



The effect of healing exercises using aids and tools on some functional variables and soccer scoring skill

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Abstract

Athletes at the level of the Iraqi league face more and more escalating physical loads related to the goals pursued by the athlete, which require discovering and developing training methods and directing them towards increasing the efficiency and ability of athletes to achieve the best results. There is no doubt that physiological changes affect and are affected by human physical and skill capabilities in all sports activities.

Fatigue is the main reason for limiting the player's continuity in performance, as he interpreted many of the phenomenon of fatigue as a physiological phenomenon that leads to a decrease in the athlete's efficiency. For the player and how to design a recovery program for football players and the role of the various healing means that will provide important scientific information that leads coaches and those in charge of football teams to pay attention to the phenomenon of low physical fitness and try to plan to avoid it or reduce its effects through the preparation of healing exercises applied to a sample of football players and adults Their number is (24) players.

The study aimed to identify its impact on some functional variables and the scoring skill of young football players, and the researcher assumed that there were statistically significant differences between the tribal and remote tests in the functional abilities of young football players. The second hypothesis was that there are statistically significant differences between the tribal and remote tests. In scoring skill for young football players.

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It was found that fatigue is the main reason for limiting the player's continuity in performance, as many scientists have interpreted the phenomenon of fatigue as a physiological phenomenon that leads to a decrease in the athlete's efficiency and can be identified through several internal and external manifestations.

Therefore, the problem of not continuing the physical performance resulting from the appearance of fatigue makes us need to research in a way that can contribute to overcoming the outcomes and causes of this problem so that the player can resume his activity quickly again.

1-1 Introduction and importance of the research:

Practicing sports and sports activities place a great burden on the various organs and organs of the body, as athletes face more and more escalating physical loads associated with the goals pursued by the athlete, which require the discovery and development of training methods and directing them towards increasing the efficiency and ability of athletes to achieve the best results. There is no doubt that physiological changes affect and are affected Human physical and skill capabilities in all sports activities.



and the functional state that the individual goes through after physical work and until returning to the normal state is called the recovery period, after which the body returns to its normal state.

Therefore, the importance of the research is to address an important aspect of the training process, which is to identify the role of hospitalization in raising the physical, physiological and skill level of the player, how to design a recovery program for football players, and the role of the various healing means that will provide important scientific information that leads to a better understanding of the impact of the hospital program that helps Coaches and those in charge of football teams pay attention to the phenomenon of low physical fitness and try to plan to avoid it or reduce its effects.

1-2 research problem:

By following up on the Iraqi football league matches and the field practice of the researcher, being a former player and current football coach, he noticed a decrease and weakness in the skill performance in the match, as well as an increase in fatigue for most of the players of the Iraqi football league teams despite conducting a training unit. Healing exercises that can return players to their normal position before high physical performance as soon as possible to restore their energy stores and get rid of fatigue residues in order to avoid injuries that may occur as a result of increasing the training load, which thus leads to a decrease in the levels and skill performance of sports teams.

Therefore, the high training loads in terms of sizes and weights necessarily included planning Training is not only the training programmes, but these programs themselves have come to include, in addition to the training doses, the planning of means for resting or restoring recovery.

In order to reach a high athletic level, the relationship between the exerted effort and the recovery period of hospitalization must be properly controlled, and the effort exerted and the recovery period of hospitalization should be considered as one unit.

The rapid development in the reluctance and intensity of training loads has led to an interest in the athlete's recovery processes and the speed of his disposal from the effects of fatigue resulting from the previous training dose or from competition. He faces this challenge that imposes on him the use of heavy loads and at the same time does not cause any health, physical or technical harm to the athlete.

The lesson here is not just using large training loads as much as the accuracy and correctness of building and planning these loads when applying them. The effect of training loads is not considered to merely bring about physiological changes during work (the recovery period), and that the body is not exposed to two cases only: rest and work, but rather to the preparation of hospitalization.

The functional processes of the body are linked to each other, and the body's work to restore recovery begins immediately after the completion of the physical work



1-3 Research Objectives:

- 1- Preparing recovery exercises for football players.
- 2- Identifying the effect of recovery exercises on some functional variables among young football players.
- 3- Recognizing the effect of recovery exercises on the scoring skill of young football players.

1-4 Research Hypotheses:

- 1- There are statistically significant differences between the tribal and remote tests in the functional abilities of young football players.
- 2- There are statistically significant differences between the tribal and remote tests in the scoring skill of young football players.

1-5 Research areas:

- 1-5-1 The human field: the youth football players of the Al-Shoula Sports Club.
- 1-5-2 Time range: from 1/17/2022 to 3/19/2022.
- 1-5-3 Spatial domain: Al-Shoula Sports Club stadium.

Research methodology and field procedures:

2-1 Research Methodology:

The nature of the problem is what determines the method used, so the problem imposed on the researcher to use the experimental method, and the experimental method is known as "Experimental (Research)" as "a deliberate and controlled change of the specific conditions of an accident and the observation and interpretation of the resulting changes in the event itself" (WajihMahjoub, 2005, p. 269).) .

2-2 The research community and its sample:

The selection of the sample is related to its representation of the research community, and the research community is represented by the players of Al-Shula Sports Club for the youth group for the 2022 training season, which are (26) players, and (2) players were excluded from them due to injury, and the researcher chose the research sample in a deliberate way, as he chose (6) players from them. An exploratory sample so that the total number of the two groups (24) players represented the main sample, and it was divided into two groups randomly by lottery, each group of (12) players to be the experimental group and the other to be the control group.

2-3: Research tools, means and devices used in the experiment:

2-3-1: Research Tools:

The research tools adopted in this study are the method used by the researcher

By collecting the required data, the research tools used by the researcher are:

1. Personal interviews with experienced and specialized people.
2. Observation and experimentation.
3. Physiological tests and soccer scoring test.
4. Auxiliary work team.
5. Expert evaluation forms.
6. Hospital approach.
7. Arab and foreign sources.
8. The International Information Network (Internet).



2-3-2: Equipment and means used in the research experiment:

1. Medicine ball (4).
2. A Chinese-made digital electronic stopwatch (LCD) waterproof digital stopwatch (Aliexpress) type.
3. Rubber bands (mini bands) (12) of a German-made type (Adidas).
4. Elastic rubber bands (4) (magilo) Bands Resistanc, Italian made.
5. German-made Riester Diplomat-Presameter, number (1).
6. An American-made OX meter, number (1).
7. Small Japanese-made casio electronic arithmetic calculator, number (1).
8. Weighing scale with hour indicator type (HHHO) made in China.
9. Length measuring tape.
10. Foam Roller (4) of a German-made type (Adidas).
11. Box number (1)
12. Plastic cones (15).
13. Scout ropes (4).
14. Footballs (10).
15. Football pitch, whistle, tape measure, stopwatch.

2-4: Field Research Procedures:

2-4-1: Determine the search variables:

The researcher conducted personal interviews with some of the experts and specialists in order to control

The tight scientific experimental design that addresses all research variables and completes the requirements

The study in a way that ensures the identification and inventory of the variables as shown in Table (1).

Table (1) Determine the study variables

dependent variables		independent variable
its type	Variable name	
.Scoring -1	skill	hospitalization program
.vo2 max -1	physiological	
Heart rate before -2		
.exercise		
Blood pressure of both -3		
.types before exertion		

2-5 Application of the hospital program:

The nature of the training units that the players received by the mobile researcher was at the rate of three units per week for a period of two months, and the hospital program was applied at the end of the training units for a period of (16-17 d). Where the hospital unit was completed in the form of (stations), where the experimental group, which numbered (12) players, was divided into two stations, each station (6) players, and each player performs a specific exercise for a period of (30 seconds) and then switches to the other exercise until



the end of the station and then starts from It is new to repeat the first exercise in the same station until the exercises are completed at the station and then move to the other station where he begins with other different exercises. The second station consists of (6) exercises performed by the player while repeating them again, where the total exercises that the player performs entirely in the hospital unit (24) Healing exercises, and the program began on 1/21/2022 and ended on 3/16/2022.

2-6: Statistical means:

- 1- The statistical bag system (SPSS) was used to extract percentage values
- 2- Arithmetic mean
- 3- standard deviation
- 4- The mediator
- 5- skew modulus
- 6- Simple Correlation Coefficient (Person)
- 7- t-test of correlated samples

Presentation, analysis and discussion of results.

3-1 Presenting, analyzing and discussing the results of the functional abilities between the pre- and post-test of the experimental group.

Table (2)

Arithmetic means, standard deviations, mean difference, standard deviation, calculated (T) values and the significance of differences between the results of the pre and post tests in the functional abilities tests of the experimental group

The significance of the differences	value(t) calculate d	p	q q	Posttest		pretest		measr uing unit	Variables
				p	s	p	s		
moral	5.02	2.71	5.13	2.24	62.77	2.12	67.84	agains t	Pulse before voltage
moral	4.98	1.35	5.43	4.23	125.22	2.78	130.08) mm/H (g	systolic pressure
moral	7.68	1.98	4.38	3.76	72.62	2.15	77) mm/H (g	diastolic pressure
moral	5.90	6.76	11.52	1.55	53.35	1.72	41.83	mL/kg /sec	Vo2 max

The tabular value of (T) is (2,201) at a degree of freedom (11) and at a significance level (0.05).



Table (3) Variables Unit of Measurement Pretest Post Test SQF QV Value (T) Calculated significance of differences

The significance of the differences	value(t) calculated	p	q q	Posttest		pretest		measuring unit	Variables
				p	s	p	s		
moral	6.61	2.1	3.97	1.98	6.77	0.94	2.8	Degree	Scoring test

Table (T) value (2,201) at a degree of freedom (11) and at a significance level (0.05)

according to the pulse index, which included all parts of the body, achieved its goal, as the members of the experimental group were able to a high degree without a drop in their level. From physical adaptation to the effectiveness and impact of recovery exercises, and (FadilKamel and AmerFakher) points out that "healing exercises are physical exercises that gradually reduce body temperature and pulse rate and speed up the recovery process" (FadilKamel mentioned, 2008, p. 186).

Shapiro smith asserts that "coordinating the use of calming exercises with increasing training intensity may show a high degree of adaptation" (Shapiro smith, 1983, p82).

With regard to blood pressure, the researcher believes that the decrease in blood pressure occurred (Systolic and diastolic) Its cause is due to the correct and legalized scientific training that the researcher followed, as well as recovery after physical exertion. As (Devrise) points out, "regular training adapts the heart to the effort, and leads to a lower heart rate during rest or when giving different training loads, compared to people who do not exercise regularly, and the reason for this is due to the amount of blood paid in one stroke."

After looking at the results shown in Tables (2), (3), which shows the results of the experimental group in the pre and post measurements of the functional tests, it becomes clear to us that the experimental group has improved its level.

The researcher attributes the reason for these differences to the hospitalization exercises prepared by the researcher, which had an effective effect in finding the differences between the pre-test and the post-test and in favor of the post-test.

As well as the nature of the exercises that were applied to the experimental sample, which made these differences between the results of the pre and post tests.

The use of recovery and calming exercises, where he took into account from the beginning the use of the principle of regulating recovery in line with the training intensity in the program applied to the experimental sample, which works on the rapid drop in the pulse and return to the natural state of the player.

And the use of some calming and healing exercises of various kinds helped positively to develop functional and skill capabilities.

The researcher believes that the training method used for recovery exercises



than the control group, whose development was limited, to a number of things and factors, namely... that the researcher before preparing for the recovery exercises through which he aimed to develop scoring from the movement He was fully convinced that recovery exercises are one of the important characteristics of a football player, and in order for the player to perform this skill perfectly, the coach must carefully choose the training sizes and intensity, the appropriate rest periods, as well as knowing the general physiological condition of the athlete because scientific sports training must be linked with physiology. The player's body, and with the help of the recovery exercises, these positive results were obtained for the experimental group, and about this (Hanafi Mahmoud Mokhtar) indicates that "the speed of skill performance is one of the important characteristics of the football player, and in order for the player to perform skills during matches at the ideal speed, the coach must mean the selection of exercises Which is completely similar to what happens during the matches and he trains the players on them with the gradual performance until the player gets used to it Boone for her performance with the same force and speed that she should perform during the match. (Hanafi Mahmoud Mukhtar, 1989, p. 93)

The researcher attributes the superiority and development of the experimental group that applied soccer recovery exercises to the control group that did not apply these exercises and relied on the coach's approach in developing the skill under study, to the fact that the special exercises were effective to a large extent in eliminating fatigue faster than the control group, so the positive rest It has a great role in getting rid of fatigue.

Increasing the rest period between one stroke and another." (Derrise, 1980, p125)

The regular practice of sports activity leads to the development of some functional capabilities, and this change is due to the nature of the muscle groups that are most used in this." (Youssef Lazem and Saleh Bashir, 2006, pg. 64)

Where the researcher attributes the exercises used were effective in developing (Vo2 max) in the tribal and post tests and for the experimental group, where it was better than the control group. This is due to the role of the healing exercises used by the experimental group. "The minimum effort increases the body's need for oxygen for the muscle cell, and in response to this, the demand for oxygen will increase and the respiratory effort will speed up its work, and the increase in respiratory functions depends on the intensity and duration of performance."

(Marshall, R.j and wphero).

Also, (Vo2 max) under the influence of controlled and organized sports training, the strength of the breathing muscles (diaphragm muscles and intercostal muscles) improves. As a result, the process of pulmonary ventilation improves during the performance of physical exertion, that is, the volume of breathing air increases, as the volume reflects the ability of the lungs to Air absorption, and therefore the vital capacity is an important indicator for knowing the maximum volume of breathing air when performing a physical load. This will be at the expense of the oxygen consumed by the rest of the body. (Abu El-Ala Ahmed Abdel-Fattah and Mohamed SobhiHassanein, 1997, p. 277)

As for the soccer scoring skill, the researcher attributes this development and the preference that occurred to the experimental group, which was better



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4- Conclusions and Recommendations:

4.1 Conclusions:

In light of the findings, the researcher reached the following conclusions:

- 1- There is a close correlation between the level of cardio fitness, the oxygen capacity and the skill performance of young football players
- 2- The exercises of Restoration of hospitalization will have a positive effect on functional capabilities, delay the onset of fatigue, and develop an increase in oxygen capacity.
- 3- The hospital program prepared by the researcher contributed to improving the scoring skill of football players.
- 4- The use of aids had a greater impact on improving functional and skill capabilities.

4-2 Recommendations and Suggestions:

According to the conclusions reached, the researcher recommends the following:

- 1- The hospitalization methods under study can be used to return the athletes to a normal state.
- 2- The necessity of paying attention to physiological variables when preparing a training curriculum.
- 3- Conducting a periodic medical examination to assess the players and their readiness to bear the burden of training.
- 4- Conducting complementary research and studies for players of different categories and adding other indicators

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