

The Explosive Capacity Of The Muscles Of The Two Men And Their Relationship To The Scoring Of Football Halls

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Abstract

The research dealt with its forefront a definition of the aspects of the study and its variables, the explosive capacity and its relationship to the scoring of football for the halls and highlights the importance of these variables, and the problem of the research consisted that some players fail to score Amie because of the weak power of shots or the slow scoring, so the researchers saw studying this problem and knowing the extent of the influence of the explosive strength During the performance of the skill of scoring with five football, the study aimed to identify the relationship between the explosive strength and the skill of scoring with five football. Researchers assume that there is a statistically significant relationship between the force The explosive and scoring with five football, the sample was chosen in the random way, and it was made up of the fourth stage students, the College of Physical Education and Sports Science / Al -Farahidi University for the academic year 2021 - 2022 AD, which numbered 29 students from (247) after the researcher was excluded (4) students for their lack of cooperation as they reached The ratio of the sample (12%) of the total society of origin, and the statistical processes of the mathematical medium, the standard deviation and the correlation laboratory A relationship between the explosive force and the skill of scoring, and concluded from these results the emergence of various results of the influence of the explosive force on the players in performing the skill of scoring football for the halls. The emergence of a moral connection relationship between the explosive force of the two men and the scourge of football for the halls, and the researchers recommend the need to emphasize the skill performance that increases From the accuracy of the players 'performance and sends the correct idea they have. Coaches must prepare the players before entering the competition for the purpose of raising the physical and moral situation of the players.

Key words: The explosive ability of the muscles, Football scoring accuracy

Research problem:

The explosive force plays an important role in the sporting events that require overcoming or controlling high resistors, and is generally measured by the size of the resistance it face Wrestling and fast swimming. It is worth noting that the

maximum strength depends mainly on the employment of the largest number of kinetic units in the working muscle. The responsibility of this work is on the central nervous system, as the muscle strength increases in the case The ability to raise all or most of the single muscle fibers, by

increasing nerve stimuli, the number of muscle fibers shared in the contracting, the rate of strength development (RFD) indicates the ability of the muscular nervous system to increase the strength of the contracting from a low level or the level of comfort when making muscle activation as quickly as possible, And an important muscular factor, especially for sports athletes, requires high-speed procedures (David, 2017). Football core is a football game that plays inside an internal field. It is highly practiced all over the world, as it is held from it for young, old, men and women. It is officially recognized by the Federation European football and FIFA Football Association. The game contains five players. The match is 20 minutes for each run of the match. The watch is stopped every time the ball comes out from the field, then the watch is restarted when the game is resumed, so that the Football Stadium is 20 meters in the width x 40 meters in length, and the scoring is the most exciting skill in the hall football game, so the score is The conclusion of the offensive operations, which is the decisive factor of the result of the match, as the scoring of kicking the hall ball is the process of sending the ball towards the opposing team's goal with the aim of scoring a goal. The kick can be performed with any part of the body allowed by the rules of the Football. Kicking in the inner part of the foot, comb, back heels, thigh, and head. The best kick is the one that combines accuracy and strength (Marcio, 2017), as the scoring is the goal of the football game for the halls and that the game has no meaning and no excitement without scoring. The scoring is one of the most important parts of offensive playing football, and one of the most important football skills for the halls, Criticism, the final stage that the team is trying to reach by moving the ball between them to deliver it to the attacking player Which is in the best goal of scoring, and that the team that

is good at its players scoring has a major impact on the opposing team, as the player's proficiency in the scoring makes the opposing team fear the ball will reach near its goal, which leads to confusion As the final outcome of all the previous skills and football for the halls is one of these games, in which this skill occupies great importance as the important and most exciting part in the game, as the ultimate goal of each team is to create an opportunity or opportunities to score goals, so scoring is an offensive skill that must Players focus on her for mastery and under various circumstances. On the other hand, wasting many opportunities will lead to frustration among the team members, as the ultimate goal of each team is to create an opportunity or opportunities to score goals, and in football for halls, the chances of scoring are many because the small play field is within the framework of a game that is speedy and move, therefore the time to reach The goal of the two teams quickly, so each of these opportunities is influencing the outcome of the match despite its multiplicity, as any opportunity that is lost may be followed by an opportunity to score a goal by the opposing team, meaning that the opposing team will respond with multiple attacks as well and may lead to a single opportunity to score to Loss of a full match so you must emphasize the scoring One of the effective scoring areas as possible, as the researchers noticed that they are followers (football for halls) and through the follow-up of many local matches that some players fail to score goals due to the weak power of shots or the slow scoring, so the researchers decided to study this problem and know the extent of the impact of strength The explosive on students while performing the skill of scoring with five football and is considered 'the necessity of paying attention to the development of the fitness elements of students, which helps them in performing

the skill of scoring football for hall this search.

The research Aims:

Learn about the relationship between the explosive strength and the skill of scoring with five football students among students of the Faculty of Education, Department of Physical Education and Sports Science - Al-Farahidi University 2021 - 2022.

The research hypotheses:

Researchers assume a statistically moral relationship between the explosive force and the scoring of five football students among students of the Department of Physical Education and Sports Science.

Study methodology:

The researchers used the descriptive approach as 'the best and easiest curriculum in achieving the goals of this research, as survey studies are concerned with the present and studying the situation in a deeper way while providing researchers with detailed and analytical information'. (Wajih, 1993) Study.

Society and its sample:

The sample is an important necessity in scientific research, and therefore the researchers chose the sample in the random way, and it consisted of students of the fourth stage, the Faculty of Physical Education and Sports Science / Al-Farahidi University for the academic year 2021 - 2022 AD, which numbered 29 students (247) after the researcher was excluded (4) Students for their lack of cooperation, as the sample rate reached (12%) of the total original community.

Measurement Tools and Test:

Football test test: (Hikmat, 2010)

Classification test (correction) by foot on overlapping rectangles.

The purpose of the test: measuring the accuracy of the correction.

The necessary tools: Three footballs, a wall in front of a paved land, drawing on the wall three rectangles overlapping their dimensions (50-100-150) cm, which is (1) meters above the ground,

Performance specifications: The laboratory stands behind a line, then corrects the three balls on rectangles. Try to infect the small rectangle, and the degree is (1) for the rectangle (150) cm, (2) for the rectangle (100) cm, and (3) for the rectangle (50) cm .

Note: The laboratory has the right to use any of the feet.

Long jump test: (Laila, 2007)

* The purpose of the test:- Measure the explosive strength of the two men in the jump forward.

* The necessary tools:- A suitable place for jumping with a width (1,5) m, with a length of (3,5) m, in which it takes into account to be flat, tape measure, colored pieces of chalk

* Performance description: The laboratory stands behind the starting line and its feet are slightly separated and parallel to the feet combine the starting line from the outside. The laboratory begins with the arms weighing back with bending his knees and tilted a little forward, then fog for the fullest possible distance by extending the knees and pushing the feet with the best arms.

Calculating grades: The measurement from the starting line to the last part of the body affects the land towards this line.

The main experiment was conducted on 9/2/2022 on the research sample represented by the students of the fourth stage, the Faculty of Physical Education and Sports Science - Al-Farahidi University.

The researchers used the statistical bag (SPSS) to extract the following statistical

means: the mathematical medium, the standard deviation, and the correlation laboratories (Pearson)

Results and discussion:

Table 1: The Results of the relationship of The explosive ability of the muscles with the Football scoring accuracy

The Test	Mean	±SD	R	S. Err	Ass.
The explosive ability of the muscles	2.46	0.7	0.48	0.11	S
Football scoring accuracy	6.93	3.26			

From here, the researchers believes that the moral relationship whose results appeared above are that the explosive force of the two men helps in good performance and consent to the best play and present all its capabilities.

Conclusions and Implications:

1. Various results of the influence of the explosive force on the players in the performance of the football skill of the halls.
2. The appearance of a moral correlation between the explosive force of the two men and the scoring of football for the halls.
3. Increase the number of training hours for the skill of scoring football for the halls.
4. The necessity of conducting physical and skill tests to provide the training process for the skill of scoring football for the halls.
5. The necessity of emphasizing the skill performance, which increases the accuracy of the players 'performance and sends the correct idea to them.
6. Coaches must prepare players before entering the competition for the purpose of raising the physical and moral situation of the players.
7. Conducting similar research to identify the benefit of explosive strength exercises in other sport activities.

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