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The Correlation between Coordination Abilities and Accuracy of Basic Skills Performance in Football

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Abstract
The aim of present study is to know the correlation between coordination abilities and accuracy of basic skills performance in football. Forty four (44) players from Misan and Misan oil clubs in Misan province were selected intentionally assigned into one group (n=44). A descriptive research design was used because it is suitable to the nature of the study. Number of coordination abilities and basic skills were selected to study them in present study during using a special form was prepared by the researcher. The study was conducted in 2011-2012 anddata was analyzed by using SPSS. However,our conclusions confirmed that muscle strength significantly affect physical and motor abilities, but the results of our study showed that there was a significant correlation with agility characteristic and the ability to compatibility while there was no significant correlation between strength and the agility and the speed of the motor response. Moreover, a significant correlation was showed between speed of the motor response and the agility and the coordination ability. Finally, no significant correlationwas presented between the agility and the coordination ability.

Keywords: Coordination, basic skills, performance, football, oil clubs.

1. Introduction

Football has been developed scientifically and widely in recent years, the number of practitioners are increased and a variety of techniques and methods of training are depended on modern objectivity scientific basics in order to reach the level and accuracy of the performance of the players to enable them to achieve the better achievement especially since this game characteristic with various movements and need a big effort by the players during training or competitions (Ahmed, 1997).

It is well known that every sporting activity needs to the certain requirements of physical and motor skills in which the coordination ability is one of those requirements needed by the athlete in a high level especially the capacities of strength, speed, compatibility, and agility, these abilities help the athlete to merge several motor skills in an orderly and sequential as well as the performance of movements under changing circumstances as it happens in the operations of attack and defense in football, the speed of movement made by the players required in every moment. However,football is marked repetitive performance and strength exert in limited amounts given all these variables require fromthe players the possibilities of connected private physical and skill to achieve the betterachievement (Ibrahim., 1989).

Researcher focuses on an important aspect which is some of coordination capacity because it is animportant requirement for the success of the skill side, it is the capacity of interrelated and complementary to each other and aims to achieve a harmony characteristic of the capabilities of the kinetic and physical and internal organs, furthermore the ability of harmony and coordination result in have an athletes the ability to compatibility. The important of present study is to study the correlation between some of coordination abilities and accuracy of performance of some basic skills in different situations for instance out and in stadiums of football and also focus the training in order to contribute to the upgrading of the players to the highest level and achieve better results in the future. However, the aim of present study is to know the correlation between coordination abilities and accuracy of basic skills performance in football.

2. Methodology

2.1 Subject

Forty four (44) players from Misan and Misan oil clubs in Misan province were selected intentionally assigned into one group (n=44). A descriptive research design was used because it is suitable to the nature of the study and table (1) showed the subject and clubs size participated in present study.

Table (1)
Shows the subject and clubs size participated in present study

N	Name of club	Account of players closed halls	Account of players outside courts	Inclusion players	Exclusion players
1	Misan	12	18	22	8
2	Misan oil	12	18	22	8
Total		24	36	40	16

2.2 Measurements

To determine the most important of coordination abilities and basic skills for the in and outside of courts in football, researcher designed a questionnaire form distributed to a set of experts and specialists in (sport training science, motor learning, measurement and test, football), the number of experts are 9 experts in order to view their opinions in determine the most of coordination abilities and basic skills for the in and outside of courts in football. The form included also on 13 ability and 10 basic skills.

Researcher relied on proportion of 70% and overto choose the coordination abilities and basic skills which is acceptable ratio because the researcher can choose the right proportions as it sees them appropriate when selecting the indicators (David, 1993). While basic skills were selected by depending on the shared skillsbetween theplayers of insideandoutsidestadiums.

Table (2)
Represents the percentage of agreement among experts in determining the most important of coordination abilities and basic skills for the players of inside and outside stadiums in football

N	Coordination abilities and basic skills	percentage of agreement	Signs
1	coordination ability for all body	73	√
2	Strength	93	√
3	Speed	62	X
4	Endurance	53	X
5	Agility	75	√
6	Strength	82	√
7	Flexibility	64	X
8	Perceptive sense of kinesthetic	62	X
9	Motor response	20	X
10	Balance	53	X
11	Predictability	53	X
12	Heart rate during rest	20	X
13	Vo2max	68	X
14	Rolling	20	√
15	Pass	68	√
16	Scoring	28	√
17	Suppressions	56	X
18	Control	53	X
19	Deception	40	X
20	The throw-in	40	X
21	Ball offensive		X
22	Shuffle	48	X
23	Hit the ball by the head	32	X

Table (3)
Represents tests percentage which experts were selected to measure the most important of coordination abilities and basic skills in football

N	coordination abilities and basic skills	N	Tests	Percentage
1	Strength	1	Testof side jumpoverthe tablefor a period of(10sec)	22,22
		2	Throw medical ball weighted 2 kg from over the head	22,22
		3	Vertical jumping from the stability	88,88
		4	Long jumping from the stability	Zero
2	Speed of motor response	1	Nelson test for transition motor response	55,56
		2	Nelson test for motor speed	77,77
		3	Test of Rebound the ball by coach	11,11
		4	Ruler test	Zero
3	Agility	1	Shuttle run test 10×2	77,77
		2	Multi-directions run test	33,33
		3	Run around a circle	Zero
		4	Zigzag run between blocks	22,22
4	coordination ability for all body	1	Rope jumping test	88,88
		2	Run in 8 figure	67،66
		3	Throw and reception the balls	33,33
5	Rolling	1	Ball rolling between three pillars the distance between them(8)yardsback and forth	33,33
		2	Zigzag run by the ball	22,22
		3	Ball rolling between five pillars the distance between them (2m) back and forth	100
6	Passing	1	Accuracy of passing the ball into the goal is drown on the ground	78،77
		2	Passing into the small goal away a distance of 20m	Zero
		3	Passing accuracy into 4 goals from a distance of 15m	22،22
7	Scoring	1	Kick the ball into goal	11,11
		2	Scoring accuracy into goal assigned in squares	78،77
		3	Scoring accuracy into circles hanging in the goal	11,11

2.3 Statistical analysis

SPSS was used to conduct the data of present study.

3. Results and Discussion

The study found that a lake correlation between variables of the study but the reason of this finding return into the motor characteristics which need to continuous training as well as these characteristics are acquiredby the individual from the environmentandpractice andneed time todevelop. Ahmed & Tariq., (2001) confirmed that motor characteristics are acquired from environment and the training and practice as well as they are developing according to individual ability such as physical, sensory and cognitive.

Table (4)
Shows value of correlation and correlation coefficient of basic skills

N	Offensive skills		Rolling	Passing	Scoring
1	Rolling	correlation coefficient		0.243	0.116
		T		2.235	1.096
2	Passing	correlation coefficient			0.078
		T			0.734

Table (5)
shows correlation coefficient values between the coordination abilities and basic skills for the players of inside and outside stadiums in football

N	Offensive skills		Rolling	Passing	Scoring
1	Explosive strength for muscle legs	correlation coefficient	0.352	0.075	0.223
		T	3.527	0.706	2.145
2	Speed of motor response	correlation coefficient	0.115	0.176	0.181
		T	1.086	1.677	1.727
3	Agility	correlation coefficient	0.243	0.144	0.111
		T	2.350	1.365	1.048
4	Coordination ability	correlation coefficient	0.211	0.257	0.287
		T	2.025	2.495	2.810

4. Conclusion

Our conclusions confirmed that muscle strength significantly affect physical and motor abilities, but the results of our study showed that there was a significant correlation with agility characteristic and the ability to compatibility while there was no significant correlation between strength and the agility and the speed of the motor response. Moreover, a significant correlation was showed between speed of the motor response and the agility and the coordination ability. Finally, no significant correlationwas presented between the agility and the coordination ability.

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