42
الطول	164.5	1.12	160	0.31+
الوزن	56.3	0.78	55	0.32+

Table (1) shows that the values of the torsion coefficient of the variables (age, height and mass) are limited between ( $\pm 1$ ), Which indicates the homogeneity of the research sample in these variables.

### 2-3. Means of Collecting Information:

The researcher used several means to collect the information and data required for the research, as it represents a necessary need to achieve the objectives of the research:

1. Arab and foreign sources.
2. Tests and measurement.
3. Assistant team.

### 2-4. Devices and Tools Used in Research:

1. Stopwatch number (1).
2. Tape measure.
3. Adhesive tape.
4. Legal football goals.
5. Footballs (8).
6. Legal football field.
7. Whistle.
8. Cones number (8)
9. Test camera (Sony)
10. A computer (laptop).
11. Burke to select tests
12. Divided crossbar.

### 2-5. Research Tests:

#### ➤ Physical Tests:

First: Kinetic speed test (20 m)

Purpose of the test: to measure the kinetic speed of the player.

Test description: The player stands from a standing position and when he hears the instruction he runs at full speed to cover a distance of 20 meters.

Tools: convenient place, assistant staff, tape measure, cones.

Measurement: The speed time of (20 m) is measured to the nearest millisecond.

Second: Three test and mutual stability

Purpose of the test: Measuring the rapid power of the laboratory

Test description: The player stands and performs three reciprocal stability and as far as possible.

Measurement: The distance from the moment of start to the end of the distance is measured for three and mutual stability and for the nearest m/cm.

Third: Vertical Jump Test (Sergeant) :<sup>(9)</sup>

1. Purpose of the test: Measurement of the explosive power of the legs.
2. Tools: ruler or tape measure - wall - piece of chalk,
3. Performance Description:
  - ✓ Install the ruler on the wall or tape measure in order to measure the distance of the vertical jump between two signs.
  - ✓ The player stands next to the wall barefoot holding a piece of chalk (one inch long) in his hand next to the wall.
  - ✓ Spread his hand all over the entire length as much as he can to mark the wall with chalk.
  - ✓ The player bends both knees while keeping its arm up the head and back straight.
  - ✓ The player begins to jump vertically up as hard as it can to mark with chalk at the highest point it reaches.

Calculation of test scores

- ✓ The player is given three attempts and record its best attempt.
- ✓ The measurement is carried out from the first mark to the second sign.

➤ Skill Tests:

First: hitting the ball with the head from jumping on circles:<sup>(10)</sup>

Purpose of the test: to measure the accuracy of hitting the ball with the head.

Performance specifications: The player stands behind the start, holding the ball, then throws it high to hit it with the head on the farthest circle trying to drop it in (inside).

Tools used: (3) circles with a radius of each (1) meter and the distance from the starting line to the center of the circle are as follows:

- ✓ The first (5) meters, the second (7) meters, and the third (9) meters.
- ✓ Legal footballs (10)

Scoring: Each player is given three attempts if he succeeds in dropping the ball within the first circle (10) degrees, the second (20) degrees, and the third (30) degrees. But if it falls outside all the circles, it is given a zero.

## **2-5. Exploratory Experiment:**

The researcher conducted his exploratory experiment on (2) players from outside the research sample and from the community of origin on Tuesday 25/10/2023, from this experiment the following:

- Knowing the obstacles faced by the researcher during the implementation of the exploratory experiment.
- Ensure the extent of the players' response to the implementation of the content of the training program.

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<sup>(9)</sup> Mufti Ibrahim: Preparation of the tactical skill of the football player, Dar Al-Fikr Al-Arabi, Egypt, 1994, p. 95  
<sup>Hussein<sup>10</sup></sup> Yassin: Technical and Educational Principles of Sports Skills, 1st Edition, Riyadh, Egypt, 1997, p. 312

- Ensure the appropriateness of the times of the parts of the training units and the possibility of implementation.
- Identify the expected difficulties in implementation and develop appropriate solutions.
- Determine the appropriate places for each training session.

#### **2-6. Pre-Tests:**

After the data that took place from the exploratory experiment, the researcher, with the help of the assistant work team, on 28/10/2023 on Friday at ten o'clock at the late Amo Baba Football Academy, after conducting a special and public warm-up, conducted pre-tests for the requirements of tests for physical abilities and the accuracy of the skill of hitting the ball with the head from jumping to the sample members.

#### **2-7. Training Approach:**

The curriculum will be implemented after presenting it to a group of experts (\*) with competence in the field of training, learning, testing and measuring football to express their opinions and observations about the curriculum in terms of:

1. Ensure that the curriculum is valid for players
2. The chronological division of the parts of the training unit prepared by the researcher.
3. Exercises developed in order to achieve the objectives of the exercises to withstand the performance of the requirements of the exercises according to the capabilities of the vocabulary to withstand the skill performance moment of increasing the capabilities of developing requirements according to the use of such a method of exercises in the development of physical abilities to perform speeds of different sizes and repetitions and various different jumps and fast jump by performing groups and repetitions with different tensions, sizes and palms between repetitions and between groups.

#### **2-8. Approach Application:**

After the researcher laid the foundations and general and accurate details of the prepared training program, and the aim of it is to develop some physical abilities represented by the explosive power of the legs, kinetic speed and fast force, through which the skill of hitting the ball with the head and scoring is developed, the researcher began to apply this training program to the research sample on 1/11/2023, which lasted for two months, as the training units were divided into two units per week for a period of eight weeks, That is, the total number of training units is (16) units, and this program was terminated on 12/27/2023.

#### **2-9. Post-Tests:**

After the data that took place in the pre-tests, the researcher assisted the assistant work team on 12/29/2023 at ten o'clock on Friday after conducting a public and private warm-up to conduct post-tests for the research sample of physical abilities and accuracy of the performance of hitting the ball with the head from jumping to the sample members.

#### **2-10. Statistical Methods:**

The researcher used the statistical program (SPSS) to arrive at the results of the tests

- ✓ Mean.
- ✓ –Standard deviation
- ✓ Torsion coefficient

#### **3- Results Presentation, Analysis and Discussion:**

The researcher presented the pre- and post-tests of the research sample, by presenting the arithmetic means and standard deviations in illustrative tables after conducting the necessary statistical operations, in order to facilitate the observation of the results, as well as conducting a comparison

between the pre- and post-tests through the analysis and interpretation of the results of all measurements to know the reality of the differences and their statistical significance, according to the accurate scientific perspective, in order to achieve the objectives and assumptions of the research.

**3-1. Results Presentation and Analysis of The Kinetic Speed Test Running 20 M (Pre- And Post):**

**Table (1) Shows arithmetic means, standard deviations, values of (T), value of (q) and (p) calculated and tabular and the significance of the variables of the research under study**

variables	Measurement units	Pre- test		Post-test		f	f.h	T test	Error value	Sig. level
		M.	St.d	M.	St.d					
20m. Speed Run	Sec.	2,363	0,931	2,262	0,095	0,1008	0,088	3,930	0,020	Sig.
Scoring with the head accuracy skill by jumping	degree	1,5000	0,80	2,6001	0,66	0,5000	0,6670	2,4780	0,001	Sig.

From Table (1), the arithmetic mean of the pre-test of the variable shows the kinetic speed running 20 m (2,363), the standard deviation (0.931), the arithmetic mean of the post-test was (2,262), the standard deviation was (0.095), the value of (q) was (0.1008) and the value of (P E) was (0.88), where the value of T was (3,930) and the level of error (0.020), which means that there is a significant correlation for the variable with a significance level (0.05) and a degree of freedom of (4). The variables of hitting the ball with the head of the jump were the mean of the pre-test (1.5000), the standard deviation (1.8012), the arithmetic mean of the post-test was (2.8001) and the standard deviation was (0.6601), while the value of (P) was (0.5000) and the value of (P E) (0.6670) where the value of T (2.4780) and the level of error (0.001) and this means that there is a significant correlation for the expressive in the accuracy of the scoring skill with the head, which the football player needs because the skill needs such an ability to reach the player to speed Effective kineticist during the approach process This indicates the level of significance in the correlation (0.05) and the degree of freedom (4).

**Table (2) Shows arithmetic media, standard deviations, calculated (T) values, (P) value, error level, and statistical significance of the research variables under study**

variables	Measurement units	Pre- test		Post-test		f	f.h	T test	Error value	Sig. level
		M.	St.d	M.	St.d					
Explosive Power	cm.	2,464	0,094	2,595	0,126	0,130	0,056	8,47	000	Sig.
Scoring with the head accuracy skill by jumping	degree	1,5000	0,80	2,600	0,66	0,5000	0,6670	2,4780	0,001	Sig.

From Table (2) between the arithmetic mean of the pre-test of the explosive force variable (2,464), the standard deviation (0.094), the arithmetic mean of the post-test was (2,595) and the standard deviation was (0.126), while the value of P was (0.130) and the value of (P E) was (0.056) where the value of T was (8.47) and the level of error (0.000) and this means that there is a significant correlation for the variable Explosive force is the requirements for hitting the ball with the head from jumping with a level of significance (0.05) and a degree of freedom (4).

The variables for the ball with the head of the jump were the arithmetic mean of the pre-test (1.5000), the standard deviation (0.80), the arithmetic mean of the post-test was (2.8001) and the standard deviation was (0.66), while the value of (q) was (0.5000) and the value of (P E) (0.6670) where the value of T (2.4780) and the level of error (0.001) and this means that there is a significant correlation of the expressive explosive force and the accuracy of the skill of hitting the ball with the head from jumping with the level of significance in the link (0.05) and the degree of freedom (4).

**Table (3) Shows mean, standard deviations, value of (f), the value of (f.h), the calculated values of (T) and the significant significance of the variables of the research under study**

variables	Measurement units	Pre- test		Post-test		f	f.h	T test	Error value	Sig. level
		M.	St.d	M.	St.d					
Rapid Strength	meter	6,533	0,349	7,183	0,169	0,650	0,328	6,846	0,000	Sig.
Scoring with the head accuracy skill by jumping	degree	1,5000	0,8001	2,6001	0,6601	0,5000	0,6670	2,4780	0,001	Sig.

From Table (3) between the arithmetic mean of the pre-test of the variable rapid force (6,533), the standard deviation (0.349), the arithmetic mean of the post-test was (7,183) and the standard deviation was (0.169), while the value of (q) was (0.650) and the value of (P) was (0.328) where the value of T was (6,846) and the level of error (0.000) and this means that there is a significant correlation of the variable Rapid force in the skill of hitting the ball with the head from jumping being the focus of the jump up process to reach the ball and get it to implement Hitting the ball with the head from the jump indicates a significance level (0.05) and a degree of freedom (4).

The variables for the ball with the head of the jump were the arithmetic mean of the pre-test (1.5000), the standard deviation (1.8012), the arithmetic mean of the post-test was (2.8001) and the standard deviation was (0.6601), while the value of (q) was (0.5000) and the value of (P E) (0.6670) where the value of T (2.4780) and the level of error (0.001) and this means that there is a significant correlation for the express rapid force in the requirements of accuracy of hitting the ball with the head from jumping with the level of significance in the link (0.05) and with a degree of freedom (4).

### **3-2. Results Discussion:**

It was clear from the tables (1, 2, 3) arithmetic means and standard deviations showed the effect of skill performance endurance training in the development of some physical abilities (kinetic speed 20 m, explosive power, rapid power) and the accuracy of the skill of scoring with the head from jumping among the sample members. In developing the level and retention of post-tests for the experimental research sample. From that, the tests of physical abilities led to motor speed, explosive power and rapid force showed significant results of the tests and thus led to the development of the stages of performance of the ball blow with the head from jumping to the research sample. It was clear that the effect of exercises to endure skill performance, showed the moral differences in the development of the physical capabilities of the research sample and its impact effectively on the development of the stages of performance of hitting the ball with the head of jumping to the research sample of the gifted in the light of the exercises to endure the skill performance of the exercises according to the bearing of the skill performance of the research sample of such ages of the sample members.

It is that the adequacy of arithmetic media and standard deviations to infer the differences and in order to be inferential results the researcher extracted the differences between the pre- and post-tests for each variable in the accuracy of scoring head, and the results showed that there are significant differences between the pre- and post-tests in the test of accuracy of the blow to the head of

jumping and tests of speed, explosive power and rapid power and in favor of the largest arithmetic average, which is the post-test.

The researcher attributes these differences to the physical abilities that were applied to the research sample. These different abilities are the direct factor in increasing the player's ability according to the capabilities that represent the skill performance of the players for such ages of the sample members because the football game needs focus in the performance of hitting the ball with the head from jumping and the fact that the player performs jumps speeds in play and that the fast force, kinetic speed and explosive power contributed to increasing the efficiency of the players in the tool of accuracy of hitting the ball with the head from Jumping and concentration (muscles are the source of strength in the human body and move him, because they are the source of force causing movement and depends on the performance of most sports activities, and players with good muscular ability and motor speed can produce good general strength and win competitions <sup>(11)</sup>).

Football players rely mainly on the strength of the legs and the process of performing the upgrade and that the exercises to bear according to the performance of the prepared skill contributed to increasing the efficiency of work for the rapid and explosive force and kinetic speed contributed to the jumping force of the players in the strength of the legs, especially during the upgrade process, which works on the jumping process, which requires kinetic speed, rapid force and explosive power because any fatigue will reduce the jumping force and reduce achievement, as the exercises to withstand the skill performance of the ability of the individual athlete To continue to perform effectively without blowing in reward or ability to resist fatigue<sup>(12)</sup>. and also known endurance (resistance of the organ organs to fatigue during exercise for a relatively long period <sup>(13)</sup>).

#### **4- Conclusions and recommendations:**

##### **4-1. Conclusions:**

The researcher concluded the following:

1. There are significant differences in favor of the experimental group for the pre- and post-tests and in favor of the post-test, which indicates that there is progress in the development of physical tests for the research sample.
2. There are significant differences for the two post-tests of the control group and experimental in favor of experimental accuracy in hitting the ball with the head of jumping at the research sample.

##### **4-2. Recommendations:**

In light of the above conclusions, the researcher recommends the following:

1. Focus on the use of other physical abilities in learning and retention gifted football.
2. Work on the use of exercises to bear the performance of skill performance in the performance of other skills in football for the gifted.
3. Conducting studies to find out the different levels of gifted people according to their academic achievement, economic status, gender, and social status, whether they are primary or university students in such a learning style.

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<sup>Hidayat11</sup> Ahmed Hassan: The Impact of a Trainer Program for Balance Development on the Level of Skill Performance of Olympic Gymnastics Team Players, Scientific Journal of Physical Education and Sports Sciences, Third and Fourteenth Issues, April, 1992, p. 57

<sup>Karima12</sup> Fayyad: The Impact of Self-Learning and Peer Teaching Strategies on the Level of Technical Performance and Achievement of the Effectiveness of Throwing the Air Rifle, PhD Thesis, University of Baghdad, College of Physical Education for Girls, 2004, p. 147

<sup>13</sup> Wadih Yassin: Physical Preparation of Women, Mosul: Ministry of Higher Education and Scientific Research, University of the Faculty of Physical Education, 1986, p. 225.

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## Appendix (1)

A model of endurance performance skill exercises:

### **Exercise (1)**

The player performs a start for a distance of (10 m) between the cones numbering (8) cones, then handling the coach behind the sign (double bus) then rolling the ball for a distance of (15 m) and scoring with the head of the jump, then jumping on the throat number (4) rings throat size (60) cm and moving from one throat to another on one foot (one second on each throat), then jumping on (4) obstacles The height of one obstacle (60) cm between one obstacle and another (1 m) and then returning to the same point to perform the ball with the head on The goal with attention to the element of speed and consistent performance in the level.

### **Exercise (2) weeks (5, 6, 7, 8)**

The exercise begins for the player for a distance of (10 m) by jumping on the obstacles (3) obstacles with both feet The height of the obstacle is (60) cm, then performing the compatibility on the throat (4) rings The size of the throat is (60) cm with the feet outside and inside, then jumping high and hitting the ball with the head on a goal, and then going towards the sign, and then rolling the ball between the cones number (5) cones for a distance of (10 m) and then passing the ball to the coach and performing the consensus on the training ladder (5) squares and receiving the ball and raising it

to the top And hit it with the head with direct aim towards the target and emphasize the side of not decreasing performance.

Where the program included these units according to intensity, size, comfort and repetition of performance for a period of (8) weeks, with two weekly units (Friday and Tuesday) of each week.