



**A STUDY OF SOME PHYSICAL CAPABILITIES OF THE LEGS
AND THEIR RELATIONSHIP TO THE SKILL OF SCORING
ACCURACY FROM FIXED KICKS IN FOOTBALL**

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ABSTRACT	KEYWORDS
<p>The research aims to identify the extent of the effect of the physical capabilities of the legs and its relationship to the skill of scoring from fixed kicks in football by looking at the performance of the players in performing the single skill, as it was found that those strikes were not used in scoring correctly, which led the researcher to study that weakness in scoring from stability, as it was found The researcher found that the use of the descriptive approach is the most suitable method for developing the scoring skills of the players.</p>	<p>Physical abilities, Steady beats, sports field, Football.</p>

1- Introducing the research:

1-1 Introduction and the importance of research:

The world witnessed a great renaissance in all fields, including the sports field, a more important and faster state in the emergence of the image of countries expressing the extent of their advancement, and this is happening as a result of the interest of researchers, specialists and workers in them, and established the fruits of science related to mathematical numbers in all physical, skillful, tactical, technical and educational aspects. The football game is one of the important activities in the sports field. This game developed and occupied an advanced position and became more popular in some countries. A fast rhythm that generates admiration and its effects among the public, especially when scoring goals that lead to the players' skill, as this game has high requirements, high physical preparation, and high-level skill. Studying the physical capabilities of the legs are among the important characteristics required by this game, as they are inherent in football skills, which shows harmony between attack and defense and the use of basic skills, especially in scoring a variety of movement and stability and achieving a good level .

1-2 Research problem

The possession of football players the physical capabilities of the legs, especially in offensive skills such as the skill of scoring from stability lead them to win the match in order to develop those abilities and qualities related to the skill of scoring from stability and by looking at the sports teams for some matches it was found that there is a weakness in the performance of some players In the performance

of one skill, where it was found that these strikes were not exploited from the scoring correctly, which led the researcher to study that weakness in the scoring from stability.

1-3 research objectives

Identifying the impact of the physical capabilities of the legs and its relationship to the scoring skill of fixed kicks in football.

1-4 research hypotheses

There is a relationship between the physical capabilities of the legs and its relationship to the skill and accuracy of scoring from fixed kicks in football.

1- 5 areas of research:

1-5-1 The human field: Al Mina Football Club players

1-5-2 Time range: from the period 11/112022 to 4/25/2023

1-5-3 Spatial field: Al Mina Sports Club football stadium.

2- Theoretical studies

2-1 Physical attributes

They are qualities related to the physical aspect of a person and are inherited from performance. These qualities can develop during exercise and training and work to raise the level of skillful performance. These qualities can also merge with each other, which are strength, speed and stamina. Any game has a certain percentage, weight and accuracy. For example, weightlifting may Its percentage is more than stamina, and some researchers add to these qualities, weight, as well as flexibility when it comes to muscular ability, as well as balance when studying the functional and legislative side. Training, as previously indicated, is specific to special requirements located on a specific activity. The teacher who possesses a high level will analyze, with the exception of the physical requirements of the learner who is trying to learn a skill in any activity, and that the weakness of the learner in possessing physical characteristics must be noticed and addressed by a proposed program in order to develop any weakness in flexibility. or special strength or endurance⁽ⁱ⁾.

2-1-1 strength

Strength has been classified as one of the most important components of motor performance because any movement depends primarily on strength. If it were not for strength, a person would lose movement. It is a possibility to overcome or confront external resistance based on physical and motor performance. It requires trying to overcome or confront elements with the difference of these resistances in terms of intensity of performance. Another movement, and strength can be defined as the ability of the athlete to perform an action to overcome resistance. In recent years, the science of movement training has been introduced and to develop strength, which constitutes an important center in almost all sports, including football. The development and development of strength does not happen between day and night, but rather takes a long time. The higher the level, the more time is required to increase the development of strength⁽ⁱⁱ⁾.

3-1-1 speed

Speed is one of the most important physical attributes in all sports, including football, and speed is a genetic trait, but modern training has had an impact on improving performance and benefiting from the genetic trait to the highest possible degree. (Charles Iboker) It is the individual's ability to perform sequential movements of one type in the shortest period, and speed in football is defined as the player's ability to perform sports movements with or without the ball in a short period of time because the speed of a football player is a starting point, that is, the ability to accelerate and launch quickly From standing or slow movement, the player must be fast in a short distance, and the sudden switch from defense to attack and vice versa , studies analyzing the motor activity of international matches confirmed that the speed of all kinds is one of the most important characteristics of the modern football player, as this contributes to increasing the activities of the offensive lines, in agreement with the male researcher. In football, which makes it an attribute that must be distinguished by the player when he is tested, which helps the coach to develop it and reach the required level⁽ⁱⁱⁱ⁾.

4-1-1 The intractable

The intractable is associated with many areas of human activity, and it is also the beginning of the practice of most sports activities, especially those that require continued work for long periods, as the characteristic leads to a lengthening of the period in which the individual maintains efficiency between the body's resistance to fatigue, and it can be defined as the ability of the individual to work for long periods without The decline in the level of adequacy or effectiveness, and that the level of procrastination depends above all on the functional ability of the heart, respiratory system, circulatory system, and nervous system, as well as the compatibility between the different body systems.

2-1-4 The strength characteristic of speed

The strength characteristic of speed is many motor activities that consist of the two qualities of speed in many sports events such as athletics, throwing, long jump, high jump, as well as in intellectual games such as football, shooting and hitting the ball in the head, volleyball, smash hit, handball, The basketball, the movements of jumping and shooting, the strength that is distinguished by speed, has several definitions, and Hassan Hussein Al-Khanbaki defines it as the ability of the athlete to dominate the resistance using high speed, and Muhammad Hassan Allawi and Muhammad Nasr Al-Din define it as the maximum force and it is the main influence in achieving the movement that is essentially linked at a constant speed^(iv).

2-1-5 Explosive strength

Plyometric exercises are a way to develop explosive strength, which is an important basis for the performance of most athletes. From a scientific point of view, explosive strength exercises are relatively easy to learn and teach. From a psychological perspective, these exercises are confusing, scientific experience supports their value, so we do not fully understand how they work, although some muscle processes that respond to muscle cues are known under this type of exercise, and there is little research that has been done on what actually happens to this level as a result For plyometric training In the first chapter, you will learn what is meant by plyometric exercises in a brief overview of its history, then we will study some of the basic elements of explosive strength training. In line with other elements of physical fitness such as flexibility and motor games in the plyometric training

program since the ancient Greek era, athletic trainers searched for ways and means to improve speed and strength. have been taught for some time^(v).

3- Research methodology and field procedures

3-1 Research Methodology:

The research method is the scientific way that leads the researcher to a scientific and objective investigation of the situation, feature or phenomenon that increases the researcher's study and the nature of the situation, the nature of the approach used in the research was the use of the descriptive approach in the manner of the survey study, because it is the approach that scientifically helps to achieve the goal of the study and the descriptive approach^(vi).

3-2 Research sample

The goals set by the researcher and the procedures he uses are the nature of the sample that he will choose. Therefore, the research sample was chosen by the intentional method from the players of Al-Minaa Sports Club for football for the academic year 2022/2023, whose number is (10) out of (24) players, as their percentage reached (41,667) from the original community.

3-3 Tools and means used in collecting research information

3-3-1 The tools used

- 1- The football field
- 2- Football is a number
- 3- Measuring tape
- 4- A stopwatch
- 5- His whistle.

3-3-2 The means used

- 1- Theoretical tests
- 2- Paper, pen
- 3- Physical exams
- 4- Arabic sources and references.

3-4 tests used in the research

3-4-1 Tests The strength and speed of the two men

- Purpose of the test - to measure the strength characteristic of the speed that extends the knees
- Tools, stopwatch
- Performing the test, from a standing position, fully bending and extending the knees in a time of (20) seconds, noting that no member of the body is supported on the ground or anything else.
- Calendar, number of times (20) seconds.

3-4-2 Explosive strength test for the legs^(vii).

Broad jump stability test

- The purpose of the test is to measure the explosive strength of the two men in the forward jump
- The tools used, a suitable place for jumping with width (11.5) and length (3.5) level, measuring tape, marking chalk
- Description of the test The tester stands behind the starting line with the feet slightly apart and parallel behind the starting line The tester starts swinging the arms forward
- Conditions, the tester is given three consecutive attempts, between which there is an appropriate rest period
- Recording, the tester records the best of the three steps.

3-5 Exploratory experience

The researcher conducted an exploratory experiment on Tuesday, 2/12/2022 at (11) am, on a group of players consisting of (3) players from outside the research sample. The aim of the experiment was:

- 1- Detecting the difficulties and obstacles faced by the researcher during the application of the test?
- 2- Emphasizing the organization of work between the researcher and the assistant staff in order to obtain accurate data.

3-6 main experience

The researcher started the scientific work with his research sample on Wednesday, 9/2/2022 at (11) am, where the researcher conducted physical and skills tests on his research sample consisting of (10) players, and the researcher completed these tests after an hour had passed from the Al-Minaa Sports Club stadium for football and with the help of Some teachers and players after collecting data through the attempts of the players and then with the sample statistically to reach test results.

3-7 Statistical means

The researcher used statistical methods through the use of the statistical group program (SPAS), including extracting (the arithmetic mean, standard deviation, percentage, and the simplex-Pearson correlation coefficient)^(viii).

4- Presentation, analysis and discussion of the results

4-1 Presentation and discussion of the results of the skill of fixed strikes and the strength characteristic of the speed of the two legs

Table No. (1)

Shows the arithmetic mean, standard deviations, calculated and tabulated (r) value for fixed stroke skills, and the strength characteristic of the speed of the two men.

significance level	tabular value (t)	Calculated (t) value	standard deviation	Arithmetic mean	The tests
Incorporeal	0.667	0.971	16.7	44	Fixed strikes in football
			0.75	18	The strength characteristic of the speed of the feet

By observing the table, it was found that the value of the arithmetic mean for fixed kicks in football amounted to (44) and with a standard deviation of (16.7), while we find that the arithmetic mean value for the strength characteristic of speed for the two men amounted to (18) and with a deviation of (75.0) and knowing the significance of the difference Between the two tests, the (t) test was used for correlated samples, where the calculated (t) value was (0.971), and when compared to the tabular (t) value equal to (0.667), the calculated (t) value was found to be greater than the tabular value, and this means that the difference The two tests are moral, and the researcher attributes the reason for this development to the nature of the game, which is characterized by speed and high movement of the variables of rapid play, which necessitates the player to exert maximum effort in performance in order to overcome the opponent in the fast and accurate moments in hitting the target at the right time when given the opportunity^(ix).

The researcher also attributes the development of the strength characteristic of speed, including the muscles, which are necessary for the requirements of the game of football, especially the muscles of the two legs, because the player needs them to hit the ball for the farthest distance and to score^(x).

4-2 Presentation and discussion of the skills of fixed strikes and the strength characteristic of the speed of the feet.

Schedule (2)

Explains the arithmetic mean, standard deviations, calculated and tabulated (t) value for fixed stroke skills, and the strength characteristic of the speed of the feet.

significance level	tabular (t) value	Calculated (t) value	standard deviation	Arithmetic mean	The tests
incorporeal	0.425	0,632	16.7	44	Fixed strikes in football
			1,96	2,76	The strength characteristic of the speed of the feet

The tabular t value under a degree of freedom (8) and the probability of error (0.05) equals 0.425. By observing table (2) that shows the value of the arithmetic mean for fixed kicks in football, it amounted to (44) and with a standard deviation (16.7), while we find that the arithmetic mean value for the explosive strength of the feet amounted to (2.76) and with a standard deviation (1.96). To find out the significance of the difference between the two tests, the (t) test was used for correlated samples, as the calculated (t) amounted to (0.632), and when compared to the new (t) value, which is equal to (0.425), it was found that the calculated (t) value is greater than the value Tabular, which means that the difference between the two tests is significant^(xi).

The researcher attributes the reason for this development to the fact that the player enjoys a great speed in order for the explosive strength to explode automatically, and this is another matter that requires a lot of training. The importance of the explosive strength in the ball of fixed blows is due to the fact that it is decisive in the various skills of the field. He mentions (Alan Dawood) that this type of strength is used in the game. In cases of hitting the ball at maximum speed, such as targeting when changing direction or turning around, and when running at high speed, especially from steady starts from standing^(xii).

5 - Conclusions and recommendations

5-1 conclusions

- 1- The need to pay attention to training on all physical attributes and skills that raise the level of the player, especially in fixed strikes.
- 2 - It was found that most of the players have good physical and skillful qualities that are in the interest of steady scoring.
- 3- There is a significant correlation in the results of the tests.

5-2 Recommendations

- 1 - Emphasis on training all physical attributes and skills that raise the level of the player with fixed strikes.
- 2- Allocating training units, especially during or outside the exercise.
- 3- Emphasis on commitment in training, especially the players, whose performance is reflected in scoring during matches.
- 4- The need to pay attention to developing the physical capabilities of the muscle groups in some parts of the body when training football players.

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