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The effect of skill exercises on some bio-kinetic abilities and developing the basic skills of emerging football players

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Abstract

The purpose of this paper is to preparing skill exercises to train some basic skills for emerging football players, and identify the effect of skill exercises on bio-kinetic abilities and develop some basic skills for emerging football players. The researcher used the method the experimental method was conducted in two equal groups with pre- and post-tests to suit the research problem. The researcher selected a population of (40) players emerging from the Specialized Center for Nurturing Sports Talent in Football. The sample was divided into two experimental and control groups, as the number of students in the experimental group reached (15) players, while the group the number of players has reached (15). One of the most important results reached by the researcher is that: The training program prepared by the researcher suits the skill exercises for the research sample, who are emerging football players, and there is a noticeable development in the level of bio-kinetic abilities and basic football skills among the research sample and for the experimental and control groups. According to these conclusions. One of the most important recommendations recommended by the researchers is that: Using the program and skill exercises used in the current research to conduct other studies and experiments on other age groups, and introducing trainers into development courses that take into account the use of modern and advanced methods in training, especially training age groups.

Keywords: Skill exercises, emerging football players, bio-kinetic abilities

Introduction

The tremendous scientific progress witnessed in the second half of the last century is the source of many developments in various scientific and cognitive fields. This progress has greatly contributed to the development of science and knowledge, providing new opportunities for researchers and specialists to explore new fields and reach higher levels in their fields.

One of the fields that has witnessed remarkable development is the sports field, where it has become necessary to properly employ all the human capabilities available to athletes to achieve outstanding performance in various sports. Scientific and educational disciplines play an important role in this context, as biokinetic abilities are one of the main aspects that must be taken into account in the development and training of athletes.

Skill exercises are an essential part of modern sports training, as they contribute to developing and improving the technical and skill abilities of players. Thanks to these exercises, coaches can extract the latent abilities of athletes and enhance their self-confidence, which contributes to achieving outstanding performance on the personal and group levels, as skill exercises are a set of movements that are chosen according to scientific foundations, as these exercises aim to achieve balanced and comprehensive growth of the members. The body is like a path for the individual to reach the level that qualifies him to perform the kinetic duties he is required to carry out, leading the individual to be an effective member of society” (Magda Hamid Kambesh 2009) ^[1]. Football is one of the most famous and widespread sports games in all parts of the world. Experts work those interested in it are constantly developing this game, through research and experiments, with the aim of increasing its appeal and improving its performance. These people focus on improving all aspects of the game, starting from the physical and skill aspects, all the way to the psychological and educational aspects.

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In developed regions of the world, such as Europe for example, there are ongoing efforts to improve players' performance, especially in stationary and close-to-goal situations. These situations are a crucial source of strength for teams that invest in them correctly, leading to improved results and victories. The game of football requires a set of special requirements, and its importance is highlighted in the field of sports training science, where the focus is on developing the players' physical and skill abilities. This process requires training based on solid scientific and practical foundations, as training methods and techniques play a fundamental role in achieving outstanding performance for players and their teams.

Therefore, it is necessary to provide integrated and continuous training programs aimed at developing these physical and skill abilities on an ongoing basis, to ensure the achievement of distinguished and continuous performance for players in various aspects of the game, as Mufti Ibrahim Hammad points out the importance of skill performance in improving kinetic speed, explosive power, and the ability to repeat skills repeatedly. Correct and efficient for a relatively long period of time. Players must pay attention to developing these abilities in order to achieve the best performance during competitions. (Ibrahim Hanafi Shaalan; Amr Abu Al-Majd, 1996) [2]. Hence the importance of researching and using a set of special skill exercises to improve and develop some of the skills needed in the game of football. The extent of the impact of these exercises on bio-kinetic abilities, which therefore aims to improve the performance of players in situations that particularly require these skills.

Research problem

Football is considered one of the sports that is famous for its aesthetic performance and the many ways to score goals. Achieving goals in this game depends on many factors, including the bio-kinetic capabilities of the players and their attacking skills. The process of scoring goals requires excellent physical abilities, in addition to the player's ability to implement technical skills accurately and effectively. The process of scoring goals also requires continuous training to develop the player. And increasing the accuracy of executing attacks, which is achieved through training strategies and methods adopted in football clubs, schools, and youth centers specialized in football training. The researcher, as a football player and teacher, pointed out the importance of understanding these factors and variables in the training process, which contributes to improving the team's performance and increasing the chances of achieving goals in various and innovative ways. In addition, it was also noted that there is a weakness among the youth of the National Center for Football Talent Care in performing some basic skills, and this is partly due to the lack of sufficient use of modern training strategies. These strategies aim to develop the trainees' abilities and enhance their biokinetic abilities, which play an important role in enhancing the performance of basic skills. Traditional and routine training processes are not compatible with the needs of modern skills and their development, which makes achieving the goals of the training process difficult.

To overcome these obstacles, the researcher designed modern skill exercises aimed at developing the basic

football skills of emerging players. This approach aims to open new horizons in the training process, and provide a more integrated and effective approach to developing sports talent. By analyzing the effect of these exercises on biokinetic abilities, we can identify the most effective ways to improve players' performance and enhance their overall skills.

Research objectives

- Preparing skill exercises to train some basic skills for emerging football players.
- Identify the effect of skill exercises on bio-kinetic abilities and develop some basic skills for emerging football players.

Research areas

Human field: emerging players in the specialized center for nurturing sports talent.

Time field: from 12/6/2023 to 25/8/2023.

Spatial field: The football field of the Specialized Center for Nurturing Sports Talent in Baghdad (the reserve stadium).

Definition of terms

Skill exercises: "A group of physical movements performed by the various body parts according to educational principles and scientific, physiological and anatomical foundations. These exercises are performed once or several times in complete flow and harmony" (Walid Waad Allah Ali and Qusay Hazem Muhammad, 2009) [3].

Bio-kinetic abilities: They are the basic abilities that have specific responses to training processes, which constitute physical fitness and which affect how the body is moved. They are all inherited and acquired physical activities that play an influential role in reaching the highest levels of achievement. (Tudar bomba, 2016) [5].

Basic skills in football: They are all the necessary, purposeful movements that lead to a specific goal within the framework of the football law. (Zuhair Qasim Al-Khashab, and others, 1990) [6].

Research methodology and field procedures

Research methodology

The method, simply put, is the method that the researcher chooses to study a specific phenomenon and organize various ideas in a way that enables him to address the research problem (Muhammad Sarhan Ali Al Mahmoudi, 2019) [7]. The experimental method is known as the only method that allows actual testing of hypotheses of cause-and-effect relationships. In addition, this approach is considered the most accurate in solving many scientific problems in a scientific and theoretical manner, and contributes significantly to the development of scientific research in various fields, including sports science." (Muhammad Hassan Allawi and Osama Kamel Ratib, 1999) [8]. Therefore, the researcher used the method The experimental method was conducted in two equal groups with pre- and post-tests to suit the research problem, as shown in Table (1).

Table 1: Explains the research design and procedures

Groups		Number of sample members	Steps				
			First, a test pre	Second	The third is a post-test	Fourth	Fifth
Sample	Group Experimental	15	Bio-kinetic capabilities Basic skills	Skill exercises Prepared by the researcher	Bio-kinetic capabilities Basic skills	Difference between the pre and post tests	Difference between the two groups
	Control group	15	Bio-kinetic capabilities Basic skills	Exercises followed by the teacher	Bio-kinetic capabilities Basic skills		

Research population and sample

The research community is defined as “all the elements to be studied” (Al-Daman: 2007: 160) ^[9]. Therefore, the researcher selected a population of (40) players emerging from the Specialized Center for Nurturing Sports Talent in Football.

As for the research sample, it is defined as “a model that includes part of the units of the original society that is well represented, as it carries its common characteristics. This model or part saves the researcher from studying all the units and vocabulary of the original society, especially in the case of difficulty or impossibility to study all of those units, as a selection is made.” The sample was prepared according to recognized scientific principles and methods” (Gamal Ahmed Abbas and Maha Khaled Shehab, 2018) ^[10].

Therefore, the researcher selected the research sample randomly and by drawing lots among the players, who numbered (30) players, with a percentage of (75%). The sample was divided into two experimental and control groups, as the number of students in the experimental group reached (15) players, while the group the number of players has reached (15) as well.

Homogeneity of the research sample

When selecting the sample, the researcher intended to conduct a process of homogeneity among the sample members regarding growth variables (mass - age - height) in an attempt to control variables that may affect the results of the research, as shown in Table (2).

Table 2: It shows the homogeneity of the sample in the variables (Mass - height - age)

No.	Variables	Measuring unit	Middle of my account	Standard deviation	Mediator	Torsion coefficient
1.	mass	Kg	49.64	4.099	50.00	0.486
2.	Height	cm	1.42	0.562	1.50	-0.481
3.	Age	Year	13.54	.3453	14.5	0

From Table (2) it was shown that the values of the skewness coefficient were respectively (0.486, - 0.481, zero) and that all of these values are ranged between (+1).

Methods, devices and tools used in the research

Methods and tools are defined as “the means through which the researcher can collect data and solve the problem to achieve the research objectives, regardless of the tools, including data, samples, and devices” (Muhammad Subhi Hassanein, 1995) ^[11].

Means of collecting information

- Arab and foreign sources.
- Scientific observation.
- Tests and measurements.
- Personal interviews.
- Registration questionnaire.

Equipment used in the research

- Sony video camera used to photograph the sample.
- Electronic stopwatch (2).
- Medical scale.

Tools used in research

- Measuring tape.
- Adhesive.
- (5) Footballs.
- Whistle number (1).
- Flags number (5).
- Colored signs (6).
- (2) Football goals.
- Football stadium.
- CDs (6).
- Paper and pens.

Field research procedures

Basic football skills

Basic skills are defined as “all the skills that students perform when they take possession of the ball to build an attack against the opposing team’s goal to score a goal” (Adel Turki Hassan and Salam Jabbar, author, 2009) ^[12]. Through the researcher’s acquaintance with the sources, references, studies, previous research, and the curriculum approved by the Ministry of Education, and also in cooperation with the supervisor, as he is a specialist, some of the basic skills under research were identified, namely (Rolling, passing).

Basic skills tests

After reviewing the sources, references and previous studies, the researcher, with the approval of some experts and specialists, chose some standardized basic skills tests (Rolling and passing) that had been previously used in several studies and research in physical education and sports sciences.

Firstly: the football rolling test (Mufti Ibrahim Hammad, 1994) ^[13].

Test: Rolling between (5) pillars back and forth.

The goal of the test: to measure the ability to quickly roll by changing direction, which contributes to assessing the level of physical fitness and kinetic skills of the individual. The tools used in the test include a line drawn at a distance of (2 m) from the first sign, and four consecutive signs with a distance of (1.5 m) between each sign and another, in addition to footballs, a stopwatch, and a whistle for direction.

The test is performed by individuals rolling the ball quickly at the start signal, passing through the five signs and returning again to the original point as quickly as possible.

The test time is recorded accurately to the nearest 1/100 of a second, with the aim of providing an accurate assessment of each individual's performance on the test.

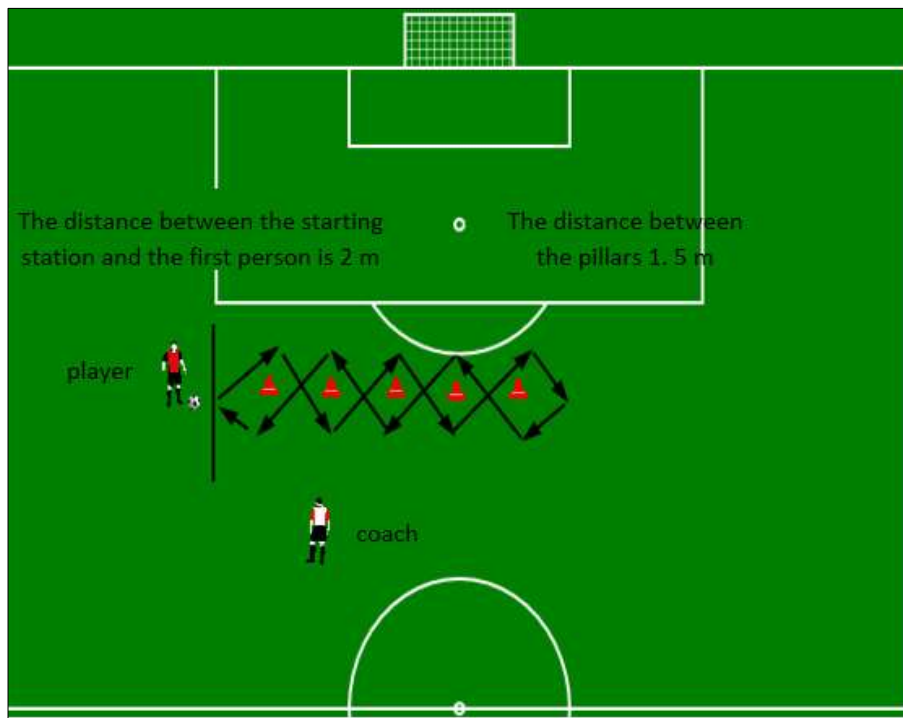


Fig 1: Demonstrates the rolling test between (5) signs back and forth

Second: Football passing test (Thamer Mohsen Ismail and others, 1991) ^[14].

The passing test towards a small target 20 meters away is a test designed to measure the accuracy of players' passing.

- The test uses five soccer balls and a small goal measuring 110 cm x 63 cm.
- A one-meter line is drawn at a distance of 20 meters from the small target, and a fixed ball is placed on the starting line as shown in Figure 2.
- During the test, the player stands behind the starting line facing the small goal, and when the signal is given,

he begins to handle the ball towards the goal to enter it, where each player is given five consecutive attempts.

- The scoring process calculates the scores the player obtains from passing the five balls, where performance is evaluated as follows.
- The player is awarded two marks for each successful attempt in which the ball enters the small goal.
- The player is awarded one score if the ball touches the goal post or crossbar without entering the goal.
- The player is given a score of zero if the ball goes outside the small target.

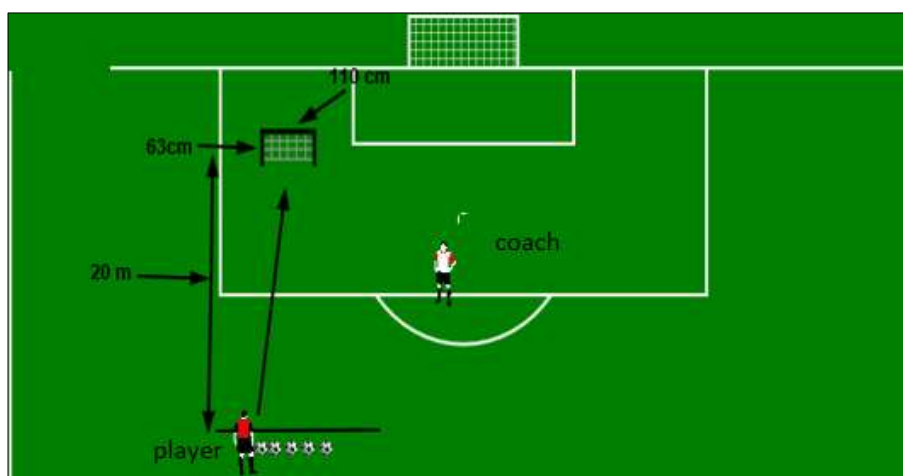


Fig 2: Shows the passing test towards a small target 20 meters away

Biokinetic aptitude test: For the purpose of identifying the most important biokinetic capabilities of emerging football players, the researcher sought to review the sources and literature that dealt with this topic, as well as taking advice

from a group of expert professors and specialists in the field of sports training, testing and measurement, which resulted in the selection of some of these capabilities. Due to the limited research work with brief variables, the researcher

chose the two bio-kinetic abilities are (Special agility and kinetic coordination).

Firstly: Multi-directional running test between four signs. The distance between one person and another is (6) metres

The purpose of the test: to measure agility (Makarem Helmy et, 2000) [15].

This is done using a set of tools and standards. This involves the use of four bars, a stool, and a stopwatch.

To ensure test accuracy, performance specifications are carefully defined. The four signs are placed on four different sides, at a certain distance from each other and from the chair placed in the middle. The distance between each sign and the next sign is six metres, while the distance between the signs on the periphery and the central chair is three metres.

When the participant is ready and after hearing the start signal, he starts running from the starting point and follows the specified route until he crosses the finish line. The time taken by the participant from the start of the starting signal until he crosses the finish line is measured. The participant must be committed to following the line specified in the performance specifications to ensure the accuracy and reliability of the test.

Second: Compatibility test

Test name: Rope jumping test

The purpose of this test is to measure compatibility.

To achieve this, a 24-inch rope is used. The rope must be knotted at both ends so that the distance between the two knots is 16 inches, which is the distance between which the jump will be made. Leave a 4-inch space outside each knot to use to hold the rope.

The experimenter holds on to the rope at the designated places, then jumps off the rope so that the rope passes in front of and below his feet. This action must be repeated five times, jumping over the rope and through the hands.

After jumping, land on your feet together. The rope must not be touched during the landing, and the rope must not be relaxed while jumping. There must also be no imbalance

during landing or jumping, and any violation of these conditions will invalidate the attempt.

The correct number of times the tester performs the five jumps is recorded.

Exploratory experience

The exploratory experiment was conducted on Tuesday (6/20/2023) and on the football field used by the Specialized Center for Nurturing Sports Talent in the Ministry of Youth and Sports.

Main search procedures

Preparing football skill exercises

Skill exercises were prepared by referring to sources, references, studies, theses, and theses related to learning, as well as to methods of teaching football, in addition to seeking the expertise of the supervisor, as he specializes in football, and his cooperation with the researcher in preparing the exercises, which numbered (16) exercises distributed over two biokinetic abilities (special agility). And kinetic coordination) are two basic skills in football, which are (Rolling and passing). Each skill has (4) exercises. These skill exercises were developed to develop bio-kinetic capabilities and develop some offensive football skills for emerging players.

Pretests for the research sample: The pre-test for the research sample was conducted on Sunday, 25/6/2023, until Tuesday, 27/6/2023, and on the reserve football field, as tests related to the research topic were conducted, and the researcher sought to establish the conditions related to all tests from time to time. The location, the tools used, the method of implementation, and the auxiliary work team, in order to control as much as possible, and also work to create similar conditions when conducting post-tests.

Equivalence of the research sample

The researcher conducted a process of equivalence between the experimental and control groups in some bio-kinetic abilities and offensive football skills for the students, as shown in Table (3).

Table 3: It shows the equality of the two groups in the pre-tests

No.	Tests	Control group		Experimental group		T calculated	Level sig	Type sig
		Mean	Standard deviation	Mean	Standard deviation			
1.	Passing	4.13	0.74	4.60	0.73	1.66	0.089	Non sig
2.	Rolling	21.33	3.17	21.40	2.38	0.07	0.087	Non sig
3.	Compatibility	3.500	1.73	3.667	1.61	0.364	0.044	Non sig
4.	Agility	4.000	1.46	4.000	1.70	0.000	1.000	Non sig

Significant (Significant) when the probability value is less than the test significance value of (0.05)

From Table (3), it was found that the significance of the differences is not significant. This indicates that the two groups are equivalent in the bio-kinetic capabilities of some offensive skills in football for the students.

Main experience (Implementation of the training program)

Training curriculum

The researcher applied the training curriculum with skill exercises on the research sample from Thursday, 29/6/2023. The exercises (16) were distributed into four groups (4) exercises for each ability or skill, and the components of the

proposed training curriculum are implemented in (12) units by two units per week, for a period of (45) minutes.

The change was made in accordance with the specificity of the training according to the skill exercises, as the training level of the research sample was good from a training and technical standpoint to ensure the provision of the elements of success for the training curriculum, as increasing the training load must occur and at time intervals that allow for physical and functional adaptation to occur in order to achieve an increase in the training load and advancement. The level of this load from week to week.

The implementation of the training curriculum took (6 weeks) until its end on Sunday, August 20, 2023, at a rate of

two training units per week, on Mondays and Thursdays of each week.

Post-tests

Post-tests were carried out on the research sample, and the researcher made an effort to create the same conditions in terms of time, place, equipment, tools, and the sequence of performing the tests in order to work as much as possible to establish the same conditions in which the pretests were conducted. The posttests were conducted as follows.

On Tuesday, August 22, 2023, post-tests were conducted on the biokinetic abilities of the control and experimental research groups in the football arena of the National Center for Nurturing Sports Talent in Baghdad.

On Wednesday, 23/8/2023, post-tests were conducted on the offensive football skills under study for the members of the research sample and for the control and experimental groups in the football arena of the National Center for Nurturing Sports Talent in Baghdad.

Statistical methods

The statistical package (SPSS) was used by the researcher for the purpose of achieving the research hypotheses, and the following statistical methods were extracted:

- Percentage.
- Arithmetic mean.
- Standard deviation.
- Simple correlation coefficient (Pearson).
- Torsion coefficient.
- Law (t) for non-independent related samples.
- Law (t) for independent samples.

Presentation, analysis and discussion of the results

Displaying the results of the t-test for the pre- and post-tests on the variables of the research sample for the control and experimental groups and analyzing them

Display the results of the t-test for the pre- and post-tests of the control group and analyze them

Table 4: Shows the arithmetic means of the pre- and post-tests, the average differences, the standard deviation of the differences, and the calculated (t) value for members of the control group

No.	Variables	Arithmetic means (pre)	Arithmetic means (post)	Standard deviation	Calculated t value	Level sig	Type sig
1.	Special agility	4.10	4.70	0.63	4.225	0.000	Sig
2.	Kinetic compatibility	3.78	4.22	0.12	5.856	0.000	Sig
3.	Passing	3.62	4.14	0.38	7.162	0.003	Sig
4.	Rolling	19.58	21.43	0.46	8.243	0.002	Sig

From Table (4) of the control group members, the following can be seen.

The value of the arithmetic mean in the special agility test for the pre-test was (4.10), while in the post-test its value was (4.70), with a standard deviation of the differences of (0.63), the calculated (t) value was (4.225), and the probability value for error was (0.00), which is less than the test has a significance level of (0.05), which indicates that there is a significant (significant) difference between the results of the pre- and post-tests.

As for the compatibility test, the arithmetic mean was (3.78) in the pre-test, while in the post-test the arithmetic mean was (4.22), with a standard deviation of the differences (0.12), the calculated (t) value was (5.856), and the probability value for error was (0.000), which is Less than the test significance level of (0.05), which indicates that there is a significant (significant) difference between the results of the pre- and post-tests.

As for the passing accuracy test, the arithmetic mean was (3.62) in the pre-test, while in the post-test the arithmetic mean was (4.14), with a standard deviation of the differences (0.38), the calculated (t) value was (7.162), and the probability value of the error was (0.003). It is less than the test significance level of (0.05), which indicates that there is no significant (significant) difference between the results of the pre- and post-tests. As for the results of the ball rolling test, the arithmetic mean reached a value of (19.58) in the pre-test, while in the post-test it reached a value of (21.43), with a standard deviation of the differences (0.46), while the calculated (t) value reached (8.243) and the probability value for error was (8.243). (0.002), which is less than the test significance level of (0.05), which indicates that there is a significant (significant) difference between the results of the pre- and post-tests.

Presenting and analyzing the results of the t-test for the pre- and post-tests of the experimental group

Table 5: Shows the arithmetic means for the pre- and post-tests, the standard deviation of the differences, and the calculated (t) value for the members of the experimental group.

No.	Variables	Arithmetic means (pre)	Arithmetic means (post)	Standard deviation	Calculated t value	Level sig	Type sig
1.	Special agility	4.18	6.03	1.20	4.107	0.006	Sig
2.	Kinetic compatibility	3.90	5.14	1.17	5.117	0.000	Sig
3.	Passing	4.00	6.11	0.32	5.222	0.017	Sig
4.	Rolling	20.81	22.48	0.81	6.142	0.000	Sig

From Table (5) of the experimental group members, the following can be seen.

The value of the arithmetic mean in the special agility test for the pre-test was (4.18), while in the post-test its value was (6.03), with a standard deviation of the differences of (1.20), the calculated (t) value was (4.107), and the probability value for error was (0.006), which is less than the test has a significance level of (0.05), which indicates

that there is a significant (significant) difference between the results of the pre- and post-tests.

The value of the arithmetic mean in the kinetic compatibility test for the pre-test was (3.90), while in the post-test its value was (5.14), with a standard deviation of the differences of (1.17). The calculated (t) value was (5.117) and the probability value for error was (0.00), which is less than the test has a significance level of (0.05), which

indicates that there is a significant (significant) difference between the results of the pre- and post-tests.

The arithmetic mean value in the passing accuracy test for the pre-test was (4.00), while in the post-test its value was (6.11), with a standard deviation of the differences of (0.032), the calculated (t) value was (5.222), and the probability value for error was (0.017). It is less than the test significance level of (0.05), which indicates that there is a significant (significant) difference between the results of the pre- and post-tests.

The value of the arithmetic mean in the ball criticality test for the pre-test was (20.81), while for the post-test its value was (22.48), with a standard deviation of the differences of (0.81), the calculated (t) value was (6.142), and the probability value for error was (0.00), which is less than the test has a significance level of (0.05), which indicates that there is a significant (Significant) difference between the results of the pre- and post-tests.

Presenting and analyzing the results of the post-test between the control and experimental groups

Table 6: It shows the arithmetic means and standard deviation of the post-tests and the (t) value calculated between the results of the control and experimental groups

No.	Tests	Control group		Experimental group		T calculated	Level sig	Type sig
		Mean	Standard deviation	Mean	Standard deviation			
1.	Special agility	4.70	0.63	6.03	1.20	10.86	0.00	Sig
2.	Kinetic compatibility	4.22	0.12	5.14	1.17	7.55	0.00	Sig
3.	Passing accuracy	4.14	0.38	6.11	0.32	12.53	0.00	sig
4.	Rolling with the ball	21.43	0.46	22.48	0.81	5.79	0.00	sig

Significant (Significant) when the probability value is less than the test significance value of (0.05).

From Table (6) regarding the differences between the results of the post-tests between the control and experimental groups, the following is evident:

The value of the arithmetic mean in the special agility test for the control group was (4.70) with a standard deviation of (0.63), while the value of the arithmetic mean for the experimental group was (6.3) with a standard deviation of (1.20). The calculated (t) value was (10.86) and the probability value for error was (0.00). It is less than the test significance level of (0.05), which indicates that there is a significant (significant) difference between the results of the control and experimental groups in the post-test and in favor of the experimental group.

While the arithmetic mean value in the kinetic compatibility test for the control group was (4.22) with a standard deviation of (0.12), while the arithmetic mean value for the experimental group was (5.34) with a standard deviation of (1.17), the calculated (t) value was (7.55), and the probability value for error was (0.00). It is less than the test significance level of (0.05), which indicates that there is a significant (significant) difference between the results of the control and experimental groups in the post-test and in favor of the experimental group.

The arithmetic mean value in the passing accuracy test for the control group was (4.14) with a standard deviation of (0.38), while the arithmetic mean value for the experimental group was (6.11) with a standard deviation of (0.32). The calculated t value was (12.53) and the probability value of error was (0.00). It is less than the test significance level of (0.05), which indicates that there is a significant (significant) difference between the results of the control and experimental groups in the post-test and in favor of the experimental group.

The arithmetic mean value in the rolling test for the control group was (21.43) with a standard deviation of (0.46), while the arithmetic mean value for the experimental group was (22.48) with a standard deviation of (0.81). The calculated (t) value was (5.79), and the probability value for error was (0.00), which is less than the test significance level of (0.05), which indicates that there is a significant (Significant) difference between the results of the control

and experimental groups in the post-test and in favor of the experimental group.

Discussing the results

Looking at the results shown in the t-test in the previous tables, which indicated that there was a significant (Significant) difference between the results of the pre- and post-tests for the control group, the researcher attributes the differences to the effectiveness of the training program followed by the trainer, but to a limited extent, which was reflected in the level of performance. In general, the skills under discussion are among the basic skills that must be performed in a better manner, and that their evaluation requires accuracy of performance, and the small or slow rate of development among the emerging players in the control group is due to the lack of use of modern training methods, and if they were used, it might raise the spirit of competition and challenge. While the players perform exercises that create an element of suspense and excitement and facilitate the training process, which has an effective role in developing their basic football skills, in addition to exposing the students to various stimuli during the exercises, (Makarem Helmy et, 2000) ^[15] confirms that the use of skill exercises in the training unit It stimulates the nervous and physical system, and it also plays an influential role in developing the psychological aspects of accepting the parts of the exercise with happiness and joy, which generates motivation and an inclination towards playing the game (Makarem Helmy et, 2000) ^[15].

As for the change occurring in the bio-kinetic abilities and performance of basic football skills in the experimental group, which was clear from the previous data, the researcher attributes it to the effectiveness of the skill exercises prepared by the researcher and applied to the experimental research sample in the training units. These exercises produced a clear process of superiority. Among the players of the experimental group over the control group, the experimental sample showed in the training units and through conducting post-tests that they were able to perform the skills better due to the ability of the exercises taken to develop. These training units are considered one of the techniques of sports training, but they are unique in the two steps of specialization and diversification and make it

The player participates in the performance with his colleague, which makes him feel self-confident and able to be creative in his performance without physical or psychological restrictions and without fear of failure.

Conclusion and recommendations

Conclusion

After the researcher completed all scientific research procedures, and after processing the data obtained through testing procedures on the subjects, he reached the following conclusions.

- The training program prepared by the researcher suits the skill exercises for the research sample, who are emerging football players.
- There is a noticeable development in the level of bio-kinetic abilities and basic football skills among the research sample and for the experimental and control groups.
- The effectiveness of the training program prepared by the researcher is greater and varies with the effectiveness of the method used in training by the trainer.
- There are statistically significant differences between the pre- and post-tests for the experimental and control groups, in favor of the post-tests.
- There are statistically significant differences in the post-tests between the control and experimental groups, in favor of the experimental group.

Recommendations

According to these conclusions that the researcher reached from his research, he recommended the following recommendations.

- Using the program and skill exercises used in the current research to conduct other studies and experiments on other age groups.
- Introducing trainers into development courses that take into account the use of modern and advanced methods in training, especially training age groups
- Emphasis on training the kinetic abilities of emerging players because they are the basis for performing skills in all games.
- Generalizing the results of the current research and benefiting from them in conducting other similar studies.

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Training module

Unit No. 5, the third week, today is Sunday.

Date 8/7/2023 Unit time: 45 minutes Load: Medium.

Section	Time	Content	Directing
Warm up	10 minute	Jogging - jumping while jogging - touching the ground left and right with the hand while jogging Exercises with the ball-	
Main part	10 minute Passing skill	Receiving and delivering the ball Passing the ground with the soles of the feet through the blocks using the feet. Manipulations while running and for varying distances	
	10 minute The skill of running with the ball	Running with the ball inside a square Hitting the ball with the inside and outside of the foot and moving at multiple points. Hitting and pulling the ball while continuing to touch the ball while running with it. Constantly pulling the ball to change its direction. Inside and outside rotation – moving while keeping the ball through the blocks	
	5 minutes	Feeling, running and passing techniques for a colleague.	

	Technique of combining the two skills	Covering the ball with a quick turn of the basin, changing its direction, and passing it to a teammate Running with the ball and stopping it with the whistle signal Cruyff movement	
Conclusion	10 minute	Divide the players into two teams and play a match between them Calm down and relax	