

The Effect of a Proposed Training Curriculum Using an Electronic Learning Platform According to the Principle of Social Distancing to Improve Some Physical Fitness Elements for Female Futsal Players

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Abstract

The importance of research has emerged in the number of exercises that help in the development of special physical fitness to identify the capabilities of the physical athletes and to improve each of these physical characteristics, which are considered the basis for preparing the players to implement the skill and planning duty and achieve victory in the match, and the motivation to work and continue, especially in light of these conditions that all athletes live. That is, the Corona pandemic and quarantine procedures, in addition to that these exercises, depend on the combination of strength and speed, which is in line with the requirements of modern play. The researcher came up with several conclusions, the most important of which were: That the use of the proposed approach has a clear effect on improving some elements of physical characteristics in the experimental group in a standard period. Training exercises for simple aids have a great impact on some of the physical characteristics of futsal football players, with less time and effort.

Keywords: *Improve, physical fitness, elements, futsal players*

Introduction

The importance of the research lies in the number of exercises that help in developing the special physical fitness to identify the capabilities of the physical athletes and to improve each of these physical characteristics, which are considered as the basis for preparing the players to implement the skill and planning duty and to achieve victory in the match, and the motivation to work and continue, especially in light of these conditions that all athletes live ⁽¹⁾. That is, the Corona pandemic and quarantine procedures, in addition to that these exercises depend on the combination of strength and speed, which is in line with the requirements of modern play, and the problem was focused by informing the researchers about the performance of the futsal players for the women's clubs in general and the Al-Fatah Women's Club in Najaf, especially because it was preceded by And if the University of Kufa team was represented in this game, they found that there is a general weakness

in the physical fitness elements of the futsal players, especially some types of strength, ⁽²⁾ speed and speed of movement response in addition to agility, flexibility and balance and this is what affects the result of skill and planning performance, and because of the Corona pandemic and all patrols have stopped International and local clubs, training units for all clubs, and the principle of social distancing and quarantine measures imposed by Global health, which exacerbated this problem, so the two researchers designed a special training curriculum in developing fitness elements for female futsal players using the (ZOOM) program, an electronic platform to communicate with the players and apply the training curriculum vocabulary individually at home to develop and maintain the level of physical fitness For the female athletes, the research objectives were to measure some of the influencing special physical fitness elements of female gymnasts for the girl's club in the governorate of Najaf and to identify them, and to prepare special training exercises for a small area not exceeding (6)

meters, which cannot be applied inside the home hall or the garden to develop some elements of fitness. The special physicality of female futsal players for the girls' club in the province of Najaf, and the use of an electronic platform according to the principle of social distancing to give physical exercises with simple aids that contribute to improving some of the physical fitness elements of the female futsal players of the girl club in the province of Najaf. ⁽³⁾

practical part:

The two researchers used the experimental method as being the best for female futsal players for the Al-Fatah club in Najaf Al-Ashraf, who participated in the Iraq Championship (2019-2020), which numbered (15) players, in addition to (3) players who were chosen randomly to conduct the exploratory experiment. Thus, the number of players from both groups became The experimental and the control (12) players, with (6) players for each group, and then the two groups (control and experimental) were chosen randomly as well.

Determine the research variables and their tests:

The football game for halls is one of the sports that is characterized by many different positions, and this requires its practitioners a high level of special physical characteristics in defence and attack throughout the match, and that the level is determined by "revealing the methods and methods that help, clearly, accurately and scientifically to know Determining the capabilities required in the football game for halls and due to a large number of these variables, it has been limited to the main axes that can be trained inside homes under home quarantine procedures, as well as the principle of social distancing. ⁽⁴⁾

Exploratory experience:

The exploratory experience is "practical training for the researcher to find out the negatives and positives that he encounters while conducting the tests to avoid them and to give a clear and accurate picture of the vocabulary of the tests used to serve the proposed approach. ⁽⁵⁾

After determining the research sample and determining the physical tests, the researcher conducted the first exploratory experiment and on a sample of the girl's club players consisting of (three) players who

were not from the main research sample, and they were chosen randomly and then they were excluded from the research sample, and with the help of the assistant work team, it was done. Experience (Friday) 5/8/2020)

Main experience: conducting measurements and pre-tests:

The measurements and pre-tests for the special physical characteristics searched for the individuals of the research sample were conducted on Friday 15/5/2020 AD, and the tests were conducted for the experimental group and the control group according to the following sequence:

In the beginning, height, weight, age and training age were measured, and then the special physical characteristics were tested, the (Nelson) test for the selective movement response, the vertical jump test of stability, the rapid running test (30) meters, the high start, the partridge test with both legs, a distance of (10) meters, and a jog test (20 meters). × 5) John Powell's test for compatibility and agility. The tests were conducted on the stadium of the internal hall of the Al-Fatat Sports Club in Najaf, as the tests were conducted and the conditions for them, the method of conducting them, and the auxiliary work team were confirmed to achieve the same conditions as possible when performing the post-tests. ⁽⁶⁾

Dimensional tests for the research sample:

After the vocabulary of the proposed training, the curriculum was applied, the post-tests of the research sample (experimental and control) were conducted on Friday 6/26/2020 on the stadium of the inner hall of the Al-Fatat Sports Club in Najaf under conditions similar to the method of conducting pre-tests in terms of test atmosphere. The location of the test, the tools used in the test, and the sequence of the tests.

Statistical Means

A statistical analysis program ((spss

View results

Table (1) shows the significance of the differences between the pre and post-tests of the control group. Tests of some elements of fitness for football players in futsal

variables	Unit Measurement	Control Group Pre-Test		Control Group Post Test		T value	indication	the type indicative
		mean	Std. deviation	mean	Std. deviation			
Selective kinetic response velocity	Second	2.003	0.068	1.900	0.023	2.945	0.032	significant
Vertical jump explosive force of the lower extremities	cm	32.03	0.69	35.85	1.40	6.319	0.001	significant
30-meter transition speed ran	Second	5.83	0.184	5.59	0.082	2.863	0.035	significant
The 10-meter partridge for the right-hand man has the characteristic force of velocity for the lower extremities	Second	3.28	0.084	3.17	0.048	2.427	0.060	insignificant
Particle 10 m for the left leg The characteristic force of speed for the lower limbs	Second	3.30	0.069	3.22	0.066	2.485	0.55	insignificant
Run (20m x 5) Elongation Speed	Second	25.22	0.511	24.78	0.579	1.256	0.265	insignificant
John Powell's Agility and Compatibility T-test	Second	15.27	0.491	14.71	0.388	2.613	0.048	significant

Discussion

Through the foregoing presentation of the previous table, it becomes clear that there is a development in four variables for the control group and the lack of development in three other variables. The researcher attributes this development to the control group to the effect of the regular approach set by the trainer in addition to the continuity and regularity of the players in the training units, which had a clear role in the evolution of these variables.

Where the results presented in Table (1), which shows the significance of the differences between the pre and post-tests of the control group for the correlated samples, showed the presence of significant differences of statistical significance in some research variables (some elements of physical fitness) and these differences came in different ways as follows:

The selective kinematic response velocity test

The results showed that there are significant differences of statistical significance and in favour of the dimensional tests of the control group in the speed of the movement response. The researcher attributes this to the development of the players' commitment to the training units prepared by the trainer. The educational process inevitably leads to the development of achievement or performance, if it is built on a scientific basis in organizing the process of education and training, programming it, using appropriate and gradual intensity and noting individual differences, as well as the use of optimal repetitions and interstitial rest periods that affect and under the supervision of specialists under good educational and training conditions in terms of place, time and tools used.

As for the vertical jump test for the explosive force of the lower extremities, through what was presented in the previous table, it becomes clear that there is an evolution in the explosive force, meaning that there are significant differences of statistical significance and in favour of the post-tests of the control group and the researchers attribute the reason for this development to the effect of the prepared trainer's approach. In addition to the continuity and regularity of the players in the active participation in the training unit, as well as the repetition of specialized exercises that had a clear role in

this development, "Physical numbers are very important and necessary, especially for women, as it leads to the development, refinement and stabilization of the player's motor skills, which lead the individual to achieve higher achievement." Sports achievements ⁽⁷⁾.

As for the 30-meter running test of the transitional speed, the results showed that there are significant differences of statistical significance in favour of the post-tests of the control group in the transitional speed. Transitional velocity is one of the important components of physical fitness, as well as a component of motor fitness, as well as being a component of motor ability and means "the highest rate of speed that an individual can bring out" ⁽⁸⁾

As for the test of the 10-meter partridge for the right-hand man, the characteristic force of velocity for the lower extremities, and the test of the 10-meter partridge for the left leg, the distinctive force of velocity for the lower limbs, the results showed that there were no statistically significant differences between the pre and post-tests of the control group, although there is a very slight development of time between circles. The arithmetic and the inverse relationship of time as an indicator of improvement in the achievement of the test distance and the researchers attribute the reason for the absence of a significant difference between the two tests is the difficulty of developing this trait in this short period, which is that composite characteristic of the characteristic of strength and speed and occupies an important place in the process of preparing a soccer player for halls because of what this trait possesses. From a large degree of muscular strength that is characterized by fast performance and its purpose is better performance, "which is the ability to show strength as quickly as possible" ^() and the researchers see the importance of this characteristic in the process of continuous contact with the opposing player and linking different skills during the match and accordingly, he knew it (Hassanein) And meanings) as "the ability to quickly overcome resistance, high muscle tension" ⁽⁹⁾

As for the running test (20 meters x 5) elongation of velocity, the results showed that there are no significant statistically significant differences between the pre and post-tests of the control group in velocity elongation and the researchers attribute the reason for this to the

difficulty of developing this trait in exercises with very small distances unless there are Accurate calculations in the development of such exercises that are compatible with these distances, where the researchers believe that velocity elongation means maintaining the speed for the longest period, meaning that it “means the player’s ability to maintain his speed for the longest possible period” () and velocity prolongation means “the ability to resist fatigue when performing Loads with a starting speed less than the maximum to the maximum, as during the performance of these loads the energy gain from the anaerobic path predominates ()

As for John Powell’s T-test for agility and compatibility, where the results showed that there are significant differences of statistical significance and in favour of the post-tests of the control group. Agility is an important physical component and component of great importance for a gymnast football player. It has links with many physical and orthodontic components and characteristics. It contributes greatly to the speed of learning and mastery of motor skills and is known as “the ability of an individual to change his position in the air” ⁽¹⁰⁾, as well as “the ability to Mastering complex harmonic movements and speed in learning, developing and improving motor performance, as well as the ability to use skills according to the requirements of rapidly changing situations, and the ability to quickly reconfigure performance according to this time. ⁽¹⁰⁾

Conclusions

Through the results presented above and the researcher’s findings of the discussion of these results, the researcher concluded the following conclusions: That the use of the proposed approach has a clear effect on improving some elements of physical characteristics in the experimental group with a standard period. Training exercises for simple aids have a great impact on some of the physical characteristics of futsal players, with less time and effort.

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Conflict of Interest: None to declare.

Ethical Clearance: All experimental protocols were approved under the University of Kufa and all

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