



The Effect of Special Exercises in some Physical & Coordination Abilities in Futsal

Wameedh Shamil Kamil ¹, Sabah Qasim Khalaf ²

¹ University of Baghdad / College of physical Education and sport sciences.

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Abstract

Futsal is one of the games that needs high physical abilities & perfect preparation to make the player faced the difficulties in the match. The player of futsal must have high physical & coordination abilities to do the basic skills of the futsal game because this game obligates the player to be ready for attack and defend in the same time add to that this game is being developed in coaching sessions from team to team, Through the watching of the classes of futsal by the researcher because he is one of the teachers in this game, he saw some weakness in some physical and coordination abilities that means there is no focus on them, So the researcher design special exercises to develop them and then develop the performance. The researcher used experimental method to solve the problem and achieve the goals and used pre-test and post-test. The sample of the research are the students of fourth class of physical education and sport science department in Jihan university and they are (14), the percentage is (77%). The researcher does some personal interview with some expert add to the expert of the researcher himself to choose the physical & coordination abilities. The results of the research are the developing of all research variables.

Keywords: futsal, special exercises, physical abilities, coordination abilities.

¹ University of Baghdad / College of physical Education and sport sciences.
wameedh.s@cope.uobaghdad.edu.iq

² University of Baghdad / College of physical Education and sport sciences.
Sabbah.Faiad@cope.uobaghdad.edu.iq

Introduction:

Futsal is one of the games that needs high physical requirements with perfect preparation to make player endure hardship in the game. Although the game is new but it start to developed in many countries in the world and the because the sciences that linked with sport s field that the aim of that is rise the standard of physical and skillful with take care of the specialist of each games from the physical , coordination , motor and basic skills, futsal player must have high physical and coordination abilities to did the basic skills in the game for both sides attack and defend add to that the game is continue developing and become different from team to team also how to prepare the players and the differences inside one team. (Kadhim, 2024) The world now passes the tradition way and made teams with all requirements to play this game, and the coaches now thinking about how to make the players ready to play and compete with high intensity by developing coaching programs. Skillful performance associated generally with physical and coordination abilities and the result for this the player must have special abilities with the peak of performance. From that the important of the study comes to study some physical and coordination abilities and developing them through special exercises and then developing futsal skills as well. (Kadhim, 2023) From watching the classes of futsal by the researcher he finds weakness in some physical and coordination abilities that lead to weakness in doing futsal skills, so the researcher decides to solve this problem by using special exercises to develop physical and coordination abilities and then develop futsal skills as well. The aim of the research is to use special exercises to develop some physical and coordination abilities in futsal and know the effect of that exercises in research variables. (Kazim et al., 2019) In study of (kamash,2012) the researcher uses suggested curriculum on some coordination abilities and basic skills in football and he confirmed to use teaching curriculum to improve some coordination abilities and basic skills. (Salman et al., 2022) And in the study of (abid,2014) the researcher uses coordination abilities exercises on (21) players from Iraqi national team of grassroots and he conclude that the exercises were positive to improve nervous compatibility that improve transitional speed. In the study of (abdul al,2011) the researcher uses training curriculum to develop coordination abilities on (18) players u13 of handball and he conclude that the curriculum has positive effect to attack skills performance. And in the study of (lawas,2016) the researcher uses coordination abilities and relationship with some basic skills on (84) players and she conclude that some coordination abilities effect on some basic skills.(Agility et al., 2018)

Method and instruments:

The researcher uses experimental method because its suitable for solving this problem and achieve the aims and hypothesis of the research, also he uses the style of the two councils controlled and experimental (with pro and posttest).

The research community represented by forth class students / physical education and sport sciences department / Jihan university and they are (14) divided in to two groups controlled and experimental with (4) student randomly as survey sample, so the sample represent (77.7%) from research community.

The research variables were chosen with their tests by some personal interviews with experts (appendix 1) and they are:

- Physical variables: (explosive force, speed power, kinetic speed).
- Coordination variables: (kinetic response speed of the legs, coordination of the legs and eyes).

Chosen tests: (appendix 2).

- Physical: (long jump, hopscotch in 10 seconds, leg speed movement in horizontal direction).
- coordination: (nelson test, jumping on numbering circles).

Data were collected by: Arabic and foreign resources, personal interview, questionnaire forms, assistants work team, tests and measurement, survey experiment).

The researcher uses devices and instruments below:

Electronic watch (kislo), video camera (canon), laptop (hp), whistle (fox), futsal pitch, tape measure (6m), coins, ropes, hurdles high and low, rings, ladders, Swedish bench (2), motor speed device.

The researcher does the survey experiment for the tests in futsal hall in physical education and sport science department / Jihan university for (4) students choosing them randomly from research sample, the aim was (know the difficulties, the time, sample ability, assistants work team ability).

Also, the researcher did another survey experiment for the exercises to know: (the difficulties of the exercises, time of work and rest, the heart beat to set the intensity).

The pro test procedure was after making results form for both control and experimental groups.

About the main experiment they are group of suggested exercises (9) only applied in the main part of the training session in special preparation period for (8) months in 3 times a week (Sunday – Tuesday- Thursday) start from 9/10/2022 to 8/12/2022 and the researcher focus on :

- 1- The numbers of training sessions are (24) the total time (120m) in (25-45m) from the main part.
- 2- Control group training with the teacher according to curriculum only.

- 3- Experiment group training with the teacher except the main part only on special exercises.
- 4- The rest account according to heart beat when the student reach (100 b/m) he do again, and about the rest between sets when he reaches (90 b/m) for the repeating training.

After the end of main experiment, the researcher does the post test and get the results:

Table 1

Shows the arithmetic mean of differences of means and standard division and (T) value both calculated and tabular between pre and posttest to the physical tests in both groups

group	test	unit	D	DS	T value	moral	indication
control	Long jump	m	0.006	0.004	1.5	0.09	randomly
	Hopscotch in 10 seconds	m	0.016	0.014	1.14	0.20	randomly
	Leg motor speed horizontally	R	0.20	0.168	1.19	0.08	randomly
		L	0.60	0.35	1.71	0.14	randomly
experimental	Long jump	m	0.066	0.016	4.12	0.002	morally
	Hopscotch in 10 seconds	m	0.225	0.018	12.5	0.012	morally
	Leg motor speed horizontally	R	3.00	0.264	11.36	0.000	morally
		L	1.600	0.224	7.14	0.000	morally

Table 2

Shows the value of means and standard division and the value of (T) both calculated and tabular- posttest – physical.

indication	moral	T value	experimental		control		test	
			s	m	s	m		
morally	0.005	8.202	0.196	2.045	0.115	1.453	Long jump	
morally	0.000	3.963	3.429	43.79	1.227	39.23	Hopscotch in 10 seconds	
morally	0.000	2.373	2.319	29.40	1.567	27.30	R	Leg motor speed horizontally
morally	0.000	2.280	1.549	28.20	2.233	27.10	L	

Table 3

Shows the value of means and standard division and the value of (T) both calculated and tabular- pre and posttest- coordination

indication	moral	T value	Ds	D	unit	test	group
randomly	0.000	1.87	0.019	1.026	s	Nelson for motor response	control experimental
randomly	0.000	1.55	0.009	0.014	s	Jumping on numbering circle	
morally	0.000	6.65	0.016	1.044	s	Nelson for motor response	
morally	0.000	10.58	0.0017	0.018	s	Jumping on numbering circle	

Table 4

Shows the value of means and standard division and the value of (T) both calculated and tabular- posttest- coordination

Indication	moral	T Value	experimental		control		test
			s	m	s	m	
morally	0.000	5.408	0.376	1.06	0.432	1.30	Nelson for motor response
morally	0.000	8.202	0.196	2.045	0.115	1.453	Jumping on numbering circle

Discussion:

From table one we see that there is positive develop between pre and posttest for the experimental group to physical tests of research. And the researcher is attributed that to: The special exercises take part in active way to develop physical abilities for the experimental group at the opposite to the control group that depend on tradition exercises. The using of special exercises for experimental group they found new ways to developed physical abilities and avoid boring. For the control group there is some develop but not reach moral. "When we increase the exercises same to match the players learn in the best way" (ratib, 1997, p80). And from table two there are positive differences between the results of posttest to both groups in physical tests to the experimental group and the researcher attributed that to: The activity of special exercises to rise the standard of students " through the load less than peak the standard still stead without physical and nerve intensity on the athlete and the high intensity use to develop kinds of physical performance that related to skills performance". (Ibrahim, 1998, p104). Also, the using of repeat training method develop the physical abilities that related with speed, "repeat training method using to develop non oxygen operation that related with develop of speed". (al rubaey and al maola, 1988, p93). About the table three the results show there are no develop in coordination abilities to control group with develop in the same abilities to experimental group, the researcher attributed that to: The special exercises have coordination abilities that related with each exercise that led to develop these abilities for experimental group, " the speed of change direction even the player in shooting situation or to help teammate or win distance he must adaptable to changing situation". (Ibrahim, 2004, p61). And from table four we see there are significant differences between posttest results for the both groups in all coordination abilities to experimental group and the researcher attributed that to: The activity of special exercises that made by the researcher that developed coordination

abilities of the research and make good role to raise students standard because futsal player must adaptable to all situation, " Adaptation is person ability to change situation of his body even on the ground or in the air". (abdulhameed and hasaneen,1997, p81).

Conclusions and recommendations:

Conclusions:

- 1- The activity of special exercises in developing physical and coordination abilities of the research.
- 2- The special exercises active in develop motor ability for experimental group.
- 3- There is no developing to control group like experimental group in all physical and coordination abilities.

Recommendation:

- 1- Take care of variety in training method with different abilities for futsal.
- 2- Use different instruments like ladder, hurdles, coins that improve physical and motor abilities.
- 3- Suggested more exercises for futsal and work to develop and work for changing.

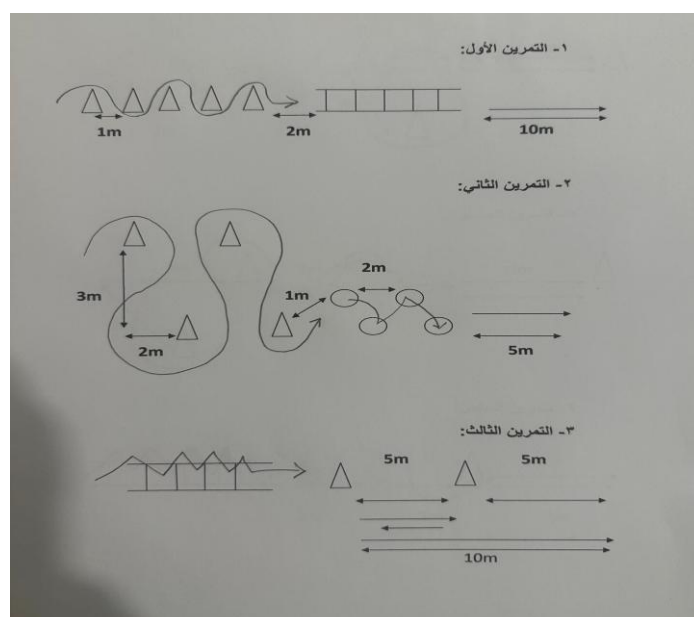
Appendix 1

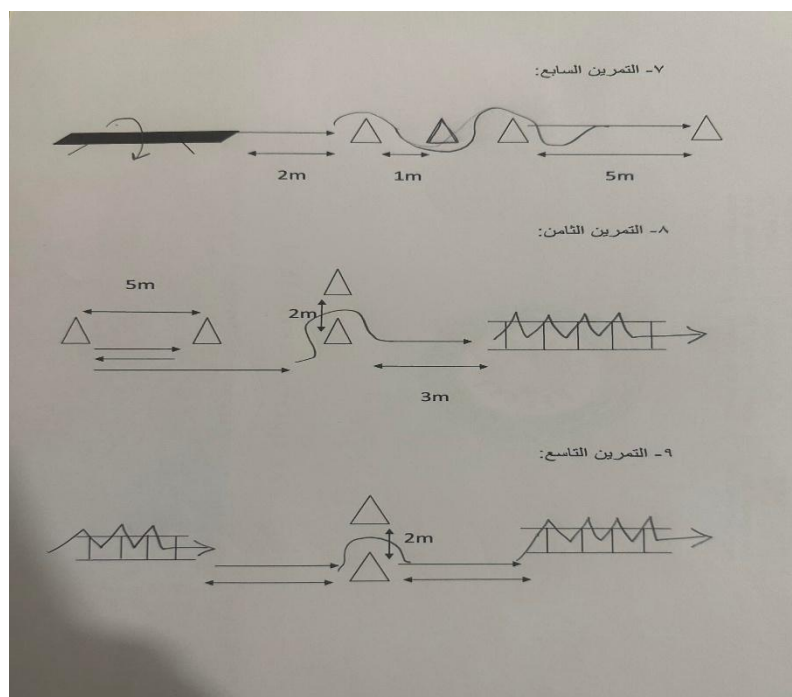
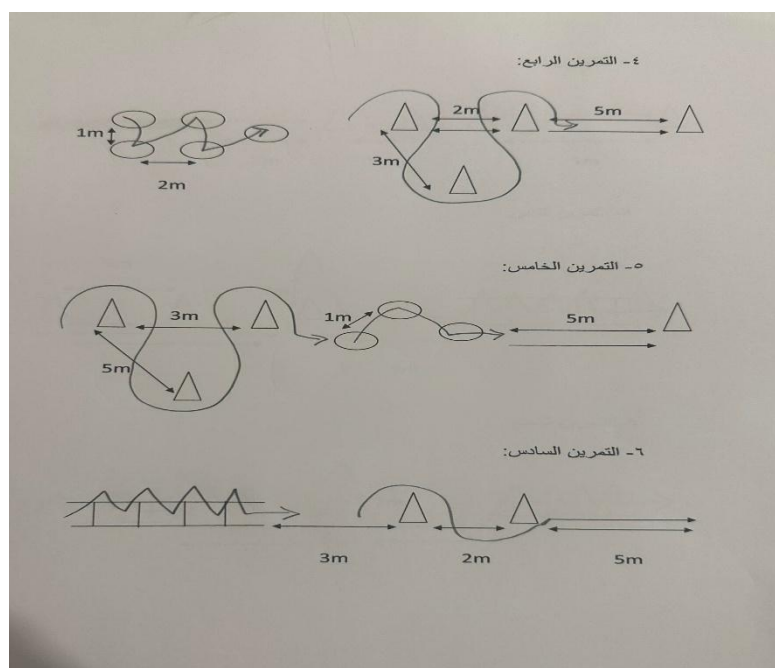
- the experts that we made personal interview with them:

- 1- Dr.Salih Radhi Amesh.
- 2-Dr.Asaad Lazim Ali.
- 3-Dr.Naji Kadhum Ali.

Appendix 2

Special Exercises







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