The Effect of Compound Exercises with the Intense Method and the Training Mask on the Development of Some Physical Abilities and the Level of Skillful Performance of Futsal Players

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Abstract

The purpose of this paper is to prepare of compound exercises in the intensive method and the training mask to develop some of the physical and skill capabilities that futsal players need, and to know the effect of compound exercises in developing specific physical capabilities and the level of skillful performance of the specific skills. The researchers used the experimental approach with two groups (the control and the experimental) due to its suitability to the research problem, the research sample was chosen by the intentional method from the players of Al-Zawraa Club, who are (14) players. As for the field research procedures, the two researchers conducted physical abilities tests for (Power characterized speed - translational speed - endurance of speed) and skill tests for (Putting out skill - passing skill - shooting skill) before, then the main experiment was conducted, and after that, the post-tests were conducted, taking into account the conditions that took place in the pre-tests. The researchers used the statistical bag to obtain the data to be processed. As for the results of the research, significant differences appeared between the pre and post-tests in the physical abilities and the level of skillful performance in favor of the experimental one. The researchers recommended the use of compound exercises in the intensive method and the training mask in developing other physical and skill aspects and in other sporting events, and the use of compound exercises prepared with other training methods and for different age groups.

Introduction:

Sports training is one of the important means that aims to develop the athlete's level in order to achieve achievements, as sports training, which is based on scientific foundations, places an external load on the internal organs of the body, which leads to positive changes that affect the development of the physical capabilities of the athlete in all sports, especially football. Futsal is one of the most popular games in the world in general and in Iraq in particular.

As the futsal player must possess high-level physical capabilities in order to be able to implement the basic skills of the game, because of this game's specifications in which the intensity of work changes, so it requires high speed and Power in performance, in addition to the requirements of the game that impose on the players to continue moving and not Stopping, whether with or without the ball, also requires the player to assume defensive and offensive duties at the same time, in addition to the small size of the field, which requires the player to have high physical capabilities and perform skills accurately.

And due to the nature of the game, those interested in it with experience and competence tended to find the best methods and scientific methods through the research and studies that they carried out to develop the game and reach the level we see today, "as it is no longer a random process in which results and achievements are achieved through attempts of right and wrong, but planning has become The training process is one of the most important pillars for developing the level of achievements" (Hayder Neamah, 2020), "The methods that combine more than one physical ability when performing it have become today an urgent necessity if the overlap achieves the same goal by using the two formations" (Hesanain Hashem, 2021) and work to create Modern methods that integrate both physical and skill training together to shorten the time and for the correct construction of performance with the development of physical and skill requirements, and the preparation of training curricula commensurate with the capabilities and capabilities of the female players, as well as they must be subject to "the most modern training methods, which hopefully contribute to preserving the capabilities and efforts of female players For fast and effective performance and economy in effort and energy expended in a distinctive way" (Amir Abbas Mahdi, 2020, page 9)

And through the researchers' observation of the Iraqi women's league, it was found that there is a lack of interest in modern training methods, including the intensive method (Trad, 2020, p. 48), which is used to

prepare for rapid tournaments and in the event that the players are away from training because of their commitment to work or study, or their exposure to injuries, or the fact that the training units are not Sufficient, which leads the female players to drop the training level, as it leads to the female players rising to the required level of training and thus compensating for the periods that led to the decline in the female players' athletic level, "as well as the diversity and multiplicity of innovation of means and methods that make them superior to achieve the goals" (Kahtan Jaleel Khleel, 2020, pg. 102) We also noticed the lack of use of modern training methods and tools that work to develop functional devices, their physical efficiency, and the physical and skill capabilities of the female players. One of the latest productive training methods is the training mask (Phantom), which works to enhance the processes of inhalation and exhalation during training and leads to improving the ability of the lungs to absorb more air. Which helps in making the performance better and makes the players have a better advantage than the players of the competing teams have, and thus bear the burdens that the players face during the match and obtain victory, which is the goal that the players seek.

Hence, the purpose of this research appears, which will be based on the preparation of compound exercises (physical - skill) in an intensive manner and a training mask (Phantom) to develop some physical capabilities, namely (transitional speed - Power characterized speed - endurance of speed) and some basic skills, which are (Putting out - passing - Shooting) for futsal players, and knowing the effect of these combined exercises with the intensive method and the training mask in developing some of the physical and skillful abilities of the futsal players.

Many previous studies have dealt with topics similar to the subject of the current research, including a study by (Abboud, 2013). The researcher developed a training program using a height-rationing device on a sample of elite cross-country runners. Functional and biochemical of the experimental sample.

In a study by (Haneen Safaa, 2019), its aim was to find out the effect of the playing style using the training mask on some functional indicators and some types of special endurance for advanced basketball players ٤×٣. It concluded the effectiveness of the playing style using the training mask in developing functional indicators, which are. (resting pulse, post-exercise pulse, post-exercise lactic acid concentration and anaerobic capacity) and the development of the skill side and physical capabilities represented (endurance of Power characterized speed - endurance of speed - endurance of performance).

A study by (Trad, 2020) confirmed the irregularity of the players in training due to study times, as well as timings coinciding with the training of the sports clubs they are registered with, and the inability to adjust the rationing of training loads for players, and the researchers set a goal to identify the effect of intensive training on the level of some physical variables for players Sadat City University football team, and the researchers concluded that there are statistically significant differences between the averages of the measurements (pre-post) for the research group in the level of some physical variables (Power characterized by speed, speed, agility, flexibility) and in favor of the post-measurement.

In a study by (Al-Taie, 2014), the researcher prepared complex exercises to develop some physical and functional abilities and basic skills for futsal players. The researcher concluded that the exercises have a positive effect in developing some physical abilities (Power characterized speed - endurance of speed - explosive power) and basic skills (rolling - Passing - Shooting).

In a study by (Ibrahim, 2010), the researchers prepared an intensive training curriculum using the rapid phosphorous method that is compatible with the capabilities of the research sample and identified the impact of the curriculum on physical competence and some physical capabilities. As well as the intensification of training maintains general physical efficiency and the development of the respiratory circulatory system and fasting does not negatively affect the preparation for sports tournaments.

In a study by (Al-Mughni, 2020), the aim was to identify the effect of long- and short-term high-intensity interval training using the altitude training mask on some physical variables and cardiorespiratory fitness for football players and to identify the differences between the dimensional measurements of the two research groups, and the two researchers concluded an improvement in all variables physical represented (endurance, speed, speed endurance) It also led to an improvement in the variables of cardiorespiratory fitness under study represented in (maximum oxygen consumption - vital capacity - blood oxygen saturation rate - hemoglobin percentage), and that long and short-term high-intensity training using the altitude training mask did not affect some variables of cardiac fitness Respiratory (oxygen-saturation of blood -

hemoglobin) and one of the physical variables (speed endurance).

In a study (Maher, 2016) titled The Impact of Altitude Training Simulation on Aerobic Function and Ability, this study aimed to identify the effect of wearing an altitude training mask on aerobic capacity, and the researcher concluded that there were statistically significant differences in maximal pulmonary ventilation in favor of the training mask group, There is a slight and non-significant increase in the maximum oxygen consumption rate.

In another study by (Porcari, 2016) titled The Effect of Wearing an Altitude Training Mask on Air Capacity, Lung Function, and Hematological Variables, the study aimed to identify the effect of an Altitude Training Mask on air capacity and lung function and some blood variables, and the study concluded that both groups improved in the variable (VO2max).

Research objective:

- Prepare of compound exercises in the intensive method and the training mask to develop some of the physical and skill capabilities that futsal players need
- Know the effect of compound exercises in developing specific physical capabilities and the level of skillful performance of the specific skills

Research methodology and field procedures:

Research Methodology:

The problem is the basis by which the method chosen by the researcher is determined to reach the results, "and because the phenomena can be studied through a scientific method that is appropriate with the nature of the problem to be researched" (Al-Kazemi, 2012, p. 84), so the researchers used the experimental approach due to its suitability to the nature of this search

Community and sample research:

The research was deliberately selected for the research sample, which represents the players of Al-Zawraa Club for futsal football, as the number of female players reached (14) players, representing (10.76%) of the community of origin for all club players, which numbered on eight clubs for futsal football for women, where they were divided into two groups One of them is experimental and the other is a control randomly assigned (7) players for each group.

The researchers used the following variables in the method used in the research:

Physical variables: (transitional speed - Power characterized speed - endurance of speed).

Skill variables: (Putting out skill - passing skill - shooting skill).

Tests used in the research:

- Transitional speed test: (Jens Bangsbo, 2014, p. 82).
- Testing the Power characterized speed of the two legs (Al-Hamza, 2011, p. 237).
- Speed endurance test (Al-Taie, 2014, p. 86).
- Passing test (Nama, 2020, p. 106) (modified)*.
- Putting out and passing test (Salman, 2016, p. 125).
- Putting out and shooting test (Salman, 2016, p. 117).

The study tools included:

- Form dumping information and results of the tests under study.
- Size 4 soccer balls, whistle, moving boxes, futsal court, (13) markers, goalposts, barriers, sticky tape, (10) cones, small goals.
- (5) Training masks, phantom type.
- A personal computer.
- A pulse oximeter.
- Measuring tape.
- Stopwatch.
- Adhesive tape.

Description of the action of the Phantom Training Mask:

A training mask (Monshid, 2017, p. 62) is one of the most important and latest training products that aim to increase the physical capabilities of athletes by enhancing the processes of inhalation and exhalation during the performance of exercises and lead to improving the ability of the lungs to absorb more air as well as training the respiratory muscles for proper breathing and increase The surface area and elasticity of the alveoli. These improvements in the functioning of the respiratory circulatory system lead to an improvement in the quality of exercise performance and the speed of its completion preventing the mask from reaching sufficient quantities of oxygen by reducing the proportion of air entering the lungs makes the body under burdens and tries to overcome these

burdens by increasing the amount of oxygen debt. Physical fitness and cardiovascular activity.

The main results of using a training mask are an increase in the efficiency of the heart to pump blood, an increase in the ability of the lungs to absorb more air, an increase in the maximum oxygen consumption VO2MAX, an increase in the number of red blood cells, and an increase in the rate of oxygen union in the blood. A training mask can be worn in running exercises, various sports activities and team sports (football, basketball, handball, etc.) as well as self-defense sports. Because this modern and advanced system reduces the percentage of air entering the lungs and then reduces the percentage of oxygen entering the human body through the valves on the mask to exit air when exhaling loaded with carbon dioxide gas and enter the air loaded with oxygen, the continuous training with this mask enhances the absorptive capacity by inhaling air Better and deeper, and continuing on it will lead to a positive improvement in the work of the respiratory system and the heart.

The Phantom Training Mask is equipped with the patented Phantom Control System that allows resistance levels to be easily adjusted during exercise without having to take off the mask and with no parts or filters to wear out and need replacing, the Phantom Control System offers 4 levels, from beginner all the way up to the pros, so that you can The player should start slowly and increase his performance constantly as shows in the figure (1).

Figure (1) shows the Phantom Training Mask is equipped with the patented Phantom Control System

Exploratory study:

conducting the exploratory experiment is one of the necessities of scientific research, as "it is the exploration of the circumstances surrounding the phenomenon that the researcher wishes to study" (Al-Kazemi, 2012, page 95), as the two researchers conducted the exploratory experiment on a sample consisting of (3) female players outside a sample Research to ensure the applicability of tests, the tools used, the exercises, the time required to apply them, and the identification of the main requirements of the experiment.

Pre-test:

Pre-test were conducted for two days on (15/12/2022 - 17/12/2022), a day for physical tests and a day for skill tests in the stadium of the College of Physical Education and Sports Sciences, and the researchers tried as much as possible to establish the conditions related to the tests in terms of time, place and tools Used in order to work as much as possible to create similar conditions when conducting post-tests.

Main experiment:

The main experiment of the research sample was started in the playground of the College of Physical Education and Sports Sciences / University of Baghdad on 20/12/2022 for a period of two months, with three units per week, a total of (8) weeks, and a total of (24) training units, and the time range of the main section in the training unit (35). (40 minutes), in which the researchers used compound exercises to develop the physical and skillful side, and the exercises were applied in a high-intensity interval method and a repetitive method, as the researchers aimed to develop (transitional speed - Power distinguished by speed - endurance of speed), and the intensity used was determined according to the type of ability to be developed according to The energy production system for each ability, and the researchers adopted the principle of gradation in size. As for rest,

it was determined according to the intensity of work for each ability in the exercises used. The first level of the mask was used during the (first 3 weeks) and the second level was used during the (second 3 weeks) use the third level of the last two weeks of the training modules.

Post-tests:

After completing the application of the main research experiment, the post-tests were conducted at the stadium of the College of Physical Education and Sports Sciences on (10/2/2023 - 11/2/2023) under the same conditions in which the pre-tests were conducted.

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

Results and discussion:

For the purpose of finding out the effect of compound exercises using the rapid phosphorous method and the training mask on some physical abilities and the level of skillful performance of futsal players, all tables of the results of the pre and post tests for the two groups (experimental and control) were presented, as well as the results of the tests (post - post) for both groups for easy indication Differences related to statistical processes, and then interpret all results clearly and smoothly according to accurate scientific analysis for the purpose of achieving research goals and hypotheses, as indicated in the tables with numbers (1, 2, and 3).

Table (1) shows the results of the arithmetic mean, standard deviations, T value, and error percentage values for the pre and post-tests of the control group for physical abilities and the level of skill performance.

Physical and skill variables	Pre-test		Post-test		arithmetic mean of difference	standard error of the mean difference	T value	error percentage values	Type sig
	Mean	standard deviation	Mean	standard deviation					
Power characterized speed of the right-hand leg	5.715	0.289	6.144	0.323	0.428	0.077	5.543	0.001	sig
Power characterized speed of the left leg	5.647	0.338	6.114	0.358	0.467	0.136	3.429	0.014	sig
Transition speed	5.050	0.565	5.741	0.355	0.691	0.111	6.224	0.001	sig
endurance speed	40.374	3.636	38.021	3.213	2.352	0.197	11.906	0.000	sig
Putting out and passing skill	0.372	0.106	0.535	0.110	0.162	0.020	7.836	0.000	sig
Passing skill	0.412	0.110	0.582	0.068	0.170	0.020	8.401	0.000	sig
Putting out and shooting skill	0.340	0.120	0.527	0.089	0.187	0.027	6.786	0.001	sig

Significant when the significance value ≤ 0.05 under degree of freedom of 6

Table (2) shows the results of the arithmetic mean, standard deviations, T value, and error percentage values for the pre and post-tests of the experimental group for physical abilities and skill performance level

Table (3) shows the results of the arithmetic mean, standard deviations, T value, and error percentage values for the

Physical and skill variables	Pre-test		Post-test		arithmetic mean of difference	standard error of the mean difference	T value	error percentage values	Type sig
	Mean	standard deviation	Mean	standard deviation					
Power characterized speed of the right-hand leg	5.934	0.263	6.385	0.132	0.451	0.105	4.263	0.005	sig
Power characterized speed of the left leg	5.915	0.315	6.355	0.127	0.440	0.112	3.914	0.008	sig
Transition speed	4.952	0.527	5.885	0.298	0.932	0.165	5.630	0.001	sig
endurance speed	40.642	4.342	34.618	3.586	6.024	1.214	4.960	0.003	sig
Putting out and passing skill	0.480	0.113	0.628	0.107	0.148	0.014	10.452	0.000	sig
Passing skill	0.492	0.109	0.642	0.036	0.150	0.038	3.904	0.008	sig
Putting out and shooting skill	0.367	0.110	0.581	0.075	0.214	0.050	4.238	0.005	sig
Significant when the significance value ≤ 0.05 under degree of freedom of 6									

post-tests of the experimental and control groups for physical abilities and the level of skill performance

Physical and skill variables	Control		Experimental		T value	error percentage values	Type sig
	Mean	standard deviation	Mean	standard deviation			
Power characterized speed of the right-hand leg	6.144	0.323	6.385	0.132	2.773	0.032	sig

Power characterized speed of the left leg	6.114	0.358	6.355	0.127	2.539	0.044	sig
Transition speed	5.741	0.355	5.885	0.298	5.073	0.002	sig
endurance speed	38.012	3.213	34.618	3.586	4.585	0.004	sig
Putting out and passing skill	0.535	0.110	0.628	0.107	6.929	0.000	sig
Passing skill	0.582	0.068	0.642	0.036	2.683	0.036	sig
Putting out and shooting skill	0.527	0.089	0.581	0.075	3.065	0.022	sig

Discussion:

Table (1) shows the results of the pre and post-tests for the control group, and all the variables studied were significant differences. The researchers attribute the reason for this to the fact that the control group was affected by the curriculum prepared by the trainer, who worked on developing all the variables, which relied on practical foundations in rationing the training load (size intensity, and comfort).

Table (2) shows that there are significant differences between the pre and post tests of the experimental group for all physical and skill variables, and the researchers attribute the reason for this to the effectiveness of the intensive method and the training mask, which worked on developing these physical abilities, and this was confirmed by (Trad, 2020) that intensive training has an effect Strong on the physical abilities most closely related to motor skills in football and that intensive training means a number of repetitions without rest periods or with short rest periods between all the physical repetitions performed by the player, as well as the effectiveness of manipulating training stresses by controlling the amount of inhaled oxygen, which adds burdens Physiological and physical on the player, which led to the occurrence of physical adaptations, which in turn directly affect the development of the level of skillful performance of the skills related to the game, as well as the compound exercises prepared by the researchers, which had a role in the development of physical and skill variables, and this was confirmed by (Noman, 2019) that the compound exercises are It is one of the effective tools in the process of learning and acquiring the player or the learner of motor skills, new and complex, with the least possible time and effort, and the exercises were designed according to the requirements of the game and the positions of the players, and the training units have set real goals that serve the players to facilitate their tasks during the matches.

Table (3) shows that there are significant differences between the control and experimental groups and in favor of the experimental group in the post-test of all the studied physical and skill variables. Physical and skillful, and it was specialized in futsal football, and this was confirmed by (Al-Mawla, 2010, p. 78) that training football players of all kinds does not include training in running or jumping only, any physical ability only, but rather the exercises contain physical and skill variables (compound), that is, simulates the course of Play, the researchers attribute to the use of the intensive method works to shorten the time of the training dose and direct it to achieve its goals in the most beneficial way and work to raise the physical efficiency of the player to a large extent as the player quickly adapts to this type of training and thus makes a greater effort to achieve the general goal of training within the dose And this was confirmed by (Trad, 2020) that intensive training is one of the training methods with a greater intensity and volume, and therefore the player can continue to perform physical performance at a low intensity, and therefore there is a development of the physical characteristics common to the physical exercises assigned to the player.

The researchers attribute that the use of the training mask with the intensive method according to studied

scientific foundations in terms of intensity and size, as they were consistent and many training rules were introduced, had a role in developing the physical and skillful aspect, and this is confirmed by (Sabri, 2021, p. 79) that diversification by using tools and training intensity Provided that the targeted intensity is maintained and the physical movements are linked to the skill from start to finish, and that the mask is one of the means to assist in training in order to accustom the body to continue performing in conditions of lack of oxygen, since the nature of the game in indoor halls requires the player to adapt to the conditions of lack of oxygen that occurs. For many reasons, including the large presence of people, including female players, training cadres, fans, and arbitration cadres, and the lack of adequate ventilation outlets, unlike the outdoor stadiums that are open from all sides. Therefore, to create difficult conditions similar to the situations that the player may go through, it is possible to diversify the use of auxiliary means such as making the playing situations difficult. Or training in difficult atmospheres such as low atmospheric pressure, i.e. the creation of unusual weather conditions or unusual training dates, or the use of modern training equipment and assistance, which expresses the training mask as one of these aids, and confirms (Al-Fattah, 1997, p. 43) that carrying training is the burden Or the effort on the body, which requires the consumption of the body's energy and leads to fatigue, which in turn leads to the excitation of the recovery processes. As a result, the athlete does not reach a mere recovery state, but rather reaches a state of overcompensation and is better than his condition before performance.

The researchers attribute that the development of the physical abilities represented by (Power characterized speed , transitional speed and endurance of speed). It was reflected significantly and positively in the skill level of the skills, namely (Putting out, passing, and Shooting)

The exercises were complex, complex, and difficult, and included both sides. As (Abdulkarem Ghassy, 2022) emphasized, the performance of any skill requires special physical abilities, and no skill, especially compound skills, is devoid of more than one physical ability, according to the type and form of the skill, and the changing situations that the player is exposed to during the match. Also, these exercises used to give some notes and immediate feedback and urge the sample to persistence and perseverance, especially during high-intensity training, and this is confirmed by (Al-Feregawi, 2021, p. 85). The new knowledge and movement, and this comes through patience and perseverance during the exercises.

Conclusions and Recommendations:

Conclusions:

- The compound exercises prepared by the researchers are effective in developing some physical abilities and the level of skillful performance of futsal players.
- The effectiveness of the intensive method and the training mask in developing the physical capabilities (Power characterized speed - transitional speed - and endurance of speed) for futsal players.
- The effectiveness of the intensive method and the training mask in developing the level of skillful performance of futsal players.

Recommendations:

- The use of compound exercises prepared by the researchers using other modern training methods and for different age groups.
- The use of the intensive method and the training mask in developing the physical abilities related to endurance and developing the circulatory and respiratory system of male and female players.
- Using the intensive method and training mask in developing the physical and skill aspects of other activities and games.
- Conducting other studies to identify the impact of the intensive style on the skillful and tactical aspects of futsal.
- Conducting other studies using the intensive method and using other modern aids and tools.

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Appendices (1)

Exercise (1)

Goal of the exercise: to develop the Power characterized speed and passing.

Exercise time: 30 seconds

Organization: The players stand in two groups, and all the players perform together.

Number of players: 5 players.

Tools used: balls, hurdles, flags, whistle.

Explanation of the exercise in front of each group is a barrier with a height of (30) cm, and in front of them is a large square, in addition to the presence of a free player inside the square, when the whistle is heard, the two groups jump over the barriers and run into the square, and the group that gets the ball will be the free player with them so that the game will be (3 against 2), and there will be continuous passing between the group in possession of the ball.

Exercise (2)

Goal of the exercise: to develop the Power characterized speed , passing and shooting.

Exercise time: 40 seconds

Organization: The players stand in two groups, each group consists of (7) players and the performance is one player after the other from each group.

Number of players: 14 players.

Tools used: (5) rings, (4) hurdles, a small target, and a whistle.

Explanation of the exercise: In front of each group there are (5) rings on the ground and (2) hurdles, the distance between them is (1m), and the coach and assistant coach stand at a distance of (8m) from the last hurdle of each group, and each one has a ball, and after the last hurdle, there is a fixed ball on the ground. After (3m) and upon hearing the whistle, the first player from each group starts jumping over the rings with one foot, and then she jumps with both feet over the barriers, then she receives a ball from the coach, then returns it to him, then runs towards the fixed ball and shoots at the goal, w hich is a distance of (12).) meters.

Exercise (3)

Goal of the exercise: to develop speed endurance, putting out and passing.

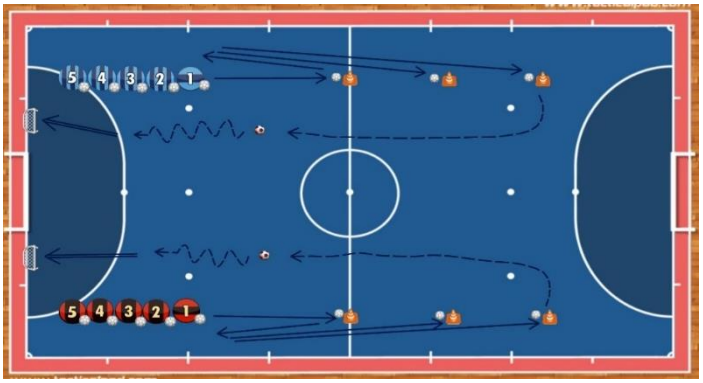
Exercise time: 55 seconds.

Organization: The players stand in the form of two groups, each group has (7) players.

Number of players: (14) players.

Tools used: balls, markers.

Explanation of the exercise: There are three signs in front of each group. The distance between the first player and the first person is (3m) and the distance between the indicators is (3m). Each player has a ball. When the whistle is heard, the first player from each group starts running with the ball to the first person. The second player runs with it towards the second person, puts the ball down at him, returns to receive passing from the third player, runs towards the third figure, puts down the ball at him, and runs quickly towards a fixed ball placed in front of a small goal, to handle the ball on the small goal, and returns to stand behind the group, after which the second player begins to return the three balls to the players Then she runs to handle the fixed ball and returns behind the group, and the performance continues like this for the rest of the players.



Exercise (4)

Goal of the exercise: to develop Power characterized speed, putting out, passing, shooting accuracy, and speed endurance.

Exercise time: 45 seconds.

Organization: The players stand in one group and perform one after the other.

Number of players: 7 players.

Tools used: balls, hurdles, poles, rings, whistle, stopwatch.

Explanation of the exercise: The players stand behind the starting point, which is (2m) away from the first barrier, and the distance between the barriers is (2) and at a distance of (3m). At a distance of (2m) the ladder is placed, and there is a coach in the middle of the field with the balls.

The first player begins to launch when the whistle is heard quickly and jumps over the pillars, then the player runs between the columns, then receives a hand from the coach, puts it down and returns it, then runs towards the circles and jumps over them in succession once to the right and once to the left, then runs towards the ladder and performs a side zigzag, then receives a hand from the coach and performs direct targeting on a small target.

Exercise (5)

Goal of the exercise: to develop transitional speed, putting out, passing and shooting.

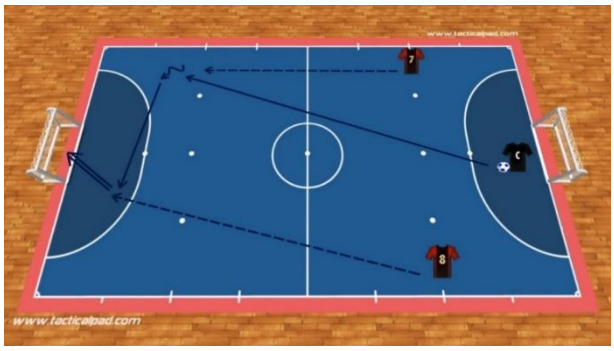
Exercise time: 20 seconds.

Organization: A group of (3 players).

Number of players: 14 players.

Equipment used: balls, flags, whistle, stopwatch, goal (2 x 3 m).

Explanation of the exercise: The players are divided into two groups, each group is (3) players. Two players stand on both sides of the field and are (10 m) away from the finish line. The ball is at the goalkeeper. Player No. (1) Runs quickly forward a distance of (15 m) and at the same time she Player No. (2) starts forward a distance of (20 m), after which the goalkeeper throws the ball in front of player No. (1), who puts the ball down and hands it to player No. (2) to score.



Exercise (6)

Goal of the exercise: to develop transitional speed, speed endurance, passing and shooting.

Exercise time: 35 seconds.

Organization: The players stand in one group and perform one after the other.

Number of female players: (7) female players.

Tools used: cones, balls.

Explanation of the exercise: The exercise starts from the middle of the field. The player hands the ball to the coach who is standing on the right side and with one touch returns the ball to the player who puts it out and runs with the ball to the funnel and returns to the starting point and then hands the ball to the second coach who is standing on the left side with one touch He returns the ball to the player who puts it out and runs towards the funnel back to the starting point and then goes forward and shoots at the goal from a distance of (6m).

Notes: The distance between the player and the coaches on the side is (7) m, and the distance from the player to the two players is (8) m.

Appendix (2)

Training unit module

Model (1)

The goal of the training unit: to develop strength characterized by speed, speed endurance, handling, suppression and scoring.

Main section time: (35-40) minutes.

Equipment and tools used: balls, flags, futsal court, masks, whistle, stopwatch, camera, barriers, ladder, goals.

Time	Exercises	Repetition	Intensity	Reset between Repetition	Sets	Reset between Sets
Main section (35-40) minutes	Exercise No. (1)	(10-8) Repetition	%90-85	(15-10)sec	(4-2)	(60-50)sec
	Exercise No. (2)	(6-4) Repetition	%95-90	(20-15)sec	(3-2)	(75-60)sec
	Exercise No. (3)	(4-2) Repetition	%100-95	(25-20)sec	(2-1)	(90-60)sec

Model (2)

The goal of the training unit: to develop strength characterized by speed, transitional speed, speed endurance, handling, suppression and scoring.

Main section time: (35-40) minutes.

Time	Exercises	Repetition	Intensity	Reset between Repetition	Sets	Reset between Sets
Main section (35-40) minutes	Exercise No. (1)	(10-8) Repetition	%90-85	(15-10)sec	(4-2)	(60-50)sec
	Exercise No. (2)	(6-4) Repetition	%95-90	(20-15)sec	(3-2)	(75-60)sec
	Exercise No. (3)	(4-2) Repetition	%100-95	(25-20)sec	(2-1)	(90-60)sec