

The Effect of Specific Drills on Some Physical Attributes and Basic Skills for Al Muthanna University Women's Futsal Team

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Abstract--- *The objectives of the study:*

- *Identifying the effect of specific drills on some physical attributes and basic skills for Al Muthanna University Women's Futsal Team.*
- *Identifying the differences between the two study groups in terms of the some physical attributes and basic skills for Al Muthanna University Women's Futsal Team.*

The researchers have used an empirical approach with two equivalent groups to carry out the study. The sample of the study was a twelve futsal female player team of Al Muthanna University. The necessary relevant information has been collected as well as several field procedures, such as verifying the validity of the tests, have been conducted. Having done that, the researchers have conducted pretests for both experimental and control group, then the two groups have practiced the indicated specific drills as required, that is, the experimental group has tried the specific drills that are already made by the researchers. While the control one has tried the specific drills that are made by the coach of the team. Having done that, posttests have been conducted. Then, the relevant statistical means have been used to calculate and analyze the data. As a result, the researchers have come to conclude that the practiced specific drills have a significant effect on some physical attributes and basic skills for Al-Muthanna University Women's Futsal Team.

Keywords--- *Specific Drills, Physical Attributes, Basic Skills, Al-Muthanna University Women's Futsal Team.*

I. THE STUDY

1.1. Introduction

There is an increasing interest in futsal in both industrialized countries as well as and developing ones. This is mainly due to the popularity of football all over the planet. This leads to carry out many researches and studies which, in their turn, have an essential and vital role in developing men as well as women players. Many national governments extend a great efforts to facilitate funding and supporting in order to develop the game for players at different ages.

Thus, there must be a concentration on all physical, tactic, skillful, and psychological aspects to develop the players through using scientific tools. At the same time, these tools should also be enhanced since football

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circumstances are constantly various and complex as well, which require the player to face and overcome different positions and situations.

The specific drills are at the core of an effective training for performance requirements. These drills help the player to overcome the stress of a tough competition. They also enable the player to adjust for various playing positions, in addition, they have a useful role in discovering the strengths and weaknesses of opponent teams.

1.2. The Study Problem

The researchers will try to answer the following questions:

- What is the effect of the specific drills on some physical attributes of women players for Al-Muthanna University Women's Futsal Team?
- What is the effect of the specific drills on the basic skills of futsal for Al-Muthanna University Women's Futsal Team?

1.3. The Study Objectives

- Identifying the effect of the specific drills on some physical attributes and basic skills for Al-Muthanna University Women's Futsal Team.
- Identifying the differences between the two study groups, experimental and control, in terms of some physical attributes and basic skills for Al-Muthanna University Women's Futsal Team.

1.4. The Study Assumptions

- There are significant differences between the pretest and the posttest in terms of some physical attributes and basic skills for Al-Muthanna University Women's Futsal Team.
- There are significant differences between the posttest results of the experimental group and those of the control one in terms of some physical attributes and basic skills for Al-Muthanna University Women's Futsal Team.

1.5. The Study Fields

- The human field: women players of Al-Muthanna University Women's Futsal Team.
- Time: October 15, 2019 to March 5, 2020
- Place: the Arena of the College of Physical Education and Sport Science, Al Muthanna University

II. THE STUDY METHODOLOGY AND FIELD PROCEDURES

2.1. The Study Methodology

The researchers have used an empirical approach in which the sample of the study has been divided into two equivalent groups, and the pretest and posttest have also been used. This is because this method meets with nature of the study and its objectives as well.

2.2. Equipment and Means

2.2.1. The Study Means

The researchers have used the following Means

2.2.1.1. The Study Community

- The community of the study was a twelve female player of Al-Muthanna University Women's Futsal Team.

2.2.1.2. Data collection: The study requires several ways for collecting data, namely:

1. Observation: The problem of the study was identified through observing and watching the ongoing reaction of the players in a natural situation during the matches. In addition to that, technologies, like internet, were used too.
2. Testing and Measurement: the researchers have conducted several tests that are relevant with collecting data and are necessarily for the objectives of the study.

2.2.2. Equipment and Tools: they are as follows:

Futsal balls, traffic cones, computer programs and applications, Futsal court, calculator, Laptop, stationery (such as papers and pens), test scoring sheet.

2.3. Selecting the Tests that Concerned with the Study Variables

A questionnaire of relevant scientific sources and references has been conducted in order to determine which tests that are fit to measure the study variables. The outcome was to select one test by for each variable. The questionnaire has already been distributed to eight experts and specialists^{1*}. They have approved the questionnaire validity.

Having collected the data, Chi-square test has been used to calculate and analyze the data. The results approves the selected drills since their value is (8.000), which is greater than Chi-square value in table which is (3.84) at (1) degree of freedom and significant level is of (0.05).

2.3.1. The Drills

1. The First Drill: The kinetic response speed exercise²

- Name: Nelson Test

^{1*} The experts are:

1. Salam Jabaar Sahib, Professor, Test and Measurement, Football, College of Physical Education and Sport Science, University of Al-Qadisiyah.
2. Mohammed Motar Araak, Professor, Test and Measurement, Football, College of Physical Education and Sport Science, Al-Muthanna University.
3. Ahmed Fahim Neghish, Test and Measurement, Futsal, College of Physical Education and Sport Science, University of Al-Qadisiyah.
4. Adnan Neghish Hasan, Associate Professor, Test and Measurement, Football, Al-Qadisiyah Education Directorate.
5. Kamel Malyukh, Associate Professor, Training, Football, College of Physical Education and Sport Science, Al-Muthanna University.
6. Emad Uda, Associate Professor, Training, Football, College of Education, University of Al-Qadisiyah.
7. Khalid Uda kshiesh, Associate Professor, Training, Football, College of Physical Education and Sport Science, Al-Muthanna University.
8. Majid Abdul Hamid Rashid, Lecturer, Training, Football, College of Physical Education and Sport Science, University of Al-Qadisiyah.

². Muhammad Hassan Allawi and Muhammad Nasruddin Radwan(1982): *Kinetic Performance Tests*. 1st edition. Cairo: Dar Al-Fikr Al-Arabi, 254.

- Target: To measure kinetic response capacity
- Equipment: an area of a 20m length and a 2m width, no obstacles, a tape measure, and a stopwatch.
- The performance: the player stands at the touchline at the midfield line, facing the examiner who also stands on the other touchline at the midfield line, the examiner holds the stopwatch on one hand then he/she will up the other hand quickly either for the right or left of the midfield line, and at the same time, the stopwatch is started. The player runs at maximal speed (footspeed) she could to the indicated side, once reaching about 6.4m far, the examiner will stop the watch,.
- Scoring: the minimum time for the right side as well for the left will be scored. Three attempts per side.

The Second Drill: The hop exercise of a 36m distance

- Name: Single leg hop
- The hop exercise of a 36m distance: 18m for right leg hop and 18m for the left one ³.
- Target: measuring the strength which marked by the foot speed.
- Equipment: whistle, two lines to mark the start and finish points, the distance between them is about 18m, tape measure, stopwatch.
- The performance: the player stands at the starting point, once she hears the whistle she has to hop her left leg and then return hopping on her right leg. Time is recorded by seconds.

The Third Drill ⁴: 5 x 20 m Shuttle Run

- Target: measuring the speed endurance
- Equipment: an area. tape measure. gypsum powder, stopwatch. Flags to mark the exercise area. Sound recorder for calling the names of the players and for recording the exercise time. Two timers to mark the start and the finish of the exercise, and to observe the performance as well.
- The performance: a 20m long line parallels to the touchline, the distance between the touchline and the this line is 2m. once the signal is given, the player starts shuttle run at her maximal speed for a 20 distance then she repeats this shuttle run five times on the same track. If two players are in, it is regarded as one attempt, this is to create a competing spirit, and harmony between them.

The Fourth Drill: measuring the passing accuracy

- Equipment: futsal court, (12) traffic cones, whistle, (12) futsal balls.
- The description: The figures are placed at different distances, namely, about (6m), (8m), and (10m) from the corner arc. These traffic cones are four, two are big and the other two are small. The big two are in the middle the distance between them is 50cm. While each small one is placed on each side next to the big one, the distance between the small figure and the big one is by 25cm.

³. Muhammad Subhi Hassanin and Hamdi Abdel-Moneim (1988): *The Scientific Principles of Volleyball and Measurement Methods for Physical Evaluation, Skillful, Cognitive, Psychological, Analytical*, Cairo, Yuser Saif Press, 186.

⁴. Riesan Khuraybet Majeed, 157.

- The performance: 12 futsal balls are placed next to the corner arc, once the player hears the signal passes the ball to the traffic cones, starting with far one (10m), then passing to the one at (8m) and finally to ones at (6m) distance, she repeats passing the ball till the twelfth attempt,
 - Instructions:
 - The passing should be done without stopping
 - She should follow the required sequence as indicated in the instructions of the test.
 - The player has only 12 attempts, 4 attempts for each side.
 - It should be a ground passing so that points will be scored.
 - If any traffic cone blocks the ball from getting in, no point will be scored.
 - Scoring: 2 points is scored if the ball goes through the two big traffic cones. One point if the ball goes through the big and the small traffic cones.
 - The highest score is 24 points if all balls were accurately passing.
2. The Fifth Drill: straight and zigzag dribbling back and forth⁵
- Target: dribbling
 - Equipment: 5 traffic cones, Futsal balls, Stopwatch, Tape measure, Gypsum powder.
 - The description: five plastic traffic cones are placed in a way that one meter distance separates each. the distance between the starting point, first traffic cone, fifth traffic cone and the return point is 3m.
 - The performance: The player starts straight dribbling till the first traffic cone. Then she shifted to zigzag dribbling through traffic cones. Having crossed the fifth traffic cone, she again shifted to straight dribbling for 3m till returns the starting point. This indicates the exercise finish,
 - Instructions:
 - Dribbling should be done throughout the traffic cones.
 - The player must completely cross the finish line in order to return and complete the test.
 - If the player loses the ball while dribbling, she should come back to the point that she lost it and continue the task.
 - Each player has two attempts only.
 - Scoring: the optimum time out of the two attempts is scored (best attempt).
3. The Sixth Drill: Scoring from a 12m distance
- Target: the accuracy of scoring
 - Equipment: a painted goal on a wall, its dimensions as follows: 3m width, 2m height. 10 futsal balls and a whistle.
 - The description: A futsal painted goal on a wall. It is divided into six equal parts. These parts and points are distributed as follows: the two upper angles (4) points, the two lower angles (3) points, the lower middle part

⁵ Ahmed Fahim Neghish (2010): *The Most Important Physical and Skill Determiners as indicators for the selection Futsal Players in the Middle Euphrates Region*, Thesis.

(1) point and the upper middle part (2) points. The ball kicking line is about 12m far from the goal and the line's length is with 2m.

- The performance: The player stands right behind the kicking line, five balls are in front of her. Once she hears the signal she kicks the five balls one after the next. Then she repeats this process 10 times. The work team prepare the balls so that the drill will not be interrupted.
- Instructions:
 - The player kicks the ball with her preferred foot.
 - The place of the balls will not be changed.

2.3.2. Exploratory Experiments

The first exploratory experiment: On October 26, 2019 a first exploratory experiment was conducted. The sample was (10) female players that are randomly selected from Al Muthanna University Women's Futsal Team. This is to verify and make sure that all required procedures will be accurately and completely applied according to the regulations of the study.

The results showed that the experiment has achieved its own objectives. They also indicate that the players were well prepared and ready to perform the required duties. Other important issues which are relevant to arranging and conducting the specific drills are taken into consideration, such as, determining the duration of the drill, how to be performed, how to be scored and so on.

The second exploratory experiment: It has been conducted on Tuesday and Wednesday, October 29, 2019.

The results helped in:

- Picking up the most appropriate specific drills that could develop physical attributes and basic skills for Al Muthanna University Women's Futsal Team.
- Using two training units to determine the training load components for the specific drills.
- (14) specific drills have been selected to develop some physical attributes and basic skills for Al Muthanna University Women's Futsal Team.

2.3.3. He Correlation Coefficients of the Drills

First: validity

It based on to what extent the drill could measure the undergoing study phenomenon. To achieve this, a questionnaire was distributed to 8 experts who, in their turn, approve the drills that are valid. The right exercise will be picked up only if it achieves (%100) out of opinions of the experts.

Having collected data, the researchers have used chi-squared test, the results confirmed the selected drills since their value was (3.84) which is greater than chi-squared in the table, and at (1) degree of freedom , and the significance level of (0.05). Table (1) shows the validity of the drills.

Table 1: Shows the Validity of the Drills

The Drill	Number of answers		χ^2 test value		Indication of Difference
	valid	invalid	calculated	tabulated	
The kinetic response speed test	7	1	4.5	3.84	Significant
The hop exercise of a 36m distance	8	0	8	3.84	Significant
5 x 20 m Shuttle Run	7	1	4.5	3.84	Significant
measuring the passing accuracy	8	0	8	3.84	Significant
straight and zigzag dribbling back and forth	8	0	8	3.84	Significant
Scoring from a 12m distance	7	1	4.5	3.84	Significant

Second: Reliability

The coefficient of the reliability of the undergoing study drills has been calculated by finding the correlation between the results of these drills and with those results of the same drills after redoing them in a 7 day time later. Having calculated the correlation coefficient (Pearson) between the two results. It turns out that the degree of freedom is 8, and the significant level is (0.05). This indicates that the drills have a high degree of reliability, see Table (2)

Third: Objectivity

The objective coefficient of the drills have also been calculated by finding the correlation between the scored points by the two referees, having calculated the correlation coefficient (Pearson). It appears that the correlation is significant at the degree of freedom which is (8) and a significant level is (0.05). This indicates that the undergoing study drills have a high degree of objectivity, see also Table (2).

Table 2: Shows the Reliability and Objective Coefficients of the Sample of the Exploratory Experiment

The Drill	The Reliability coefficient	The objective coefficient	Sig
The kinetic response speed test	0.81	0.94	Significant
The hop exercise of a 36m distance	0.89	0.88	Significant
5 x 20 m Shuttle Run	0.82	0.84	Significant
measuring the passing accuracy	0.79	0.95	Significant
straight and zigzag dribbling back and forth	0.91	0.88	Significant
Scoring from a 12m distance	0.89	0.87	Significant

2.4. The Field Procedures

2.4.1. The Pretests

The sample of the study took the pretests on Sunday morning at 9:00, November 3, 2019. Both experimental and control groups have taken the tests. They were conducted on Sunday morning at 9:00, November 3, 2019. Both experimental and control groups have been tested. The homogeneity and equivalence for the sample members of the study have been calculated.

Table 3: Shows the Homogeneity and Equivalence for the Control and Experimental Groups

Variables	Control Group		Experimental Group		T-Test	sig	Levene's Test for Equality of Variances	sig
	average	STDEV	average	STDEV				
kinetic response speed	2.184	0.103	2.168	0.106	0.260	0.800	0.413	0.535
the strength which marked by the foot speed	6.793	0.211	6.749	0.221	0.349	0.734	0.168	0.691
the speed endurance	15.908	0.176	16.003	0.488	0.451	0.661	1.979	0.190
the passing accuracy	16.275	1.533	16.367	1.833	0.094	0.927	0.711	0.419
dribbling back and forth	11.743	0.199	11.910	0.556	0.692	0.505	2.322	0.159
Scoring accuracy	13.333	0.816	13.000	0.894	0.674	0.515	0.000	1.000

2.4.2. The Specific Drills

The sample of the study has practiced the specific drills from Nov. 10, 2019 to Jan. 10, 2020. The drills last for eight weeks. Three training units per week on (Sunday, Tuesday, Thursday). The total number of training units is (24). The specific drills have been practiced during a special preparation period.

2.4.3. The Posttests

They have been conducted on Sunday afternoon at 2:30 in Jan. 13, 2020. The same pretest procedures and circumstances have been practiced.

2.5. The Statistical Means: SPSS has been used to analyze data as well as to provide the results.

III. THE RESULTS, THE ANALYSIS AND THE DISCUSSION

3.1. The Analysis of the Differences between the Results of the Pretest and the Posttest of Some Physical Attributes and Basic Skills for the Control Group of the Futsal Team

Table 4: Shows the Differences between the Results of the Pretest and the Posttest of Some Physical Attributes and Basic Skills for the Control Group

Variables	Pretest		Posttest		T-Test	Sig	significance
	Average	STDEV	Average	STDEV			
kinetic response speed	2.184	0.103	2.070	0.008	2.715	0.042	Significant
the strength which marked by the foot speed	6.793	0.211	6.549	0.075	2.758	0.040	Significant
the speed endurance	15.908	0.176	15.531	0.148	3.399	0.019	Significant
the passing accuracy	16.275	1.533	18.592	0.648	3.077	0.028	Significant
dribbling back and forth	11.743	0.199	11.372	0.098	6.801	0.001	Significant
Scoring accuracy	13.333	0.816	15.833	1.169	3.478	0.018	Significant

According to the data of the study sample members, table (4) shows the differences in values of the undergoing study variables of both pretest and posttest for the control group. As shown above (the kinetic response speed, the strength which marked by the foot speed, the speed endurance, the passing accuracy, dribbling back and forth, and finally scoring accuracy). T-test of the correlated samples has been calculated to find the differences. The result is that there are significant differences, their values are as (2.715, 2.758, 3.399, 3.077, 6.801 and 3.478) in a row, at the

significant level (0.042, 0.040, 0.019, 0.028, 0.001, and 0.018) respectively, and the the degree of freedom is (5) between the pretest and the posttest for the control group, it is in favor of the posttest.

Table 5: Shows the Differences between the Results of the Pretest and the Posttest of Some Physical Attributes and Basic Skills for the Experimental Group

Variables	Pretest		Posttest		T-Test	Sig	significance
	Average	STDEV	Average	STDEV			
kinetic response speed	2.168	0.106	2.035	0.008	2.927	0.033	Significant
the strength which marked by the foot speed	6.749	0.221	6.397	0.129	3.070	0.028	Significant
the speed endurance	16.003	0.488	15.230	0.055	3.791	0.013	Significant
the passing accuracy	16.367	1.833	19.833	1.169	3.300	0.021	Significant
dribbling back and forth	11.910	0.556	11.153	0.045	3.372	0.020	Significant
Scoring accuracy	13.000	0.894	17.333	0.816	7.050	0.001	Significant

According to the data of the study sample members, table (5) shows the differences in values of the undergoing study variables between the pretest and the posttest for the experimental group. As shown above, there are differences between the two tests in (the kinetic response speed, the strength which marked by the foot speed, the speed endurance, the passing accuracy, dribbling back and forth, and finally scoring accuracy). T-test of the correlated samples has been calculated to find the differences. The result is that there are significant differences, their values are as (2.927, 3.070, 3.791, 3.300, 3.372 and 7.050) in a row, at the significant level (0.033, 0.028, 0.013, 0.021, 0.020, and 0.001) respectively, and the degree of freedom is (5) between the pretest and posttest for the experimental group, it is in favor of the posttest.

Table 6: Shows the Differences between the Results of the Posttests of Some Physical Attributes and Basic Skills for the Experimental Group and for the Control One

Variables	The control group		The experimental group		T-Test	Sig	significance
	Average	STDEV	Average	STDEV			
kinetic response speed	2.070	0.008	2.035	0.008	7.408	0.000	Significant
the strength which marked by the foot speed	6.549	0.075	6.397	0.129	2.494	0.032	Significant
the speed endurance	15.531	0.148	15.230	0.055	4.657	0.001	Significant
the passing accuracy	18.592	0.648	19.833	1.169	2.275	0.046	Significant
dribbling back and forth	11.372	0.098	11.153	0.045	4.987	0.001	Significant
Scoring accuracy	15.833	1.169	17.333	0.816	2.577	0.028	Significant

According to the data of the study sample members, table (6) shows the differences in values of the undergoing study variables of the posttests for both the experimental and the control group. As shown above, there are differences between the two groups in (the kinetic response speed, the strength which marked by the foot speed, the speed endurance, the passing accuracy, dribbling back and forth, and finally scoring accuracy). T-test of the correlated samples has been calculated to find the differences. The result is that there are significant differences, their values are as (7.408, 2.494, 4.657, 2.275, 4.987 and 2.577) in a row, at the significant level (0.00, 0.032, 0.001, 0.046, 0.001, and 0.028) respectively, and the degree of freedom is (10) between the two groups, it is in favor of the experimental one.

3.2. The Discussion of the Results

Tables (4 and 5) show a significant differences in the measurement of some physical variables and futsal basic skills and in favor of the posttest. The results show that both groups have developed well. The researchers regard these developments due to the specific drills that have been practiced through training units either by the coach or by the researchers. These require repeating the performance which, in turn, it stimulates senses of the player, that is, (sensing the ball grows as more drill practicing which leads to a special kind of high observation that makes her able to deal with the ball with her own experience, which, in turn, enable them to realize the exact properties of the ball.⁶

Regarding passing the ball is found the most common task that practiced a lot in the training units and during the match as well. That's why there is a great focus on it in training units, "that is, performance endurance has a great role in developing the player to achieve perfect performance level in regarding the accuracy, the integration, and the mechanism of high technical performance."⁷ There is also a development in terms of scoring skill, this is due to practicing it many times during the training units, that is, most of the football coaches pay more attention to it, since "they regard it as the most important target in the daily training units for football players. Winning the match may depend on one critical moment in which a player has to put the ball in the opponent's net and scores a goal."⁸ She may not have the chance to kick or to pass the ball, in this situation, she has to dribble the ball till the chance is looming for passing or scoring. Or she may dribbling to pull the opponent defender so that she can more freely pass the ball to her teammate.

Table (6) shows that there are differences in values between the posttest results for both experimental and control group for Women's Futsal Team, and in favor of the experimental one. This can be explained by the fact that the experimental group has regularly practiced the specific drills along with the training units. Mainly because there is a development in some physical attributes due to the nature of the training units and to the specific drills. All of this is based on scientific principles in terms of the drill intensity, the number of repetitions and breaks. That is, the training units significantly improve the results of the posttest, namely, "practicing the drills which their nature meet with general performance of the certain skills leads to better outcomes in respect of acquiring the physical variables."⁹ This meets with the principles of the sport training which indicate that the planned training based on scientific methods and gradual steps of more drill practicing have a great impact on the players. In addition to that, "enduring performance exercise achieves real development in which it creates the right circumstances for a technique of performing a certain activity."¹⁰

IV. CONCLUSION AND RECOMMENDATIONS

4.1. Conclusion

All of the results, the objectives of the study, the specific drills and data of the sample that have been recorded and statistically analyzed may lead to conclude the following:

⁶. Hanafi Mahmoud Mukhtar (1978): *The Scientific Principles of Football Training*, Cairo, Dar Al-Fikr Al-Arabi, 114.

⁷. Hanafi Mahmoud Mukhtar, 54.

⁸. Ibid, 187.

⁹. Abu-Ela and Ahmad Nasr (1993): *Physiology of Fitness*, Dar Al-Fikr Al-Arabi, Cairo, 1st edition, 98.

¹⁰. Rيسان Khuraybet Majeed, 266.

1. The specific drills have a significant effect on some physical attributes of Al Muthanna University Women's Futsal Team.
2. The specific drills have a significant effect on some basic skills for Al Muthanna University Women's Futsal Team.

4.2. Recommendations

The researchers recommend the following:

1. More attention should be paid to the specific drills so that they will improve some physical attributes and basic skills of Al Muthanna University Women's Futsal Team.
2. More studies and researches on the specific drills should be conducted as well as for other sport activities.

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Appendix 1: An Example of the Week one Program

week	Training unit	drills	Intensity %	Load	break		Drill performance time (seconds)	Actual performance time (Minutes)	Total performance time (Minutes)
					between repeats (seconds)	between groups (seconds)			
One	First	1	80	3 x 6	45	90	8.45	2.31	32.44
		3		3 x 6	45	90	8.75	2.37	27.52
		14		3 x 6	45	90	14.55	4.21	
	Second	2	85	3 x 5	45	90	11.80	2.57	32.44
		5		3 x 5	45	90	8.13	2.01	27.52
		10		3 x 5	45	90	7.70	1.55	
	Third	4	90	3 x 4	45	90	10	2	32.44
		6		3 x 4	45	90	9.50	1.54	
		15		3 x 4	45	90	11.16	2.13	

Appendix 2: An example of the specific drills for the experimental group

The first drill:

Target: physical + skill + tactic

Equipment: balls, a whistle, official soccer pitch and a stopwatch.

Performance: a four player team in addition to a goalkeeper play against a team of the same number. The attacking team dribbles and passes the ball until they reach the goal, while the defending team tries to stop them. The defending team players have to stay in a specific area, they are not allowed to cross it.

