

The effect of compound exercises (physical - skill) in developing some special physical abilities and basic skills in football for junior league players.

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Received: 12/07/2022

Accepted: 11/11 /2022

Published: 15/11 /2022

Abstract:

the researcher person there is weakness in some physical abilities and basic skills, which affects the effectiveness of their performance, most of the teams suffer from a clear decline in the level of performance, especially in the last third of the match, as it leads to early fatigue, slow recovery, lack of focus and low level of performance effectiveness. The total (physical and technical) that appears through random play, dispersal of balls, frequent cut-offs, slow defensive and offensive activities, and lack of focus on the application of scientific methods, to reach ideal performance and positive result in football, as physical abilities are the main pillar on which the development of the physiological aspect builds, Skill and plan.

KEY WORDS : COMPLEX EXERCISES - SPECIAL PHYSICAL ABILITIES - BASIC SKILLS - JUNIOR LEAGUE

المخلص:

شخص الباحث هناك ضعفا في بعض القدرات البدنية والمهارات الأساسية مما يؤثر في فاعلية أدائهم، فإن أغلب الفرق تعاني من الإنخفاض الواضح في مستوى الأداء ولاسيما في الثلث الأخير من المباراة إذ يؤدي إلى التعب المبكر وبطء حالة الإستشفاء والى قلة التركيز وإنخفاض مستوى فاعلية الأداء الإجمالي) البدني والفني (الذي يظهر من خلال اللعب العشوائي وتشتييت الكرات وكثرة المناولات المقطوعة وبطء الفعاليات الدفاعية والهجومية ، وعدم التركيز على تطبيق المناهج العلمية، للوصول إلى الأداء المثالي والنتيجة الإيجابي في كرة القدم، إذ تعد القدرات البدنية الركيزة الأساسية التي يبنى عليها تطوير الجانب الفسيولوجي والمهاري والخططي والنفسي.

الكلمات المفتاحية: تمارينات مركبة- قدرات بدنية خاصة- مهارات أساسية- دوري الناشئين

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1-Introduction:

The development of global sports achievement in recent decades did not come randomly, but was an inevitable result of using scientific research methods and sound planning, through the employment of the foundations and principles of modern sciences in physical education such as training science, physiology, statistics, biomechanics, sociology and sports medicine.

Affecting the level of performance and result of football players during the two halves of the match. The importance of the research lies in the effect of complex exercises (physical - skill) in developing some special physical abilities and basic skills and seeking to find the best ways and methods to develop them as one of the most important special requirements for football players. them during the match and provide their coach with more opportunities to choose the type of plan and method of play.

This research provides complex exercises (physical - skill) and depends on the development of some special physical abilities, which are (strength characterized by speed, strength elongation and speed elongation) and some basic skills (rolling - handling - scoring), because of this of great importance and vitality for modern football players.

To reach the performance and result in football that aims to achieve victory requires the compatibility of very many requirements, including a high level of interconnected and overlapping performance of physical and skill abilities among them, as physical abilities are the main pillar on which the development of the psychological and skill side builds.

Physiological and schematic And since the researcher is one of the football players and taking the opinions of the coaches, he noticed that there is a weakness in the special physical abilities and some basic skills, which affects the effectiveness of their performance, as most teams suffer from a clear decline in the level of performance, especially in the last third of the match, as it leads to early fatigue and slow condition. Hospitalization, lack of focus and low level of overall performance (physical and technical), which appears through random play, scattering of balls, frequent cut-offs, slow defensive and offensive activities, and lack of focus on the application of scientific methods. Therefore, the researcher decided to study this problem and

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develop appropriate solutions to it by preparing complex exercises (physical - skill) aimed at developing some of the physical abilities and basic skills of the junior league players in the hope of reaching results that serve the development of this first popular game in different countries of the world.

2- General objective of the study:

- Preparing complex exercises (physical - skill) to develop some special physical abilities and basic skills in football.
- Identifying the effect of complex exercises (physical - skill) in developing some special physical abilities and basic skills of football players (under research).

3- Force search:

There are significant differences between the pre and post tests of special physical abilities and basic skills in favor of the post test.

4- Research areas:

- **The human field:** (12) players from the junior league players.
- **Spatial domain:** Yards and playgrounds of the Sports Association in Ariana.
- **Time range:** the period from 20/4/2019 to 1/7/2020.

5- Research Methodology and Field Procedures:

4-1 Research Methodology:

The researcher used the experimental method by designing one group with two self-tests, pre- and post-tests To suit the requirements of the research and to be the appropriate way to solve the problem

4-2 Research sample and community:

The research sample is one of the necessities of scientific research, as the researcher chose the research community in a deliberate way, and they are for the junior league players of the Ariana Sports Association who are officially registered in the Tunisian University football statements, and the number of sample members was (12) players, knowing that the research community consists of (11) clubs And the number of players in the research community is (275) players, and the goalkeepers were excluded, and their number is (35), or 6% of the total community.

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4-3 Means of collecting information:

The researcher used the devices, tools and means of data collection for his research, which are: interview, tests, Arab and foreign sources and references, assistant work team, the World Wide Web for Information (Internet), data registration form.

Use the following devices and tools:

- Medical scale with a device for measuring length (Ristammeter), one number. An electronic stopwatch type (Casio) that measures to the nearest 1/100 of a second, number.(6)
- Legal soccer balls.(20)
- Cords of different lengths and bobs
- Obstacles of different heights number.(10)
- Whistle number.(5)
- plastic poles with(45) circular rings (6).
- Chinese type camera for the purpose of shooting tests.
- Small targets of different dimensions (4) with a tape measure.
- American-made DELL laptop.

4-4 Tests used in research for physical abilities and basic skills:

4-4-1 Speed test: (Dia Al-Din Baraa Jawad Al-Amiri, 2012 P 190)

- **Test name:** Partridge test for maximum distance in 10 seconds.
- **The objective of the test:** to measure the speed characteristic of the legs.
- **E tools used:** stopwatch, burke for marking, whistle, tape measure, form registration
- **Description of performance:** The player stands behind the starting line and after hearing the signal he makes the hopscotch with a line straight and at full speed
- **Test instructions:**
 - ✓ The player hobbles on the right leg for a period of (10) seconds from the starting line.
 - ✓ He performs the partridge on the left leg for the same period.
- **Registration method:**

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- ✓ The distance traveled by the laboratory during a period of (10) seconds is recorded.

4-4-2 strength endurance test: (Dia Al-Din Al-Amri, ,2019. P140)

- **Test name:** Vertical jump from a squat position for 30 seconds.
- **The objective of the test:** To measure the endurance of the muscles of the legs.
- **Instruments used:** stopwatch, whistle
- **Description of performance:** When starting and from a squatting position, the tester jumps high so that it stretches. The knees and the feet leave the ground in each jump, and the tester continues to jump for 30 seconds.
- **Test instructions:** Jump up and arms extended at the level of the abdomen, noting Bend the knees in a squat position and give one attempt per laboratory.
- **Recording method:** The laboratory records the number of jumping times within (30) seconds.

4-4-3 Speed Endurance Test: (Mahmoud Abul-Enein., 2000, p136)

- **The objective of the test:** to measure the speed endurance (30 meters x 5) times continuously.
- **Tools used:** stopwatch, number 2 bars, soccer ball, tape measure, whistle.
- **Performance description:** From the high starting position behind the starting line, and with the whistle, the player rolls the ball at full speed to the end of a distance of (30) meters and turns around the pole And return to the starting line and repeat (5) times.
- **Test instructions:** A distance of (30) m is determined, a starting line and an end line are set by Burke. Signs are placed on these points and lead the player has only one attempt.
- **Registration method:** The time taken to and fro five times is calculated and recorded to the nearest time.

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4-4-4 Handling accuracy measurement test: (Al-Amri, 2020, p15)

- **Test name:** Handling towards a small target 20 meters away
- **The purpose :** of the test is to measure the accuracy of handling.
- **Tools used:** (5) soccer balls, a small goal, dimensions (110) cm 63 cm
- **Test procedures:** A line with a length of (1) m is drawn as a starting line at a distance of (20) meters from the small target, and a fixed ball is placed on the starting line.
- **Test description:** The player stands behind the starting line facing the small target, and starts giving the signal by handling the ball towards a target to enter it, and each player is given (5) five consecutive attempts
- **Registration:** The score is calculated by the sum of the scores obtained by the player from handling the five balls, as follows:
 - ✓ Two scores for each correct attempt that enters the small goal.
 - ✓ One degree if the ball touched the post or the crossbar and did not enter the goal.
 - ✓ Zero in case the ball goes out of the small goal.

4-4-5 Rolling the ball in a zigzag line between the legs:
(Mufti Ibrahim , 1994, p106)

- **The purpose of the test:** To measure the player's ability to roll the ball while running with it between the lists.
- **Tools:** soccer field, soccer ball, whistle, tape measure, signs.
- **Test description:** (10) legs are placed in a straight line, the distance between each other post (2) meters and the distance between the starting line and the first post (2) meters also, The player stands with the ball on the starting line and when the signal is given to start, the player runs between the legs in a zigzag Until it reaches the last stand that rotates around it and returns to the starting line in the same way.
- **Measurement:** The time is calculated for the player to the nearest second from the moment he gives the signal to start until he returns to the starting line again, and the following figure shows the test of rolling in a zigzag line between lists.

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4-4-6 Ball scoring test: (Raad Hussein Hamza, 2003, p108)

- **Purpose of the test:** To measure the accuracy of scoring. Equipment used: seven soccer balls, a pole, a rope to divide the goal, and a goal divided into specific regions.
- **Method of performance:** (7) balls are distributed in the penalty area, and he starts running from behind the person on the penalty arc towards the first ball, then aims and returns to rotate around the person, then heads to the second ball, and so on with all the balls, and the scoring is higher than the ground level, and the player has freedom Testing any foot, performing from a running position.
- **How to register:** The score is calculated by the total score obtained by the player from scoring the seven balls And as follows:
 - ✓ The player is awarded (3) scores if the ball enters the two specified areas (1, 2).
 - ✓ The player is awarded one score if the ball enters the specified area (3).
 - ✓ The player is given a zero if the ball goes out of the goal area.

4-2 Survey experience:

The researcher conducted an exploratory experiment on a sample of (5) players who are not from the original study sample, and who belong to the Ariana Sports Association. The time for implementing the tests was on Tuesday (1/3/2017) to find out the time taken to implement the tests, and the difficulties that may face The researcher, and knowing the ability of the assistant work team on how to use the devices and tools, as well as.

This experiment resulted in the following:

- Divide the duties on them, and ensure the safety of the used equipment
- Validity of all tools and devices for the measurement process.
- Distributing work duties to the assistant work team and determining the sequence of measurements, E understand the assistant staff and their ability to perform all tests.

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- The suitability of the data registration form for the purpose for which it was prepared .

4-2-1 Field Research Procedures:

The researcher has completed all the requirements of his research, including complex exercises (physical - skill), physical and skill tests, exploratory experiment procedures, and implementation of the main experiment.

- Tribal tests:

Tribal tests for the variables under study were conducted on the members of the research sample of (12) players. In the tests used under discussion to improve performance and result, the researcher stresses that it is necessary for the coach to discuss with a female player about the results he obtained.

- The main experiment (combined exercises):

The researcher prepared complex exercises (physical - skill) for the junior league players, distributed On (24) training units for a period of (8) weeks, with three training units per week to ensure the effect of training when practicing sports activity(70-40), The researcher took into account the training level, the age stage, and their physical and skill abilities for the research sample, based on references and scientific sources related to the science of sports training, as well as the opinions of experts and football specialists to benefit from their opinions and experiences Scientific and practical guidance and directions in order to produce the exercises in their final form During the preparation of the exercises, the researcher took into account the following:

- ✓ The time specified for the main part.
- ✓ The intensity of the training unit, where the maximum performance of the player is adopted and the intensity is codified.
Maximum player performance x 100 training load degree of training load
- ✓ The number of repetitions for each exercise of the main part.
- ✓ The number of training units per week.
- ✓ The period of rest between repetition and another.
- ✓ The degree of difficulty from one exercise to another.

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The implementation of the complex exercises (physical and skill), represented by the main part, began on 3/3/2022 and continued until 5/5/2022.

- **Dimensional tests:** (Qais Naji Abdul-Jabbar and Shamil Kamel, 1989, p p 127, 65)

The researcher carried out the post-test of physical and skill abilities on 22-05-2022 and continued until 22-05-2022, and with the same conditions and controls followed in the tribal testing and the assistant work team, with direct supervision from the researcher.

4-2-2 Statistical means:

The researcher used the following statistical methods: to obtain (arithmetic mean, standard deviation, median, skew coefficient, t.test for the symmetry group (one) (before - after) and the percentage.

5- Presentation, analysis and discussion of the results:

This section included a detailed presentation of the test results collected, used in the search for individuals. The research sample, and these results were analyzed in the light of the statistical laws used in the research and the appropriateness of these data, through the applied field procedures carried out by the researcher to reach these results that were processed by statistical tables according to the order of objectives and hypotheses, and then Discuss it in the light of its frame of reference.

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5-1 Presentation, analysis and discussion of the results of the pre and post physical tests for the members of the research sample.

Table N°1: It shows the statistical parameters, the calculated and tabular (T) value, and the level of significance for the pre and post tests The physical abilities under study of the research sample members

Statistia paramete Variable	Measur ing unit	Test	Mea n	Varianc	MD	SSD	T Value		Signification
							T Calcul ated	T table	
Handling	Degree	Pret est	4.33	1.154	3.417	0.158	8.583	2.20*	Significant
		Post test	7.75	1.215					
Scoring	Degree	Pret est	6.75	3.278	5.5	1.371	4.696		Significant
		Post test	12.2 5	3.306					
Rolling	Second	Pret est	22.1 6	1.051	3.041	0.085	10.428		Significant
		Post test	19.1 2	1.447					

Source: Prepared by the researcher based on SPSS outputs

Observation :The value of (T) tabular under the degree of freedom of 11 and the level of significance 0.05.

Through what is shown in Table (1), it is shown that the results of the physical tests, before and after the individuals of the same research, showed that the results of the vertical jump test from squatting for a period of (30) seconds, which measures the endurance of the force, as the arithmetic mean of the differences between the pre and post tests was (13) and the sum of the squares of the deviations of the differences was (2.803) and the calculated value It turns out that it is greater than the tabular (T) value (2.20) below the degree of freedom (11) and the level of significance (0.05), which indicates the existence of a significant difference between the two tests in favor of the post test. The partridge on the right leg for the maximum distance for a period of (10) seconds, which measures the force characteristic

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of the speed of the right leg (7.333), the sum of the squares of the deviations of the differences (0.308), and by extracting the calculated (t) value (13.212), it was found that it is greater than the tabulated (t) value (2.20) under the degree of freedom (11) and the level of freedom Significance (0.05), which indicates that there is a significant difference between the two tests in favor of the post test. The arithmetic mean of the differences between the two tests, pre and post tests for choosing the partridge on the left leg for the maximum distance for a period of (10) seconds, which measures the distinctive strength The velocity of the left leg (3) and the sum of the squares of the deviations of the differences (0.772) and by extracting the calculated (t) value (3.412) which turned out to be greater than the tabular (t) value (2.20) under the degree of freedom (11) and the level of significance (0.05), and this indicates a significant difference between the two tests and in favor of the test dimensional. In the dribbling test with the ball for a distance of 30 metres, the 5x Martbas Scorer, which measures speed endurance, the arithmetic mean of the differences between the pre and post tests reached (10.583) and the sum of the square of deviations

(2.052) and by extracting the calculated value (T) (7.387), it was found that it is greater than the tabular (T) value (2.20) below the degree of freedom (11) and the level of significance (0.05), which indicates the existence of a significant difference between The two tests are in favor of the post test.

The researcher attributes the reason for this to the fact that the physical exercises used have the ability to provide diversity in the development of special physical abilities, depending on the intensity of the exercises and according to the times specified for them in the proposed exercises (Kamal Jamil Rabadi , 2001, p p 126-127).

The researcher took into account the correct gradation of the training process and the performance of the required exercises seriously, because it included more than one physical ability in all the prepared training units, as the ability improves if the training includes metabolites exercises that work on developing other physical abilities at the time The same, and vice versa, the focus on developing one physical ability during training does not come

With the required rapid impact, and this is what we mentioned earlier. In addition to the fact that the exercises had characteristics and distinctions, and they took into account the scientific foundations that

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state that “the processes of progress in the level of the elements of physical fitness take place as a result of the correct exchange between work and rest, so the load that falls on the individual’s shoulders leads to a temporary decline in the functional ability of the internal organs of the body, and during the periods of rest, the body produces the largest amount of energy from the body that is in the recovery period that is in the energy that is in the body during the recovery period.” (Abd Aljawad, 1974, p63), Therefore, the components of pregnancy must be taken care of, especially work and rest, because they constitute two basic rules for an integrated unit.

The researcher believes that careful handling of the components of the training load in a practical and thoughtful manner led to the development of strength endurance, speed endurance and the speed characteristic of the muscles of the legs (left and right), the application of exercises is nothing but a “regulated change process” to try to extend the required level of load and reach, (Muhammad Hassan Allawi , 1999 pp76,77) This is consistent with what was stated by (James, 1989) that the method used enables the trainer to control the intensity of exercises and rest between one repetition and another,

(James B. Garddner & J.Gerry purd , 1981. P53) and one training series and another, and this is identical to what the researcher implemented on the experimental group Accordingly, “organized training on exercises adapts the organs and increases their ability to continue to perform in a longer range with greater strength and intensity of load”, (Qasim Al-Mandalawi et Ahmed Saeed , 1979. P201) through “the compatibility of work between the contracting and flat muscles.” The complete harmony between the working and joint muscles in the performance of the curriculum led to an increase in its speed and a decrease in it Performance time and this came as a result of a greater number of muscle fibers and interconnection between the muscles and nervous systems, as well as the decrease in the duration of contraction, as the shorter the duration of contraction, the higher the rate of contraction speed (le mufti Ibrahim Hammad , 1998, p138) Loading methods can be done through changing the number of repetitions or the number of sets or in the amount of the intensity of the load or in the speed of exercise performance or a change in the duration of the rest (Talha Hossam El Din et autres , 1997, p 52), and this is what the researcher adopted in applying the compound exercises to the experimental group, as well as using the principle of

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gradualness in increasing the training intensity, which led to adaptation and readiness for new loads, as the continuation maintains the adaptation of the acquired intensity change.

5-2 Presentation, analysis and discussion of the results of the pre and post physical tests for the members of the research sample.

**Table N°2: It shows the statistical parameters, the calculated and tabular (T) value, and the level of significance of the tribal tests
 The dimensionality of the experimental group for the skill variables under study**

Statistic Parameters Variable	Measuring unit	Test	Mean	Variance	MD	SSD	T Value		Significance			
							T Calculated	T table				
Durability	Once	Pretest	19.5	4.680	13	2.803	7.764	2.20*	Significant			
		Post test	32.5	3.397								
Speed Distinguishing Power Right leg	Meter	Pretest	30.916	3.260	7.333	0.308	13.212		2.20*	Significant		
		Post test	38.25	4.025								
Speed Distinguishing Power Left leg	Meter	Pretest	31.916	2.998	3	0.772	3.412			2.20*	Significant	
		Post test	34.916	3.117								
bearing speed	Second	Pretest	43.25	4.673	10.583	2.052	7.387				2.20*	Significant
		Post test	32.666	2.424								

Source: Prepared by the researcher based on SPSS outputs

Observation :The value of (T) tabular under the degree of freedom of 11 and the level of significance 0.05.

Table (2) shows the results of the pre and post skill tests for the experimental group. The results of the handling test showed towards a small target at a distance of (20) meters, which measures the accuracy of handling, as the arithmetic mean of the differences between the pre and post tests was (3.417) and the sum of the square of the differences deviations (0.158) and by extracting the value of (2.2083) from the

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calculated (Table) value.) below the degree of freedom (11) and the level of significance (0.05), which indicates a significant difference between the two tests and in favor of the post test.

In the scoring accuracy test, the arithmetic mean of the differences between the pre and post tests reached (5.5) and the sum of the square of the deviations of the differences (1.371), and by extracting the calculated (4.696) value of (t) it was found that it is greater than the tabular (t) value (2.20) under the degree of freedom (11) And the level of significance is (0.05), which indicates that there is a significant difference between the two tests in favor of the post test.

The arithmetic mean of the differences between the pre and post tests for choosing to roll the ball in a zigzag line between the lists, which measures the player's ability to roll the ball while running between the lists (3.041) and the sum of square deviations of differences (0.085), and by extracting the calculated (t) value (10.428), it was found that it is greater than the tabular (t) value (2.20) under the degree of freedom (11) and the level of significance (0.05), and this indicates a significant difference between the two tests For the post-test. The researcher attributes this to the adoption of skills exercises according to the correct scientific methods, by adopting the method of linking skills (handling, scoring and rolling) to reach a player who can perform more than one skill and link them together and perform skill and planning sentences for the benefit of the team, which was generated among the members of this group. A state of adaptation to the exercises that depended on the appropriate intensity and appropriate comfort and according to repetitions, in proportion to the abilities and capabilities of the young players (single the research sample), as well as the absence of technical difficulties when performing these skills, and the possibility of developing them among young players due to repetition in their performance, and this What was confirmed by (Mufti Ibrahim, 1994) that it is necessary that “the player reaches the performance of the skill automatically through constant repetition of performance and the use of various exercises, which are characterized by changing requirements and external factors during the exercise, such as the presence of one or more competitors, for example, as well as in experimental matches” (Mufti Ibrahim , 1994, p 23) , as this led to the ability of physical work to be high among the members of the experimental group, and consequently it led to an improvement in the skill performance of the members of this

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group.1989) “The development of skills must be accompanied by the process of developing the elements of physical fitness, as training processes must be considered to develop the elements of physical fitness and the development of motor skills as two parts of one process” (Mona Abdel Sattar, 1989, p99), and this was confirmed by (Abdul Ali Nassif and Qasim Hassan Hussein, 1988 “The exercises used, if they contain an element of the activity or the sports game, are an effective and important means that effectively affect when they are linked to the racing exercises (Abd Ali Nassif and Qassem Hassan Hussein, 1988, p 87), and both (Kazim al-Rubaie and MuwaffaqMajeed al-Mawla, 1988) agree that the use of shuttle jogging exercises with balls and insert The competition factor and the challenge in it leads to the development of the state of running with the ball “(Kazem Al-Rubaie and Muwaffaq Majid Al-Mawla, 1988, p209), and this is related to the skill of rolling with the ball, as well as attention to the motor path for the technique of the exercises in full or part of them, and this is what he (Shehata, 1992) indicates. Kinetic qualities, which greatly affect his superiority, if they are refined with good training by determining the amount of preparation in proportion And his good abilities (Muhammad Ibrahim Shehata, 1992, p120)

The development and improvement in the performance of skills (handling, scoring, and rolling), which were shown by the results, did not come by chance or randomly, but came as a result of training, which led to the skills referred to previously to reach this stage of the level of development, which confirms The high ability of the exercises to develop the level of performance and work to improve the skill side of the members of the experimental group, in addition to the above, the researcher can attribute the reasons for this to organize the training method followed with this group, as the process of organizing training gives a fundamental effect in developing the level of performance that is in line with The capabilities of the players, through the good preparation of the place of training and the necessary supplies for it, we will obtain positive results in the process of understanding and developing the skill level of the players. “The organized and scientific exercise has a great impact on the results of the tests” (Mohsen Ali Nassif , 2000, p25), and (Qasim Hassan Hussein) states that the training process It is "that continuous organized process that acquires the individual knowledge, skill, ability, ideas and opinions necessary to perform a specific work or

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reach a specific goal, as well as a method for achieving organizational goals and adapting to work and It does not provide the individual with specific information, skills or mental attitudes that are necessary from the organizational point of view to achieve the goals of the institution.” (Qasim Hassan Hussein, 1998, p178).

6- Conclusions and Recommendations

6- 1 Conclusions:

Through the results obtained, the researcher reached the following conclusions:

Through the results obtained, the researcher reached the following conclusions:

- The compound exercises used by the researcher had a positive effect on developing the physical and skill abilities under study for the junior league players, as follows, as the greatest significant value appeared among the research sample in the tests:
- Physical abilities (endurance speed and then endurance strength and strength characteristic of speed for the right leg and the left leg) and this is in line with the needs of football players for these abilities during
- The match for junior league players led to the complex exercises used by the researcher to have a positive effect on the development of some basic football skills (handling, scoring, and rolling).
- Compound exercises led to the development of the right leg more than the left leg in Speed tests for strength.

6-2 Recommendations:

- Confirming the use of compound exercises and giving them great importance during the training units in the period of special preparation and special competitions for the junior league players, as they lead to Develop physical and skill capabilities.
- Focus on developing physical abilities, especially speed and endurance, using short and medium-distance exercises, determining their repetitions and timing, taking into account the duration and nature of rest accurately and in a practical way to restore recovery and in a manner commensurate with the need of a football player for the player to re-execute the exercises with sufficiency, because it represents the basic rule from which the

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player proceeds to implement the technical aspects and schematic .foot is allowed

- Attention to building basic skills according to sound scientific foundations, which saves effort and time and improves performance in a better future.

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