
Psychological Balance And Its Impact On Improving The Accuracy Of Some Basic Skills Of Players Football

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ABSTRACT

The aim of this study is to propose a training program for the development of the equilibrium character of football players. This topic was chosen in order to highlight the importance of the proposed training programs based on the sound scientific foundations in upgrading the skill level of the players,

The study also focused on highlighting the role of the trainer in selecting the best training programs used to reach the required levels and learning about the reality of the preparation and composition of the small football teams in the state of Bouira and the detection of their strengths and weaknesses. On the methodological side, the researcher used the experimental method to suit the nature of the research. The research community in clubs active in the State League in Bouira is a cubes category. The sample was deliberately chosen and represented 36 players divided into two groups (experimental) 18 players from the amateur sports club of the municipality of Qadiriya. The training program was proposed and the group (Al-Zabta) was 18 players from Al-Ahdariya Club who were trained according to the regular program. The tests were based on tribal and remote tests as a tool for study. This is to determine the effectiveness of the proposed training program in developing the basic skill under study. The statistical package program (spss18) was based on both the arithmetic mean, the standard deviation, the Pearson simple torsion factor, Pearson correlation coefficient (T), the independent sample samples, and the T

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Introduction

Since its inception, sports have witnessed a significant and remarkable development. This development in its general form is subject to branching and diversification. Perhaps the most popular sport in the world is the game of football in terms of group games. This popularity allowed and motivated countries and officials to pay attention to it and develop it by establishing schools specialized in it. All of this is so that she can appear and highlight her potential, and thus play prominent and prominent roles, whether at the level of national teams or clubs. In Algeria, since it is an integral part of the world, it is affected by what is going on in it, and this influence has allowed it to be the number one sport without dispute, and this is what led the

authorities to build institutes and form committees that ensure the improvement and development of the level of performance and playing football in our country. But despite all this interest, we see in the field, especially at the international level, a weakness among the clubs in terms of competing for continental titles, and this deficiency resulted in the weakness of the national team. After being counted for a thousand times in the eighties and the beginning of the nineties, we have become a bad example for continental championships. In the last decade, the Algerian player has become characterized by many shortcomings, and this is through our tracking of the national championship, which in one way or another made clear these shortcomings, especially the technical ones, such as shooting at the goal. Shooting at the goal is one of the basic means of scoring goals,

which the Algerian player lacks. Who is wasting many goals in situations that are suitable for scoring, this clear absence of shooting accuracy made us try to find out the reasons leading to the absence of this accuracy. In this context, it is necessary during the practice of football to develop static and motor balance, on the one hand, and on the other hand, accurate and strong shooting requires the balance of all... Body parts involved during implementation. (TURPIN BERNARD 1990,P,20) This is what makes us acknowledge that the ability to balance is one of the important factors involved in improving and determining the shooting accuracy of a football player. This factor intervenes greatly during the performance of shooting towards the goal, which made us think about this topic and ask the following question:

- Does balance have an effect on improving shooting accuracy among football players (Cubs)?

Hence we ask the following questions:

Does the training program improve static balance?

Does the training program improve motor balance?

Does the training program improve shooting accuracy?

2- General hypothesis:

Balance has an impact on improving shooting accuracy among soccer players. - Partial hypotheses:

- The training program improves static balance.

- The training program improves motor balance.

- The training program improves shooting accuracy.

3- The importance of the study:

This research is a theoretical and applied study whose importance is evident in the effect of motor balance on improving shooting accuracy among Algerian football players, and developing special training units for balance to improve shooting accuracy, as well as opening the way for other subsequent studies to aim for what this study did not reach, and facilitating the work of enriching the library and increasing In the academic balance of students, physical education and sports teachers, and coaches in particular.

4- Objectives of the study:

- Solving the problem of shooting accuracy among Algerian football players.

- Emphasizing that motor and static balance play an important role in improving the shooting accuracy of Algerian football players.

- Incorporating balance training modules to facilitate improving shooting accuracy.

5- Defining concepts and terminology:

Correction:

Procedurally: The player hits the ball with the aim of putting it into the opposing team's goal Technically: the player's attempt to enter it by hitting the ball, whether using speed, force, or accuracy. (Mufti Ibrahim, 2010, p. 160)

soccer:

Procedurally: Football is a group game played between two teams, each team comprising 11 players. This game is played with a round-shaped ball made of leather or rubber. The match lasts 90 minutes, divided into two halves, each half lasts 45 minutes, and there is a rest period lasting 15 minutes, and each team tries to score goals. In the opponent's net and keeping his net clean. Technically: It is the most popular game in the world, practiced and played on a rectangular ground. It is played by two teams consisting of 11 players for each team on the field for 90 minutes in two halves that can be extended to 120 minutes. It has laws and competent bodies. There are national, regional and international championships and tournaments." (Rumi Jamil: 1986 AD - p. 6)

Balance:

Procedurally: The individual must have the ability to maintain body weight while still or moving, and this requires complete control over the organic systems from a muscular and nervous perspective. Balance also requires the ability to sense location and dimensions, whether using or without sight, nervously or mentally and muscularly. The safety of the system is considered The nervous system is one of the important factors that achieve balance, and the process of synergy between the muscular and nervous systems has a role that is evident in maintaining the body's balance, or the movement that a person performs, such as walking, running, jumping, etc., or the athletic movement that takes place over a narrow space, such as walking on a crossbar or standing.

On the instep of one foot, all of this

movement depends on the extent of the individual's control over his muscular and nervous systems in order to maintain the body's position without losing his balance. In terminology: the individual's ability to control the physiological and anatomical capabilities that regulate the effect on balance, along with the ability to sense place, whether using sight or without it, muscularly and nervously. From a biomechanical perspective, balance occurs when the body's vertical axis passes over the body's center of gravity and the forces acting on the body are equal so that their resultant is zero. The researcher believes that balance is the ability to produce muscle activity under nervous control to maintain the body's position in a stable anatomical state (Kurton, 1981, p. 127).

Research methodology and field procedures

The temporal and spatial domain:

1-1-1- Temporal field:

Work on this study began at the beginning of November 2015 and was a theoretical study.

Conducting tests for the exploratory sample was as follows:

- **First test:** December 2, 2015

- **Second test:** December 17, 2015.

1-1-2- Spatial field:

The first and second tests were conducted on the exploratory sample in the municipal stadium of the municipality of Kadriya.

1-2- Scientific conditions for tests:

1-2-1- Stability of the test:

It is the extent of the stability of a particular phenomenon, meaning that the test gives the same results if it is repeated on the same individuals and under the same conditions. I applied the initial tests to a sample of players from the amateur club team of the municipality of Kadriya from the Cubs category and estimated their number. With 5 players, after two weeks and under the same conditions, the same tests were prepared on the same sample, and to organize the results, I used the Spearman correlation coefficient to determine the stability of the test, and the results obtained were as follows:

- **Static balance test stability results: 0.94**

- **Results of the stability of the motor balance selection: 0.93.**

- **Reliability results of the “ropes” aiming accuracy test: 0.64.**

- **Reliability results of the “overlapping rectangles” aiming accuracy test: 0.83.**

1-2-2- Validity of the test:

To obtain the validity of the test, we used the self-validity coefficient, which is calculated by the square root of the “Spearman” reliability coefficient for the test: Validity of the static balance test: - The validity of the stability of the choice of motor equilibrium: - Validity and reliability of the aiming accuracy test “Al-Habal”. - Reliability validity of the “overlapping rectangles” aiming accuracy test. From this we conclude that the obtained result has a high degree of validity.

1-2-3- Objectivity of the test:

Since the nature of the tests used in our study depends on standard tools such as wooden bases and timers, for example, in measuring static and dynamic balance tests, as well as balls and the number of points for shooting accuracy tests in football, these tests do not need arbitrators. In recording the results, the objectivity of the test will inevitably be the same. From this we conclude that the objectivity of the test is clear due to the nature of the test as well as the mathematical equipment used to calculate it, as we note in the following table:

statistical significance	test objectivity coefficient	Test validity coefficient,	Reliability validity coefficient	Transactions the exams
0.05	1		0.94	Static balance test.
0.05	1		0.93	Motor balance test.
0.05	1		0.64	Aiming test (ropes).
0.05	1		0.83	Aiming test (overlapping rectangles).

Table No. (01): Results obtained in the exploratory sample test

Controlling the study variables:

The independent variable:

represented by static and dynamic equilibrium.

The dependent variable:

which is the accuracy of shooting in football.

3-Research sample:

The research sample consisted of two football teams selected at the level of Bouira state.

A- The first team: the amateur club of the municipality of Kadriya.

B- The second team: Al-Akhdaria Municipality Union.

This sample was chosen as a homogeneous sample in terms of age and morphology. They belong to the category of cubs (15-17 years old) and have the same capabilities.

- Experimental group:

-They are offered a training program to develop balance ability.

- The duration of the training program is two months

- The control group:

We let it train normally, that is, in the usual way.

3-1- How to test the sample:

I chose an equal purposive sample because it gives equal opportunities, so the sample consisted of two groups:

A- The control group:

contains (18) players from Al-Akhdariya

B- For the experimental group:

It contains (18) players of the amateur club of the municipality of Kadriya.

4- The method used: The subject of the research is a study of a group of tests (balance - shooting accuracy) between two teams in football, and revealing the extent of the development of the physical capabilities of both teams by conducting tests for the qualities of balance and shooting accuracy, and this during two

stages (pre-post). To achieve this, we had to follow the method. Experimental.

5- Study tools: The step I followed in my study was to develop methods that help distribute aspects of the research, which is collecting information from various sources and references, with the aim of getting acquainted with the theoretical aspect. It also relied on balance and aiming accuracy tests conducted on both samples (control and experimental) in the form of a pre-test and a post-test. Training modules were also used in the form of exercises that contribute to developing static and motor balance to which the experimental group under study was subjected.

5-1 - Tests used:

- Static balance test "Flamingo".

- Motor balance test.

- Aiming accuracy test "rope test".

- Testing the accuracy of aiming at "overlapping rectangles".

6- Statistical methods:

- Arithmetic average.

- standard deviation.

- Student distribution test.

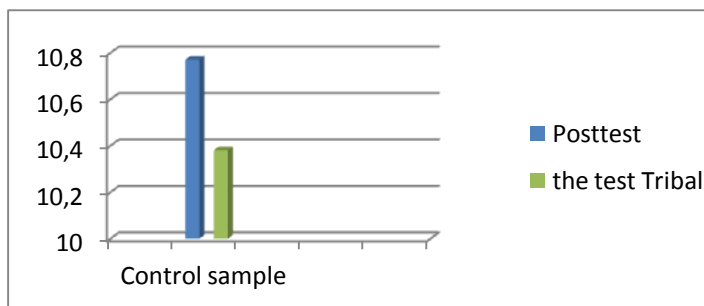
- Spearman's correlation coefficient

Presentation and analysis of the results of the field study**1- Presentation and analysis of the results of the study: (taking an example of how to analyze field results):****1-1- Test to measure aiming accuracy (rope test).****A - Control group (pre-post):**

Table No. (02): Shows the results of the rope test for the control group Through Table No. (02),

we note that the control group obtained an arithmetic mean estimated at 10.77 points in the pre-test. We also note that the dispersion calculated by the standard deviation is estimated at 1.98. Point, as the latter indicates the closeness of the results of the group elements

and their closeness to the arithmetic mean of the group as a whole, which makes the group give homogeneity in its results. We also record in the post-test for the same group an arithmetic mean estimated at 10.88 points and a standard deviation estimated at 2.00 points, while we record the result of the test “ The calculated Estudiant “T” is 0.73, which is less than the tabulated “T” for a number suitable for this group (18 players). Accordingly, the significant differences between the results of the pre- and post-tests for this group are small, which initially suggests that there is no improvement in the arithmetic mean values of the two tests. This is shown in histogram No. (01) (a similar value between both tests). According to the result of the arithmetic mean of the group in the pre- and post-tests, which is shown in Table No. (02), the group has achieved a somewhat weak result compared to the result that could be achieved, in comparison between the calculated “T” estimated at 0.73 and the “T” tabulated, which is It is estimated at 1.74 at the level of statistical significance (0.05). This is evidence that there are no significant differences between the results of the pre- and post-tests for the group, and thus no improvem



ent in test performance.

2- Discussing the results:

Within the framework of this research topic, which addresses the “effect of balance” on improving shooting accuracy among Cubs players (15-17 years old). Through the results obtained as a result of the technical tests that included (the ropes test and the overlapping rectangles test) to measure aiming accuracy and (the Flamingo static balance test and the dynamic balance test) to

measure the ability to balance, which were used with the control and experimental groups, and which were recorded in the tables from (02) to (17), we will discuss the results obtained in light of the hypotheses proposed, and the statistical analysis of the latter in an attempt to highlight some of the main factors that have a role in determining the results obtained, and which may contribute to understanding the ambiguity surrounding them, so what the group has achieved. Experimental balance tests (Flamingo static balance test and dynamic balance test) such that the latter obtained in the pre-test of static balance Flamingo a result of 17.33 times as an arithmetic average, and in the post-test a result of 10.50 times as an arithmetic average to produce significant significant differences in favor of “t” calculated over “t”. The tabular result was ($7.94 > 1.74$), and in the pre-test of motor balance I obtained a result of 17.11 times as an arithmetic mean, and in the post-test a result of 11.22 times as an arithmetic mean, so that there were significant differences in the “t” function calculated on the tabular “t” ($7.68 > 1.74$), the opposite of the group. Control, whose results appear to be insignificant in both tests. On the contrary, its results in the post-tests of the motor and static balance tests indicate a deterioration in the ability of its members to balance, as the group obtained a result of 8.35 times as an arithmetic average in the pre-test “Flamingo” for static balance and as a result 10.72 times as the arithmetic mean in the post-test without causing significant differences in favor of “T” calculated over the tabulated “T” ($1.01 < 1.74$), as well as a result of 10.61 times as the arithmetic mean for the group in the pre-test for the motor balance test, and a result of 10.77 times as the arithmetic mean for the group in the post-test. Without creating significant differences in favor of the calculated “t” over the tabular “t” ($0.32 < 1.74$), and therefore the significant improvement for the experimental group and its opposite for the control group in the two balance tests opens the door wide for integrated training units to improve the ability to balance, which have shown effectiveness and this is what This indicates that Hypotheses 1 and 2 are met. This indicates the success of the training program that the experimental group benefited

from, which showed differences in improving its members' ability to balance, unlike its control counterpart, whose members showed an absence of this trait, and even their level declined even more compared to the pre-test for the latter, which had not benefited from training units to improve. Her ability to balance. These results obtained in the balance tests led me to obtain accompanying results in the aiming test (the ropes test), which resulted in significant significant differences between the pre- and post-tests in favor of the latter for the experimental group, which are recorded in Table No. (03), so that The group obtained a result of 6.88 points as an average in the pre-test, and a result of 11.50 points as an average in the post-test, creating a significant significant difference in favor of the calculated "t" ($7.97 > 1.70$), while the control group in the same test obtained a result of 10.77 points as an average in the test. The pre-test, and the result of 10.38 points as an arithmetic mean in the post-test without causing a significant difference ($0.73 < 1.70$) and recorded in Table No. (02), which "explains the necessity of obtaining the ability to balance while moving (shooting)." Obtaining good ability to balance It contributes significantly to determining the results of the aforementioned shooting test. The same thing happens in the results of the overlapping rectangles test, as the experimental group obtained a result of 6.77 points as an arithmetic mean in the pre-test, and a result of 11.44 points as an arithmetic mean in the post-test, creating significant significant differences in favor of the "t" calculated over the "t" tabular ($10.20 > 1.74$) and recorded in Table No. (07), while the control group in this test obtained a result of 10.77 points as an arithmetic mean in the pre-test and a result of 10.88 points in the post-test, and there were no significant differences in favor of the "t" calculated on the tabular "t" ($0.15 < 1.74$) and recorded in Table No. (06). This noticeable difference between the two groups in the shooting test on overlapping rectangles, given the results obtained in the two balance tests previously mentioned, as well as the results recorded in Tables No. (14-15-16), supports the correlation between improving shooting accuracy and the ability to balance. What was absent in the control group, whose members

showed no significant differences between the pre- and post-tests, and this indicates that the third hypothesis was fulfilled.

- General conclusion:

Through everything that was presented on the theoretical side and the presentation and analysis of the results on the applied side, we can say that we have reached the conclusion of the content of this modest research, especially through the applied study that clarified the ambiguity that was in this work, and thus providing solutions that give answers to the problems raised previously. So, we were able to reveal the effect of balance on improving shooting accuracy among Cubs football players, and when analyzing the results of this study, which was by presenting and analyzing the results of the pre- and post-skill tests for the two groups (experimental and control) that underwent the proposed training program and the (control) group that continued Training according to the regular program, some results were achieved, namely: The two groups had a similar level before implementing the program on the (experimental) group, but in the pre- and post-tests of the (experimental) group, statistically significant differences were found between the pre-tests and the post-tests in favor of the post-test. As for the pre- and post-tests for the control group, it was found that there were no statistically significant differences between the pre- and post-tests in most of the tests. As for the post-tests for the two groups (control) and (experimental), we concluded that there are statistically significant differences, and this is in all post-tests for the two groups and in favor of the (experimental) group to which the proposed program was applied. Through the results, the researcher sees that this training program helped develop balance and shooting skill. This means that the training program proposed to the (experimental) group of 18 players from the amateur sports club of the municipality of Qadiriya affected balance and shooting accuracy, and this is what verified the validity of all hypotheses. Partially provided by the researcher. The first hypothesis: The training program leads to improving static balance. According to the second hypothesis, the training program leads to improving motor balance. The third hypothesis: The training program leads to

improving shooting accuracy. Through all of these results and conclusions obtained, we have achieved the validity of the general hypothesis, which states that balance has an effect on improving the shooting accuracy of Cubs (7U1) soccer players.”

Conclusion:

The technique of aiming at goal in football is considered one of the most important techniques practiced in this game, which distinguishes it from other sports, as it is one of the basic means of scoring goals, which requires the combination of several elements of agility during performance, speed in execution, and strength during shooting. In order for the movement to become more accurate, the balance factor is very important to achieve this, as the more the player maintains his balance while performing the movement, the more he achieves it with extreme accuracy. From this standpoint came this study, which aimed to develop integrated training modules for balance to know the effect of this characteristic on improving shooting accuracy. And also in an attempt to understand the problem surrounding the effectiveness of shooting accuracy, which is mainly due to the ability to balance. These proposed units contributed to some extent to raising the player's ability to balance, which was accompanied by a significant improvement in his accuracy in aiming at the goal, which, despite being far from the marginal results of the intergalactic tests, created significant differences in the group that benefited from the integration of the training units. It resulted in results in which the calculated “t” was greater than the tabulated between the pre- and post-tests for this group in the foot shooting tests (rope test, overlapping rectangles test), the purpose of which was to measure the accuracy of shooting with the foot. This group also made significant differences in tests measuring balance ability. The group obtained values for the calculated “t” greater than the tabulated ones in the Estudiant “t” tests for both (the Flamingo test for static balance and the test for motor balance), which indicates the presence of significant differences and improvement. It is noteworthy that the results obtained prove the necessity of improving the

ability to balance in order to improve the player's shooting accuracy, which opens the way for complementary studies that can take this research of mine as a starting point for a more comprehensive and broader research in which all the factors that can interfere in taking into account are taken into account. Determining the shooting accuracy of a player in football. Thus, we try to generalize the results to the largest possible segment of this age group, which has become the golden age for learning special skills and abilities and thus raising the skill and technical level of the young Algerian player.

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