



THE RELATIONSHIP OF AGILITY WITH MY DRIBBLING AND SCORING SKILLS IN FOOTBALL

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| Article history: | Abstract: |
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| Received: 11 th February 2022 Accepted: 11 th March 2022 Published: 28 ^h April 2022 | The aim of the research is to identify the relationship between special agility and the skills of rolling and scoring in football, and the research was applied to a sample of 15 players representing Anbar Sports Club in football for the junior category, and after determining the research tests and conducting the exploratory experiment, the search tests were applied, and the results were processed statistically using Pearson correlation coefficient. The researchers found a significant correlation between special agility and the skills of dribbling and scoring in football, and the most important recommendations were to benefit from the results of this study by football coaches for the junior club category in the city of Ramadi. |

Keywords:

CHAPTER ONE

1-Introduction to research

1-1Introduction and importance of the research

There is no doubt that the world is witnessing at the present time a scientific development in all fields and in various scientific, educational and humanitarian disciplines, and considering physical education one of the most prominent knowledge that has grown remarkably in terms of sports levels and achievements at the level of the educational, training or psychological process... And physical education is still in Therefore, it has become necessary to exert effort and work to keep pace with this continuous progress, and this does not come except through sober scientific research that depends on finding facts and studying the relationships between the various motor, physical and mental abilities and their effects on the development of the motor skill in terms of its performance requirements.

Football is one of the competitive team games that has recently developed and taken the lead among its audience and practitioners. This game relies on basic motor, mental and skill abilities for performance, as agility in its general types is as an element of physical fitness and agility is specific to the practice game that is concerned with the movement of the body, change of direction and its connection with abilities. Other kinetics such as accuracy of both types such as accuracy of performance and accuracy of achievement, in addition to the skill of rolling and the skill of scoring, which requires success in its performance to motor coordination, strength and speed sometimes and a high speed in isolating stimuli and choosing the response through focus and distribution of attention as a basic mental process and an important stage of information processing for the emergence of the response. Within the different playing areas and in the presence of defensive players.

Therefore, the developed world in the field of football has gone beyond the traditional framework and was able to build teams that possess the special characteristics of the game through careful planning to raise the level of the game in terms of skill, especially the basic skills, where "basic skills in football are among the important elements that must be possessed by the player, as the implementation of skills on the field and during matches is one of the basic matters for determining the outcome of the match, especially as a result of the rapid development in modern ways of The availability of agility is important for the 5, 2008 playing that require very high technical and physical Ghazi,)

skills⁽¹⁾ (player when performing movements that he can use in various situations and circumstances, as skill training proves the process of self-control when performing a motor skill.

Hence the importance of the research in studying the relationship between special agility and the skill of rolling and scoring in football, and striving to reach the facts and scientific results for the service of physical education in general and the game of football in particular and its .

1-2research problem

The problem of the research lies in the researchers' follow-up of the performance of a number of teams for the junior category in Anbar Governorate to the poor level of skill performance, especially in the skill of rolling and the skill of scoring. Kinetics coupled with the rapid change of body positions in many players, which caused the loss of many balls and opportunities to score goals, as we recognized that agility is related to the work of the central nervous and muscular systems and the compatibility between them, so the researchers raise the following question: Is there a correlation between special agility and rolling skill Soccer scoring for juniors.

1-3research aims

- Identify the relationship between special agility and the skills of dribbling and scoring in football.
- Identifying the level of special agility of the research sample.
- Identifying the level of the two skills of dribbling and scoring in football among the research sample.

1-4research assignments

- There is a significant correlation between the special agility and the skill of rolling football for juniors.
- There is a significant correlation between special agility and scoring skill in junior football.

1-5 Research Areas

1-5-1 The human field: football players for the juniors of Anbar Sports Club - Ramadi city.

1-5-2 The temporal domain: for the period from 17/1/2022 to 20/1/2022. 2-5-1

1-5-3 The spatial domain: the football field of Anbar Sports Club - Ramadi city. 3-5-1

CHAPTER TWO

2.Theoretical and previous studies

2.1Theoretical studies

2.1.1 Fitness (concept - definition – importance)

player's ability to change the positions and " It is one of the basic motor abilities in the sports field, which is the" directions of his entire body or part of it on the ground or in the air, with speed and timing, accuracy and coordination, compatibility and economy in motor effort and correct direction, linking, installing and matching skill performance in proportion to the conditions of competition Immediately put it back in balance⁽²⁾ .

The first criterion: kinematic compatibility:

The second criterion: the accuracy of the performance, in terms of the proportionality of the movement itself in terms of time, space and force with the purpose specified for it.

The third criterion: the comprehension time or the performance time, which means the time taken to perfect the performance to the required degree of accuracy, or the least possible time from the moment of changing the situation to the moment when the individual begins to respond.

2-1-2basic football skills

" Basic skills are the first pillar to achieve achievement in football matches, as they occupy an important aspect in the daily training unit, where they are trained for long periods until they are mastered because the degree of mastery of the basic skills of the type of activity practiced is one of the important matters on which tactical implementation depends in different playing situations⁽³⁾.

The two researchers will address the basic skills chosen in the research:

2-1-2-1football dribbling skill

Rolling the ball is an individual skill that a player uses to advance toward the opponent's goal.

(1) Ghazi Saleh Mahmoud, Football Concepts - Training: Baghdad, Zaki Office, 2008), p. 571

(2) Walid Samir Hadi, Agility and Focusing Attention and Their Relationship to Scoring Accuracy (in the opposite direction) from the movement in five-football, published research, Journal of Physical Education Sciences, No. 3, vol. 5, 2012, p. 120

(3) Raysan Majid Khouribet; Encyclopedia of Measurements and Tests in Physical Education and Sports, Part 1: (Higher Education, University of Basra, College of Physical Education 1989), pg. 149

The types of rolling are:

- Rolling with the outside of the foot.
- Rolling with the inner side of the foot.
- Rolling next to the foot (the sole of the foot)
- Rolling under the foot⁽¹⁾ .

2-1-2-2 soccer scoring skill :

" Scoring is one of the basic skills in football, and through it the results of matches can be decided, as scoring is one of the individual attack methods that the player uses to achieve a goal in the goal of the other team.

2-2Previous Studies:

(Ibrahim Nabil's study) entitled (The relationship of flexibility of some joints of the body and some relative lengths to the accuracy of hitting the target in the sport of fencing).

The study aimed to:

- Finding the relationship between the flexibility of some joints of the body and some relative lengths with the accuracy of hitting the target in the sport of fencing, and the research sample consisted of (50) players from the Egyptian clubs in the sport of fencing.
- The researcher concluded: There is a relationship between the flexibility of some joints of the body and some relative lengths with the accuracy of hitting the target in the sport of fencing.

CHAPTER THREE

3-Research methodology and field procedures:

3-1 Research Methodology:

The descriptive approach was used, to suit the nature of the study, as the "descriptive approach seeks to collect data from members of the community in an attempt to determine the current state of it with a specific variable or variables⁽²⁾.

3-2 Research Sample :

It means the model on which the researcher conducts the entirety and focus of his work, and that "the research objectives and procedures used by the researcher determine the nature of the sample that he will choose, which represents the study community" (Resan, 1987, 41)⁽³⁾. The research sample was chosen in a deliberate way to continue training and provide all possibilities to apply the research, and it was represented by the 18 junior football players of Anbar Sports Club for the year 2021-2022, and after excluding the three goalkeepers, the research sample reached 15 junior players.

The homogeneity of the research sample

Table (1)
Research sample homogeneity

| Variables | measruing unit | s | e | w | l |
|-----------|----------------|--------|------|------|--------|
| length | cm | 171,91 | 4.92 | 172 | 1.21- |
| Weight | kg | 64 | 5.46 | 66.5 | 1.37- |
| age | year | 15 | 1.15 | 15.5 | 1.30 - |

It is clear from Table (1) that the skew coefficient (l) ranges between +_3 for all research variables, which indicates that the sample is homogeneous.

3-3 Devices, tools and means of collecting information

Devices and tools:

- A legal football field.
- Legal footballs (5).
- Metric tape measure.
- Electronic calculator (hp).
- Stopwatch .
- Chalk.
- Signs.

(1) Good luck Asaad Mahmoud; Basic learning and skills in football: (Oman, Dar Dijla, 2008), pg. 179.

Muhammad Hassan Allawi; Osama Kamel Rateb, Scientific Research in Physical Education and Sports Psychology: (Cairo, Arab Thought House 1999), p. 140.2

. Raysan Khouribet Majeed; Research Methods in Physical Education: (Mosul, Directorate of Books for Printing and Publishing, 1987), p. 413

Wooden bench.

Means of collecting information:

- Scientific references.
- Test and measurement.
- Registration forms.
- The International Information Network (Internet).

3-4 research tests:

After the researchers reviewed the scientific sources and studies, the following research tests were determined:

3-4-1 Special Agility Test:

- Test name: Running between the poles for a distance of (20) m.
- The objective of the test: to measure agility.
- Tools used: a metric tape measure, number 10 bars, a stopwatch, a whistle.

Method of performance: The player stands on the starting line, which is 2 m away from the first person. After hearing the whistle, the player runs across (10) bars for a distance of (20) m, so that each person is separated from the other at a distance of (2) m. Kazak carried out by the player by passing Alshawas.

Recording method: The timer counts the time the moment the player starts to the point where the player passes the last one, the time is calculated to the nearest 1/100 of a second so that one attempt is given to each player” (Resan, 1999, 155)⁽¹⁾.

3-4-2 Football rolling skill test:

Test name: Zigzag run with a ball between 5 bars.

The objective of the test: to measure the speed of the ball's rolling.

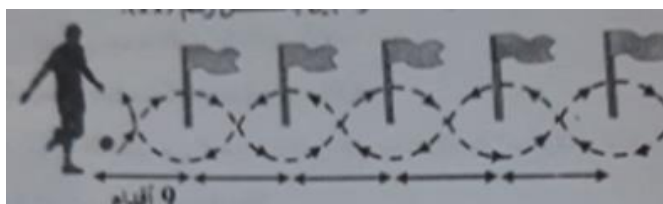
Tools: soccer ball, stopwatch, 5 sticks.

Measures:

- 1- Plan the test area as shown in Figure⁽²⁾
- 2- The player stands behind the starting line and at the signal starts running the ball between the poles.
- 3- Each player is given two consecutive attempts
- 4- Time is calculated to the nearest 1/10 of a second

Calculation of scores: The player's score is the total time he takes to perform the two attempts.

Figure No (1)



3-4-3 Football scoring skill test:

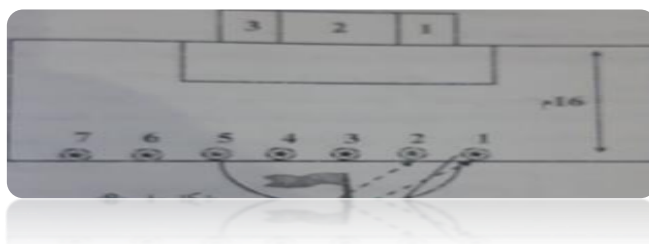
- Test name: "Ball Scoring Test.
- Objective: To measure the accuracy of scoring.
- Tools used: seven soccer balls, a pole, a rope, a divided goal, as shown in Figure (2):

Method of performance: Seven balls are distributed in the penalty area, and the player starts running behind the person on the penalty arc towards the first ball, then aims and returns to rotate around the pole, then heads for the second ball.. and so on with all the balls, and the scoring is higher than the ground level, and the player has the freedom to choose No feet, to be performance from a slack position.

Raysan Majid Khouribet; Encyclopedia of Measurements and Tests in Physical Education and Sports, Part 1: (Higher Education, University of Basra, College of 1 Physical Education, Higher Education Press, 1999, p. 155

Raysan Majid Khouribet; Encyclopedia of Measurements and Tests in Physical Education and Sports, Part 1: (Higher Education, University of Basra, College of 2 Physical Education, Higher Education Press, 1999, p. 155.

Figure No (1)



Scoring: The total score obtained by the player from scoring the seven balls is calculated as follows:

- (3) degrees if the ball enters the two specified areas (3.1).
- The player is awarded one score if the ball enters the designated area (2).
- A player is given a zero if the ball goes outside the goal.

If the ball hits the crossbar or the pole, and it does not enter, the score of that specific area in which the ball hits shall be calculated for the player.

3-5 exploratory experience:

The exploratory experiment is one of the priorities carried out by the researcher, as it represents "practical training to identify the negatives and positives that the researcher encounters during the tests to avoid "(1)them.

The researchers conducted the exploratory experiment on (Monday) corresponding to 1/17/2022 at four o'clock in the afternoon on the same members of the research sample.

3-6 Application of research tests:

The researchers conducted the experiment and applied the research tests on (Wednesday-Thursday) corresponding to 19-20/1/ 2022, at four o'clock in the afternoon, and on the football field of Anbar Sports Club - Ramadi city, the center of Anbar Governorate. The researchers were committed to applying the steps and conditions of the tests.

3-7 Statistical means:

The researcher used the prepared statistical package (spss).

CHAPTER FOUR

4- Presentation, analysis and discussion of the results

4-1 Presenting and analyzing the results of the research tests for agility, dribbling and soccer scoring skills.

Table (2)
Shows the arithmetic means and standard deviations of the research tests, n = 15

| the exams | measruing unit | s | p |
|--------------|----------------|-------|------|
| agility test | time / sec | 6.75 | 1.17 |
| Rolling test | time/second | 10.34 | 2.18 |
| Scoring test | Degree | 13.71 | 1.78 |

Table (2) shows the arithmetic means and standard deviations of the agility test and the skills of rolling and soccer scoring, as it appeared that the arithmetic mean value of the agility test was (6.75) s, and the standard deviation was (1.17), and the arithmetic mean value of the rolling skill test was (10.34), and a standard deviation (2.18). The arithmetic mean value of the scoring skill was (13.71), and the standard deviation was (1.78).

4-2 Presentation, analysis and discussion of the results of the relationship between the study variables:

Table (3)

It shows the calculated and tabular correlation value (t), and the significance of the relationship between the two tests.

| the exams | Rolling | Scoring | morale | Calculated (t) value | t) tabular) value |
|-----------|---------|---------|--------|----------------------|--------------------|
| agility | 0.83 | 0.78 | moral | 0.83 | 0.51 |

.¹ Qasim Al-Mandalawi et al.; Tests and Measurement in Physical Education: (Mosul, Higher Education Press, 1990), p. 107.

*At the level of significance (0.05), and the degree of freedom (13).

Through table (3), it was found that the correlation between the study variables and the research sample members is a significant relationship, as the value of (t) calculated between the variable of special agility and rolling skill was (0.83), which is greater than the tabular value (t) of (0.514) when The level of significance (0.05), and the degree of freedom (13). Thus, the relationship is significant. While the value of (t) calculated between the variable of special agility and the skill of scoring was (0.78) at the level of significance (0.05), and the degree of freedom (13).

The researchers attribute these results to the natural matter through the morality of the relationship and its positive direction. The problem of the research was in a correct direction through the researchers' diagnosis of it, as agility is one of the basic elements of physical fitness, but rather it is considered one of the kinetic abilities to be able to perform motor as it represents the relationship and organization of work between the central nervous system and the nervous system Muscular, and whenever the player possesses the capacity of agility, this will be reflected positively on the speed of the two legs' movements and the ability to change direction from performance. Special agility is an important element for the success of performing the motor duty. The central and peripheral nervous system, so it was considered one of the most important motor abilities when performing various sports activities in type and shape, and the need for it appears in varying proportions according to that activity. And speed only, but its relationship with motor skill increases because of its complex properties, which by this means "the ability to master harmonic movements." Complex and speed in learning, developing and improving motor performance, which is the ability to use skills according to the requirements of rapidly and accurately changing situations, and the ability to reshape performance according to this situation and quickly⁽¹⁾.

And agility in football has a large, important and effective role in accomplishing the duties assigned to the player in different playing situations. Whenever he wants and with high efficiency, and this is confirmed by (Mukhtar. 1994) attributes in "that it is "one of the most visible physical ⁽²⁾.

football

CHAPTER FIVE

5-CONCLUSIONS AND RECOMMENDATIONS

5-1 CONCLUSIONS :

-There is a significant correlation between special agility and the skills of dribbling and scoring in football among the juniors of Anbar Sports Club.

-Although there is a significant correlation between the study variables, there is a low level of the sample in the test of special agility, rolling and scoring.

5-2 RECOMMENDATIONS:

-Benefiting from the results of this study by football coaches for the junior club category in the city of Ramadi.

-Giving priority to special agility exercises in training units for their great role on the skill level of the skills of rolling and scoring in football.

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