

The Effectiveness Of Various Exercises According To The Speed Learning Method In Learning The Skills Of Roll And Shot In Football For Students

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Abstract

The purpose of this paper is to preparing various exercises according to the speed learning method in learning the skills of roll and shot in football, and identifying the effect of the educational curriculum according to the speed learning method in learning the skills of roll and shot in football, while the research issue emerged in answering the following question: "What is the effect of using various exercises according to the method Learning speed in learning the skills of roll and shot in football? The method that the researcher used was the experimental method on a sample of students, numbering (42) students. The basic sample included (20) students, who were divided into (10) students for the control group and (10) students for the experimental group, and then the researcher implemented the procedures. In the field, starting from identifying the skills and their tests to the post-tests, after obtaining the data, it was processed statistically.

Keywords: speed learning method, roll and shot football skills.

Introduction:

At the present time, the world has witnessed remarkable progress in knowledge and sciences related to humans, including mathematical sciences. The idea of good teaching has received a wide space in education, which has called for workers and teachers in this vital field to pay real attention to setting paths for progress and development of the educational process. Future paths have been multiple, and the choice of teaching method is... Y The appropriate one is the one that achieves part of the goals of the educational process and directs it in the right direction that keeps pace with development, and the teaching methods are the ones that provide the appropriate atmosphere and the freedom to choose the appropriate educational environment to be able to achieve the educational and pedagogical goals. Among these methods is the rapid learning method that makes the learner... He learns the skill quickly and accurately.

The speed learning approach is considered one of the new methods and methods of importance in the learning process. The importance of the speed learning approach is represented by the learner's contribution to acquiring knowledge, skills,

principles, and values. This educational method gives importance to the learner during his effective participation in educational situations, and the members of any group differ in Between them In terms of their sensory preference.

It is necessary to pay attention to how the teacher is able to present a lesson in which the student is the focus of the educational process, as it is the means that ensures that the student himself obtains the experiences provided by educational situations, which in turn transfers the focus of attention from the teacher to the learner to achieve the educational goals.

The game of football requires the use of various exercises for environmental skills that are close to the playing situation to enable learners to perform correctly in roll and shot, changing positions, controlling the ball, offensive and defensive positions, transferring the mechanism of correct running and support, choosing appropriate positions, possession of the ball, etc. Implementing these requirements all serves the final outcome. For the correct construction of the team's technical performance, which is an advanced case of learning using the principle of random variable exercises approaching the playing situation

The importance of the study came through the use of various exercises according to the speed learning method and knowing its effect in learning the skills of roll and shot in football for the students of the first stage of the College of Physical Education / University of Kufa, as it is necessary to proceed in parallel or keep up with the development taking place in the field of education and teaching methods.

Research problem:

According to the recent changes and challenges that the world has witnessed in the current educational process and the transition to the stage of making the learner a gatherer of information, a contemplative and a deep thinker, and has his own method of searching for knowledge and everything that is new, and despite the research and Innovative trends that emphasize the learner's effectiveness in the process Educational.

The researcher found, through her field experience as one of the football teachers, that there are many teachers who do not use modern educational methods, including the speed learning method. The researcher noticed that there is a weakness in learning the skills of roll and shot in football for students. The researcher attributes the teachers' use of traditional methods by relying on The full responsibility is on the teacher without giving the student the opportunity to actually participate while learning the skills. Therefore, the researcher decided to engage in this experiment by preparing various exercises according to the speed learning method, as the researcher believes that it will have a positive impact in learning the skills for the students of the first stage at the College of Physical Education / University of Kufa. .

Research objective:

- Prepare various exercises according to the speed learning method in learning the skills of roll and shot in football.

- Knowing the effect of various exercises according to the speed learning method in learning the skills of roll and shot in football for students.

Research hypotheses:

- There is a positive effect of various exercises according to the speed learning method in learning the skills of roll and shot in football for students.

Research fields:

- Human field: first-year students at the College of Physical Education - University of Kufa
- Time field: (18/11/2023) to (12/1/2024)
- Spatial field: Football stadium at the College of Physical Education and Sports Sciences - University of Kufa.

Research methodology and field procedures:

Research Methodology:

The researcher used the experimental method due to its suitability to the nature of the research problem. He also chose to design the method of the “experimental and control” groups with pre- and post-measurements due to its suitability to the problem.

Community and sample research:

The research population was defined as students, who numbered (42) students. The main sample included (20) students, who were divided into (10) students for the control research group, which followed the method of the subject teacher, and (10) students representing members of the experimental group, which applied She has a fast learning method.

Homogeneity:

The researcher homogenized the research sample by taking variables (mass, height, age). Then the researcher used statistical methods to treat the data statistically to verify homogeneity, and Table (1) shows this.

Table (1) shows the homogeneity of the research community

Variables	Measuring unit	Mean	Median	Std. Deviations	Skewness	Result
Length	Cm	169.2	167	1.879	0.392	Homogeneity
Mass	Kg	67.5	65	1.663	0.355	Homogeneity
Chronological age	Year	18.8	19	0.722	0.223	Homogeneity

Description of tests

1- Testing shot accuracy at a goal divided into squares (Mufti Ibrahim, 1994, 204)

- Purpose: to measure shot accuracy.
- Tools used: a football field, a tape to determine the shooting area for the test, and (5) footballs are placed in specific places in the penalty area, as shown in the figure.
- Description of performance: The player stands behind ball number (1) and when the start signal is given, he shoots the ball at the goal with the face, inside or outside of the front foot, then repeats shooting with ball number (2) and so on until he finishes shooting ball number (5), provided that the player takes Sufficient time to implement the correction.
- Registration : The score is calculated by the sum of the scores that the player obtains from shooting the five balls, so that each shot receives the score specified in each area to which the ball goes, provided that the dividing lines are counted within the area with the highest score, taking into account that shooting outside the boundaries of the goal is a score of zero.

2- Roll test with the ball between (10) signs (Radhi: 1998, 120)

- Purpose: To measure the ability to roll.
- Used equipments :
 - Football.
 - Stopwatch.
 - (10) signs of appropriate height.
 - Stadium: The test area is determined as shown in the following figure, so that the distance between one person and another is (1.5 m).
- Description of performance: The student stands with the ball behind the starting line when the start signal is given. He runs with the ball between the signs and can use the right foot, the left foot, or both, in the direction shown in the figure itself.
- Number of attempts required: The player is given only one attempt, and another attempt may be given if an unintended error occurs by the student, such as passing two signs at once or dropping one of the signs.
- Measurement: The time taken back and forth is calculated and the time is recorded to the nearest 1/100th of a second.

Exploratory experiment:

The researcher conducted the experiment with the measurements used on (Sunday), corresponding to 19/11/2023, on a previously specified number of the research sample, which numbered (4) students from the first-year student community, who did not participate in the basic experiment, in the closed hall inside the college. The aim of this experiment was summarized in the following points:

- Ensure the readiness and suitability of the sports hall, used equipment, and research supplies.
- Knowing the readiness of the research sample to perform skill measurements.
- Knowing the time the test takes.
- Identifying the intensity of the exercises used and the possibility of applying them to the research sample.

Main research procedures

Pre-measurements

The measurements of the (experimental) research sample were carried out on (Wednesday) corresponding to 11/20/2023 in the closed field inside the college, where tests for the research were conducted, which were (roll and shot football skills).

Preparing and implementing various exercises according to the speed learning method:

The educational curriculum was prepared according to the method used for the students of the first stage. As for the control personnel, they used the usual curriculum by the subject teacher, and after the researcher familiarized himself with several scientific sources and benefited from the opinions of experts and specialists in the field of motor learning and football, as well as the researcher's experience, for the period from 21/11 /2023 until 9/1/2024.

When preparing the curriculum, the researcher took into account some principles and foundations, which were as follows:

- Setting special goals
- The educational units achieve an educational goal using speed learning stages.
- The exercises for the educational unit should achieve the goal of the exercise according to the tools used.
- Diversity in exercises in terms of ease, difficulty, and conditions (individual - pair - group) and different spaces.
- Taking into account the application of the skills that were taken in the previous unit in the second educational lecture in order to consolidate them and share them with other or new skills.

Post-measurement:

The researcher, with the help of the assistant work team, conducted the post-measurements of the research sample after completing the application of the various exercises according to the speed learning method, and this was on Thursday (11/1/2024) and in the same sequence as the pre-measurements.

Statistical methods: The search data was processed through the Statistical Package for the Social Sciences (SPSS).

Results and discussion:

Presentation, the results of the pre- and post-measurements of the control research group for the studied skills:

Table (2) shows the results of the pre- and post-measurements of the control research group for the studied skills

Variables	Measuring Unit	Pre-test		Post-test		T value Calculated	Level sig	Type sig
		Mean	Standard deviation	Mean	Standard deviation			
Roll test	Second	72.41	1.932	78.11	1.417	9.022	0.001	Sig
Shot skill test	Degree	6.12	1.412	9.25	1.311	4.622	0.002	Sig

Presentation the results of the pre- and post-measurements for the experimental group of the studied skills:

Table (3) shows the results of the pre- and post-measurements for the experimental group of the studied skills

Variables	Measuring unit	Pre-test		Post-test		T value Calculated	level sig	Type sig
		Mean	Standard deviation	Mean	Standard deviation			
Roll test	Second	70.811	1.334	81.42	1.018	10.116	0.000	Sig
Shot skill test	Degree	7.8	1.662	10.72	1.044	7.053	0.000	Sig

Presentation the results of the post-tests for the control and experimental groups for the studied skills:

Table (4) shows the results of the post-tests for the control and experimental groups for the studied skills

Variables	Measuring unit	Post-test (control)		Post-test (experimental)		T value	level sig	Type sig
		Mean	Standard deviation	Mean	Standard deviation			
Roll test	Second	78.11	1.417	81.42	1.018	5.212	0.006	Sig
Shot skill test	Degree	9.25	1.311	10.72	1.044	3.112	0.011	Sig

Discussing the results

The results of the tests presented in Table (2) for the tests of the roll and shot skills in football showed that there were differences between the pre- and post-tests. The researcher attributes the reason for this development to the exercises that were applied using different teaching methods and methods prepared by the subject teacher in his educational units. Yes, because it caused learning the skills of roll and shot in football among students, and the researcher finds the reason for the existence of significant differences “Repetitions lead to the consolidation of the learners’ motor program and the development of their concepts and awareness in order to understand the skill and its clarity,” which in turn was confirmed that “excessive repetition of the work reduces error and increases learning, as well as leads to a rapid depletion of information from memory, so the learner is given several attempts.” While starting the learning process. (Khayoun, 2002, 56)

The results of the measurements presented in Table (3) for the tests of the roll and shot skills in football showed that there were statistically significant differences between the two measurements (pre- and post-tests) and in favor of the post-measurements of the experimental group. The researcher attributes the reason for this development to the curriculum and according to the method of learning, which contains speed. On A group of various exercises that contributed to consolidating the skill by dividing it and taking into account individual differences in learning until reaching the process of mastery of performance and increasing the students’ desire and interest in them by stimulating their motivation to search for everything that is new. (Al-Kazemi, , 2002, 26)

If these clear moral percentages are achieved, the researcher attributes it to the fact that the work has provided ideal and appropriate conditions for learning the skills of roll and shot in football, by guiding the students and providing them with information and immediate nutrition to organize their performance while performing the skills required for skill knowledge at the same time inside the hall. Accordingly, this learning Emphasizes the necessity of cooperation among learners while bearing responsibility “While performing the exercises in the unit, learning within the curriculum was more effective than performance in the educational process,” and this was confirmed by , “One of the most important principles of speed learning is active participation by learners, as individuals learn more effectively when they truly participate in the educational process and take responsibility for their learning.” (Badra, 2012, 68)

Conclusions and Recommendations:

Conclusions:

Based on the research results that were reached within the limits of the research sample, it was possible to reach the following conclusions:

- The various exercises prepared by the researcher according to the speed learning method helped greatly in developing the skill performance of the experimental group.
- The exercises prepared according to the speed learning method prepared by the researcher have proven their effectiveness in the technical performance of the roll and shot skills in football for the students of the experimental group.
- There is an improvement for the control group in the technical performance of the students' roll and shot football skills.
- Members of the experimental group that used the speed learning method in learning the skills of roll and shot in soccer for students outperformed the control group in the post-tests.

Recommendations:

- Use the speed learning method to learn the basic skills in the game of football.
- Work to organize the content of the study material with an educational design according to the steps of the speed learning method and in a way that is consistent with achieving the educational goals set in other sports games.
- Conduct similar research and studies to compare the speed learning method with other strategies or various teaching methods to determine its impact on learning basic skills in football and other sports.

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