

THE EFFECT OF COMPLEX EXERCISES USING THE MEANS TO ASSIST IN THE DEVELOPMENT OF SOME PHYSICAL AND COGNITIVE ABILITIES AND THEIR IMPACT ON THE LEVEL OF PERFORMANCE OF THE RULERS OF FOOTBALL FIRST CLASS

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ABSTRACT:

The first part covered the introduction of the research and addressed the researcher to one of the most important pillars on which the game depends on football is the ruling. The second section included topics related to the search of the performance of referees and physical qualities important to the referees football in addition to the most important cognitive abilities and the relationship between them and included the door. The researcher used the experimental method to suit the problem of the research. The sample of the research was chosen by the random method of (26) rule of the first class rulers accredited to the Iraqi Central Football Federation and was presented in this section work and how was chosen. And the method of conducting the main experiment, while the fourth section was the presentation of the results and discussed in the light of the results obtained by the researcher as a result of the experiment on research and then obtained the conclusions and recommendations and conclusions reached by the researcher and presented in the fifth section was the most important conclusions was that physical exercise and cognitive role positive In the development of the level of performance of the referees football, and the most important recommendations is the need to confirm the Central Referees Committee of the Iraqi Football Federation to establish intensive training courses to develop the level of referees physical and cognitive and mental and then achieve an ideal level.

Keywords: complex exercises - the rulers – football.

INTRODUCTION

The game of football has attracted great attention from all peoples because of its fun and excitement as it is the most popular game in the world. This interest has contributed greatly to the success of this game. The game of football depends on many pillars (referees, stadium, players,) The referees form the main element to take out the game in the required form. Each game is run by a referee who has the absolute authority to apply

the rules of the game law in cooperation with two assistant referees, a fourth referee and a reserve assistant referee.

The process of the integrated preparation of referees, especially the central rulers, which is in line with the privacy of the game from all aspects, especially the physical and cognitive as it is a basic platform complement each other physically, the game of football is on the playground is the largest in the organized games, In order for the assistant referee to lead the game

successfully, he must enjoy the high physical fitness that enables him to follow the speed of the game and then build the program of the physical side as required by the game from the special physical abilities of the The knowledge of the technical skills of the game as a means of understanding the rules of the game, especially the ability to distinguish errors in terms of technical and administrative penalties in the use of colored cards and determine them for the purpose of consistent and uniform application in the laws of the game as well as tactical reading of the game one of the cognitive aspects of what Resulting from the vision of moving and taking positions, ie, the positions taken by the auxiliary rule to create a corner of vision that enables him to make the decision no later than tenths of a second.

There are four main factors or factors to rule in the game, as they must be in a high level of focus and continuously on these effects (ball _ referee assistant - player defender - striker) and the most important determinants of the referee as well as other movements of the game as the referee To be in a high level of concentration and to recognize these things in order to be able to influence and control the game well.

The importance of research is the need for the use of complex exercises for the rulers to develop and develop some elements of fitness (speed and speed of reaction and speed) as well as some cognitive abilities as well as the right position of the referees that affect the performance of referees in matches and linked to their level.

MATERIALS AND METHODS:

Research Methodology:

The researcher used the experimental method, which is one of the best and most suitable methods to search and reach the best results.

Search community and sample:

The researcher selected (26) arbitrarily by the community of origin (80) of the governor of Baghdad, represented by the second-class referees accredited to the Iraqi Central Football Federation and the referees for the season (2018_2019) and by drawing the lot was divided into two experimental groups, 10) governors and the second is an officer and contains (10) governors, either the remaining six rulers were used in the exploratory experiment.

Means of gathering information, tools and devices used in research:

- :Means of data collection Information gathering methods
- . Arab and foreign sources -
 - Observation -
 - the exams -
- Devices and tools used
 - Soccer Balls (10) -
 - . - Tape measure
 - .- stopwatch
 - Privatization number (25) -
 - Cones (15) -
 - Video camera type sonny + CDs
 - DataShow display. -
 - whistle + weights + medical balls + rubber cords + pegs + hoops. -

Field research procedures:

Specify the tests used by searching:

After reviewing several scientific sources, a set of physical and cognitive tests were identified to suit the objectives of the study. These tests are:

- Test (50 m) with a time not exceeding (7.5 w) -
- Test (200 m) with a time not more than (32) -
- .Test the motor response time for multiple directions -
-) Three-wheel test (left and right -
- Evaluation of judges' performance -

:Field research procedures

:Tribal Tests

The tests were carried out by the researcher on Tuesday 17/3/2019 for the physical tests (50m), the 200m test, the speed test and the motor speed test as well as the cognitive abilities test. The performance test was on Wednesday 18 / 3/2019 until Saturday 21/3/2019 as the researcher conducted a friendly tournament for the clubs and teams of Baghdad with the knowledge and approval of the Iraqi Football Federation (the Central Referees Committee) consisting of (16) teams were held in the championship health club in Jadiriyah.

Main experience

The researcher conducted the main experiment on the experimental group of the coach of the Iraqi Central Football Federation and under the supervision of the researcher as follows:

The special exercises of the referees have been prepared through a set of exercises that have been developed and

implemented in many developed countries and have not been implemented within the referees programs in Iraq, which are exercises that contribute to the physical preparation of the referees, especially in the development of maximum speed and without maximum speed, The other vehicle, which contributes to the development of speed strength as well as the speed of motor response and some cognitive exercises and game law materials to develop the customary abilities that contribute effectively to the development of the competence of the rulers.

The training course for the experimental group continued for two months with three training modules per week (90 minutes). The training days were Sunday, Tuesday and Thursday each week. This applies to the control group

. Implementation of the training curriculum began on 22/3/2019 until 17/5/2019

- The researcher used the method of high frequency training and repetitive training in the implementation of special exercises and intensity ranging from (75% - 100%)

- The training of the control group on Saturday, Monday and Wednesday was part of the curriculum prepared by the referees committee of the Iraqi Central Football Federation attached (a model of three training modules for the control group).

- The length of the performance and the intervals of intercomfort have been considered by codifying the special exercises to suit the rest periods with the training method and the strength used in the training module.

:Post-tests

The researcher conducted remote tests on the research sample for the physical and cognitive tests on Tuesday, 26/5/2019. The post tests were conducted for the research sample for the level of performance and through the analysis of the performance level form from Wednesday 27/5/2019 to Friday 29 / 5/2019 as the researcher conducted a friendly tournament for clubs and teams of Baghdad with the knowledge and approval of the Iraqi Football Federation (the Central Referees Committee) consisting of (16) teams were held in the championship health club in Jadiriya.

:Statistical means

The appropriate statistical means have been used through the statistical basket for social sciences (SPSS).

RESULT AND DISCUSSION:

The presentation of the results of tribal, physical, mental and cognitive tests and the level of performance of the referees was achieved through his experience on a sample of referees (first class rulers) according to the research objectives. In order for the researcher to arrive at the results, the statistical operations of its members were conducted in the form of tables, presentation and discussion.

View and analyze the results of physical tests of the experimental and control groups:

Table (1): Calculations, standard deviations, calculated value (t), significance and significance level between experimental and control groups for physical physical tests

Significance	Moral significance sig	Calculated value (t)	Control		Experimental		Physical tests	sequence
			P	s	P	s		
moral	0.00	9.87	0.45	7.40	0.27	5.73	Test 50 m maximum speed (w)	1
moral	0.00	3.13	0.53	28.09	0.96	27.00	200 m test speed (w)	2
moral	0.01	2.85-	0.35	6.68	0.44	7.19	Strength test (speed)	3

moral	0.02	0.25	0.07	1.31	0.11	1.30	Test Response Speed (THA)	4
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Below the level of significance (0.05) and the degree of freedom (18)

Table (1) By observing the results of the remote tests for the test of (50) meters maximum speed, we find that the post-mathematical calculation of the experimental group was (5.73) seconds by deviation of (0.27) seconds and the control group was the mean of the test itself is (7.40) seconds standard deviation (0.45). When calculating the significance of the value (0.00) was below the level of significance (0.05) and thus the result is significant and for the benefit of the post-test.

In the test (200) meters table speed in (1) we find that the mean mathematical dimension of the experimental group (27.00) second standard deviation of (0.96) The mean mathematical dimension of the control group for the same test was (28.09) seconds and a standard deviation of (0.53) When the significance of the value (0.00) was less than the significance level (0.05), the result is significant and in favor of the post-test.

In the table (1), the post-arithmetic mean of the speed test was the experimental mean of the experimental group (7.19) with a standard deviation of (0.44) and the post-arithmetic mean of the control group was (6.68) once and by a standard deviation of 0.35 (0.01) was lower than the significance level (0.05) and thus the result is significant for the benefit of the post-test.

In the post-motor response test of the experimental and control groups, the experimental computation of the experimental group was 1.30 seconds with a standard deviation of 0.11 and the experimental computation of the experimental group was 1.31 seconds with a standard deviation of 0.07) When calculating the significance of the value (0.02) was less than the level of significance (0.05) and thus the result is significant and for the benefit of the post-test.

Discussion of the results of the remote tests of the control and experimental groups of physical tests:

Table (1) shows the computational environment, standard deviations, calculated value (T), significance and significance level between the experimental and control groups for physical physical tests (0.05)

Table (1) shows that the experimental mean of the experimental group (50 m) maximum speed was (5.73)

w while the mean of the control group (7.40) second and by observing the differences of the community and comparing the significance with the significance level, And for the benefit of the experimental group, which used exercises to develop the maximum speed developed by the researcher to develop the experimental group and these exercises are influential in the development of the maximum speed of referees in some sports such as football athlete must learn how to reach the maximum speed less than 5_10 meters, for example. While there was no significant evolution in the level of the maximum speed of the rulers of the control group that they used the traditional approach prepared by the coach approved by the Iraqi Football Federation (the Central Referees Committee). "The development of the maximum speed in the experimental group has effectively contributed to the development of the other physical capabilities of the referees under study and thus contributed to the development of performance." The need for continuous repetition and associated short jogging distances that depend on 30_60 meters as the stability of the maximum speed of step 11 continues and this happens By repeating exercises for maximum stress

From the observation of the table (1) for the test (200 m) speed, we found that the mean of the experimental group was (27.00) w while the mean of the control group is (28.09) tha and the value of (t) calculated (3.13) (0.00) with the level of significance was significant for the benefit of the experimental group and this indicates the effect of the special exercises used by the researcher in the development of the test (200 m) speed, as the control group was the result random and did not develop the test (200 m) This is a deficiency in the quality of exercises used by the trainer in the development of the test (200 m) Speed control group table while contributing exercises for the development of this capability experimental group and this shows the validity of these exercises and their impact on other physical abilities and the level of performance of the rulers.

In the speed test, the mean of the experimental group was (7.19), while the computational mean of the control

group was (6.68), and the calculated value (t) was (2.85), the significance was (0.01), which is less than the significance level, The ability of the experimental group to improve the speed of the experimental group is the quality and codification of the exercises used in developing this ability. This ability is included in most sports for its importance in performing the physical exercises and performance of the rulers. The control group shows that there is relatively little development in this capacity because the training contributes to different percentages of development and according to the type of exercise and its intensity and its impact on the performance of assistant referees.

In the response speed test in Table 1, the experimental mean of the experimental group was (1.30) seconds. The mean of the control group was (1.31) and the calculated value (T) was (0.25) and the significance (0.02) For the experimental group in the post-test as the speed of response as a physical attribute has an important and

influential role in the level of referees for there are many cases in the performance of the referee during the game of change in the direction of the ball or in the movement of the player, which requires a quick response from the referee and the level of action required. The development of the response level was close to the level The development of the experimental group the fact that this type of physical attributes is training in which close to the maximum intensity (100%) for the two experimental and control group were therefore differences approach for the two experimental and control "The athlete can guide his body quickly according to the positions of toys that are exposed during competition.

Display the results of the tests of the dimension (knowledge and level of performance) of the experimental groups and control and analysis:

Table (2): Shows the computation, standard deviations, calculated value (t), significance and significance level between experimental and control groups (cognitive and performance level)

Significance	Moral significance sig	Calculated value (t)	Control		Experimental		Physical tests	sequence
			P	S	P	S		
moral	0.01	2.75-	1.37	5.80	0.98	8.20	Cognitive Test (degree)	1
moral	0.00	6.60-	0.51	7.20	0.91	9.40	Cognitive Test (degree)	2

Below the level of significance (0.05) and the degree of freedom (18)

In Table (2) we find that the post-arithmetic mean of the experimental group in the cognitive test was (8.20) with a standard deviation of (0.98). The computational mean of the control group for cognitive testing was (5.80) with a standard deviation of (1.37) (0.01) was lower than the significance level (0.05) and thus the result is significant and for the benefit of the post-test.

In the table (2) we find that the post-computational mean of the experimental group in the performance test was (9.40) with a standard deviation of (0.91). The mathematical mean of the control group for the performance level test was 7.20 with a standard deviation of 0.51 (0.00) was less than the significance

level (0.05) and thus the result is significant and for the benefit of the post-test.

Discussion of the results of the cognitive tests and the level of the remote performance of the experimental and control groups:

Table (2) shows the computation, standard deviations, calculated value (T), significance and significance level between the experimental and control groups (the cognitive and mental and performance levels) below the significance level (0.05) and the degree of freedom (18) The experimental mean of the experimental group was 8.20 and the mean of the experimental group was 5.80. The calculated value was calculated at 7.75 and the true real mean was 0.01. This is a significant difference in

favor of the experimental test of the experimental group. The reason is the knowledge information (international law of football) used by the researcher in the prepared curriculum which was influential in developing the cognitive abilities of the assistant referees, while there was no development of the control group because of the ineffectiveness How to use a side For my knowledge, which was used within the curriculum prepared by the accredited coach of the Central Referees Committee. Therefore, this knowledge development of the referees of the experimental group has an effective effect in developing the level of performance and correct and accurate decisions during the game.

In the test of the performance level in Table (2), we found that the experimental mean of the experimental group was (9.40), while the mean of the control group was (7.20), while the value of (T) was calculated (6.60)), Which is less than the level of significance and thus the result is significant and for the benefit of the experimental group since the physical and cognitive exercises had an effective effect on the development of the performance of the referees of the experimental group, so the result was significant by observing the degree of performance that was close to the top (10) The performance level of the referees by observing the performance in the Bariyat conducted by the researcher was an advanced level in the physical and cognitive side through the correct decisions and correct and accurate within the vocabulary of international law of football, which influenced positively in the results of matches either in the control group and performance was not required level so there was a mistake in some decisions taken by the rulers Had a negative impact on match results because of the weak physical and cognitive level of the rulers of the control group. Know the level of performance and identify defects, errors and advantages that help to identify or determine the type of training you need to improve the level.

CONCLUSIONS:

- Physical and cognitive exercises have played a positive role in the development of referees' football performance.
- There has been a remarkable development of the experimental group members through the preference of the results that have emerged compared to the members of the control group.

ENDORSEMENT:

- The need for confirmation of the Central Referees Committee of the Iraqi Football Federation to the establishment of intensive training courses to develop - the level of referees physical and cognitive assistants and then achieve an ideal level.
- Conduct similar studies on another category of referees and use the same tests.

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