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The effect of a proposed training curriculum to develop some special physical abilities and the accuracy of the movement scoring skill for the Ramadi football club players

El efecto de un plan de estudios de entrenamiento propuesto para desarrollar algunas habilidades físicas especiales y la precisión de la habilidad de anotación de movimiento para los jugadores del club de fútbol Ramadi

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Abstract. The research aims to prepare a proposed training curriculum that includes physical and skill exercises for the Ramadi football club players, as well as knowing the effect of the proposed training curriculum in developing some special physical abilities and the accuracy of the movement scoring skill of the research sample. The researchers assumed that there are statistical differences between the results of the two pre-tests. and posttest for the research sample in the variables studied, the researchers used the experimental approach and designed one group with two pre and posttests and in favor of the posttest, it was represented by the players of Ramadi Football Club, who numbered (22) players representing 33.3% of the original population, where four players were excluded, two of whom were injured and two were traveling outside the country, so the final sample size was (18) players, representing 81.8% of the total research sample. The researchers used a proposed training approach that includes (24) training units for a period of (8) weeks, three days a week (Sunday, Tuesday, Thursday), where the main experiment was applied on Monday corresponding to (22/8/2023) until Monday corresponding to (10/17/2023), The researchers used the high-intensity interval training method, in which the intensity ranges between (80-90%), After knowing the results. the researchers reached a set of conclusions including. The proposed training curriculum has a positive impact on the development of physical abilities related to football. The proposed training curriculum contributed to the development of the accuracy of the football scoring skill. Considering the conclusions, the researchers recommend the following. Emphasizing the use of the training curriculum by club coaches for all categories to develop special physical and skill aspects, Emphasizing the use of the training curriculum proposed by the trainers to develop special physical capabilities and the accuracy of the movement scoring skill.
Keywords: special physical abilities, scoring skill, football, club players.

Resumen. La investigación tiene como objetivo preparar una propuesta de currículo de entrenamiento que incluya ejercicios físicos y de habilidad para los jugadores del club de fútbol Ramadi, así como conocer el efecto del currículo de entrenamiento propuesto en el desarrollo de algunas habilidades físicas especiales y la precisión de la habilidad de puntuación de movimiento de la muestra de investigación. Los investigadores asumieron que existen diferencias estadísticas entre los resultados de las dos pruebas preliminares. y postest para la muestra de investigación en las variables estudiadas, los investigadores utilizaron el enfoque experimental y diseñaron un grupo con dos pre y post test y a favor del post test, estuvo representado por los jugadores del Ramadi Football Club, quienes sumaron (22) jugadores representando el 33.3% de la población original, donde se excluyeron cuatro jugadores, dos de los cuales resultaron lesionados y dos viajaron fuera del país, por lo que el tamaño de la muestra final fue de (18) jugadores, lo que representa el 81,8% de la muestra total de la investigación. Los investigadores utilizaron un enfoque de entrenamiento propuesto que incluye (24) unidades de entrenamiento durante un período de (8) semanas, tres días a la semana (domingo, martes, jueves), donde el experimento principal se aplicó el lunes correspondiente al (8/22/2023) hasta el lunes correspondiente al (17/10/2023), Los investigadores utilizaron el método de entrenamiento en intervalos de alta intensidad, en el que la intensidad oscila entre (80-90%), Después de conocer los resultados. Los investigadores llegaron a una serie de conclusiones, entre ellas. El currículo de formación propuesto tiene un impacto positivo en el desarrollo de las capacidades físicas relacionadas con el fútbol. El currículo de formación propuesto contribuyó al desarrollo de la precisión de la habilidad goleadora en el fútbol. A la luz de las conclusiones, los investigadores recomiendan lo siguiente. Haciendo hincapié en el uso del currículo de entrenamiento por parte de los entrenadores de los clubes para todas las categorías para desarrollar aspectos físicos y de habilidades especiales, Haciendo hincapié en el uso del currículo de entrenamiento propuesto por los entrenadores para desarrollar capacidades físicas especiales y la precisión de la habilidad de puntuación de movimientos.
Palabras clave: habilidades físicas especiales, habilidad goleadora, fútbol, jugadores de club.

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Introduction

In recent years, the world has witnessed tremendous development in various fields in general and in sports fields in particular, and that all the great sporting achievements that have been achieved in recent times did not come by chance, but rather came because of the efforts of specialists and experts in the field of sports, relying on different sciences and reaching higher levels. In sports, all of this depends on the use of scientific foundations, planning and preparation for the physical, skillful, tactical, psychological and cognitive aspects, as well as other auxiliary factors(Medina Villanueva et al., 2022). The science of sports training is one of the sciences of physical and sports education, this means that what has happened and is still happening in terms of progress in the field of sports in its various fields is only the result of the action of sports training experiences and its ideas through the convergence of its various sciences that helped in achieving great global sporting achievements and could not be achieved without the overlap and interaction to apply the ideas of these sciences(Teoldo et al., 2023(. The football game is one of the oldest, most famous and

most popular team games in the world. Football is more important than other team and individual games, different skillful and physical effort in terms of intensity, size and intensity, at this moment, the player needs complex physical skill exercises(Ali & Hammadi, 2023).

Attention must be given to developing the physical abilities of football, as it must be commensurate with the requirements of modern play, as fitness exercises are related to exercises for basic or tactical skills that work to develop the player's performance speed, which is an important part of the game plans, and accordingly, the player's possession of fitness High physical fitness that enables the player to perform all the requirements of football with high efficiency in the two halves of the match (Yoda et al., 2024).

And because the football game depends on hitting the opponent's goal to achieve victory, the scoring skill is the basis for achieving the requirements of the game and in different forms according to the situations and requirements of the game)Sanchez et al., 2024(. Coaches take time to master the scoring skill during the training units, and this in turn is only done when this skill is coupled with movement accuracy and accuracy and from different distances to reach the desired goal, and a match that is devoid of goals becomes boring and devoid of excitement and suspense, and that scoring goals is the most beautiful thing that distinguishes the game of football from the rest sports games and that the sports teams always seek to score the largest number of goals to win and win the match, and the coaches must always strive to reach their players to a high degree of accuracy by scoring when implementing offensive skills(De França et al., 2024) . Its impact on the physical capabilities of the accuracy of the skill of scoring from movement, as well as the importance of the special physical abilities and the accuracy of the skill of scoring from movement in changing the course of the match and translating attacks into goals, and this is what prompted the researchers to pay attention to solving this problem that the team suffers from.

The research problem was determined by observation, since the researchers are in direct contact with the research sample, and to confirm the research problem and identify the limits of this problem and formulate it in an accurate scientific manner, the researchers filmed three official matches of the Ramadi Club and presented them to a group of experts and specialists in the field of football, and after analyzing Recorded matches The problem was confirmed, as the results of the analysis showed that there is a significant decrease in the level of physical fitness, specifically in the physical capabilities of the scoring skill from movement, which the player needs to implement the scoring skill, which leads to the failure to complete the attack properly, as well as a decrease in the effectiveness and efficiency of the player during the match, especially In the last minutes, which leads to the team's inability to end the attack appropriately (the last touch in front of the goal), This is what called the researchers to study the problem scientifically and accurately, relying on the correct scientific foundations, as an attempt to find the best ways to solve this problem to achieve the best results. The research aims to Preparing a proposed training curriculum that includes physical and skill exercises for the Ramadi Football Club players, Knowing the impact of the proposed training curriculum in developing some special physical abilities and the accuracy of the shooting skill from the movement of the Ramadi Football Club players. Research hypothesis There are statistical differences between the results of the pre and posttests of the research group in the variables of the study and in favor of the posttest.

Material y methods

Research methodology and procedures

The experimental method was used in a one-group design with two pre and posttests (Ali et al., 2022).

Research sample

The researchers identified the research population by the intentional method, represented by the first-class clubs in Anbar Governorate, which numbered (3) clubs. From the population of origin, where four players were excluded, two of whom were injured and two were traveling outside the country, so the final sample size was (18) players, representing 81.8% of the total research sample. The study was approved by the College of Physical Education and Sports Sciences. The study followed the principles of the Declaration of Helsinki. All participants were able to withdraw from the study without repercussions and were not forced to participate. Prior to the study, a written informed consent form was issued to the participants, and they were briefed about the confidentiality of the study, purpose, risks and benefit involved in the study.

Sample homogeneity

The homogenization of the research group was carried out according to the sample specifications in (age, height, mass), as it is clear from the table below that the values of the torsion coefficient were confined between (±3), which indicates that the sample is homogeneous in the variables of age, height and mass.

Table 1.
Shows the arithmetic means, standard deviations, and torsion modulus for the dependent variables in homogeneity

Pointers	Arithmetic mean	Standard deviation	Medium	torsion modulus
Age	24.172	0.442	24	1.200
Height	170.790	5.222	170.40	0.152
Mass	65.120	7.974	66	0.425

Devices, tools and means of collecting information

The devices and tools used in the research

- A regulation football field
- Small targets 1 meter long and 1 meter high
- Regulation footballs number (25)
- Indicators number (20)
- Flags Number (7)

- Human signs number (2)
- Sports shirt (lilac) number (40)
- Plastic collars number (6)
- Barriers 40 cm high and 70 cm wide
- whistle number (1)
- Metric tape measure
- Electronic stopwatches (2)
- Sony camera (2)
- Electronic calculator
- Colored tape to divide targets
-Ladder
- Bench height (50) cm and length (2) meters

Means of collecting information
- Arabic and foreign sources
- Tests and measurements
- World Wide Web (Internet)
- Video analysis

Tests used in the research

Special Agility Test (Ali & Hammadi, 2022)

Test name: Slalom run test.

The purpose of the test: measuring the ability to change direction in running (special agility).

Tools used: a tape measure, an electronic stopwatch, 5 indices, and a soccer ball.

Procedures: Five signs are placed facing the starting line, with the first barrier at 4.5m from this line, and the distance between each sign and the last is 2m.

Description of the performance: The tester takes the position of readiness from the high start behind the starting line, and when the tester is given the start signal, the tester starts running between the barriers in the form of a number (8), then the tester revolves around the last figure and continues to run between the barriers in the same way as before, and when he reaches the first figure He runs from it to reach the starting line again.

Test instructions:

• The tester starts running from the high starting position.

• The running direction is between the five signs.

• The test ends with the tester crossing the finish line as quickly as possible.

• The tester is given only one attempt.

Recording method: The time taken by the laboratory is calculated from the moment the test begins to its end, and to the nearest second. Figure (1) illustrates this.

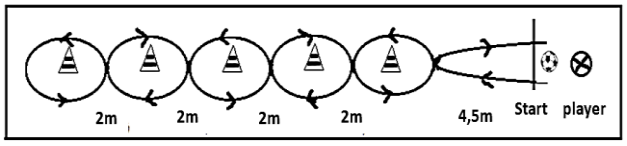

Figure 1.Demonstrates the slalom run test

*Test of strength characteristic of speed(Awad et al., 2024)***.**

Test Name: Sit up, get up and jump up in (30) seconds for repetitions.

Purpose of the test: To measure the velocity-characteristic strength of the lower extremity muscles.

Tools used: stopwatch.

Performance method: The tester sits on the ground, extends the legs, puts the hands on the ground, then jumps up with the entire length of the body from head to feet, then returns to the ground again, and so on for a period of (30) seconds, as in Figure (2).

Recording method: The player records the number of repetitions in (30) seconds.

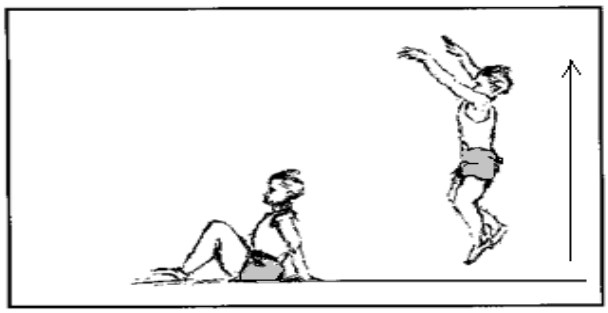

Figure (2). Sit, get up and jump up test shows in (30) seconds repetition

*Explosive strength test for the muscles of the legs (Awad et al., 2024)***.**

Test name: Vertical jump of stability.

The purpose of the test: to measure the explosive force of the muscles of the two legs.

Tools used: tape measure, plaster, wall of suitable height.

Performance description: The tester stands sideways near the wall, then raises the arm close to the wall to the maximum possible height and places a sign on the wall. The height of this sign is recorded in the registration form, and then the tester swings by bending the knees and jumping as far as possible and touching the wall at the highest point. Height, after which the distance between the two points is recorded, which expresses the explosive power of the two men, measured in centimeters.

Recording method: The laboratory performs two attempts and records the best of them.

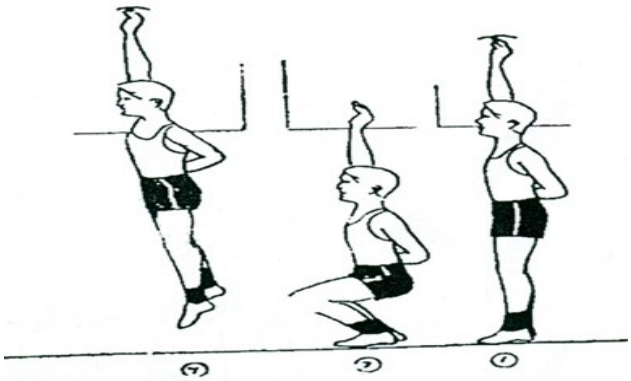

Figure 3. Vertical jump test demonstrates stability

Testing the accuracy of scoring from movement (Hummadi et al., 2024)**.**

The aim of the test: measuring the accuracy of the scoring skill of movement.

Tools used: (5) flags, football.

Description of the performance: The starting line is drawn in the middle of the stadium with a length of (3) meters, which is 10 meters away from the first pillar. The (5) pillars are fixed, as the distance between one pillar and another is (1.5) meters. Parallel to the right (18) meter line, and 3 meters away from the front (18) meter line, another square of side length (4) meters is drawn in front of the target (in the middle), 2 meters away from the front (18) meter line. The player stands behind the starting line, and upon hearing the starting signal (the whistle), the player kicks the ball to run between the pillars, and after passing the fifth pillar, the player passes the ball to the coach located in the square parallel to the right side line from the (18) meters area, then he goes to the square in front of the goal to receive The ball is from the coach, then he puts it out, and then scoring, as in Figure (4).

Recording method: Three attempts are given, and the arithmetic mean is taken for the degree and for the time.

Test conditions:

• If the coach makes a mistake in sending the ball to the box for suppression (the test is repeated).

• The highest scoring score is calculated if the ball falls on the lines.

• One score is counted if the ball touches the crossbar or the pole.

• No score is calculated when the ball went outside the goal or touched the ground before entering the goal.

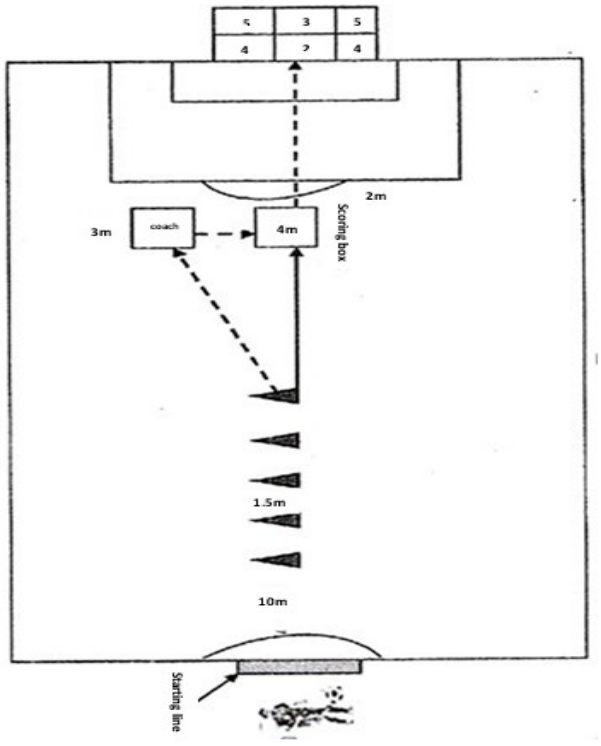

Figure 4. Test the accuracy of the movement scoring skill

Exploratory experiments

The first reconnaissance experiment for the tests

The researchers conducted a preliminary experimental study on (5) players from within the basic research sample, on Monday corresponding to (1/8/2023) before they entered the procedures that follow this experiment due to it being one of the basic conditions in scientific research, and the purpose of this experiment is:

• Identify the validity of the devices and tools used in the research.

• Learn about the efficiency of the assistant work team.

• Identifying the obstacles and difficulties facing researchers.

• Identify the validity of the tests and their suitability for the research sample.

The second exploratory experience of exercises

The researchers conducted the second exploratory experiment regarding the exercises used, on Wednesday corresponding to (3/8/2023) at four o'clock in the afternoon, and the aim of this experiment was:

• Determine the maximum limit for each exercise.

• Knowledge of the resting pulse rate.

• Identify the heart rate immediately after the performance.

• Knowledge of the pulse rate after the performance and for a period of five minutes, the pulse rate is calculated at the end of each minute.

Scientific foundations of the test

Test's validity

For the researchers to make sure of the validity of the tests, they used one of the types of validity, which is apparent validity, by presenting the tests to a group of experts and specialists, and they agreed on the validity of these tests in measuring what they were designed for.

Test's stability

To calculate the stability coefficient of tests, the researchers adopted the method of test and re-test (meaning the stability of the test is "if a test is repeated on the same individuals under the same conditions in a reasonable time, then it gives the same results or they may be close" (Adham Ali et al., 2022), where the test was applied to verify the stability of a group Candidate tests, as the tests were applied to a sample consisting of (5) players who are members of the same reconnaissance group, on Sunday corresponding to (7/8/2023) at four o'clock in the afternoon, and after (7) days had passed, the test was repeated on the same sample, on Sunday Corresponding to (8/14/2023) and under the same conditions and variables, and by processing the data statistically, the simple correlation coefficient (Pearson) was extracted between the results of the first and second tests to know the stability of the test.

Tests' objectivity

Objectivity means that the arbitrators and estimators do not differ in judging something, and for the purpose of extracting objectivity, the researchers relied on experts in performing the tests and extracting the simple correlation

rate between the degrees of the two judges, as the calculated correlation coefficient results showed that there is a high correlation in the tests, which confirms the objectivity of these tests, as in the table (2).

Table 2.
Shows the coefficients of validity, reliability and objectivity of the physical and skill tests

S	Tests	Measuring unit	Stability	Self-validity	Objectivity
1	Slalom run test	Second	0.93	0.86	0.91
2	Sit up and jump up 30 seconds	Repetition	0.98	0.94	0.92
3	Vertical jump up (Sargent)	Cm	0.89	0.91	0.93
4	Scoring accuracy of movement	Degree	0.92	0.85	0.95

Pre-tests

The researchers conducted pre-tests for the research sample on Wednesday and Thursday corresponding to (17-18/8/2023) at four o'clock in the afternoon and at the Al-Ramadi Football Club stadium, as the first day included physical ability tests, while the second day included the skill test. Adjusting all variables such as time, tools and devices, as well as the auxiliary work team, to be applied when conducting the post-tests for the research sample.

Training Curriculum

The researchers worked on planning the proposed training curriculum, as they relied on scientific sources, as well as benefiting from the opinions of experts and specialists and their proposals in the science of sports training in general and sports training for football in particular, to prepare a curriculum aimed at developing some special physical abilities and the accuracy of the skill of scoring from movement, and they relied on This is based on the analysis and review of many references, studies and scientific research close to the current study, where the proposed training curriculum was presented to a group of experts and specialists in the field of sports training science in general and football training in particular, in order to express their opinions about the exercises used and their suitability for the research sample, Most of the exercises were agreed upon and some of them were modified, the researchers, with the help of the assistant work team, measured the maximum time for each exercise and the pulse rate at rest (before the warm-up), after the warm-up, and immediately after the end of the exercise for five minutes, i.e. after the end of the minute (1-2-3-4-5) of each exercise. These procedures were to assist the researchers in determining the intensity of the training units and exercises, as well as determining the times of rest between groups, and the proposed training curriculum was implemented, which included (24) different exercises to achieve the goals of the research, as the main experiment was applied on Monday (22/8). /2023) for a period of (8) weeks and ended on Monday (10/17/2023), with (3) training units per week, for days (Sunday, Tuesday, Thursday), as the total number of training units reached (24) units, and the researchers used the interval training method High intensity, in which the intensity ranges between (80 - 90%). In the exercises, the researchers considered the principle of gradation and fluctuation in the intensity of the training units.

The proposed training curriculum included several things, the most important of which are:

• The researchers considered the principle of suspense and excitement in the exercises used, as all the exercises were performed with balls to ensure that the players did not feel bored because of repeating the exercises again.

• Training unit time (120) minutes.

• The use of (24) exercises, which included physical and skill exercises, as the time for the main section reached (42-66) minutes.

• The training volume was determined based on the number of repetitions of the exercise in one group or based on the exercise performance time. The researchers considered the intensity used for the training unit.

• The number of training units reached (24) training units, and the times of these units were different because the times of the exercises are different.

• The intensity used to perform the exercises ranged between (80-89%) of the player's maximum ability, and the maximum limit for the exercises was determined.

• The method of calculating the percentage intensity of the exercise was used in relation to the running activities (the highest achievement X 100 divided by the required intensity).

• The exercises were carried out on the research sample in the special preparation stage.

• The researchers adopted the load formation (1:2) in the small training circuit.

Table 3.
Shows the daily and weekly intensity rate and the intensity rate of the proposed training curriculum

Weeks	Training units				Training methods
	First	Second	Third	average severity of the week	
First	80%	83%	81%	81.33%	High intensity interval training method
Second	82%	85%	83%	83.33%	
Third	84%	86%	85%	85%	
Fourth	81%	83%	83%	82.33%	
The intensity of the training curriculum					84.31%

Post-tests

The post-tests were conducted after the completion of the implementation of the main research experiment for the research group, on Saturday and Sunday corresponding to (10/22-23/2023) at four o'clock in the afternoon, and at the Ramadi Football Club stadium, where the first day included tests of special physical abilities, and today The second was to conduct the skill test, under the same conditions in which the pre-tests were carried out.

Statistical means

The researchers used the SPSS statistical bag to treat the variables under study.

Results

Presentation of the difference results for measuring the variables of agility and accuracy of movement scoring for the pre and post tests

Table 4.
Shows the arithmetic means, standard deviations, the calculated (T) value, and the significance of the differences to measure the special physical abilities and the skill of accurate scoring from movement.

Statistical parameters Variables	Measuring unit	Pre-test		Post-test		Value of T	Indication
		S	X	S	X		
Special agility	Second	5.55	1.83	5.17	0.66	6.27	substantial
Distinctive strength with speed	Repetition	16.40	0.85	20.33	1.05	7.35	substantial
Explosive power	Cm	45.16	3.17	51.13	2.85	9.22	substantial
Scoring accuracy of movement	Degree	5.5	0,35	8.81	2.83	5.24	substantial

The tabular value of (T) is (2.11) at a degree of freedom (17) and a level of significance (0.05).

Discussion

Discussing the results of the pre and posttests of the research sample in some special physical abilities under study

It is clear from the above table that there are significant differences in the results of the pre and posttests and in favor of the post tests. The researchers attribute the reason for this to the effect of the proposed training curriculum that was implemented on the players of this group, as the curriculum included a set of different exercises such as running with a ball, jumping exercises... and others. The players trained on it in conditions similar to what happens during the game, at an appropriate time and frequency, while giving rest times commensurate with the working hours, where the proposed training curriculum was applied to the research sample for a period of (8) weeks, at the rate of (3) training units per week, and it was to a large extent able to develop the special physical capabilities of the research sample, and this is confirmed by (Ali & Hamad, 2021) that "when training For weeks on a regular basis, functional adaptation to this effort will occur, and thus work to improve and develop the player's physical, skillful, and tactical abilities, and in various aspects related to the activity, as well as through the application of the exercises related to the curriculum, as they were performed in different conditions and with the intensity placed in front of each exercise, and that these exercises are comprehensive and varied for the various situations that the player may go through during the match, taking into account the diversity in the starting distances and from different areas of the stadium as well as Different times of exercise time and rest time, and this was confirmed by (Othman Jassim N. H. & Ameer Jaber Mushref, 2023) that "sports training is a process of organized and continuous preparation to develop the capabilities of the individual and raise the level of his competence to achieve the requirements necessary to perform any work". In confirmation of the above, see (Al-Alwani O. A., 2023) "Sports training contributes to the development and development of multiple aspects of the sports player, such as the physical, skill, tactical and psychological aspects. The players' possession of physical attributes and capabilities helps them to possess high skill capacity, and this in turn helps them to develop the skillful performance of the players.

It was found that the proposed training curriculum, which included physical and skill aspects, and which was applied to the research sample in a scientific, accurate and correct manner, helped to develop special physical capabilities, and this is confirmed by (Vitor Schmals Silveira et al., 2024), as he indicates that such programs "aim at developing and developing all characteristics and skills." and capabilities that characterize the type of activity practiced.

We note that the player who does not have a high level of physical capabilities related to the activity is unable to face the variables that he is exposed to in the matches, as improving the level of the player and developing him physically leads to the development of the technical and tactical aspects and the development of these aspects makes the player enjoy high specifications and qualifications that give him confidence and enthusiasm in performance.

As well as the use of the foundations and principles of high-intensity and repetitive interval training had a positive impact on the development of the physical capabilities of the activity. It is clear in the result that has been reached, and this is confirmed by (Medina Villanueva et al., 2022) that "the success of the training curricula is measured by the extent of progress achieved by the individual in the sports activity practiced through the skill, physical and functional level, and this depends on the adaptation that the individual achieves with the training curriculum that was applied".

Discussing the results of the pre and posttests of the research sample in the accuracy of the movement scoring skill

It is also clear from the previous table that there are significant differences in the results of the pre and posttests and in favor of the post tests for the skill of accuracy of scoring from movement. The researchers attribute the reason for this to, inter alia, the proposed training curriculum that was applied to the research sample in the duration of the program, which reached two months. Its results have yielded and raised the level of accuracy of the movement scoring skill of the research sample.

The scoring skill is the summary of the efforts of the entire team, which is about "getting the ball into the opponent's goal and without this effectiveness the team cannot achieve a victory over the opponent" (Ali, 2022) describes it as "the most exciting skill in the game of football", as " Scoring goals is the ultimate goal of football, and it is achieved when players strike accurately.".

The researchers believe that the reason for this development in the level of accuracy of the skill of scoring from movement is the result of commitment in implementing the proposed training curriculum and the appropriateness of that approach to the research sample so their experience

and ability to handle the ball properly and correctly in front of the goal increased, and since the goal of the football match is the goals, therefore, the coaches must develop this skill according to the scientific method based on the correct foundations in the use of various exercises and with specific repetitions according to the training intensity that is commensurate with the times that ensure that the player does not reach the stage of early fatigue through repetition of performance, and this is what It was applied in the proposed training curriculum, and based on the foregoing, "serious and intense attention should be given to shooting exercises at the goal from several different places and distances and under different conditions that are as similar as possible to what happens in real matches".

And (Ali & Hammadi, 2022) mentions that "scoring requires, in addition to technical performance, strength, confidence, the ability to focus and determination, for the player to decide in parts of a second the appropriate action for the state of play, given that his movement decides the issue of success and failure for the attack and even for the whole match".

Conclusions

The research methodology used, the research objectives and hypotheses, and the nature of the statistical methods that were used, the researchers concluded the following:

1. The variety of physical and skill exercises, adherence to the specified stresses, and appropriate rest periods had an important impact on the development of the research group in all study variables.
2. The proposed training curriculum had a positive impact on the development of physical abilities related to football.
3. The proposed training curriculum contributed to the development of the accuracy of the football scoring skill.

Recommendations

1. Emphasizing the use of the training curriculum by club coaches for all groups to develop the special physical and skill aspects.
2. Emphasizing the use of the proposed training curricula to develop the physical and other skillful aspects of football.
3. The importance of conducting a similar study on different age groups in football and studying other physical and skill variables.

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Conflicts of Interest

The authors declare no conflicts of interest.

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