

**PERCENTAGE OF THE CONTRIBUTION OF SOME PHYSICAL ABILITIES TO THE BASIC SKILLS OF SOCCER PLAYERS**

**Dhiyaa Abdulateef Abdulrazaq\***

**General Directorate of Education, Baghdad, the first Karkh, Ministry of Education / General Directorate of Education, Baghdad, the first Karkh, Iraq**

**Abstract:** Soccer is one of the group games that most people practice and watch because it is interesting and exciting, as it has a great impact on everyone and is of a sophisticated artistic aesthetic character. The research problem is determined that there is no indication of the percentage of contribution to the physical abilities in the performance of basic skills of soccer players in the studies that Contribution ratios are dealt with as a means to reach the results. The researcher used the descriptive approach to suit the nature of the research. The research community was identified with the players of youth soccer clubs in Baghdad, and they were chosen by the intentional method. The researcher concluded the contribution of physical tests in skill tests varied in the percentage of contribution through their significance in my test ( 50m) from high start Shuttle jogging (7x20m) and not being insignificant in the test (Shuttle Run 4x9m test)

**Keywords:** tests – Measure - Contribution– soccer

**INTRODUCTION**

Soccer is one of the group games that most people practice and watch because it is exciting and exciting, as it has a great impact on everyone. Approximately 45 minutes per run, so a lot went to try to combine a number of tests that measure basic skills, as well as a test for physical abilities, meaning that the skill test and its performance require a measure of physical abilities, but it is noticeable that the same units of measurement are used in physical skill tests Meaning that the skill performance tests developed are an indirect measurement through the units of measurement of physical abilities that are included as an influencing factor in the test, and independently there is an independent analysis and results of physical abilities from basic skills, and it is known that physical abilities affect skill performance, that is, skill performance Good comes through an increase in the level of physical abilities. From here, the importance of research emerges, the level of physical abilities included in the basic skills It is important to view these two components as a bigger factor through which we can come up with contribution rates, as it cannot include tests from both components

The research problem is determined in the fact that there is no indication of the percentage of contribution to physical abilities in the performance of basic skills of football players in studies that deal with contribution ratios as a means to reach results What kind of results can we get out with if we do that? And can the physical exam affect the skill performance.

**MATERIALS AND METHODS:**

**Research Methodology:**

The researcher used the descriptive approach to suit the nature of the research

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Dirección de contacto: Dhiyaa Abdulateef Abdulrazaq,  
General Directorate of Education, Baghdad, the first Karkh,  
Ministry of Education / General Directorate of Education,  
Baghdad, the first Karkh, Iraq  
Correo-e: dhia\_abdul\_latif@yahoo.com

**Search community and sample:**

The research community was determined by players of youth soccer clubs in Baghdad, and selected by the deliberate method.

**Means of gathering information, tools and devices used in research:**

Devices and tools used:

An electronic stopwatch (1/100) of a second, type (RS) German-made, count (6)

A personal computer (laptop) type (hp). Chinese made.

A leather tape measure (50 m) long and a metal tape measure (7.5 m) long

(24) plastic signs

Number (6) whistle

Pakistani-made (adidas) soccer balls, count (6)

: Data Collection Methods

The researcher used a number of methods of data collection to arrive at the main method of tests

**Field research procedures:**

: Determining tests for physical abilities and basic skills

sequence	Physical abilities	Tests
1	transition speed	Run (50 m) from high start
2	Withstand speed	Shuttle jogging (7x20) m
3	Agility	4 x 9m Shuttle Run Test

sequence	basic skills	Tests
1	Rolling	Roll the ball between (16) halves
2	Handling	Handling towards the player
3	Scoring	Scoring towards a regular goal

**: Exploration Experience**

Due to the peculiarity of the study in that it is a descriptive study, the researcher therefore conducted some exploratory experiments in a day 10/10/2020

**: Main experience**

The researcher carried out the final implementation of the tests on the research sample and divided the tests according to the mechanism found in the exploratory experiments in terms of the number of days in a day 18/10/2020

**: Statistical means**

The researcher used the statistical system (spss) to handle the search results

**RESULT AND DISCUSSION:**

**(Table1,2,3)**

Through the tables, it becomes clear that the physical exams contributed significantly to my test (running (50 meters) from the high start, shuttle jogging (7x20) m), unless it did not contribute significantly to other skill tests, in addition to that the contribution rates ranged between (4 - 41%) and this reflects the difference in the contribution first and the decrease in these percentages secondly, and the researcher believes that this is due to the lack of need for basic skills tests while linking them with each other during the performance of matches, and this is what the results of the global construction contribution percentages show for the physical element tests in the skill tests. It is possible on physical and skill tests in the periodic calendar for emerging players.

This applies to what (Al-Khayyat and others 1988) stated, "The development of the necessary physical abilities is closely related to the development of the performance of motor skills, as the art of performance in the game depends on the physical abilities of the player. The team player cannot master any skill unless he has the special and related physical abilities. With that skill, as well as

**Table 1:** The regression of the ball roll between (16) signs of physical variables.

Multiple link	Contribution ratios	P tabular	P calculated	Modulus	Constant	Variables	method
0.554	0.311	2.3572	4.903	0.588	31.216	Run (50 m) from high start	All the regressions
				0.03756		Shuttle jogging (7x20) m	
				0.309		4 x 9m Shuttle Run Tes	

**Table 2:** Regression of player handling on physical variables.

Multiple link	Contribution ratios	P tabular	P calculated	Modulus	Constant	Variables	method
0.624	0.412	2.3572	7.757	0.770	24.354	Run (50 m) from high start	All the regressions
				0.02043		Shuttle jogging (7x20) m	
				0.744		4 x 9m Shuttle Run Tes	

**Table 3:** Regression for scoring toward a systematic target on physical variables.

Multiple link	Contribution ratios	P tabular	P calculated	Modulus	Constant	Variables	method
0.554	0.311	2.3572	4.903	0.588	31.216	Run (50 m) from high start	All the regressions
				0.03756		Shuttle jogging (7x20) m	
				0.309		4 x 9m Shuttle Run Tes	

other physical abilities that form rings linked to each other, to form one chain that serves this or that game.

This applies with what (Salameh 1969) stated, "The healthy state of the individual in terms of his physical and organic composition, which enables him to use all parts of his body skillfully in areas of activity that require high physical abilities that the player uses with the least possible effort."

This is what was confirmed by (Al-Saffar 1986) that "the high physical abilities of football players make him perform technical movements gracefully and ably, unlike the player who does not possess the required physical abilities" This is what was confirmed by (Hara 1976). The outcome of the match is decided by reliance on the technical aspects, or by winning in it is determined by the degree of control of the technical aspect in football

**CONCLUSIONS**

The contribution of the physical tests to the skill tests showed a variation in the percentage of contribution through their significance in my tests (running (50 meters) from the high start shuttle jogging (7x20 meters) and their insignificance in the test (the shuttle running test 4 x 9 meters)

**Endorsement:**

- Taking into consideration the level of physical abilities in measuring basic football skills and not exempting this from priority as it goes to the absolute limit
- Re-conducting the study with the same variables in other regions of the country

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