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## Special coordination and its impact on the speed of skillful performance of the youth players of Al-Samawah club in football

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### Abstract

The advancement of sports necessitates the development of scientific training methods to enhance athletic performance, particularly among youth. This research emphasizes the importance of special coordination in football, linking it to essential skills such as speed, strength, and flexibility. Coordination not only aids in executing technical skills but is also vital in daily activities, like driving. The study aims to design specific exercises to improve the special coordination of Al-Samawah Club's youth football players and assess their impact on skill performance. The findings are expected to highlight the positive effects of tailored coordination exercises, ultimately enhancing both physical and skillful performance in young athletes.

**Keywords:** Football training, athletic performance, youth athletes, skill development, training methodology

### Introduction

The progress made in all fields, including the sports field, requires us to reconsider drawing the correct scientific methods and methods to prepare training curricula to reach distinguished sports levels. One of the main duties of sports training is to reach the athlete, especially the youth, to the highest level, by building, improving and developing the skill, physical, functional and psychological requirements. Coordination is a very complex motor ability or ability and is closely related to speed, strength, endurance, and flexibility, in addition to being an important element. Not only for the requirements of technical and planning skills and their mastery, but it is important for the application of technical and planning skills in unfamiliar circumstances. The development of neuromuscular Coordination is one of the goals of physical education according to the opinions of some scholars. The importance of Coordination is not limited to the sports field only, but the individual needs it in his public life, such as (walking - driving vehicles, as driving a car requires coordination between the eyes, arms and feet in order to complete the process of driving, and there are many examples regarding Coordination. The importance of Coordination is highlighted in compound movements that require moving more than one part of the body at one time, and it multiplies this is important if the parts are moving in different directions. Good Coordination requires agility, balance, speed, kinetic sense, flexibility, accuracy and speed of motor performance, and Coordination does not require excess muscular strength or endurance unless Coordination continues for relatively long periods. Football is one of the sports activities that depend on skill performance as an important base for progress and integration of the player's level, as all tactical aspects cannot be applied without relying on mastering the basic skills of football, which prompted coaches to spend most of the time improving these skills and giving them more time. In the training curricula, therefore, the game of football requires physical and skillful qualities from its practitioners, so coaches and workers in this field must develop the skillful performance of young players. Hence the importance of the research in working on developing special exercises based on studied scientific foundations to develop the Special Coordination of the youth players of the Samawah football club and to overcome the weakness

in that capacity in order to improve physical and skill performance and thus achieve the best results.

### Research problem

Special Coordination is important to improve the performance of football players, and through a long period of work in the field of training and through the modest experience of this game, it was found that there is a great shortage of football players in some special physical traits. Therefore, we see doing a new work that may lead to the development of this physical characteristic better than the previous works, and this will appear through the results that we will obtain through the proposed exercises, which will work to raise some of the physical and skill qualities of young football players. And relying on scientific methods in preparing these exercises to find the best training methods in a way that suits the nature of the problem.

### Research Objectives

1. Preparing exercises to develop the Special Coordination of the young players of Al-Samawah Club in football.
2. Knowing the effect of Special Coordination exercises on the skill performance of Al Samawah youth football players

### Research Hypotheses

- a. Special Coordination has a positive effect on developing the skillful performance of Al Samawah youth football players.
- b. There are significant differences between the two tests, the pre-test and the post-test, in favor of the post-test.

### Areas of Research

- Human field: Al-Samawah club youth football players.
- Time range: from 4/12/2021 - 14/5/ 2022 AD
- Spatial domain: Olympic Stadium in Samawa

### Theoretical studies

#### Coordination

Coordination is a very complex motor ability or ability and is closely related to speed, strength, endurance, and flexibility, in addition to being an important element. Not only for the requirements of technical and planning skills and for mastery, but it is important for the application of technical and planning skills in unfamiliar circumstances. Coordination is important when the athlete is in the air or in unfamiliar or previously presented situations, as in jumping on a horse or gymnastics box in different or various jump situations, and it has another importance when the athlete loses his balance as in cases (Sudden slipping - landing and rapid harmonics). The development of neuromuscular Coordination is one of the goals of physical education according to the views of some scholars, and the importance of Coordination is not limited to the sports field only, but the individual needs it in his public life, such as (Walking - driving vehicles). The process of leadership there are many examples regarding Coordination. The importance of Coordination is highlighted in complex movements that require moving more than one part of the body at one time, and this importance doubles if the parts move in different directions. Good Coordination requires agility, balance, speed, kinetic sense, flexibility and accuracy. Motor performance and speed, and Coordination do not require excess muscular strength or endurance unless Coordination continues for relatively long periods.

### So everyone knew

(Larson - Youcm) Coordination is (the individual's ability to integrate movements of different types within one frame) Fleishman defines Coordination as (the ability of an individual to perform a number of compound movements simultaneously) It is also known as Coordination between multiple parties as (the ability to coordinate or agree between the movements of a group of parties when working together simultaneously). The total Coordination of the body is defined as (the ability to coordinate the movements of different parts of the body when you perform comprehensive movements). So Coordination is a reflection of the ability of athletes to perform movements of different degrees of difficulty at high speed (Active) with great accuracy and effectiveness to achieve a goal.

### Types of Coordination

#### Coordination is divided into several types, including

1. **General Coordination:** It is the athlete's ability to perform motor skills in a reasonable manner, regardless of the game or the practiced sporting activity. This can be observed when performing basic motor skills (such as walking, running, climbing, etc).
2. **Special Coordination:** It is a reflection of the athlete's ability to perform different movements of the game or sporting activity that is practiced very quickly, easily and accurately. Special fit can be improved by performing too many repetitions of special skills throughout the athlete's life. The Special Coordination is in line with the nature of the specific activity, for example, basketball, this type highlights the exchange of the ball between one hand or hands and a specific point for the board of the basket with follow-up consideration, as well as in the fencing and the Special Coordination between the weapon and a specific place on the opponent's body and achieving the goal and so on the rest Sports activities or various sporting events.
3. Coordination of the parties and the total Coordination of the body.
4. Arm and eye Coordination and foot and eye Coordination.

Clarke presents another classification of Coordination that came within his definition of the components of general motor ability. It is as follows:-

- Arm-Eye Coordination.
- Foot-eye coordination.

### Methods of developing Coordination

As for improving Coordination, there are not very many special methods compared to the development of other kinetic abilities (such as strength - speed - endurance - flexibility) and at the same time, Coordination is one of the inherited natural abilities. For non-gifted individuals who perform skills at a very slow speed, it would be wrong to expect them to have a significant improvement in adaptability as a result of applying some matching training methods. The successful program for the development of Coordination must rely heavily on the acquisition of a variety of high skills. That is why all young athletes participating in special sports and games must perform skills in other games that help them improve their adaptability. Accordingly, all athletes must learn new skills without their specialized activities and games, and vice versa. The Coordination and learning ability will decrease. During the alignment improvement phase, the trainer should use exercises of graduated complexity. The alignment

exercises in the first part of the training unit should be when the athlete is comfortable, has a high ability to concentrate, and heals the nervous system. Finally, Coordination training at an early age is better than at a later age, because the ability of the nervous system to change and adapt according to the environment is higher at an early age than at a later age.

### **There are a number of training methods to help develop Coordination, including:**

Work to perform exercises from different positions that are not previously shown as training performance, such as various jumping exercises.

1. Performing the opposite motor skills with the arm or leg (in reverse) from different positions not previously shown. Such as - throwing tools, tamping with the ball, rolling with the ball, working with weapons (fencing), and boxing without the main and usual arm or foot, but rather the opposite.
2. Working on changing the tempo of the movement to be developed, such as the gradient when performing the tempo.
3. Limiting or defining the place of work when performing skills. Such as small pitch or placing marks on the ground and according to the goal to be achieved by the coach.
4. Work to increase the difficulty of performing exercises through auxiliary movements. Such as running zigzag with tools or relay exercises, according to the goal to be achieved by the trainer.
5. Working on performing skills that are not displayed or known in the specialized game, as well as working with the skills known in the game, and then merging these skills with each other, such as performing skills from a different sport or activity and in the way of playing.
6. Implementing the speed and rhythm of the motor performance and determining the distance of performing the skill.
7. Increasing the level of resistance in the performance of the stages of movement.
8. Performance in abnormal conditions.

### **Factors affecting Coordination**

- Thinking.
- The ability to perceive accuracy and sense of organization.
- Motor experience.

### **Kinetic speed (performance speed)**

She was known by Muhammad Hassan Allawi. 1992 <sup>[27]</sup>

It means the speed of motor performance, which is the speed of contraction of a muscle or muscle group when performing the only movements, such as the speed of kicking the ball or the speed of performance.

### **Adel Abdel Baseer knew her. 1999 <sup>[3]</sup>**

It is the speed of contraction of a muscle or a group of muscles when performing single movements, such as the speed of kicking the ball, jumping speed, or speed of performing a punch, as well as when performing compound movements such as the speed of receiving the ball and passing it, or as the speed of approach and jumping, or as the speed at the end of performing compound gymnastics skills such as the straight back air circulation with the half-language around Longitudinal adapter of the body and rotations Anterior revolving air cycle from the front swing on the pull up device. The speed of performance is a condition that shows the speed

of motor performance or the speed of motor behavior and it is an important element that determines the level of some sports skills in football, for example, there is a rapid transition of the complex movements included in the game. From one place to another, and this speed depends on the tactic and the motor duty that the football player must implement. The speed of the movements is affected by the time factor, meaning that the player performs the maximum tension and articulation A regular space in which the force is distributed for the distance through which it wants to move, and therefore the body can perform any required movement based on the rapid exchange between tension and relaxation and in the shortest possible time).

### **Basic football skills**

One of the advantages of the game of football is that it contains many different skills, and it is one of the main pillars of the game, as those who wish to learn to perform these skills must train on them correctly and with appropriate repetition. Both (Mahmoud Abu Al-Enein and Mufti Ibrahim, 1983) agree that "motor skills in football are the essence of achievement in matches and that they represent a cornerstone in the training unit. (Furat Jabbar, 2001) <sup>[3]</sup> Indicates that the most important characteristic of good performance of basic skills is.

- Ease of performance.
- Accuracy and performance control.
- Coordination in movement performance.
- Economy in the performance of the movement.

### **The basic football skills are divided into the following**

- Handling (hitting the ball with the foot)
- Roll the ball.
- Squeeze the ball (stop the movement of the ball)
- Scoring (shooting the ball towards the goal)
- Hitting the ball with the head.
- Prevarication and deception.
- Attacking the ball (cutting the ball)
- Ball control (Controlling the ball in the air)

### **The following is an explanation of the basic skills selected for study**

#### **Rolling**

"Dribbling with the ball is one of the means of individual offensive tactics that the player must master, and the more collective play is, the less the importance of this activity. In other cases, avoidance of rolling is considered necessary by the playing position, while in other cases we see that the player must roll because it is the best, that is, a good player has to know when to roll the ball or when to give a handling to his teammate or hit hard towards the goal so it is "a single act that he does by playing himself and with the ball "Rolling is "the process of connecting the ball to driving the ball, touching the ball, stopping, turning, changing the path of the ball and deception." It is a vacuum and its importance appears in the last third of the opposing team's square towards the goal, and it is not time to use it during defense unless it is 100% guaranteed. In general, rolling is not an end but a means to reach the next effectiveness "

#### **Rolling is divided into three types**

- Rolling with the outside of the foot
- Rolling inside the foot
- Rolling in the upper section of the metatarsal

## Handling

"The backbone of team play is the accurate and timely handling between the players of one team to move the ball towards the opposing team's goal as quickly as possible. Team play is the true assessment of the team's ability to play the game of five-a-side football, which requires high performance during the match. Who determines the form of team play and the quality of the match is An important amount for each player for the tactical duties and the player's speed in free running without the ball to take the appropriate places and then with accuracy and mastery of handling"

Handling is one of the important means of continuing play, as it is "the most frequent compared to other skills "

And this skill never bears the error and the ball cannot be lost or lost.

Therefore, the player in possession of the ball must pass the ball with high accuracy and speed so as not to be lost. In order for the handling to be accurate, three elements must be present:

- **Accuracy:** Accurate handling helps to speed up the play and reduce the opponent's possession of the ball.
- **Simplicity:** simple handling leads to the detection of the defense front in two-thirds of the middle and defensive competitor.
- **Speed:** The speed of handling is one of the most important elements in activating the gameplay and opening the gaps.

**Table 1:** It shows the arithmetic means, standard deviations, mode, and skew coefficient for the variables of length, weight, and age.

Skew modulus $\square 3$	Mode	Standard deviation	Arithmetic mean	Variables
0.191	171	6.95	172,33	Height - cm
0,134	75	8,93	76,20	Weight - kg
0,491	20	1,69	20,83	age - year

It is clear from Table No. (1) that the value of the skewness ranges from (0.134) to (0.491), and it is confined between and this means that the sample is distributed naturally, which indicates its homogeneity.

## Means of collecting information, devices and tools used

The researcher used more than one means that could help him to reach the facts, as many different research tools were used to ensure obtaining correct and accurate data to implement the research requirements, including.

### Methods of collecting information

- Arabic and foreign sources
- The International Information Network (Internet)
- Personal interviews.
- Observation and experimentation.
- Software and applications used in the computer.
- Measurements and tests.
- Data collection form.
- Data dump form.
- Auxiliary staff

### Equipment and tools used

- (Casio) stopwatch type (8) measuring to the nearest 1/100 of a second
- A rheostat for measuring height and weight
- tape measure (50 m)
- sign number (40)
- Legal footballs (25)
- flags number (15)

## Research Methodology and Field Procedures

### Research Methodology

The researcher used the experimental method because it is the most appropriate method to solve the research problem, which imposed that method over others, and the experimental method is "the method that depends on inductive and deductive thinking, and uses methods of scientific observation, imposing hypotheses and experiment to solve a specific problem and reach the result" as well as it is" Which is the real test of cause or effect relationships, and represents the most honest approach to solving many scientific problems in a practical way.

### Steps to implement the research steps

#### Determining the research sample

The sample is "the model that the researcher conducts as a whole and the focus of his work on it" (), so the sample is the main focus of the work and one of its means leading to the goal, so the research sample was chosen in a deliberate way from the (20) youth players of Samawah football club.

#### Homogeneity of the sample

In order to know the homogeneity of the members of the research sample with the variables (height, weight, age) to use the torsion coefficient as shown in Table (1).

- Ropes to divide the goal into squares
- powder (borax)

**Physical and skill tests:** First test: zigzag running with the ball

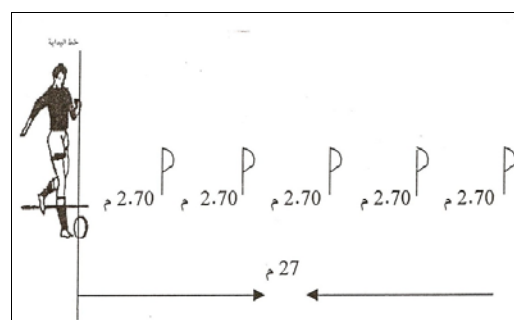
**The objective of the test:** To evaluate the technical performance of the skill of rolling.

**Necessary equipment:** A legal football, tape measure, five posts or benches of appropriate height.

**Procedures:** Planning the test area .The student stands with the ball behind the starting line, as the distance between one pole and another is (2.70) m and the total distance is (27) m back and forth, and when the start signal is given, the student runs the ball with the foot between the five poles back and forth as in Figure (2).

**Registration:** Two consecutive attempts are given to each laboratory and the assessor gives a score for the best attempt.

**Evaluation score:** 10 marks. The student's score is the arithmetic mean of the six assessors' scores in the test.



Shape (1) Shows the zigzag running test with the ball.

### Second Test

Test ran 30m from jump start

The purpose of the test: to measure the kinetic speed

Necessary tools: A yard with a length of not less than 50 m and an appropriate width. The area of the selection procedure is determined by three parallel lines, where:

(x) = starting line

(r) = acceleration area for velocity gain

(p) = velocity area.

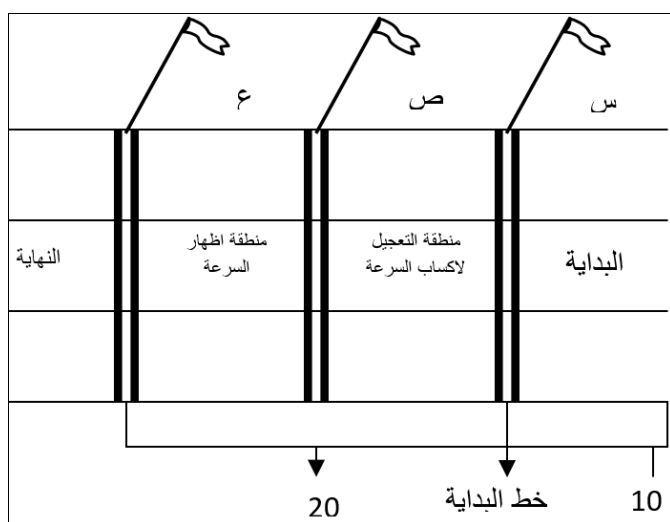
### Number 3 stopwatches and assistants

Performance description: Each player takes the sprint area assigned to him in the starting area, and when he hears or sees the ear to start, he rushes to reach the maximum limit of his speed, working to finish the stage of gaining speed in the acceleration area, and when he reaches the second starting line, the timer begins to count the time to the nearest second in which he travels a distance 20 m, which ends with the contestant reaching the final reach line.

### Test instructions

- Players take the correct position (High start right behind the starting line)
- The speed of the performance
- Players are selected at one time to ensure the competition factor.
- Re-selection twice after giving the contestants a sufficient rest period.

Registration: The maximum time of the two attempts is calculated, and the time is calculated using three electronic hours.



(Third test)

### Exploratory Experience

An exploratory experiment is "a mini-experiment similar to the real one. Therefore, the researcher conducted an exploratory experiment on Sunday 5/1/2022 at ten in the morning on a sample of (3) players from the research community.

### The purpose of the pilot experiment was

- Knowing the difficulties facing the researcher
- Knowing the validity of the devices and tools used
- Ensuring the suitability and ease of the tests used in the

research

- Ensure the readiness of the work team to apply the tests
- Find out how long the tests take.

### Scientific basis for the test

#### Test Stability

Test reliability means "if a test is performed on a sample and then this test is repeated on the same sample and under the same conditions, the results that appeared the first time are the same results the second time" Stability is the degree of consistency in the results. When we get the results of the first test itself, if we repeat the same test on the same sample and under the same conditions, this test is considered stable. The researcher used the method of testing and re-testing with an interval of (2) two days, as the first test was applied on 5/1/2022 and was repeated on 7/1/2022, and after processing the results statistically by means of the simple correlation coefficient (Pearson) it was found that all tests have a degree of stability High (between 0.866 - 0.945), as shown in Table (4).

#### Validity of the test

The honesty of the test means "that the test measures what we wanted it to measure and not something else besides it, or besides it" The researcher has found the coefficient of validity of the tests by adopting the coefficient of subjective validity, which is "the validity of the experimental scores of the test in relation to the real degrees that were concluded from measurement errors..., and the subjective validity is measured by calculating the square root of the reliability coefficient of the test" as shown in the table ( 2).

Subjective validity coefficient = test reliability coefficient  
Objectivity of the test

The objectivity of the test means that the researcher's subjectivity, opinions and beliefs do not interfere with the test results. One of the most important characteristics of good research is that it be objective in measuring the phenomenon that it was originally intended to measure, and that there should be a complete understanding by all testers of what they will perform "And because the tests used are easy to understand, clear and not subject to interpretation by experts, especially as they have numerical criteria for time, number and distance on which the tests depend, so the tests used are objective.

**Table 2:** It shows the reliability coefficient and the coefficient of honesty and objectivity

Honesty	Constancy	The exams
0.959	0.921	Handling
0.960	0.922	Suppression
0.971	0.942	Rolling
0.965	0.931	Scoring

### Research Procedures

#### Tribal tests

The tribal tests of the research sample were conducted on 12/1/2022

#### The proposed training curriculum

In order to achieve the objectives of the research, the researcher prepared a proposed training curriculum for the period from 14/1/2022 to 12/3/2022, which lasted (8) weeks, taking into account the level of training and the physical

ability of the research sample, based on sources and references that teach sports training as well as opinions Football experts and specialists. The training curriculum included (24) training units at a rate of (3) training units per week. During their preparation of the training unit, the researchers took into account the time specified for each unit, as well as the number of weekly training times and the training objectives, as the goal was to develop skills in each training unit, the exercises used and the number of repetitions in the training unit.

### Post-tests

The post tests were conducted on Sunday, 4/14/2022. The same conditions and procedures were followed in the tribal tests, and all those who did the tribal tests participated in these tests, which lasted for one day.

**Table 3:** It shows the arithmetic means, standard deviations, (t) value and the significance of the differences between the pre and post tests in the research variables.

Pre-test	Measuring unit	Values	Post-test		Pre-test		Measuring unit	Variables
			±	s	±	s		
Moral	0.000	6.574	0.450	3.645	0.284	4.164	m/ s	The speed
Moral	0.000	5.284	1.492	8.005	0.480	8.573		Coordination
Moral	0.000	6.344	0.372	12.49	0.647	13.45	Second	Rolling
Moral	0.000	5.590	0.647	7.73	1.026	6.363	Degree	Scroll

In light of the data extracted for the members of the research sample, Table (3) shows the differences in the values of the research variables in the variable speed and using the (t) test for the interconnected samples to extract the differences, as its calculated value reached (6.574) with a degree of freedom (10) and a significance level of 0.000)) which is less than the error rate ((0.05), which means that there are significant differences between the pre and posttests in favor of the test dimensional. As for the concordance variable and using the (t) test for the interconnected samples to extract the differences, its calculated value reached (5,284) with a degree of freedom (10) at the significance level of 0.000)) which is less than the error rate ((0.05), which means that there are significant differences between the pre and posttests in favor of Post

### Statistical means

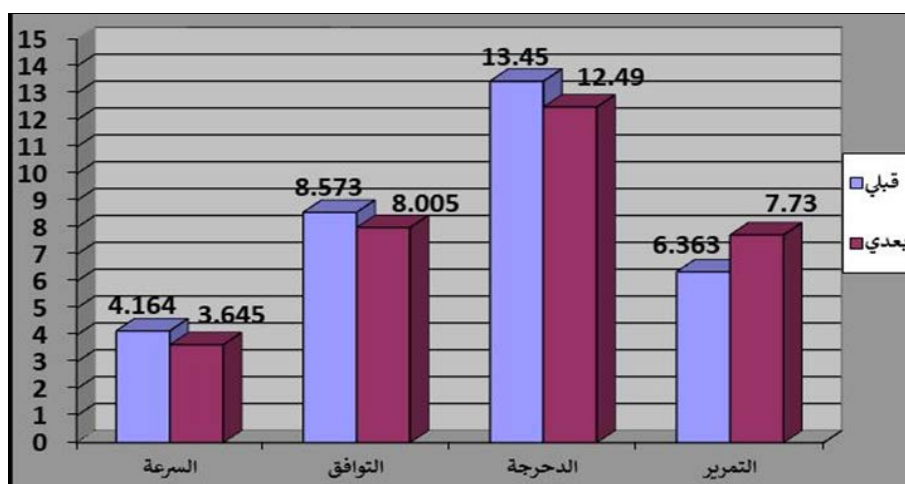
The researcher used the statistical program (SPSS) to extract the statistical results.

### Presentation, analysis and discussion of the results

This chapter reviews the presentation, analysis and discussion of the results of the research, after the researcher has completed collecting the data resulting from the tests used in the research that have been set in tables, because of the ease in extracting scientific evidence, and because it is an explanatory tool suitable for research that enables the achievement of the hypotheses and objectives of the research in the light of the field procedures that made by the researcher .Presenting the values of the results of the pre and post tests for the research group.

test. As for the rolling variable, using the t-test of the interconnected samples to extract the differences, as its calculated value reached (6.344) with a degree of freedom (10) at the significance level of 0.000)) which is less than the error rate ((0.05), which means that there are significant differences between the pre and posttests in favor of the test dimensional.

As for the scrolling variable and using the t-test for the interconnected samples to extract the differences, its calculated value amounted to (5.590) with a degree of freedom (10) at the significance level of 0.000)) which is less than the error rate ((0.05), which means that there are significant differences between the pre and posttests in favor of Posttest.



As for improving Coordination, there are not very many special methods compared to the development of other kinetic abilities (such as strength - speed - endurance - flexibility) and at the same time, Coordination is one of the inherited natural abilities. For non-gifted individuals who perform skills at a very slow speed, it would be wrong to expect them to have a significant improvement in adaptability as a result of applying

some matching training methods. The successful program for the development of Coordination must rely heavily on the acquisition of a variety of high skills. That is why all young athletes participating in special sports and games must perform skills in other games that help them improve their adaptability. Accordingly, all athletes must learn new skills without their specialized activities and games, and vice

versa. The Coordination and learning ability will decrease. During the Coordination improvement phase, the trainer should use exercises of graduated complexity. The alignment exercises in the first part of the training unit should be when the athlete is comfortable, has a high ability to concentrate, and heals the nervous system. It shows the arithmetic circles between the tribal and remote tests in the research variables. There was for the experimental group between the tribal and remote test in favor of the post-test between speed, Coordination, rolling and passing, and this confirms the importance of the exercises given to football players of great importance through combinatory exercises and its impact on rolling and passing, as confirmed by (Adel Abd Al-Basir) and highlights the importance of Coordination in complex movements that require moving more than one part of the body at the same time, and this importance doubles if the parts move in different directions. The speed was also clearly affected by its impact on the sample and its improvement in skill performance during rolling and passing as explained in the previous tables. The accuracy of the transition by improving the level of speed of the sample (Furat Jabbar) and the speed of performance is a condition that shows the speed of motor performance or the speed of motor behavior and it is an important element that determines the level of some sports skills in football, for example, there is a rapid transition of the complex movements included in the game, this game, for example, needs to The speed of passing, the speed of change from one movement to another, the speed of moving from one place to another, and this speed depends on the tactic and the motor duty that the football player must implement. The player must roll because it is the best, that is, a good player has to know when to roll the ball or when to give a handle to his teammate or hit hard towards the goal, so it is "a single act of playing himself and with the ball".

The interdependence in the possibility of training football players on Coordination and speed during training programs gives the player the opportunity to have good control over the skill performance on the field and tactical behavior by moving from the defense stage to the attack stage and achieving an opportunity to win through the speed of transfer and Coordination in performance. The process of rolling and handling is easy. On the field (Furat Jabbar, 2001) [7] indicates that the most important characteristic of good performance of basic skills is: ease of performance. Precision and performance control. Movement Coordination. Economy in movement performance. The speed of performance is a condition that shows the speed of motor performance or the speed of motor behavior and it is an important element that determines the level of some sports skills in football, for example, there is a rapid transition of the complex movements included in the game. From one place to another and this speed depends on the tactic and the motor duty that the football player must implement.

### Conclusions

- Harmonic exercises have an effect on improving the level of skill performance in handling and rolling
- Coordination and movement speed developed from the level of accuracy of skill performance on the field
- The harmonic and speed exercises affected the improvement of the level of control and control of the movement inside the stadium
- Speed has an important effect in improving the construction of the transition in the handling and rolling performance between the colleague and the accuracy of

performance

### Recommendations

- It is necessary to carry out harmonizing exercises on a permanent basis through training units for youth trainers in the governorate
- Using the results of research in sports clubs and the talent center in the governorate
- Conducting similar research on other samples in different sports

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