



The Effect of Compound Exercises with Added Weights on Some Physical Abilities of Youth Soccer Players Aged (17-19) Years

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ABSTRACT

The development of the level of physical performance reached by the game of football, which requires players to exert great effort, and it is observed in the world championships, the World Cup, international and regional championships, the physical performance reaching high levels and- Preparing compound exercises with weights added according to body weight for players of Al-Zawraa Sports Club in football, youth group of ages (17-19) years and There are statistically significant differences between the pre and post tests for both groups in favor of the post tests and The researcher believes that the reason for the development of the results of the vertical jump test from the stability of the three groups is due to the exercises used that were assigned to the players.

The logo for the International Journal of Research in Social Sciences and Humanities (IJRSSH) is a large, stylized graphic. It features a central figure that resembles a person or a flame, composed of several overlapping, curved shapes in shades of blue, green, and orange. The figure is set against a background of a large, light-colored circle. Below the graphic, the acronym 'IJRSSH' is written in a bold, orange, sans-serif font.

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INTRODUCTION

The development of the level of physical performance reached by the game of football, which requires players to exert great effort, and it is observed in the world championships, the World Cup, international and regional championships, the physical performance reaching high levels, and that complex exercises with added weights is one of the important training methods in group games, including football. Attention to this age group (youth) takes a large part of the work of trainers and programmed scientific planning that is based on correct scientific foundations in how to deal with this age group. From here came the importance of research through the application of complex exercises using resistors with added weights in relation to (body weight) and recognition. On its impact on some of the physical abilities of the performance of youth soccer players of (17-19) years old and to identify the development in the physical performance of the players in a scientific and thoughtful manner.

And as a result of the lack of interest in training using added weights (body weight) to the need of players in this category for complex exercises placed in the research, which reflects negatively on

the outcome of the match and unbalanced performance, so the researcher decided to use complex exercises with added weights to identify their effect on some of the abilities placed by the research among football players For youth.

" A lot of research and studies have reported that regular physical exercise leads to desirable changes in the composition of the body, as it is the pillar on which the physical numbers are based according to the type of activity. And also raising the level of physical fitness, as the results showed that it works to increase muscle strength, vital capacity, and flexibility, so physical exercises have multiple goals, there are those who practice it to develop muscles and increase their efficiency, and some of them practice it with the aim of increasing physical fitness to be able to perform the duty. A certain one, and there is someone who practices it with a goal.

- Preparing compound exercises with weights added according to body weight for players of Al-Zawraa Sports Club in football, youth group of ages (17-19) years.

- Identify the effect of compound exercises with added weights in some physical abilities on the players of Al-Zawraa

Sports Club in football, youth group aged (17-19) years.

And the researcher assumed:

- There are statistically significant differences between the pre and post tests for both groups in favor of the post tests.

Opinions have varied regarding the division of physical exercise, and these divisions have been subject to special considerations, and among these common divisions in this field (1)

- . Segmentation in terms of physiological influence 1-
- . Segmentation in terms of purpose and goal 2-
- . The division in terms of tool and method 3-

The exercises are divided into their purposes, in terms of tool and method, into:

A. Free exercise.

It is a group of exercises that the player performs without the use of tools, and they may be free individual, doubles or group exercises.

B. Exercises with tools.

It is a set of exercises that the individual performs using tools of various shapes and types, such as (footballs - hoops - medical balls - iron weights - barriers - cones - small targets) ... etc.

C. Exercises using machines.

It is a group of exercises that the individual performs on the device, and these devices may be basic or alternative assistance such as (random speaking - casual - the mind ... etc).

Search procedures

The researcher used the experimental design for equivalent groups with controlled trial and post observation and their mediating treatment, and by designing two experimental groups and a control group.

The first experimental group with a pre-test - the researcher's approach with relative weights - the post test
The second experimental group of pretest - researcher's approach without weights ----- post-test
Pre-test control group ----- traditional trainer approach ----- post-test

The research population was determined by an intentional method, represented by the players of the Al-Zawra Sports Club for youth of (17_19) years, whose number is (37). The research sample was chosen by the deliberate method of (30), after excluding those absent from the training of (4) players, and excluding (3) Players due to injury, and they were divided into three groups randomly by drawing lots (two groups are experimental and the third group is control)

After consulting the opinions of experts and specialists in the scientific committee, the physical, motor and skill capabilities were determined, and they are as follows:

1. Vertical jump from stability (Sargent)

2.10rings on one leg right - left

.Sit down - and jump to the top for a period of (60) seconds 3-

First - vertical jump from stability (Sargent)

The aim of the test: to measure the explosive force of the leg muscles.

Tools used: a specific test location, a tape measure, a piece of chalk, a wall of suitable height.

Performance description: The laboratory stands near the wall with one of his shoulders facing the wall. From a firm

standing position, the tester raises his arms close to the wall as high as in the position (1) in Fig. (1) to make a mark on the wall at the farthest point the hand can reach The distance is recorded after that by lowering his arm and then he jumps up after bending the knee joint as in position (2) in the same figure to make another mark with his hand on the wall at the farthest point that his arm has reached, and the distance between the first and second visas is recorded as in position (3), provided that Both men are pushed.

Registration method:

Give the test two attempts and score the best.

- The distance between the first mark that occurs as a result of the starting visa and the second mark, which expresses the explosive force of the muscles of the lower extremities, is measured in centimeters.

Second - 10 hijlings on one leg (right and left

The aim of the test: to measure the force characteristic of velocity of the two men.

Tools used: tape measure, ground to perform partridge.

Performance description: Standing behind a line of one meter length on one foot, and upon instructing the tester to perform 10 Hajjs on one leg continuously without

stopping or touching the ground with any part of the body other than the partridge foot, and then the partridge was re-tested on the other foot.

Scoring method: the distance travelled in the index of the muscular capacity of the man, repeat the test twice and take the best attempt

Third - The sitting test - and jumping to the top for a period of (60) seconds-

The purpose of the test: to measure the tensile strength of the leg muscles-

Tools used: stopwatch-

Performance description: From a long sitting position, hands are also touching the ground, and the player gets up and jumps in the air by extending the knees and wrists of the feet, then returns to the first position ... and so on.

Recording: The number of valid attempts is counted for a period of (60) seconds.

RESULTS

Table (1) shows the arithmetic mean, standard deviations, mean difference, deviation of differences, t value, significance level and differences for the pre and post-tests of the three research groups

The level of differences	Indication level	The calculated t value	P. P	P e	Telemetry		Pre-analogy		the exams	sequence
					ع	س	ع	س		
moral	0.000	-6.191	0.067	-0.131	0.104	2.564	0.103	2.433	Vertical jump from stability controller	1
moral	0.001	-4.772	0.086	-0.130	0.098	2.523	0.062	2.393	Vertical jump from stability ballast	
moral	0.014	-3.047	0.069	-0.066	0.083	2.442	0.056	2.376	Vertical jump from stability without weight	
random	0.175	-1.471	0.325	-0.151	1.538	16.580	1.579	16.429	10 partitions on one leg, female officer	2
moral	0.000	-6.178	0.749	-1.463	1.396	18.099	1.667	16.636	10 partitions on one leg weight	
moral	0.006	-3.599	0.798	-0.908	0.757	17.345	1.062	16.437	10 partitions on one leg without weight	
moral	0.030	-2.571	1.476	-1.200	2.214	19.700	2.214	21.800	Sit and jump to the top for a period of (60 seconds), set	3
moral	0.000	-8.573	1.549	-4.200	1.549	21.800	1.549	19.200	Sit and jump to the	

									top for a heavy (60 sec) period
moral	0.005	-3.674	1.033	-1.200	2.486	19.200	2.214	20.486	Sit and jump to the top for 60 seconds without weight

Significance with a degree of freedom (9) and a level of significance \leq (0.5

The researcher believes that the reason for the development of the results of the vertical jump test from the stability of the three groups is due to the exercises used that were assigned to the players, which affected positively, as these exercises worked to adapt an important requirement by performing movements that require transitions in muscle work from one muscle group to another while controlling The conditions of the body and its parts through the precise and reciprocal organization between the muscle groups when performing, which directly affects the process of participation of muscle groups with great precision, and this matter is sufficient for a high neuromuscular harmony as it confirms that "physiological science views compatibility as the organization of the exchange of work." Muscles " and this matter is directed to a great extent to develop the explosive ability that expresses the movement in which a large amount of force is used in a short period of time and this matter is a major requirement in

football for the performance of various skills, because the level of maximum power appears through the proportion between the amount of force Used and the time of the instantaneous performance, which is determined based on the relationship (strength - speed). Positive results were achieved for all groups in this test due to the inclusion of explosive strength, speed and strength exercises in programs The three groups, which was reflected positively in the process of developing results for all groups.

In testing 10 hoops on one leg, the researcher attributes the lack of positivity in the post-test results of the control group to the fact that the exercises prepared by the coach, which were in a traditional way, the player had some imprinting, which reduces the size of the impact on the level of the player when repeating these exercises for long periods, which generates He has a state of stability of the level as for the results of the two experimental groups in testing 10 rings on one leg, whose results were positive and this is consistent with the basic principles in developing the characteristic of instantaneous velocity

through the development of the maximum explosive power, as well as codifying training towards the type of energy system used in The activity involved makes there indirect effects that transform from one type of training to another and from one physical capacity to another, and because the explosive power works within the same energy system (phosphate 100%) then

It is possible for the one to affect the other "and this confirms that the explosive power is a fast instantaneous force that works according to the anaerobic energy system (100%) and performs with a near-maximum intensity against a certain resistance in this case that falls under an extreme stimulus for a short period" (). Therefore, the results of the two groups were positive in the post test, especially for the weight group, which had a clear effect on the result of the used resistors, which reflected positively on the explosive power through the effect of the resistors exercises used by the experimental group by weighting.

In the sit-and-jump test for a period of (60 seconds), the researcher attributes the superiority of the results of the groups in the post-tests compared to the pre-tests due

to the regular exercises throughout the duration of the application of the training program in the basic degree used by all groups, as it ensures obtaining adaptations in muscular work according to the type of physical ability Which continues to be trained throughout the duration of the training program and this muscular action comes with responses and harmonics in a momentary way through jumping with or without weight, as this type of movement performance requires simultaneous (neuromuscular) and (muscular-muscle) compatibility between contracted and flat groups. Its timing is accurate and appropriate, which secured the near-complete excitement of the high power that was quickly employed to increase the explosive power, and all of this comes through the careful organization of the group that used the resistors in the training program, and this is consistent with what was brought by the study (Kaneko) quoted from him (Talha Hussam) Religion) "After observing the effect of resistance training of different intensities between (0, 30, 50, 60, 100% of the maximum), it appeared that the resistance (30-50%) of the maximum strength of a body part.

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