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The Relationship of some Motor Abilities to the Accuracy of Performing the Preparation Skill in Football Tennis for Juniors (13-15 Years Old)

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Abstract

This study aims to identify the relationship of some motor abilities (agility, flexibility, and speed of motor response) to the accuracy of the preparation skill performance among junior Football Tennis players. The two researchers used the descriptive, correlational approach because it suits the nature of the research and its problem. The research population included (30) players from the Basra Future Football Tennis Academy. The sample was chosen randomly from the original population and numbered (10). The two researchers concluded that there is a strong, positive relationship between motor abilities (agility and flexibility) and speed of motor response. Accurately performing the skill of preparing for football tennis. The problem of the research lies in the motor abilities, especially the agility and flexibility of the muscles working during the performance stage due to the lack of use of modern training aids and tools for development. After examining the sources and references, the two researchers proved that there is a problem in the skill of preparing for football tennis in terms of the motor performance of the player in which the abilities are Movement is the basis. The importance of the research is "Raising the athletic level in all sports depends on raising the player's level in the motor, mental, and tactical aspects, and then reaching the stage of integration in performance during competition, which is embodied by the player carrying out his individual and collective tactical duties and in various playing situations." (Ali Ishraq Mahmoud and Muhammad Nour) (15:1) The researchers concluded that both agility and flexibility are important for performing the preparation skill in football tennis. Motor abilities are important in performing all football tennis skills, not just in determining the preparation skill. Flexibility and agility are closely related to the skill of preparing for football tennis and are important in the player's motor performance. The motor capabilities of flexibility, agility, and motor response are completed when there is development in the player's performance. The two researchers also recommend emphasizing the development of both agility and flexibility during the training period because of their great importance in developing the player to perform the skill of preparing for football tennis. and this achieves one of the sustainable development goals of the United Nations in Iraq which is (Good Health).

Keywords | **motor abilities, preparation skill, football tennis**

Introduction:

"As a result of the scientific development and technological progress that man has achieved in the modern time, which led to a group of scientific discoveries that provided all the means, devices and tools that enabled man to complete all the requirements of his daily life with physical effort commensurate with the followed behavior" (Ali Ishraq Mahmoud and Muhammad Nour (1). Motor abilities are considered one of the basic

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pillars on which skill preparation in various activities depends, as there is a relationship between motor abilities and the level of skill performance, and although the levels of the relationship differ depending on the type of sports activity practiced, the individual's possession of a high level of motor abilities indicates that this individual has a degree Of the ability to practice sports activity successfully" (Najwa Salman and Thanaa Al-Sayyid) (7). Motor abilities, such as agility, coordination, flexibility, and motor accuracy, are among the exercises that players like and are given during the stage of learning basic skills, and this is confirmed by (Hanafi Mukhtar) (3) when he said, "The coach or teacher must be familiar with these exercises, take full care of them, and take care of preparing the game." In terms of the field and tools" and motor abilities are defined as "abilities acquired from the environment, for which training and practice are the basis and which develop according to the individual's physical, sensory and cognitive ability" (Mahjoub Wajih) (8). "These abilities are subject to the ability to control movement and depend on investing in motor sensation in execution if these abilities do not require prolonged effort or large motor volume" (Abdul Fatima and Mahdi Nawal) (2). Agility means "the ability to quickly change body positions on the ground or in the air with fluidity and accuracy, and works to economize the effort expended in movements."

) Mahmoud Shakranbil) (6). As for (Fatima Abd and Nawal Mahdi), they defined agility as "the ability to quickly control the performance of new movements and to quickly and correctly adjust and control motor work" (Fatima Abd and Nawal Mahdi) (2) . Speed of motor response is an important physical ability in most sporting activities, and activities differ among themselves in the extent to which they need it according to the special requirements of each activity. Muhammad Hassan Allawi points out that speed of motor response means "the ability to respond motor to a specific stimulus in the shortest possible time" (Allawi) (12). Speed of motor response is necessary for the football tennis player, as he needs to quickly adapt and transform what the competitor will do. This depends on the player's motor speed, as well as the speed of his movement in different directions and positions without declining his skill and physical level. The direction of movement, its dynamism, its timing, and the sequential use of parts is necessary to obtain an appropriate feeling for fine movement. The purpose is the gradual acquisition of comprehensive, interwoven motor skills.

Research problem:

Football tennis is one of the sports that needs continuous development in its basic skills, its special rules, and training or educational units, as the skill of preparing for football tennis is considered one of the skills most used by players, and one of its most important requirements is the variables of agility and flexibility due to the nature of performance. The movement that requires a high level for this game, the speed of the ball bouncing from the opposing player and on different parts of the field and in different areas, in addition to the field of play, whether it is near the net or far from it, in addition to the side of play from the right or from the left side, all of this creates difficulty. In controlling the course of play, not to mention that the ball must fall in designated places in specific areas in order to score a point that makes it difficult for the opponent to return the ball.

Because the motor performance of this skill is harmonious movements, the two researchers found it necessary to study the reality of the relationship between the two abilities and the motor response as a scientific and objective study for the junior age group because they are the basis for representing the national teams of the game in the future. The two researchers decided to work on applying tests for each of agility, flexibility and speed. The motor response and knowing the relationship between them and the accuracy of performing the skill of preparing for football

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tennis. Given the distinction of the game of football tennis in the nature of competition with speed in performance and diversification in movements and play, players must possess both agility, flexibility, and motor response in order to perform correctly to obtain a point.

The speed of motor response is considered one of the most important requirements for the game of football tennis due to the nature of the performance that requires a high level of this game. The speed of the ball bouncing off the player and on different parts of the court and in different areas, in addition to the field of play, whether it is near the net or far from it, in addition to... The side of play is from the right or from the left, which creates difficulty in controlling the course of play, not to mention that the ball must fall in designated places in specific areas in order to score a point that makes it difficult for the opponent to return the ball.

Search aim:

1-The relationship of some motor abilities to the performance of the skill of preparing for football tennis.

Search hypothesis:

1-There is a significant correlation between agility, flexibility, motor response, and tennis preparation skill.

Research fields:

The human field: Basra's future football tennis - youth.

-Time field: from 12/20/2023 AD to 2/25/2024 AD.

-Spatial field: Basra Future Football Tennis and Academy halls.

Method and procedures:

Research methodology: The two researchers used the descriptive, correlational approach to suit the nature of the research.

Research population and sample: The research population was determined by the Basra Future Tennis and Football Academy juniors for the year (2023), aged (13-15 years), numbering (30) juniors. As for the sample, the sample was chosen from the original population in a random manner and numbered (10) players.

Research tools: (calculator, pen, data collection form, football tennis court, football tennis balls, mechanical tool for carrying and dropping the ball)

Research tests used:

After reviewing the two researchers' sources, references, and tests related to football tennis, and in a way that was appropriate for their research, the appropriate tests for the research were identified, including the test of agility, flexibility, and motor response with accuracy in performing the preparation skill for football tennis that is under research and appropriate to the selected sample.

1-**The first test:** agility test (4) (Mays Salman)

Test name: Mays agility test

Purpose of the test: measuring agility for football tennis juniors.

Tools used: Legal playground. Legal balls (4). An iron post with a height of (2) m supported on a circular iron base with a diameter of (50) cm and a ball holder with a length of (50) cm. As shown in the drawing, the posts are placed on four sides of the player's standing place and according to the distances shown in the drawing, a whistle).

Description of the performance: The tester stands in the designated area in the middle of the field. When the whistle is heard, the tester runs in the forward direction, and when he reaches the holder, he kicks the ball with his preferred leg and returns to the middle, then runs to the right, kicks the ball, and then returns to the middle, then runs to the left and kicks. The ball and return to the middle, then run back, kick the ball and return to the middle.

Recording: The time is calculated from the start of the whistle until the end of the test.

Notes:

2-The tester is given two attempts, and the best attempt is counted.

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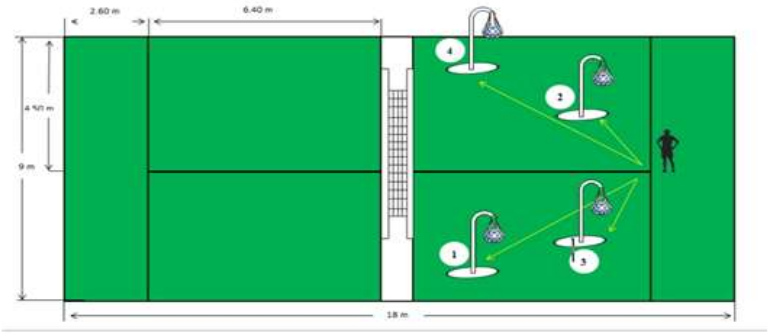
3-If the tester reaches the goalpost and does not touch the ball, he returns to the middle and then to the same side to touch the ball.

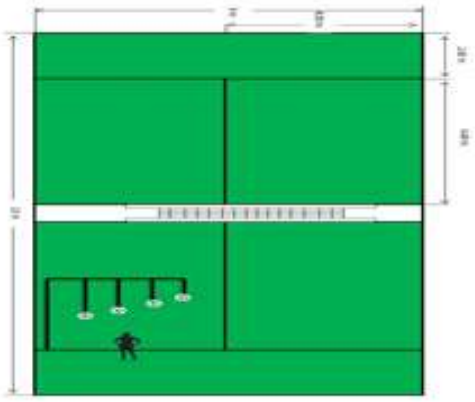


The second test: (Flexibility test) (4) (Mays)2

Purpose of the test: to measure hip joint flexibility in football tennis juniors.

Used equipment:
1-Legal playground
- A bar with a height of (2.50 m) connected to a 2side arm with a length of (2 m).
(4)3-balls suspended from a linen belt at heights coming from the ground (120cm, 140cm, 160cm, 18
0cm), the distance between them (50cm)
4-Whistle

Description of performance: The tester stands at a distance of (50 cm) from the goal post at ball number one, which is at a height of (120 cm), and then kicks the balls hanging from the goal post in sequence for four balls.
Recording: The last height the player reaches (he can touch it with his foot) is calculated as the hip joint flexibility distance.



Notes: Each laboratory is given two attempts, and the best attempt is counted.
The third test: Mays Aoun's test of the speed of motor response to the preparation
Test name: Mays Aoun test for speed of motor response to preparation.
Purpose of the test: to measure the speed of the motor response to the preparation.

Used equipments:
A legal court, football tennis balls (4), measuring tape, number stickers numbered according to position (1.2), data collection form, pen, mobile camera, motor response device to track distance and speed, mechanical tool for carrying and dropping the ball, Paste (Tape))).
Performance description:

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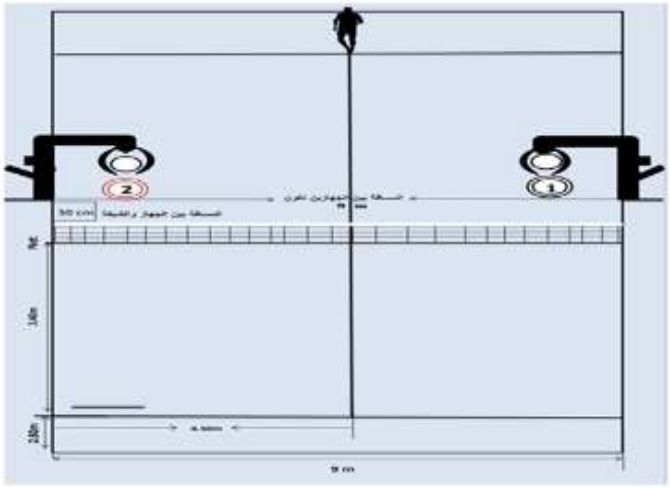
1-The tester stands at the designated point on the court's service line, and a distance and speed tracking device is placed on the leg with which the performance was not performed.
2-The mechanical device for carrying and dropping the ball, consisting of two models placed on both sides of the court, one on the right and the other on the left, is placed near the net at a distance of (1.50 metres).
3-The distance between the two models of the mechanical device for carrying and dropping the ball is (9 metres) while the distance between where the player stands and the device is (4.90 metres).



4-The mechanical device carries the ball and drops it vertically from above onto the area designated for testing at a height that suits the leg and length of the tester.
5-The tester looks at the positions and waits for the ball to fall on one of the positions by hearing
If the speed tracker makes an error in calculating the time, try again.
The fourth test: (Mays) test of preparation skill in football tennis (4) (Mays)
Test name: Mays test for soccer preparation skill
Purpose of the test: to measure the accuracy of numbers
Used equipment:
A legal playing field, (4) posts, (2) m high, a measuring tape, (2) mm thick rope, (9) m long, (9) m lengths, (spray) dirt paints, (6) legal balls).

the number of the position and starting from the standing point towards the ball from the first time the ball touches the ground and rises to the top.
-The laboratory prepares the ball with the sole of 6the foot upward.

Recording:
Calculating the speed of the tester's motor response through the time he takes by starting from the point of standing to the point where the ball falls and preparing it from the sole of the foot to the top, along with the number of correct attempts he performs in the minimum time.

Notes:

The attempt will be repeated if the mechanical device makes a mistake in carrying the ball and dropping it on the circle specified for the laboratory or if it is at an inappropriate height for it.

Performance description:
1-The tester stands in the designated area for preparation, which is confined between two ropes, as shown in Figure (41), where the trainer stands near the center line of the serve.
2-Place a rope 1 m away from the service line and 2 m high to ensure that the ball bounces at an appropriate height when
The coach throws it toward the laboratory from behind the service line, and places another rope 2 meters high and 2 meters away from the net.

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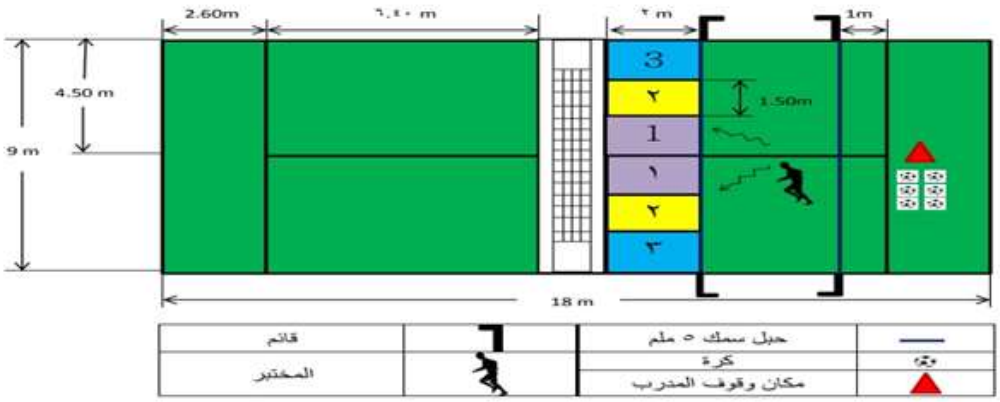
3-The coach throws the ball towards the laboratory from the top of the first rope, which is close to the coach's side, and after it bounces from the ground, the laboratory prepares the ball at the height of the rope, which is (2) m) close to the net. The ball must cross this rope and fall in one of the areas specified in the figure.
4-The coach throws (3) balls to the right and (3) balls to the left, and the numbers are set diagonally.

Test instructions:

1-Each laboratory is given (6) attempts
2-The ball must bounce off the ground before setting it up
-The ball must cross the rope near the net before 3it falls into the designated areas.
4-If the ball falls on the line between two squares, the tester takes the higher score.
E - If the ball falls inside the field but outside the designated areas, the tester takes (zero).

Recording method:

The test score is the sum of the scores of the six attempts, depending on the area in which the ball falls. If the ball falls in area No. (3), the tester receives three marks, and if a ball falls in area No. (2), the laboratory receives two marks, and so on... and the highest score for the test is (18).



Scientific foundations of tests:

The scientific foundations of the tests used in the research were extracted, which are:

First / Validity of the test: The two researchers established the validity of the tests through apparent validity after presenting them to experts and specialists and during the personal interview to determine the extent of their validity before starting to implement these tests to judge the extent of their validity and their ability to measure what they were designed for and the extent of their suitability to the level of the sample members.

Second: Reliability of the test: The two researchers proceeded to extract the reliability of the tests through (testing and retesting) on the exploratory sample, which numbered (5) from outside the main sample, on 12/25/2023 AD, where the tests were repeated after 10 days in order to ensure the stability of the tests and The same sample and under the same conditions, and then the simple correlation coefficient (Pearson) was used to determine the stability of the tests, and all tests enjoy a high degree of stability, according to Table (1)

Third: Objectivity of the test: One of the conditions for an ideal test is that it be objective, so the researcher used the objectivity of the test through data from two arbitrators, and after collecting the data, the researcher used the simple correlation coefficient, where the significance level was less than the level of (0.05), and this indicates that the tests enjoy high objectivity. As in Table (1)

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Table (1)
It shows the reliability and objectivity coefficient of the tests used in the research

No.	tests	Stability coefficient	Significance level(sig)	Objectivity factor	Significance level(sig)	Type of significance
1	Flexibility	0,78	0,040	0,82	0,001	significance
2	Fitness	0.91	0,00	0,90	0,00	significance
3	motor response Speed	0,90	0,00	0,89	0,00	significance

Exploratory experience:

The two researchers conducted the exploratory experiment on 12/20/2023, Wednesday, at three o'clock in the evening, on a sample consisting of (10) players outside the research sample. The purpose of the exploratory experiment was: - Knowing the negatives that may surround the research. Knowing the time required to carry out the tests. The sample members' understanding of the tests used in the research. Training the assistant staff

Main experience:

The two researchers conducted the main experiment on January 10, 2024, and at three in the evening. After confirming the validity of the tests in the exploratory experiment, the two researchers conducted an agility and flexibility test. The two researchers took into account the performance regarding the application of the tests and skills under research in terms of their basic steps and the most important mistakes and difficulties facing the player. During implementation, all of this was done through the football tennis assistant work team.

Statistical program:
Arithmetic mean
standard deviation
Pearson correlation coefficient
Statistical bag

Results:

Table (2)
The correlation coefficient shows between agility, flexibility, and motor response to the preparation skill in football tennis

Variables	measuring unit	Arithmetic mean	standard deviation	Pearson correlation coefficient	Sample volume	Connection significance
Fitness	second	20,2	3,7	0.721	10	significance
Flexibility	cm	139,40	15،52		10	
motor response Speed	second	2,60	0,69	0.111	10	significance
Preparation skill	degree	2,20	0,78	0.134	10	significance

Discussion:

Through the table above (2), the nature of the relationship between motor abilities represented by agility and preparation skill in tennis and football was shown in the first table, where the arithmetic mean for agility was (20.2) and a

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standard deviation of (3.7), and the arithmetic mean was for preparation skill. With football tennis (2.20) and a standard deviation of (0.78), the Pearson correlation coefficient between the two variables was (0.721), which is a good correlation coefficient, which indicates the strength of the correlation between the two variables.

As for the results of the variable of flexibility and preparation skill in football tennis, the arithmetic mean for motor abilities represented by flexibility was (139.40 cm) and the standard deviation was (15.52), and the arithmetic mean for the preparation skill in football tennis was (2.20) and the standard deviation was (0.78). The Pearson correlation coefficient between the two variables was (0.111), which is a good correlation coefficient, which indicates the strength of the correlation between the two variables.

Motor abilities have a great role and importance in developing sports skills for all activities, as these abilities depend on investing in motor sensation and using the peripheral and central nervous system for motor control (Yarab) (10).

Nahida Abdel Zaid also emphasized that for an athlete to achieve distinguished motor performance, he must possess control and accuracy in performance, in addition to the availability of motor capabilities related to performance, ease, flow, and economy of effort (5) (Al-Dulaimi)

Also, the skill of preparation in football tennis is one of the most important skills that a player must possess because it helps to prepare the ball well and appropriately for the attacking player in order to obtain a point. Also, the skill of preparation is the point that turns the course of play from a state of defense to a state of attack, so it must This skill should be the focus of attention of teachers and trainers because of its great importance (Wissam Hamid Abbas) (9).

Motor abilities dealt with the variables of agility and flexibility for the game of football tennis by performing tests with different standards (distance - speed - direction - height). The ability of the sample members to recognize and understand the variables helped to perform the preparation skill with a high degree of accuracy (as High accuracy of sensory perceptions increases the player's ability to control and consciously direct the movement of the body as a whole in space, in addition to that, through muscular sensation, it can provide the individual with information about the characteristics of the required sensory-motor perception, through which performance can be corrected. (Ezzat) (11)

The researcher stresses the need for the learner and player's preparation to be at a high level so that he can excel when exposed to different and diverse playing situations, as it requires him to stand in front of his opponent while he is ready and focus all his senses to notice the different movements of the ball and the opponent, and exploit these situations to make the appropriate moves on those. Attitudes.

The study (Hoda Shehab and Raghda Abd) (14) also confirmed that the speed of motor response of handball goalkeepers is affected by some motor abilities (agility, coordination, flexibility).

The study of (Mohsen Basma Naeem) (15) also confirmed that there is a major role and high correlation between the combined variables, that is, the motor and cognitive abilities of those with motor performance difficulties (lower, middle, higher), and between the technical performance of the crushing multiplication skill in the multiple correlation coefficient and the coefficient of determination.), that is, the relationship between the predictor and the predicted,.

Diana Wassil's study indicated, "The results showed a noticeable superiority in the special exercises applied to some physical abilities and the level of achievement in the long jump" (16)

The most important conclusions he reached were also confirmed in the study of (Ali Sabhan Sakhi) that the speed of motor response has a significant impact on the accuracy of performance of the skill of receiving the serve for volleyball players (Hussein Sabhan) (13). The researchers concluded the following:

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Conclusions:

The researchers concluded the following:

The skill of preparing for football tennis is considered to involve harmonious movements in which the player needs these abilities.

1-There is a positive correlation between flexibility, agility, motor response, and accuracy of performing the pressing skill for football tennis.

Recommendations:

The researchers recommend:

1-Emphasis on developing agility, flexibility and motor response during the training period because of their great importance in developing the player to perform the skill of preparing for football tennis.

2-The importance of conducting similar studies on other skills in football tennis and working on the necessity of paying attention to the skill of preparation in football tennis as it is one of the most important skills.

3-The importance of conducting tests for some special variables for players in order to know their physical level.

Author's declaration:

Conflicts of interest: None

We confirm that all tables and figures in this article are ours and written by the researchers themselves.

Ethical-Clearance: this manuscript approved by local ethical committee of physical education and sport sciences college for women on (May /2024)

Author's contributions:

All contributions of this study were done by the researchers (M.G. and A.J.) who get the main idea and work on writing and concluding also with number of experts, the researchers themselves in Statistics, Manal Bayat in revision, Taj Al-deen Alaa Al-deen in translating, Khitam Mousa in proofreading

Facilitate the task: this study was supported by Iraqi Football Tennis Federation – Iraq.

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علاقة بعض القدرات الحركية بدقة أداء مهارة الاعداد في تنس كرة القدم للناشئين (13-15) سنة

ميس كمر عبد عون 1 ، اسيل جليل كاطع 2
1&2 جامعة بغداد / كلية التربية البدنية وعلوم الرياضة للبنات – العراق

مستخلص البحث

تهدف هذه الدراسة الى التعرف على علاقة بعض القدرات الحركية (الرشاقة والمرونة وسرعة الاستجابة الحركية) بدقة اداء مهارة الاعداد لدى ناشئين تنس كرة القدم وقد استخدمت الباحثتان المنهج الوصفي الارتباطي لملائمته لطبيعة البحث ومشكلته. شملت مجتمع البحث من ناشئين اكاديمية مستقبل البصرة لتنس كرة القدم البالغ عددهم (30) لاعب فقد تم اختيار العينة من مجتمع الاصل بالطريقة العشوائية والبالغ عددهم (10) وقد استنتج الباحثتان بأنه هناك علاقة قوية موجبة بين القدرات الحركية (الرشاقة والمرونة) وسرعة الاستجابة الحركية بدقة اداء مهارة الاعداد لتنس كرة القدم تكمن مشكلة البحث في القدرات الحركية خصوصا الرشاقة المرونة للعضلات العاملة اثناء مرحلة الاداء وبسبب قلة استعمال الوسائل والأدوات التدريبية المساعدة الحديثة في تطوير وبعد الاطلاع الباحثتين على المصادر والمراجع اثبتت وجود مشكلة في مهارة الاعداد لتنس كرة القدم من حيث الاداء الحركي للاعب التي تكون فيها القدرات الحركية هي الاساس ان اهمية والبحث هي "إن النهوض بالمستوى الرياضي في الألعاب الرياضية كافةً إنما يتوقف على رفع مستوى اللاعب في الجوانب والحركية والعقلية والخططية ، ومن ثم الوصول إلى مرحلة التكامل في الأداء خلال المنافسة والذي يتجسد بقيام اللاعب بواجباته الخططية الفردية والجماعية وفي مواقف اللعب المختلفة" (علي اشراق محمود و محمد نور) (15:1) استنتج الباحثتان ان كل من الرشاقة والمرونة مهمة لاداء مهارة الاعداد في تنس كرة القدم . وان القدرات الحركية ذات اهمية في اداء مهارات تنس كرة القدم اجمعها وليس بتحديد مهارة الاعداد فقط . وان المرونة والرشاقة ذات علاقة ارتباطية بمهارة الاعداد لتنس كرة القدم وذات اهمية في الاداء الحركي للاعب . حيث تكتمل القدرات الحركية لكل من المرونة والرشاقة والاستجابة الحركية، عندما يكون هنالك تطور في اداء اللاعب .كما توصي الباحثتان التأكيد على تطوير كل من الرشاقة والمرونة اثناء فترة التدريب لما لها من أهمية كبيرة في تطوير اللاعب لاداء مهارة الاعداد لتنس كرة القدم. وهذا ما يحقق احد اهداف التنمية المستدامة للامم المتحدة في العراق (الصحة الجيدة).

الكلمات المفتاحية | **القدرات الحركية، مهارة الاعداد ، تنس كرة القدم**