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Original article

THE IMPACT OF MOVEMENT COORDINATION PROGRAM ON THE COMPLEX SKILLS AMONG SOCCER BEGINNERS

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Abstract

The aim of this study to identifying a learning program for attaining motor coordination components and knowing its effect on some compound skills' performance for soccer juniors, the research was applied on 9-10 years old in vertical method on Ahly Club Academy players- Mansoura branch, the researchers used experimental method with designing two groups: experimental and controlled, the researchers reached to the presence of statistical differences between pre and subsequent measures in motor coordination measures, they recognized the effect through compound skill performance for soccer juniors for the benefits of subsequent measure in which the suggested learning program showed positive effect in attaining compound skills' performance under research. In the light of the research results, the researchers recommended with the necessity of caring for learning methods which based upon merging motor coordination components with compound skills' performance when teaching at soccer junior and caring for compound motor components and setting them in degraded shape to suit individual differences between learners to be more interesting as what happens in matches to achieve learning principles and the researchers also recommend with conducting similar studies on a different sport games.

Key words: Complex skills, movement coordination, soccer.

Introduction

The scientific development of sports in education and training is a goal sought by the countries of the world to provide the knowledge and concepts in a simple for teachers and trainers to prepare well for sports to reach the upper levels and thus the educational process of modern is the educational process planned based on sound science is working on the access of learners to the target of (integration in athletic performance), where required to achieve this goal the teacher planning and organizing abilities of his players physical, technical, mental, and their attributes moral, psychological and administrative, in a unified framework to reach their highest level of athletic performance, and there was already a clear improvement in the level of Soccer teams At the global level in general, which should be taking with him ways to cope with the scientific development.

There is no doubt that the renderings skill as a vehicle to yield the final processes of education and training of interest to many researchers in various sports activities including Soccer, because they are popular sport in the world.(Casa, 1997 and Mohamed 2004) motor skills composite represent models for various forms for a range of skills of individual merge with each other and overlap the final stages to form the beginning of the skill of the following, which performed learner in the position of my game to achieve a particular goal, learner who does not master the skill performance composite are forced to focus on the ball and the way of more than a focus on tactically in the sense that the learner is focused only on playing the ball and cannot be observed accurately and awareness of the movements of his or competition on the field, which affects negatively in the accuracy of its implementation, but it can be acquired through the

learning process aimed at performance skills to properly and quickly and economically solve motor tasks that appear during play different positions. The synergy is an important part of the complex motor skills, so they should be integrated with the motor skills within the framework of one brings the two together effectively to improve the composite performance skills of the learner in Soccer. Therefore, consistent with (Massad 2005; Amralla, 1994; Bassim, 2000) that the synergy of the components of fitness important, which is directly related to performance skills and learn to master the motor skills to bring it to the stage mechanism It is one of the most important qualities of athletic performance, especially for movements of the vehicle, the more complex vehicle movement has increased the need for compatibility with a high degree of motion. (Abuela 1997; Jihan 1999) that the synergy associated with much of the physical attributes such as speed, agility and precision, shows the correlation compatibility as soon as the performance requirements of motion in time, as they appear recipe agility and precision in the requirements movement in terms of formal and spatial any move the body and its parts with the required accuracy, and therefore the synergy in the simplest sense means the performance of motor sound speed, accuracy and agility required with economy of effort and fewer errors, and that it can develop the components of synergy through the steps of educational and diverse and scalable in difficulty, as the compatibility of motor cannot develop and his mastery of the image sound only after the occurrences of the constant so that the nervous system to send nerve signals exchanged between the stop and excitement for more than a muscle at the same time, in different parts of the body and the greater the parts working and moving of the



body the greater the difficult exercise, and so the development of motor components of the compatibility exercise is done by the learner exercises odd or even using the tools or devices with or without this so-called quality of exercise.

The foregoing opinion researchers, the implementation of performances skill vehicle that is characterized by the Soccer require consensus kidneys to all parts of the body during the performance, so the development of a synergy for the player especially the novice, including covered by the different components has an important role in learning and the acquisition of those performances skill vehicle in Soccer foot, and the rise in the degree of perfection of the performances skill composite only processes of education and training, but is also associated with the ability to focus attention and control his skill combined and the greater the mastery of individual skills skill vehicle, the less the effort of the learner and it affects the use of all his thinking and his attention in various other duties, and master soccer player skills to the vehicle, can the use of and alternatives to different types of technique against his rival (solutions), which makes them confused and distracted to make preparations and the great diversity of skills. Through the work of researchers in the field of education and training of Soccer noticed the following:

Some learners do not have the ability to perform adequate renderings of vehicle various skills.

Lacking some learners to complete mastery of the stages of skill renderings of the vehicle.

Lacking in most of the learners to perform skills in a way that economic effort as making more effort plus required as a result of the involvement of muscle groups is required. It is also during follow-up researchers for research in terms of education and training, note that the majority of previous studies and research objectives are not enough to gain synergy and link composite skill through an educational program for beginners in Soccer. For but not limited to the goal of some of these studies identify the impact of educational programs at the level of performance skills and tactical such study (Farouk 1993), while aiming at others to give the learners' performances motor vehicle such as the study of Mohamed, 2005; Samia, 1989), also aims some studies to analyze the performances motor vehicle and identified the quantity and quality, such as the study of (Amralla, 1994), while the aim of some studies to develop batteries for measuring the performances of integrated and the development of standard levels have such a study Aburayya 1999, AbdulBasset& Adel, 2001), as well as the contribution of skills composite (combined) on the performance of tactical Soccer, such as studying M. I. Sultan (2004), the aim of some studies to develop batteries for measuring the compatibility of its components and the development of standard levels as studies of(Starousta, 1984, Sharma, 1992, Vladimir, et al. 2001). It here crystallizes the idea of research in the work of educational program to acquire the components of the

synergy and knowledge of the impact on some of the performance skill vehicle for beginners in Soccer, where the applied research stage Sunni important is the starting point to young adulthood, where the teacher or coach interested in this age group teaching learner more complex motor skills that allow him to further achievement and excellence. And the belief of the researchers of the importance of this stage, which represents the nucleus and the basis in the upbringing of generations, sports, and based on that junior Soccer today are the future of the game and the mainstay of national teams for the attention given to their upbringing and the upbringing of a sound means to check on the future of Egyptian soccer.

The research aims to identify: (impact of educational programs to acquire the components of the compatibility of motor skill performances of some vehicle for beginners in Soccer), through:

1. Educational program designed for compatibility of the components of the motor starters in Soccer.

2. Identify the impact of the program on some of the educational components of the compatibility of motor skill and performances in the vehicle when junior Soccer.

3. Identify the percentage of improvement in the compatibility of motor skill and performances under discussion for beginners in Soccer.

Was selected a sample of (30) junior in Soccer was born in 1998, (10:9) years in the manner deliberate of players Academy Ahly Mansoura Branch, and was the exclusion of certain learners and their number (8) due to lack of regularity of each, bringing the total sample 22 novices in Soccer.

Basis for formulating the educational program:

1. Educational program for the proposed 8 (eight) weeks.

2. The number of modules within the week, three units.

3. Time module from 70 to 80 minutes.

4. Into account the appropriate frequencies for each exercise.

5. Into account the inter-breaks to reach members of the research sample of the natural state.

6. Presentation of a model taking into account the performance of the motor boat by the researchers.

7. Into account to provide information and clarify the technical aspects of the correct functioning of the erosion of falling into the errors.

8. Be consistent with the characteristics of the educational program age group in question.

9. An educational program that takes into account the logical sequence of exercises organized in terms of quality difficult.

10. An educational program that takes into account individual differences among learners.

11. To challenge the contents of the educational program, including the capacity of learners allowed

arousal Motive to learn to achieve the goal of education.

12. Take into account the needs of learners' educational program of the movement and activity.

13. The educational program provides the opportunity to participate and practice for both educated at the same time.

14. Take into account the educational program to provide the resources and the right place to implement the program.

Results

Table 1. The age, Anthropometric Characteristics and Training experience of the Group (Mean \pm SD)

Variables	N	Age [years]	Weight [kg]	Height [cm]
	30	9.15 \pm 1.9	34.54 \pm 4.1	134.22 \pm 5.2

Table 1 shows the age and anthropometric characteristics of the subjects. There were no significant differences were observed in the anthropometric characteristics and age for the subjects.

Table 2. Mean \pm SD of Transfer the balls, accuracy of correction, Speed of passing 6 balls, Kicking in circles and Free Streaming for the control and experimental groups

Variables	Control			Experimental		
	Pre	Post	change%	pre	post	change%
Transfer the balls	26.21 \pm 0.39	5.58 \pm 0.47	5.10	5.23 \pm 0.16	34.92 \pm 0.54	13.19
Accuracy of correction	176.23 \pm 3.68	179.11 \pm 4.15	1.63	177.65 \pm 3.54	184.23 \pm 4.32	3.70
Speed of passing 6 balls	22.14 \pm 3.11	23.77 \pm 2.64	7.36	22.25 \pm 2.31	26.16 \pm 2.12	17.57
Kicking in circles	81.14 \pm 2.5	85.15 \pm 2.3	4.94	81.41 \pm 2.5	90.24 \pm 2.6	10.85
Free Streaming	21.14 \pm 3.11	22.77 \pm 2.64	6.36	21.25 \pm 2.31	25.16 \pm 2.12	12.57

Table 2. Shows the mean scores and percentage changes for on Transfer the balls, accuracy of correction, Speed of passing 6 balls, Kicking in circles and Free Streaming for the control and experimental groups. The t-test showed a significant change between pre-and post training scores for all variables ($P \leq 0.05$) for the experimental group .However no significant differences were shown between pre-and post training scores for all variables inthe control group ($P \geq 0.05$) .

Discussion

And condolences to the researchers and the presence of statistically significant differences between the measurements pre and post in the components of synergy and the level of performances skill vehicle for an emerging football for the benefit of measuring the post that the tutorial traditional contains the routes and methods of teaching to improve the performances skill vehicle with conventional methods used which lead to an improvement in the renderings skill vehicle by extension, but a small percentage will take time and considerable effort compared to the proposed educational program, which Madt by the proportion of the improvement in the synergy of the components

Statistical analysis

All statistical analyses were calculated by the SPSS statistical package. The results are reported as means and standard deviations (SD). Differences between pre and post tests were reported as mean difference \pm 95% confidence intervals (mean diff \pm 95% CI).

(11.49%: 218.18%), and skillful renderings of the vehicle (9.21%: 56.95%). The results of the study in a table (2), for comparing the measurements pre and post experimental group of the existence of statistically significant differences at the level of (0.05) in the components of a synergy showed the rates of improvement increased significantly (27.86% of the speed of motor - 11.49% Fitness - 45.21% for the sense of time - 218.18% for accuracy - 210.53% for the sense of distance) While the results showed in Table (15), for comparing the measurements pre and post experimental group of the existence of statistically significant differences at the level of (0.05) in performances of complex skills and showed rates of



improvement increased significantly (53.91% for the receipt with the rotation and then scroll - 48.30% for the receipt and Running with the ball and then scroll - 9.21% for the receipt and then running and then direct correction of the movement - 56.95% of receipt and then dribbling and shooting) And condolences to the researchers and the presence of statistically significant differences between the measurements pre and post in the components of synergy and the level of performances skill vehicle for an emerging football for the benefit of measuring the post that the tutorial proposal has helped to raise the efficiency of the nervous system and the increasing interdependence between sensory nerves - which affected within the program - motor nerves, which works on continuous improvement in the composite skill performances, as was the reactionary role of nutrition in terms of reform contributed a great deal from the mistakes of youth and thus improved outcomes composite skill performances of the experimental group. And condolences to the researchers of this progress to the educational program proposed, which included its contents on the exercises quality standardized to acquire the components of the synergy which has contributed to the development of performances skill of the vehicle and a pop-up requirements for performance skills in football and the appropriate age group (sample) to enable the emerging guidance which aims to movements, that reflected in the high level of skill performances vehicle (under discussion). Also consistent with results noted by the study of (Sharma, 1992) that the training exercises led to the qualitative improvement of the interoperability capabilities of different stages of the Sunni, especially for beginners. Also (Sharkey, 1986) pointed that this age group is to perform the type of activity exercises a private practitioner, to acquire the components of physical fitness. The researchers attributed this improvement in the complex skills for the players to take advantage of the positive effects of the educational program which included types of exercise skill in progressive difficulty which led to the benefit of education at From the foregoing we find that the first hypothesis of the research, which states "There are significant differences between pre and post measurements for the experimental group and control group in the components of the level of synergy and skill renderings vehicle in question in favor of dimensional measurement" has been achieved.

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