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The effect of particular exercises on improving speed endurance, self-skills, and the performance of some offensive skills of young basketball players

Asst. Prof. Dr. Nidal Obaid Hamza[1,*], Asst. Muhammad Reda Abdul Hussein[1]

[1] College of Physical Education and Sports Sciences, University of Karbala, Iraq

[*]Corresponding author, Email: nidal.obed@uokerbala.edu.iq

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Abstract

The most crucial quality a basketball player should possess is the ability to play the game in all four periods with the same performance, strength, and speed. Also performed his skills efficiently and implemented game plans with pinpoint accuracy. This requires the development of particular physical talents that satisfy these requirements, one of which is speed endurance. The researchers saw him as a teacher and coach of the game in the Iraqi Basketball League Championship. Most players become fatigued early in tournaments and indoor races. Because the game is defined by quick play throughout the battle, it needs more skill performance and tactical execution.

This, in turn, represents a lack of physical talents, particularly the capacity to maintain speed, which signals resistance to tiredness over a long length of time, as well as an understanding of the significance of skilled self-esteem. Furthermore, the suitable training approach did not receive the required attention from the trainers.

As a result, the two researchers decided to investigate this issue by improving the speed endurance of young basketball players through the use of specific exercise.

This is shown in the skill level and performance of several offensive talents among young basketball players. The research seeks to:

1- Preparing special exercises to develop endurance, speed, skill and performance of some offensive skills for young basketball players.

2- Knowing the effect of special exercises on developing endurance, speed, self-skill, and the performance of some offensive skills for young basketball players.

The researchers used the appropriate experimental method to solve the research problem.

The research community was limited to Al-Karkh Club youth basketball players for the season (2023-2024 AD). The number of players was (20) and the research sample was chosen randomly with the number of (16) players. The most important conclusions were: -

1- The special exercises prepared by the researchers led to the development of speed endurance, self-skill, and the performance of some offensive skills in the game of basketball.

2- There is an advantage in using special exercises over the exercises used to develop endurance, speed, skill, and performing some offensive skills in the game of basketball.

Keywords: Basketball, speed endurance, young players.

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1- Introduction to the research:

1-1 Introduction to the research and its importance:

There is no doubt that scientific innovation in the sports area has seen amazing growth at all levels and across most sports. Who made a substantial leap in their performance in numerous sports? Achieving top levels in sports requires long-term structured training and strong scientific planning. In addition to depending on the findings of experts and professionals in numerous scientific domains relevant to physical education and sports.

Basketball is one of the team games that science has contributed to its development and made it one of the most widespread games in the world. It has developed greatly, both technically and tactically. In addition to the excitement and speed of performance represented by individual and collective skills among the players. In addition to the large number of points scored during the match and the high level required by competition in this game.

Science has helped build basketball, a popular team sport worldwide. It has made significant advances, both technically and strategically. The players possess both individual and collective abilities, in addition to the excitement and speed of their performances. In addition to the large number of points collected throughout the match, this game requires a high level of competitiveness.

As for the actuality of basketball among Iraqi young teams, it was delayed owing to a lack of interest in physical abilities, which are essential components of artistic sports levels. We cannot improve skill and tactical performance without first establishing these attributes and connecting them to the skill and tactical components. One of the physical talents that aids in the training process is the capacity to maintain speed. This allows players to continue performing. This allows them to sustain their pace while delaying the onset of weariness. Speed and endurance are a difficult attribute that combines both speed and endurance.

A basketball game consists of four quarters. It requires the player to develop a high level of physical fitness. In addition to their technical and psychological abilities and mastery, these talents are often performed quickly, in a matter of seconds, and at a high level of intensity. Therefore, aerobic systems are widespread in basketball. This emphasizes the significance of improving speed and endurance. This allows the player to continue performing and increases his resistance to tiredness.

As a result of basketball's aerobic nature, studying is essential. It necessitates consistent physical, skill, and tactical performance throughout the game. Speed has become vital for basketball players to utilize their talents during the game. This is what researchers intend to investigate and emphasize through specific activities. To improve speed, endurance, self-esteem, and offensive basketball abilities.

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Research Problem:

As a result of basketball's aerobic nature, study is essential. It requires consistent physical, skill, and tactical performance throughout the game. Speed has become essential for basketball players to utilize their talents during the game. This is what researchers intend to investigate and emphasize through specific activities. To improve speed, endurance, self-esteem, and offensive basketball abilities.

He observed that most players experience weariness early in tournaments and indoor races. This leads to inadequate skill performance and tactical execution. The game is distinguished by rapid movement throughout the contest. This, in turn, demonstrates a lack of physical ability. It involves the capacity to support speed, which alludes to long-term fatigue resistance. In addition to understanding the significance of skilled self-esteem, Furthermore, the trainers did not prioritize the most appropriate training strategy. As a result, the two researchers decided to investigate this issue by improving basketball players' speed and endurance through the use of specialized exercises. This is reflected in the skill self and performance of some offensive skills of basketball players.

1- 3 research objectives:

1- Developing particular exercises to improve speed, endurance, and ability, as well as executing certain offensive skills for young basketball players.
2- Determine the impact of unique workouts on increasing speed endurance, skill self, and completing some offensive talents for young basketball players.
3- Identifying the greater effect of particular workouts over activities used to build the speed, endurance, and skill self of young basketball players, as well as to perform some offensive talents.

1-4 Research hypothesis:

- Special exercises assist to improve speed, endurance, and skill self. In addition, young basketball players will learn certain attacking skills. In addition, basketball players may practice offensive skills.
- The proposed specific exercises have an advantage over activities used to increase young basketball players' speed, endurance, and skill self. In addition, basketball players can develop offensive skills.

1-5 Research areas:

1- Human field: Al-Hilla Club youth basketball players for the season (2023 - 2024 AD).
2- Time period: for the period from 9/25/2023 to 1/19/2024 3- Spatial area: The closed hall in Al-Karkh Sports Club.

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2- Research methodology and field procedures:

2-1 Research Methodology:

The researchers used the appropriate experimental method to solve the research problem.

2-2The research community and its sample:

The research community was determined by Al-Karkh Club youth basketball players for the season (2023-2024 AD). They numbered (20) players, and the research sample was chosen randomly with the number of (16) players.

2-3 Additional resources and tools:

2-3-1 Data collection methods:

1- Observation.

2-The questionnaire.

3-Objective tests.

2-3-2-Equipments used in the research:

-Height and mass measuring device (Chinese made).

- Dell electronic calculator.
- 4 electronic stop watches, SEWAN type.
- Legal basketball court.
- Basketballs: 10.
- Whistle.
- Plastic signs: 20.
- Colored chalk.
- Transparent adhesive tape (5 cm wide) and office tools.
- Measuring tape, 50 meters long.

2-4 Field research procedures:

2-4-1 determining the validity of the skill self-esteem scale for basketball players:

To assess skill self-esteem, the researcher utilized the Skill Self-Esteem Scale (Thomas Ateko), which has 40 items, 30 of which are positive and 10 of which are negative. The three response possibilities (rarely, sometimes, always) received scores of (3, 2, 1) for the positive items and (1, 2, 3) for the negative ones, as shown in Table 1.

Based on this, the skill self-esteem scale ratings for each player in the research sample were calculated. In addition, each player's overall score was computed by responding to each item on the scale. Therefore, the scale's greatest theoretical score is (120) degrees, while the minimum theoretical score is (40) degrees. After that, the scale was submitted to a group of eleven professionals and specialists. To determine its validity for the sample investigated.

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Table (1) Demonstrates the validity of the Skill Self Scale

No.	Test	Validity		Ka2 Calculated	Ka2 Tabular	Significance
		Fit	It doesn't fit			
1	Self-Skill Scale	11	0	11	3.84	Moral

2-4-2 Determine tests for speed endurance and fundamental basketball skills:

The researcher conducted experiments based on scientific materials, references, and basketball letters.

Suitable for speed, endurance, and some offensive abilities in basketball. In addition, we examined the opinions of 13 basketball and sports conditioning professionals. Following the collection of questionnaires, the tests reached a percentage of (100%), as shown in Table 2.

Table (2) Demonstrates the validity of the tests evaluated

No.	Variable	Test	Validity		Ka2 Calculated	Significance
			Fit	It doesn't fit		
1	Bearing speed	Shuttle running test (25m × 8) times of high start	13	0	13	Moral
2	Handling	Wall handling from 3m distance for 30 seconds	13	0	13	Moral
3	Pampering	Tabtaba for signs number (6) back and forth distance of 210 m	13	0	13	Moral
4	Peaceful Scoring	Pampering and peaceful scoring for 90 seconds	13	0	13	Moral
Tabular value (Ka2) at degree of freedom (1) and significance level (0.05) amounted to (3.84)						

2-5 Exploratory Experience:

The researchers conducted the exploratory experiment at 3 pm on September 11, 2016. On the sports hall for the variables studied on a sample of individuals consisting of (8) players. After a week, the experiment was repeated on the same individuals. Taking into account the conditions of the first experiment on (9/18/2016), its aim was:

1- Clarity of the scale items for the sample studied.

2- Identify the negatives in order to avoid them in the future.

3- Suitability of devices and tools for the sample studied.

4-Knowing the time required for tests.

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5-Finding scientific foundations (consistency and objectivity) for variables
6- Suitability of equipment and tools to implement the program
7- The time it takes to answer the scale is (15-20) minutes.

2-6 scientific foundations of the investigated variables:

1- Honesty coefficient: Determine the honesty coefficient for the researched variables. Content validity was determined using the opinions of experts and professionals, which is frequently accomplished by rationally assessing the entity or existence of the feature, attribute, or talent in issue. To determine if the suggested measuring technique accurately measures it."
2- Reliability coefficient: Reliability is described as a test that produces the same or similar findings when repeated on the same sample and under the same conditions. The researchers employed the test-and-retest approach.

This approach involves measuring the same persons twice in a succession, under the same conditions, on two distinct days.

The simple correlation coefficient between the first application and the second application expresses the degree of stability of the measurement. The tests were administered on (9/11/2023) and were repeated on (9/18/2023).

There is a time period of (7) days between the first measurement and the second measurement, as shown in Table (3).

3- Objectivity factor:

For the purpose of extracting the objective coefficient of the tests, the researchers used the simple correlation coefficient between (the scores of the two arbitrators), as shown in Table (3).

Table (3) Illustrates the reliability and objectivity coefficients for the researched variables

No.	Variables	constancy	T.R.	Objectivity
1	Self-Skill Scale	0.93	6.20	Debug key
2	Shuttle running test (25 m × 8) times of high start	0.87	4.32	0.89
3	Wall handling from 3m distance for 30 seconds	0.91	5.38	0.92
4	Tabtaba for signs number (6) back and forth distance of 210 m	0.89	4.48	0.91
5	Pampering and peaceful scoring for 90 seconds	0.91	5.38	0.93

2-7 Pre-tests:

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The researcher conducted the pre-tests at exactly 3 pm. In Al-Karkh Hall in Baghdad, the control and experimental groups were administered. They numbered (16) players on (9/15/2023).

2-8 Special exercises to develop speed endurance:

After reviewing the relevant scientific sources, the researcher consulted with several experts and professionals in sports training and basketball. The researcher developed his training program utilizing the iterative training approach. The objective is to increase speed and endurance among Al-Karkh Sports Club youth basketball players. The specific tests continued for eight weeks. According to Abu Al-Ela Ahmed, Wilmore, and Costell, "most changes resulting from training often occur within 6–8 weeks," at a training unit rate of three per week. According to Abu Al-Ela Ahmed and Ahmed Nasr El-Din, speed and endurance training occurs 2-3 times weekly. The overall number of training units was twenty-four, with three training units every week. (12.25 - 12.27) minutes of each training unit were allocated to speed endurance.

In addition, the researchers developed unique exercises for the start of the major component of the training unit. Then, a total break is given to allow the heart rate to return to normal before proceeding with the second phase of the skill performance. Thus, according to the curriculum, the total time for speed endurance training is 76,629 minutes. The special exercises began on (1/21/2024) and ended on (1/25/2024). During the special preparation stage, improve speed and endurance. The number of repetitions of the exercises was chosen using the results of the second exploratory trial.

The distances, intensity, and rest periods of the exploratory sample were determined by their work time and heart rate. The overall training volume for the training units reached (30,096) m and (3312) m during the first week.

In the second week, it was (3384) AD, followed by (3816) AD in the third week, (4248) AD in the fourth week, (3816) AD in the sixth week, (4320) AD in the seventh week, and (3816) AD for the week. VIII. The researchers relied on the intensity variation between the first and second months, as illustrated in Figure (1).

As part of the training program, the pulse is taken immediately after the performance to determine the intensity. Understanding the trend of maximum, less than maximum, and average intensity. In addition to directing the players in the desired direction, whether increasing or reducing pace, based on the following equation:

Maximum heart rate = 220 - Age of athlete

$$\textbf{Heart rate at desired intensity} = \frac{\textbf{Maximum heart rate} \times \textbf{Desired intensity}}{100}$$

The curriculum was implemented by the trainers and under the supervision of the researchers, and the intensity ranged between 80-100%.

The researchers used 80% intensity during the first week only. In order to serve as a suitable preparation for repetitive training, the sources indicate that the intensity rate is between (80-100%) and (90-100%).

Based on the principle of intensity for performance, the intensity system, and the duration of rest, the researcher used rest between repetitions and between exercises, and (Muhammad Hassan Allawi) confirms that "the body's organs must be gradually adapted to meet more

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demands before the individual can increase the level of his/her capabilities." "I've done it before."

2-9 Post-tests:

After completing the special exercises, the researchers conducted post-tests on the researched variables under investigation on (1/30/2024) in the afternoon at the Al-Karkh Sports Hall in Baghdad on the research sample, which consisted of (16) participants.

2–10 Statistical methods:

1- Arithmetic average.
2- Percentage.
3- Standard deviation.
4- A simple correlation coefficient.
5- One-sample t-test.
6- T-test with two independent samples.
7- Conduct a T-test to determine the significance of differences.

3- Presentation, analysis and discussion of the results

3-1 Presentation and analysis of the results of the investigated variables and the research group (experimental):

The researcher arrived at the statistical results of the research group, as shown in Table 4:

Table (4) Shows the arithmetic means, standard deviations, and t-values between the two tests and for the research group

Test Name	Statistical values				S F	P F	Value (t) Calculated	Error rate	Significance
	Tribal		Post						
	S	A	S	A					
Self-Skill Scale	62.14	4.72	77.97	3.22	15.83	1.46	7.16	0.000	Moral
Shuttle running test (25m × 8) times of high start	82,43	15,2	18,40	02,2	64.3	701.0	617.6	0,000	Moral
Wall handling from 3m distance for 30 seconds	75.23	98.1	87.29	55.1	12,6	834.0	798.3	0,007	Moral
Tabtaba for signs number (6) back and forth distance of 210 m	25.58	02,3	12,53	27.2	13.5	010,2	404.4	0,003	Moral
Pampering and peaceful scoring for 90 seconds	375.6	30,1	250.9	65.2	87.2	167.2	746.3	0,007	Moral

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Table (5) demonstrates the statistical data obtained from the pre- and post-tests for the tests employed in the study. The table displays the arithmetic means, standard deviation, mean differences, standard deviation of the differences, computed (t) value, error percentage, and kind of significance for each test.

The arithmetic mean value of the pre-test (Skillful Self Scale) was 62.14, with a standard deviation of 4.72. In the post-test, the arithmetic mean was (77.97) with an accepted deviation of (3.22). The average difference was (15.83) with a standard deviation of (1.46), and when computing the value of (t), the result turned to (7.16) with an error percentage of (0.000). It indicates a considerable difference in favor of the post-test.

The pre-test (shuttle running 25, 8 from high start) had an arithmetic mean value of (82.43) and a standard deviation of (15.2). In the post-test, the arithmetic mean was (18.40), with a deviation of (02.2). The average difference was (64.3) with a standard deviation of (701.0), and computing the value of (t) produced (617.6) with an error percentage of (0. And in the results of the test (handling the chest on the wall from a distance of 3 meters for 30 seconds).

The arithmetic mean of the pre-test was (75.23) with a standard deviation of (98.1), and its arithmetic mean in the post-test was (87.29) with a standard deviation of (5.1).

As for the average differences, it was (12.6) with a standard deviation of the differences of (834.0), and by extracting the calculated (t) value, it appeared as (798.3) with an error rate of (0.007).

This means that the difference is also significant and in favor of the post-test. As for the results of the test (stomping the six poles back and forth for a distance of 210 m). The arithmetic mean of the pre-test was (25.58) and the standard deviation was (02.3).

As for the post-test, the arithmetic mean was (12.53) with a standard deviation of (27.2).

The average differences reached (13.5) with a standard deviation of the differences of (010.2), and when calculating the value of (t), it appeared as a value of (404.4) with an error rate of (0.003), which indicates that there is a significant difference and in favor of the post-test. As for the results of the test (thumping and straightening for 90 seconds), the arithmetic mean for the pre-test was (375.6) with a standard deviation of (30.1). Which in the post-test became (250.9) with a standard deviation of (65.2). The average differences were (87.2) between the pre- and post-tests, with a standard deviation of (167.2), and when calculating the value of (t), it appeared as a value of (746.3). The percentage of error is (0.007), which indicates that there are significant differences between the two tests and in favor of the post-test as well.000). This indicates a significant advantage in favor of the post-test.

4-2 Discussion of the results:

Through the results obtained from the experiments under consideration by the research group. We observe that all test results have improved. The post-tests performed better than the pre-tests. This suggests that several elements contributed to this growth, one of which was that the research sample received regular scientific sports instruction. This resulted in modifications in speed endurance and the offensive talents under investigation.

As a result, the researcher attributes this growth to the scientific efficiency of the exercises utilized in terms of training intensity, volume, and intensity-based rest. Which meets the speed endurance requirements. Although the endurance characteristic takes a longer length of training than other qualities to accomplish adaption and then develop it. The training sessions

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helped to raise the heart rate to 180 beats per minute by combining high-intensity activities with short rest intervals.

All of these assist in preparing for managing with speed endurance, as proved by (Ali Fahmi Al-Beik and Shaaban Ibrahim). Speed endurance is defined as a high-intensity activity with a short rest interval (15-40) or 45-60 seconds between repetitions. Each group is separated by two to five minutes. Furthermore, standardized training loads have a substantial influence on reaching a satisfactory level.

All of these assist in preparing for managing with speed and endurance, as proved by (Ali Fahmi Al-Beik and Shaaban Ibrahim). Speed endurance is defined as a high-intensity activity with a short rest interval (15-40) or 45-60 seconds between repetitions. Each group is separated by two to five minutes. Furthermore, standardized training loads have a major impact on reaching a satisfactory level.

This was confirmed by Muhammad Hassan Allawi and Abu Al-Ala Ahmed, as “the training load is the main means of inducing physiological effects on the body, which achieves improved responses and then adapts the body’s systems and increases the level. Therefore, it is one of the most important factors for the success of the training program and thus improving performance.” ".

On the other hand, the development of speed and endurance helped develop the performance of the offensive skills investigated by allowing them to be repeated for relatively longer periods, as evidenced by the results of the post-tests, which outperformed the pre-tests statistically. Development is represented in increasing the number of repetitions of performance within a certain time frame or lowering time when measuring distance. In 1998, Amrullah Ahmed wrote: "the level of skill in any sporting activity is linked to the extent of the development of the physical requirements of this activity." The researchers feel that the explanation for the improvement is because they increased the training volume and intensity while also codifying the comfort level in executing the training program. In addition to its influence on speed endurance, it improved the players' ability to perform attacking abilities.

According to Mona Abdel Sattar, "The development of abilities must be accompanied by the process of growing physical fitness, as the training methods which develop the aspects of physical fitness, including speed endurance, must be considered. Motor skill development must be considered as two elements of a single process.

Several players, even at the highest levels, lose control of their skills. Whether these talents are offensive or defensive, there is a weakness in their physical training, particularly in speed and endurance. "Endurance to speed contributes to mastering skill work (offensive and defensive)," as shown by post-skill test results.

As a result, it is essential to improve speed endurance in young individuals beginning with their early years of training in numerous sports. Including the game of basketball, which is a physical and physiological aptitude that takes time to acquire. For the goal of postponing tiredness, which has a detrimental impact on motor performance. The time required to administer the training program was sufficient to effect positive change. Because any change or adaptation takes time to manifest, the effect of exercise on body functioning has an impact on performance level.

As a result of the development of speed endurance, this combined physical capacity of endurance and speed refers to an individual's ability to demonstrate distinctive physical

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endurance at high speeds for a certain amount of time. The creation of offensive skill testing was investigated. According to the statistical coefficients, the post-tests performed better than the pre-tests. Development is represented in increasing the number of repetitions of performance within a particular period or lowering time when measuring distance. Endurance to speed helped athletes avoid tiredness while performing attacking skills.

This was reflected in the development of the results of the post-tests. Abdul Karim Al-Tai and others state that "we cannot expect good team play without good preparation. Because basketball is a hard sport, which requires players to be highly skilled and fit throughout the season."

4- Conclusions and recommendations:

4-1 Conclusions

1- The special exercises prepared by the researchers led to the development of speed endurance, self-skill, and the performance of some offensive skills in the game of basketball.

2- There is an advantage in using special exercises over the exercises used in developing endurance, speed, skill, and performing some offensive skills in the game of basketball.

4-2 Recommendations

1- Confirming the use of exercises in developing endurance, speed, skill, and performing some offensive skills in basketball.

2- Emphasizing the use of special exercises to develop speed endurance over the distances available within the arenas designated for sports activity in middle and middle schools.

3- Conduct similar research using other methods over the same distance, or with other new tests, and for other samples.

4- Conduct similar research on other activities or different age groups.

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Appendix (1)

(Speed endurance exercises)

1- Running forward and running back.

2- Running exercise between (3) monuments, back and forth.

3- An exercise in running forward between (3) blocks, back and forth, running backwards between the blocks.

4- An exercise in running forward and running backward between (3) monuments.

5- Running forward and back, then running backward and back.

6- Front leaning exercise for two counts and fast running in succession.

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7- An exercise in running forward, circling around a person, then running backward and in succession.
8- Fast running exercise and jumping up and down.
9- Running and jumping exercise (3) back and forth.
10- Sequential lateral movement exercise.
11- Fast running exercise and sequential lateral movement back.
12- Fast running exercise, executing the peaceful scoring movement and returning sequentially.
Note: The dimensions of the three signs for exercises 2-3-4-9 (6m for the 24m distance and 3m for the 12m distance). As for the seventh exercise, the sign will be in the middle of the two distances.

No.	Phrases	At all	Once in a while	All the time
1-	I can pass balls easily.			
2-	I can pass the ball accurately to the colleague.			
3-	I move at the right speed inside the pitch.			
4-	I find it difficult to move backwards.			
5-	After the defense I can move to the right place to cover or attack			
6-	I can aim at an opponent whose defense is weak			
7-	I hesitate when defending strong balls			
8-	I can diversify my kicks on goal			
9-	I'm not good at hitting the opposition's goal.			
10.	I find it difficult to make a good repel in taking set-pieces against my team			
11-	I can score a goal at any moment.			
12-	I am good at defending in any position on the field			
13-	I can pass the ball directly to the empty teammate in the opponent's court.			
14-	I'm good at scoring from far away.			
15-	I can move in any direction of the pitch easily.			
16-	I can pass the ball in any position on the field.			

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17-	Rival teams know how dangerous I am outside the free throw zone.			
18-	I can make a successful defense against any ball against me.			
19-	It's hard for the opposing team to defend me.			
20-	I can pass the ball wherever I want.			
21-	I only defend in my position and I am not good at defending in the rest of the positions on the pitch.			
22-	I can direct my goals in the opponent's penalty area easily.			
23-	My movements on the field are accurate.			
24-	I can aim at the opposing team hard.			
25-	I don't like performing skills in which he falls to the ground.			
26-	I'm good at passing the ball from the top.			
27-	I can defend my team no matter how difficult the opponent is.			
28-	My movements on the field enable me to perform my offensive and defensive duties well.			
29-	I can trick the opposing team into passing the ball straight into their court instead of keeping it.			
30-	I am skilled in making direct attacks on the opponent.			
31-	I am good at all kinds of kicks.			
32-	The most difficult skill is flying on the ball .			
33-	I'm good at all kinds of scrolling.			
34-	I can play the ball the opponent's goal.			
35-	I'm an excellent goal inside the opposition's penalty area.			
36-	My defense in the defensive zone is not good.			
37-	I find it difficult to direct my handlings to the fellow player in the opponent's area.			
38-	Some of my passes don't appeal to my teammates on the pitch.			
39-	I find it difficult to direct my blows to the far corner of			

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	the opponent's goal			
40-	Some of my passes don't appeal to my teammates on the pitch.			

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