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Effect of two different training methods to developing the strength and accuracy of free kicks for football players under 19

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Abstract

The importance of the research lies in giving different exercises to improve the accuracy of the performance of free kicks to reduce random kicks to make a difference in the outcome of the match and exploit it in the best possible way.

We often see a loss of good playing cases that end with hitting the ball away from the goal or performing it strongly so that the opponent can tackle or obtain many fixed strikes such as free kicks or penalty kicks and not benefiting from them in a positive way, meaning their loss and there are exercises for them that help raise the level of physical performance and skills for all players and at all levels, on the contrary, what is found in the global levels, which we see the level of performance at one pace and by informing the researcher about most of the training curricula and watching a lot of training units, he considered integrating various exercises during the training unit and giving a method of exercises with body weight (plyometric) and also accompanied by exercises with resistances (30-50%) of body weight (plastic) in the same training unit. These methods are unconventional and difficult for the player and should be performed in the stage of special preparation and access the player to a high level of physical and mental preparation, which should inevitably affect the development of special physical abilities that help the player develop his performance when performing fixed kicks and focus on applying technical performance well in various circumstances, the objectives of the research were to prepare exercises in two different ways for the players of the Al-Jamahir Sports Club, and to identify the effect of the exercises in two different ways in developing the strength and accuracy of the free kicks for football players under 19 years old. Accordingly, the researcher used the experimental method by designing equal groups with pre and post-test. The most important recommendations were the importance of linking physical and skill exercises in the stages of preparing football players, especially in the special preparation stage. Benefiting from the various non-traditional methods as an organizational form to move between stress and diversifying it in the physical and skill training of football players.

Keywords: Strength and accuracy, football

1. Introduction

The great progress that is taking place in the game of football in the world has made it a gateway to knowledge in all its aspects, and this comes through the many views of this charming round game as it is called, and that the world today is managed by economy and money, so we find advanced countries in industry and trade, and we see their modest levels next to football, and contrary to what we are watching Economically and financially poor countries, but obtain advanced results and titles in football tournaments and draw attention to them, that is why we see that the interest and development in the game of football comes through following modern scientific methods and methods. The great organization in the defensive playing plans and the correct positioning of the players made the task of scoring on the goal a difficult task and required work and great technical effort. The coaches turned to paying attention to fixed kicks as a method to resolve the outcome of matches the player who is characterized by the implementation of set-piece kicks has become a difficult and desirable number in all clubs and teams. The diversity of training methods improves and increases the strength and speed of work of the muscles of the body, including the lower parts. It is the legs and feet, as well as the torso that helps to control the technical performance of the fixed kicks,

and as is well-known in the science of sports training that strength is the basis for all biomotor abilities, so the focus has been on two different methods used so that the first method focuses on jumping exercises with body weight and the other method is giving resistance (30) - 50%) of the body weight and these two methods are given to the same group with two opposite methods for each group and to know which of the two methods, it has the advantage in developing the strength of the two legs of the football player, as well as accompanying them with exercises that focus on the accuracy of the performance of fixed kicks and in changing and different conditions to reach the best performance, which contributes to strengthening the offensive side as well as paying attention to kicks and implementing them with strength and high speed of performance.

The importance of the research lies in giving different exercises to improve the accuracy of the performance of fixed kicks to reduce random kicks to make a difference in the outcome of the match and exploit it in the best possible way.

1.2. Research problem

Efforts in sports training have achieved a great development in the game of football, although there are still problems associated with the training process that requires scientific solutions enhanced by experiments. We often see a loss of good playing cases that end with hitting the ball away from the goal or performing it strongly so that the opponent can tackle or get many fixed strikes such as free kicks or penalty kicks and not benefit from them in a positive way, i.e. losing them. There are exercises for it that help raise the level of physical and skill performance for all players and at all levels, in contrast to what is found in international levels, which we see the level of performance at one pace and through the researchers' briefing on most of the training curricula and watching a lot of training units, he decided to integrate various exercises during the training unit and give a style bodyweight exercises (plyometrics). It is also accompanied by exercises with resistances (30-50%) of body weight (plastic) in the same training unit. These methods are unconventional and difficult for the player and should be performed in the special preparation stage and the player reaches a high level of physical and mental preparation, which should inevitably

affect the development of the special physical abilities that help the player develop his performance when performing set pieces and focus on applying the technical performance well in different circumstances, so the researchers prepared exercises in two different and opposite ways and know their effect on the strength and performance of the set pieces for young football players.

1.3. Research objective

- Preparing two different methods of training for the players of the Al Jamahir Sports Club under 19 years old.
- Recognizing the effect of exercises in two different ways in developing the strength and accuracy of fixed kicks for football players under 19 years old.
- To identify the differences between the two research groups in the development of the strength and accuracy of the set-piece kicks for football players under 19 years old.

1.4. Research hypothesis

- There is a positive effect of training in two different methods to developing the strength and accuracy of the free kicks for football players under 19 years old.
- The preference of the experimental group's exercises over the control group in developing the strength and accuracy of the free kicks for soccer players under 19 years old

1.5. Research fields

The human field: Al jamaheer football club players under 19 for 2021-2022 season.

Time field: from 15/2/2021 to 10/5/2021.

Spatial field: Al jamaheer football club stadium.

2. Research methodology and field procedures

2.1. Research Methodology

The researchers used the experimental method by designing equivalent groups with a pre and post-test to suit the nature of the problem to be researched, and from this the experimental design came as shown in Table (1).

Table 1: Experimental Design.

Group	Pre- test	Independent variable	Post-test
Experimental (1)	<ul style="list-style-type: none"> • Maximum Strength. • Explosive ability. • Accurate kick performance fixed 	Training prepared by the coach	<ul style="list-style-type: none"> • Maximum Strength. • Explosive ability. • Accurate kick performance fixed
Experimental (2)		Plyometric exercises with body weight and plastic (30%-45%)	

2.1.1. Community and sample research

The researchers identified the research community with the players of the holy Karbala governorate football clubs under 19 years of age, which are (10) clubs for the 2021-2022 season. Players from the community of origin in the

exploratory experience. Where the sample constituted a percentage of (75%) and thus the sample represented the original community "honestly", and the distribution of community members and the sample was as shown in Table (2).

Table 2: Shows the distribution of community members and the sample.

N	Group	Experimental (1)	Experimental (2)	Community
1	Experimental (1)	6	6	12
2	Experimental (2)	6	6	12
	Total	12	12	24

The homogeneity of the research sample was calculated in the scale of age, weight, height and training age, as shown in

Table (3), and the value of the skew coefficient was (+1), which indicates the homogeneity of the research sample.

Table 3: Shows the homogeneity of the research sample.

Variables	Mean	Median	Std. Deviation	Skew ness
Age	17.311	17	2.311	0.911
Weight	73.431	73	15.312	0.431
Length	173.637	172	17.973	0.531
Training age	3.431	3	0.991	0.55

2.2. Tools and devices used in the research

2.2.1. Tools and devices used

The researcher used the following devices:

- football stadium
- Japanese-made casio electronic stopwatches.
- Korean-made medical scales.
- A Korean-made HP laptop computer.
- Compact discs (CD-type skc Korean-made.
- Linen tape measure length 20 m + adhesive tape.
- Medical balls of different weights (from 2 kg - 5 kg).
- Dumbbells of different weights.
- Barriers, wooden benches and boxes of different heights from (30 cm - 85 cm

2.2.2. Means of data collection

- Observation.
- Personal interviews
- Testing and measuring

2.3. Field research procedures

2.3.1. Determining the physical tests used in the research

Tests are one of the scientific means that can show the validity of any training program through the use of assessment methods in the sports fields. Since the researcher is a football specialist, a personal interview was conducted with some experts and specialists in the field of football to determine the appropriate tests for research.

2.3.1.1. Description of the measurements and tests used

In order to get acquainted with how to perform, how to record, and the steps for carrying out measurements and tests, it was necessary to present them in the form of steps and illustrations, as follows.

2.3.1.1.1. First//Test name: Full front squat (legs bent and extended from standing): (Muhammad Hassan Allawi & Muhammad Nasr al-Din Radwan, 1982, p. 51) [1].

The purpose of the test: To measure the maximum strength of the quadriceps femoris muscle.

Unit of measure: kilogram.

Tools used: Iron discs of different weights - iron flanges - iron suspenders-leather belt.

Method of performance: The player carries the barbell above the front of the shoulders and installs it in the front hole of the shoulder muscle along the collar bone while carrying the maximum weight that he can repeat once, the player starts with a full extension of the length of the body and then gives him the signal to fully bend the knees down and bring them back to the first position, i.e. the full extension of the body.

Registration method

1. The player performs three attempts with the maximum weight he can carry.

2. The maximum weight lifted by the player is calculated between the three attempts, measured in kg.

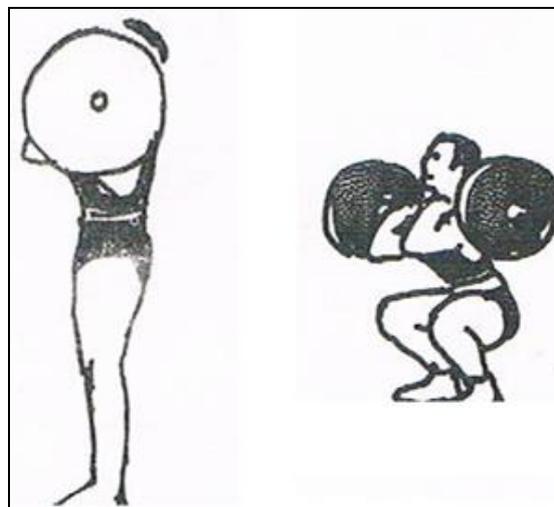


Fig 1: Shows the complete front squat test

2.3.1.1.2. Second//Test the explosive ability of the legs. (Qasim Hassan Hussein & Basto Yassi Ahmed, 1979, p. 156) [2]

Test: Vertical jump test from stability.

The purpose of the test: To measure the explosive ability of the muscles of the legs.

Used equipments

1. Leather belt with iron ring.
2. Linen tape measure.

The method of work

1. The laboratory swings the arms down and back with the torso bent forward and down and the knees bent to the position of the measured angle only, and the measuring tape is read from the iron ring indicator.
2. The laboratory extends the knees and pushes the feet together to jump up with the arms swinging forward and up to reach the maximum possible height and then descend.
3. The researchers read the tape measure.

Register

1- Each laboratory is given (3 attempts) and a score for the best attempt is calculated. And because this test expresses muscular ability from a physical aspect; Therefore, the mechanical law was adopted to measure the vertical mechanical power of the lower limb. The researcher photographed the performance of the test to extract the time to be used in the explosive power law (the following) to calculate it in watts.

Vertical explosive power = Mass x ground acceleration x Vertical distance/ Time.

2.3.1.1.3. Third/Scoring towards a goal divided into squares: (Sabah Qasim Khalaf & Youssef Kazem Abd, 2018, p. 29) [3].

Test objective: To measure the accuracy of shooting towards the goal.

Tools used

- Bar to set the scoring area.
- Legal soccer goal.
- Football stadium.
- Football (5).

Performance method

(5) balls are placed on the penalty line which is 18 yards from

the goal line and the distance between one ball and another is (1) yard. Where the player scores in the areas marked by the test, according to their importance and difficulty, and sequentially one ball after the other, provided that the test is done from the running position.

Register method: The number of injuries that enter the specific goals from both sides is calculated, so that the scores for each of the five balls are calculated as follows:

5 degrees at square 5

4 degrees at square 4

3 degrees at square 3

2 degrees at square 2

1 degree in square 1

Zero if the ball goes out of the goal.

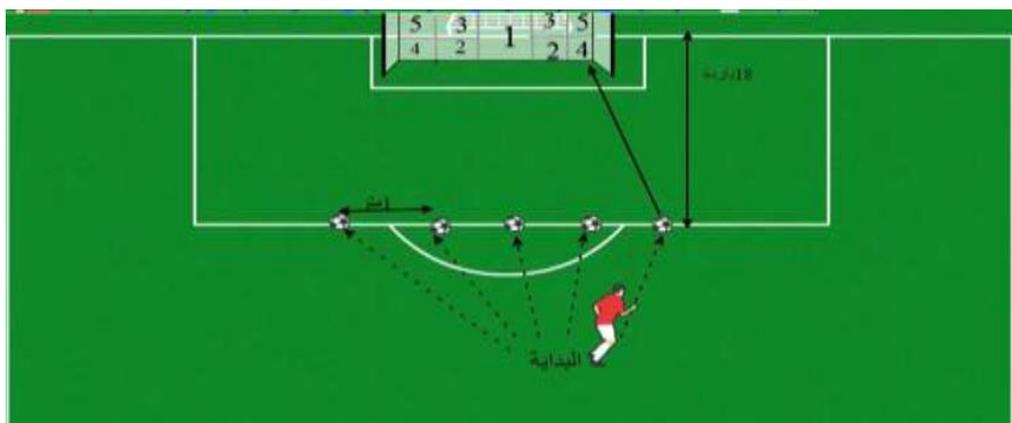


Fig 2: The goal line and the distance between one ball and another is (1) yard

2.4. Pre-test

The pre tests were conducted for the research sample that took place on February 19, 2021 AD at exactly four o'clock in the afternoon "in the stadium of the masses club, and it included:

1. A test of the maximum strength of the muscles of the legs.
2. A test of the explosive ability of the muscles of the legs.
3. Football accuracy test.

Equality of the sample for the two groups: For the purpose

of equalizing the sample, the researchers distributed the sample to two groups (the first experimental group and the second experimental group) by lottery method, and performed statistical operations after entering the data, using the independent (t). And the calculated results were less than the tabular amount (07,2) at the degree of freedom (22) and the level of significance (05,0), which indicates that they are equivalent in the two groups due to the randomness of the differences and not being statistically significant." Table (4) shows that.

Table 4: Shows that equality of the sample for the two groups

Tests	Group 1		Group 2		T value		Sig type
	Mean	Std. deviation	Mean	Std. deviation	Tabular	Calculation	
Leg strength test	43.911	12.311	42.881	11,387	1.232	0.323	Non sig
Explosive ability test for the legs	73.917	19.761	72.711	17.325	1.431	0.435	Non sig
Scoring accuracy test	11.731	2.913	12.971	1.396	1.341	0.471	Non sig

2.5. Main experiment

Plyometric and plastic exercises were introduced in different proportions to the training program of the experimental group in the main section of the training unit, based on the analysis and review of a large number of specialized scientific sources and references, in addition to the modest experience of the researcher who gained from playing the game, and it included several things:

- The experiment began on Saturday, February 28, 2021 AD and ended on Wednesday, 5/ 6, 2021 AD. Thus, the experiment lasted for (8) weeks, with three training units per week, and up to (24) training units to show the effect of the exercises in developing capabilities. Physical and scoring accuracy.

- These training modules were implemented on Saturdays, Mondays and Wednesdays of every week.
- The researcher used the undulating method (3:1) because it is one of the appropriate methods for forming the training load. This method is characterized by the succession of raising and lowering the degree of load during the training units.
- The plyometric and plastic exercises were applied in different proportions in the main section of the training unit and in the special preparation stage.
- The principle of diversity was taken into account in the design of plyometric and plastic exercises in different proportions to ensure that players do not feel bored.
- The goal of the program is to develop:

- The explosive ability of the legs.
- Maximum leg strength.
- Accuracy of scoring.
- The researchers determined the additional weights to make the plastic method when using physical exercises, after conducting preliminary tests before the experiment to identify the appropriate weights, provided that it is

from (30-45%) of the maximum repetition of one time (1RM) of the athlete's ability. In the case of using weights during the skill performance within the ballistic method, the researcher relied on the (Fisher) ratios to determine the weights of the additional weights used in training as shown in Table (5).

Table 5: Shows the relative weight of the live rings of the human body according to the division of (Fisher).

live episode	Head	Trunk	Right humerus	Left humerus	Right elbow	Left elbow	Right shoulder	Left shoulder	Right thigh	Left thigh	Right leg	Left leg	Right foot	Left foot
Percentage	7	43	3	3	2	2	1	1	12	12	5	5	2	2

As for the components of the exercise training load, they were as follows:

First-Intensity: The intensity used in the implementation of the exercises ranged between (85% - 100%) of the maximum ability of the athlete in the light of the tribal tests that were applied to the research sample, and the difficulty of the type of exercise.

Secondly-size: The volume of exercises for each method was somewhat equal for both experimental groups so that there would be no bias for one group over the other.

Third-comfort: Determine the rest period between repetitions between (30 seconds - 60 seconds), and between groups it was between (50 seconds - 3 minutes) so that the player can perform the exercises in the other group well.

2.6. Post-test

After completing the implementation of the training program vocabulary, the researcher worked on re-applying the tests and measurements that were made in the tribal measurements (before the experiment) and in the same way that was used in

those measurements, taking into account the temporal, spatial and climatic conditions and the same test methods and tools that were in the tribal tests as much as possible.

2.7. Statistical means: spss statistical bag was used to process the data.

3. Research results, their presentation, analysis, discussion

This chapter included the presentation, analysis and discussion of the results reached by the researcher by conducting tribal tests and implementing the two training approaches. Then the post-tests of the research samples were conducted, and the data were collected, organized and classified in illustrative tables, and then processed statistically to reach the final results to achieve the objectives and hypotheses of the research.

3.1. Presentation and analysis of the results of the pre and post tests for the control group

Table 6: Shows the means, standard deviations, the calculated (t) value, the level and type of significance for the control group in the pre and post tests under the significance level (0.05) and the degree of freedom (5).

Variable	Measuring unit	Pre-test		Post-test		T value	Sig level	Sig type
		Mean	Std. deviation	Mean	Std. deviation			
Leg strength test	Kg	43.911	12.311	44.211	13.322	4.533	0.001	Sig
Explosive ability test for the legs	C m	73.917	19.761	75.113	17.231	4.732	0.021	Sig
Shooting accuracy test	Degree	11.731	2.913	12.930	2.311	7.891	0.013	Sig

Table (6) shows the statistical indicators of the results of the tests in the pre and post test of the research variables that the members of the control group underwent. The results showed that the arithmetic mean values of the variables, (Maximum force, explosive ability, accuracy and scoring) was higher in the post test than the pre test. A significant difference occurred between the two tests and in favor of the post-test because the higher the arithmetic mean, the better the level. The development in the results of the control group in the variables investigated can be attributed to the players

continuing to follow the training curriculum prepared by the coach during the training period between the two tests, which lasted two months. This was confirmed by Abu Al-Ela Ahmed Abdel-Fattah that "in order to obtain real training adaptations, the athlete must organize regular and continuous training for a period of no less than (8-12) weeks". (Abdel-Fattah, Abu El-Ala Ahmed, 1994, p. 242) ^[4]

3.2. Presenting, analyzing and discussing the results of the post-tests of the experimental research group.

Table 7: Shows the means, standard deviations, the calculated (t) value, the level and type of significance for the experimental group in the pre and post tests under the significance level (0.05) and the degree of freedom (5)

Variable	Measuring unit	Pre-test		Post-test		T value	Sig level	Sig type
		Mean	Std. deviation	Mean	Std. deviation			
Leg strength test	Kg	42.881	11.387	51.311	7.443	12.391	0.000	Sig
Explosive ability test for the legs	Cm	72.711	17.325	81.010	13.591	9.717	0.000	Sig
Shooting accuracy test	Degree	12.917	1.396	17.320	3.443	7.351	0.000	Sig

As for the development in the experimental group, the researcher attributes it to the role of plyometric and ballistic exercises in developing muscle strength, because the basis of the work of both forms of these methods depends on the diversity between intensity levels (maximum and less than maximum) in the exercises followed, such as partridge and jumping with body weight associated with skill performance. This is consistent with what was indicated by (Mohammed Reda), quoting from Bomba, that the training intensity in team games is very complex because the pace of the play is fast and the intensity changes and constantly changes between extreme and low intensity, and in order to meet the needs of these requirements, the coach must include in his training curriculum Continuous use of a variety of stresses.

The researcher believes that exercises with body weight and with various rapid and repetitive jumps lead to the development of the strength of the muscles of the legs and thus the development of explosive ability and strength characteristic of speed, and this was indicated by (Zawi Hamza) () quoting (Patrick and Dennis) that increasing the strength of the muscles of the legs affects the results of ability Explosiveness, which is expressed by vertical jump, and (Saleh Radi) mentioned in this regard that "football coaches are advised to develop special muscle groups so that they are in the direction of speed, that is, the development of explosive ability because of its importance in playing". (Hamza, Zawy, 2015, p.56) [5].

The researcher explains the reasons for the positive change affecting the performance of skills as it is due to the development in the mechanism of nervous transmission and the impulses transmitted through motor units due to the exercises that link the physical and skill sides, as well as the diversification of the transition between the stresses used in the plyometric and ballistic methods. And the accompanying development in the aspects of explosive ability, which in turn affects the skill performance, and this is evident in the results of the scoring skills test, where the accuracy of scoring and handling increased from their averages in the pre-test and

with significant differences, Laith Ibrahim pointed out that, as he stated, "Accuracy means the possibility of directing voluntary movement towards a specified target, and it requires high efficiency from the muscular and nervous systems. It also requires that the nerve signals coming to the muscles from the nervous system be well-directed, whether they are directed." of the working muscles or the muscles opposite them so that the movement leads in the desired direction with the accuracy necessary to hit the target". (Jassim, Laith Ibrahim, 2008, p. 71) [6].

The researchers believe that a player who possesses muscular strength at a high level is more likely to achieve the required accuracy - given the availability of skill conditions, of course - because the performance of skills, especially scoring and medium and long handling requires the participation of the elements of strength and accuracy at the same time, which leads to a large role for the nervous system in performance to reach compatibility Required, through the nerve impulses stimulating the motor units of the muscles concerned with performance, at the appropriate timing and the necessary quantity, if the muscles do not have the ability to produce force automatically, the nervous system will be more focused on producing force, but if the muscles are able to produce the required force easily, the nervous system will be more focused on precision. Many researchers pointed to this matter, as (Al-Mawla), quoting Hughes, said, "Wrong scoring is not always related to the wrong tactic, or perhaps the personal position of the player is the important contributing factor, especially when the player emphasizes strength before accuracy". (Hughes, Charles, 1990. p. 242) [7].

As pointed out by (Abdul Hamid and Hassanein) by saying, "The correlation of strength with accuracy has proven its vitality, and great gains depend on it".(Kamal Abdel Hamid & Muhammad Sobhi Hassanein, 2000.p. 68) [8].

3.3. Presenting, analyzing and discussing the results of the post-tests of the experimental and control groups

Table 8: Shows the arithmetic means, standard deviations, the calculated (t) value, the level and type of significance for the control and experimental groups in the post-tests under the significance level (0.05) and the degree of freedom (5)

Variable	Measuring unit	Pre-test		Post-test		T value	Sig level	Sig type
		Mean	Std. deviation	Mean	Std. deviation			
Leg strength test	Kg	44.211	13.322	51.311	7.443	7.911	0.000	Sig
Explosive ability test for the legs	Cm	75.113	17.231	81.010	13.591	5.331	0.000	Sig
Shooting accuracy test	Degree	14.930	2.311	17.320	3.443	8.340	0.000	Sig

4. Results Discussing

It was shown through table (8) that the differences were significant in favor of the experimental group, as they used qualitative exercises that increased the physical ability of the player, as plyometric exercises contributed to the development of explosive ability, especially to the muscles of the legs, and performing exercises with strength and high speed affected the development of muscle groups for the two legs and increased muscle contraction activity through repetitions In the performance of exercises, and as a result the development of muscle contraction of the working muscle groups, accompanied by the development of neuromuscular compatibility, which led to ease of performance, this agrees with (Mufti Ibrahim). The greater the compatibility between the muscles participating in the motor performance on the one hand and the muscles leading to movement and the antagonistic muscles on the other hand, the greater the production of muscular power. The credit is due to the fact

that these exercises included deep jumping, rebounding and jumping exercises with the performance of partridge and hurdle jumping exercises with continuous repetitions and at high speed, as well as exercises in the ballistic style using resistances (30-45%) that contributed to the development of the rapid maximum strength that the player needs during the implementation of fixed kicks and the use of plastic exercises, Plastic took into account the specificity of the skill performance during its application, which led to the development of the skill performance of the players, and this is confirmed by (Amr Allah Al-Basati), as he sees that, the level of technical performance in sports activities depends on the extent of the development of the physical and kinetic requirements for this activity, albeit in different proportions.

(Brain) that "the golden rule for any training curriculum is privacy and means that the movements performed by the player during training must be similar to the movements that he will face during the confrontation and that the use of light

and medium ingredients at full speed led to the stimulation of fast-twitch fibers in the working muscles and this in turn will be reflected on the speed of skillful performance through the use of force with maximum speed, and this condition is required in fixed kicks,

This was confirmed by (Michael Stone) and others that "ballistic training increases the ability of muscles to contract at a faster and more explosive rate during the range of motion in the joint and at all speeds of movement. The researcher attributes the significance of the differences to the link between the physical and skill aspects of the exercises followed, as this type of exercise works to develop the work of the different organs of the body at the same time through the implementation of high-level muscle contractions before performing the skill during training.

This requires the nervous system to issue continuous, pure nerve impulses to stimulate the different motor units to meet the requirements of physical and skill performance, especially since the performance of skills depends primarily on the motor programs in the brain and the ability to apply them in the correct way through the efficiency of the muscular system as well as the role of the internal organs of the body in producing the energy required to perform the required motor duty. (Al-Wahsh and Mufti) indicated that the skills of fixed kicks are the basis of performance during football matches, as they depend largely on the physical aspect. A training unit is not devoid of exercises aimed mainly at improving the level of basic skills of the player. (Muhammad Abdo Saleh al-Wahsh & Mufti Ibrahim Hammad, 1994, p. 27) ^[9]. as well as "that the physical characteristics of the football player are what determine to a large extent the efficiency of the skill and tactical performance in the match". (Muhammad Abdo Saleh al-Wahsh & Mufti Ibrahim Hammad, 1985, p. 171) ^[10].

All of this was reflected in the development of the performance and accuracy of the players' set-pieces through the use of non-traditional methods that have specific goals and focus on the players' skill and physical offender.

5. Conclusions and recommendations

5.1. Conclusions

1. The plyometric and ballistic physical exercises have positively affected the variables of maximum strength, explosive ability and scoring skills.
2. There is a significant difference between the post-test and pre-tests for all research variables.
3. There are significant differences in the results of the post-tests between the groups in favor of the two experimental groups.

5.2. Recommendations

1. The importance of linking physical and skill exercises in the stages of preparing football players, especially in the special preparation stage.
2. Benefiting from the various non-traditional methods as an organizational form to move between stress and diversify it in the physical and skill training of football players.
3. Emphasis on conducting research to benefit from the various non-traditional training methods in developing the skill and physical aspects of the football game.

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