



BALANCE AND COMPATIBILITY ARE A FUNCTION OF COMPARISON BETWEEN OPEN FOOTBALL AND FUTSAL PLAYERS

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Abstract

Scientific research is the basis for all scientific development in various sports fields, as it focuses on researching causal and interconnected relationships in various influences in the field of the game or event. It did not stop there, but rather went beyond that through experimental research to find out some influences directly and indirectly and shed light on them that imitate. Developed countries in the sports field do not bear fruit because it is based on a scientific basis unknown to workers unless all matters related to the sports field are known. All of this falls on the responsibility of everyone who works with scientific research with the aim of reaching the highest levels and achieving great achievements, as it does not come from a vacuum, but rather there Steps and principles that must be followed, perhaps the most prominent of which is knowing which are the basic causal influences in the game or event that allow selecting the best players with less effort and saving time in reaching those levels and achieving those achievements in a way that is compatible with their capabilities, capabilities, and abilities.

Introduction

Individual differences between players are the basic foundation through which appropriate elements are selected who are capable of reaching the highest levels and achieving achievement. The selection process does not only include exploration, but is characterized by continuous dynamism and aims to select the best elements that are characterized by specific characteristics, whether inherited or acquired, and represent. Hypothetical factors for success in specialized sports activity. Proper selection is the first step to success in achieving a higher goal, which is reaching the highest levels and achieving the best results with the least possible effort, time and money.

Determining the specifications for each game is extremely important, as there is no doubt that each sports game has its own characteristics and requirements that distinguish it from other games, but it may happen that there are common characteristics between some games that make their performance similar, which gives the coaches justification for directing the player to a game below Looking at the characteristics of that game, which may not be compatible with the characteristics of that player, and the coach and player alike may discover, after a period of training and preparation for that player, that his characteristics are not compatible with the characteristics and requirements of that game, which means wasting a lot of effort, time, money, and most importantly, It is a loss of material that might be good if directed from the beginning with the correct direction.

Through these specifications, players are selected for the game to reach the stage of sporting excellence by using data to determine selection models, or what are termed models of the best players. This is one of the prominent and important issues in the field of selecting talented people in the sports field and the game of football in particular. Choosing the appropriate individual for the type of sporting activity practiced is the first step towards reaching the championship level, so specialists in various sporting activities tended towards determining the necessary specifications specific to each activity separately, and this helps in selecting the young athlete according to specific scientific foundations with the aim of reaching high sporting levels.

Just as every sports game has its own characteristics and requirements, each position and line of play has its own characteristics and requirements, and this requires directing the players towards the appropriate activity, as well as towards the appropriate line of play for them in accordance with those characteristics and requirements... It is noted that the selection, placement and classification of football players in football academies depends on The personal experience of coaches is far from objectivity, so it is preferable to combine personal experience with scientific foundations to produce an expressive means through which the technical performance of football academies players can be improved and the base for selecting players to represent our national teams can be increased.

Addressing this deficiency necessitated conducting a study on emerging football players (open and futsal) belonging to the academies of Najaf Governorate by developing equations to select the best among them and place them in the appropriate event for them. Accordingly, the importance of the current research appears through developing a cognitive framework for football coaches about the model of specifications found in the game of football (halls - open), as well as benefiting from the cognitive framework for selection, placement, and classification, and developing a specific mechanism to be followed in academies in selecting, classifying, and directing players. Research is in this field. It represents an urgent necessity. Enriching the Iraqi library due to its lack of this type of research, and thus serving the sports community in general and the football community (open, futsal) in particular.

The practical importance of this study appears through:

- Its results and recommendations, which may help answer some questions about the feasibility of selection, placement, and classification, using such techniques.
- Access to the best ways to achieve high achievements in the game of football (open, futsal).
- Opening new horizons for research dealing with these models, and thus it will be an incentive and motivation for other researchers to delve into this field, which contributes to developing the field of testing and measurement in physical education.

Research problem

- Are there differences between open football and futsal players in the variable of balance and compatibility?
- What is the advantage in terms of balance and compatibility between futsal and open football?

Research aims

- Conduct a comparison between football and futsal players in terms of balance and compatibility.
- Identifying the harmony between open and indoor players through balance and compatibility.

Research areas

- First - The human field: Open and indoor players at Naft Al-Wasat Club
- Second - Temporal scope: for the period from 9/1/2023 to 9/20/2023
- Third - Spatial area: Naft Al-Wasat Sports Club stadium and hall.

Research Methodology

The researcher used the descriptive method and the comparative method in order to suit the problem of the current research

Research sample

The research sample was represented by Naft Al-Wasat Club players, who numbered (27 players for the open) and (20) players for the halls. As for the research sample, which is part of the community, it was represented by (10) players for the open and (10) players for the halls.

Used tools and devices

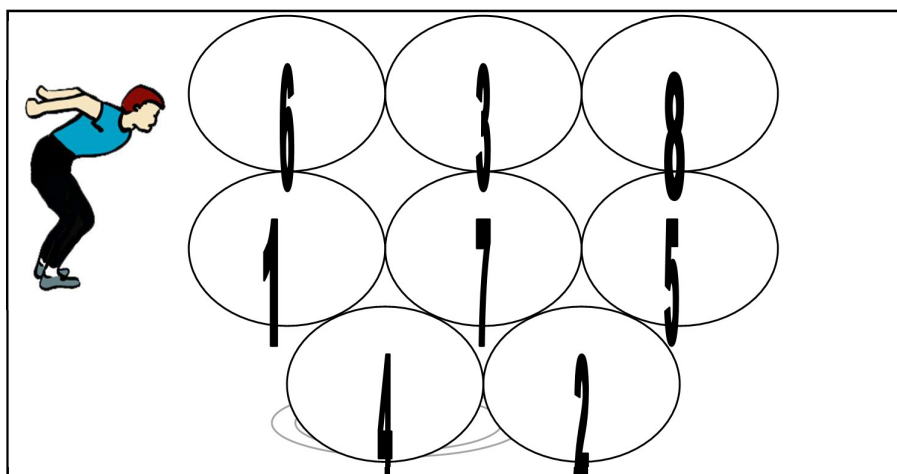
- Arab sources
- Tests and measurement
- 5 balls
- Signs.

Description of research tests

Description of the numbered circuit test

- The aim of the test: to measure the coordination between the eyes and the legs.
- Tools used: colored circles (8) - colored numbers from (1-8) - sticky tape - stopwatch - registration form - pen.
- Test specifications: The tester stands inside circle No. (1) when he hears the start signal. He jumps with his feet together to circle No. (2), then to circle No. (3), then circle No. (4), until circle No. (8). This is done with maximum speed.
- Recording: The laboratory records the time it takes to move through the eight circles.

Figure (1) shows the numbered circuits being tested for compatibility



Move over tags test:

- Purpose of the test: to measure motor balance.
- Objective of the test: to measure balance during and after movement.
- Tools used: stop watch, measuring tape, drawing (10) marks on the ground.
- Performance specifications: The tester stands on the starting marker with the right foot and then jumps to stand on the marker

No. (1) with the instep of the left foot, observing that the mark is completely covered by the foot, and he tries to remain in this position for the longest possible period, maximum (5 seconds). This is how he reaches mark No. (10) using the same method, noting that the landing foot changes in every jump and that the distance between the marks is (50) cm.

- Recording: The laboratory records (10) degrees for each jumping attempt, five of which are when the jumping is done properly, and this requires that he land on the ball of the foot, as it completely covers the mark on the ground. What are the other five degrees, which are recorded for the laboratory for every jump in which he is able to remain stable? As a result, the total score becomes (100) and is divided by (10).

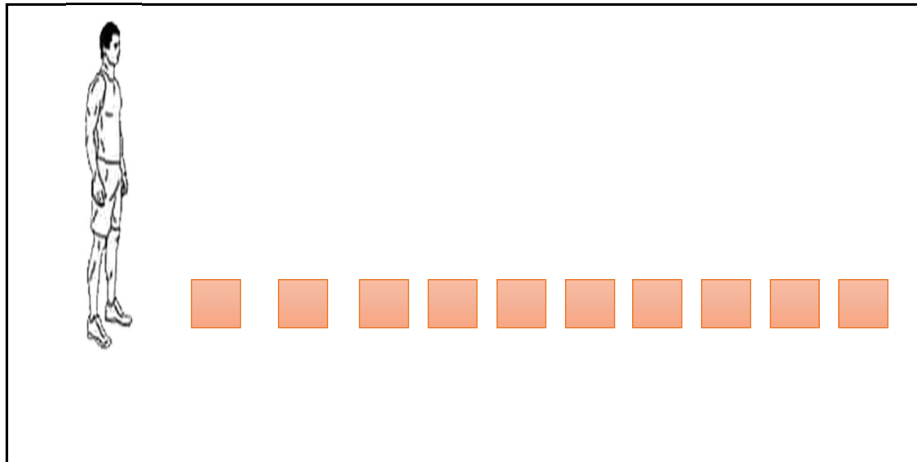


Figure (2) shows the balance test

Survey applied to advanced players:

Verifying the soundness of the contexts followed when applying measurement tools to the current research samples (advanced open football players and advanced futsal players), knowing the availability of conditions for those tools, and implementing those conditions is a basic requirement, and achieving this requirement requires conducting an exploratory study. Accordingly, at this stage, the researcher conducted a reconnaissance study on advanced (open and futsal) football players, according to the plan for implementing the exploratory experiment. The main purpose of conducting the survey is:

1. Ensure the accuracy of the methods used when taking physical measurements and applying tests (biomotor, skill).
2. Determine the organized plan for taking physical measurements and performing tests (biomotor, skill).

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3. Prepare and arrange for taking physical measurements and applying tests (biomotor, skill) based on their motor requirements and level of difficulty.
4. Organizing rest periods between one test and another, to ensure that players return to their normal state at the beginning of each test.
5. Understand the context of conducting measurements and tests by players and staff.
6. The suitability of the time period specified for applying the single test and the tests as a whole.
7. Availability of the required capabilities in terms of the appropriateness of the specific places for carrying out measurements and tests, as well as the availability of appropriate devices and tools for the measurement process.
8. Adequacy of assistants(*) and their good training.
9. The extent of players' motivation and response when applying tests.

Main experience

The researcher conducted the test on the research sample on 9/10/2023 at the Naft Al-Wasat Sports Club stadium.

Statistical methods

- Arithmetic mean
- standard deviation
- T value for independent samples

Show results

Statistical significance	Significance level	t value	Lounges		Open		measuring unit	Variables
			A	s	A	s		
moral	0.000	5.668	1.114	5.641	1.017	6.369	degree	Balance
moral	0.000	4.723	1.0226	5.444	1.177	5.4999	second	Compatibility

The table shows that balance characterizes open football players and harmony characterizes futsal players

Discuss the results

It is considered one of the necessary skills, especially for attackers. It depends on neuromuscular coordination and good control of the ball in a small space. Zuhair Al-Khashab 1999 believes that there are three stages of dribbling. The first stage is the stage of thinking and mental solution of what the player will do according to the situation he is in. The second stage is the false movement and the imaginary process to deceive the opponent. The third stage is performing the real activity to overcome the opponent and it must be quick, sudden and unknown to the opponent.

There are ways to implement balance and deception, including changing the speed of running

from slow to fast and vice versa, changing the direction of running - front - back - right - left, using different strikes - such as the player pretending to hit the ball hard and then performing another movement or vice versa, using the method of exchanging feet, escaping. Getting rid of the opponent's control with or without the ball, a method of quickly pushing the ball from one side of the opponent and getting rid of him from the other side. Shooting at goal is one of the means of attack to score goals, and it is one of the most important basics of the game that players must master, because the main goal in the game of football is to score an injury and achieve victory. Bahaa Salama 1987 points out that shooting with the foot is the strongest type of shooting, because the ball travels the longest possible distance in addition to arriving in the shortest possible time. Shooting is done if the ball is stationary or moving depending on the different playing situations, and a team whose players are not good at shooting loses many opportunities during the course of the match. (Youssef Lazem Kammash, 1988) stated that the shooting process is not an easy process, because it requires determining the specificity of the skill, and that the goal of shooting is to score goals, and its importance comes from the fact that it decides the outcome of the match, and the team that scores the largest number of goals during the match is considered a winner. A strong, quick shot does not give the opponent time to act to stop him, and a player who is characterized by the ability to shoot quickly is a danger to the opposing team. In addition, the power of the shot has an effective and important effect in scoring goals from long distances. As a result of the development of game plans, shooting at the opponent's goal is No longer limited to a certain number of positions, modern play requires all team members to attack when in possession of the ball. Shooting from different distances, from multiple sides, in different methods, and by multiple players causes great embarrassment to the defending team.

Handling is one of the important means of continuing the game and implementing its plans, as it is the most frequent compared to other skills, and through it it is possible to ensure that the ball reaches the opponent's goal and passes the largest number of defenders quickly and with the least effort by the players of the team that has the ball. Accurate handling at the right time between the players The team is the key to team play to achieve the main goal of the match, while emphasizing the accuracy of handling, which is one of the most important foundations for successful handling. "Nothing destroys a team more than bad handling, and nothing builds trust more quickly among team members than good handling. In order for handling to be accurate, it must be It must have three elements:

1- Accuracy:

Accurate handling helps speed up the game and reduces the opponent's possession of the ball.

2- Simplicity:

Simple handling leads to the defense front being exposed in the opponent's central and defensive thirds.

3- Speed:

Speed of handling is one of the most important elements in activating play and opening gaps. Zuhair Al-Khashab (et al. 1999) stated that there are multiple types of handling, including ()

- 1- Handling according to direction (cross handling, diagonal handling, rear handling, deep handling).
- 2- Handling according to height: (ground handling, high handling).
- 3- Handling according to distance (short handling, medium handling, long handling)

It is the process of receiving and controlling the ball and making it at his disposal in the appropriate manner and as permitted by the Law of the Game

There are many types of quenching

The side throw (throw-in) is one of the methods for resuming play after the ball is released by a member of the opposing team from the sidelines of the field. Interest in the side throw as a basic skill began late because it is (among the methods that can be planned and trained for) due to it not including offside. Therefore, it has become an effective skill, especially in the attacking third, if the thrower has the strength and skill that enables him to throw the ball high and over a long distance. Hanafi Mahmoud Mukhtar (1996) believes that the importance of the side throw comes when it is mixed with simple and complex plans that surprise the opponent provided that they are executed accurately.

As for running with the ball, it means controlling the ball while rolling it and advancing it, and it requires a balance between the speed of launch and the degree of control over the ball, because running with the ball without controlling it does not enable the player to direct it, which makes it easier for defenders to cut it, and despite the great transformation that football has witnessed from relying on all kinds of passing. Especially the fast, direct shot. However, there are some situations that require the player to run with the ball for the purpose of opening gaps or attracting the attention of the opposing defender and thus passing the ball to a teammate due to the lack of space to pass to. There are many types of running with the ball, including: running with the ball using the outside of the foot, running. With the ball using the inside face of the foot, noting that there is a third type, which is rolling the ball with the front side of the foot. This type is rarely used and is preferred in empty spaces, and its lack of preference in modern football is due to the inability of the player who is doing the matching to protect his ball from opponents.

Conclusions and recommendations

Conclusions

- 1- Balance and degree can be distinguished between open spaces and halls.
- 2- Balance is what futsal players excel at.
- 3- Compatibility characterizes open football players.

Recommendations

- 1- The researcher recommends that the two skills are important skills and therefore must be developed.
- 2- The researcher recommends making other comparisons between the two activities.

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