

THE EFFECT OF GIBALA-STYLE EXERCISES ON DEVELOPING SOME OF THE BIO-MOTOR AND SKILL-BASED ABILITIES OF AL-SHOUALA CLUB FUTSAL PLAYERS

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Abstract

Preparing Gibala-style exercises for futsal football players, identifying the effect of Gibala-style exercises on the bio-motor abilities of futsal football players, identifying the effect of Gibala-style exercises on the skills of futsal football players, identifying the research community with club players under the age of (20) years of age for futsal football in Baghdad, The research sample was chosen from Al-Shouala Club players, which numbered (10) Al-Shouala Club players, if the one-group experimental design with a pre- and post-test was used. The sample was chosen intentionally from Al-Shouala Club players, and (3) players were taken in order to conduct the exploratory experiment. The percentage of the sample was (100%) of club players. Conclusions: The Gibala-style exercises effectively affected the bio-motor research variables and developed the level of the players. The exercises selected by the researcher had an indirect impact on the development of the investigated skills due to the improvement of their skill level in In the post-tests, the players showed a positive willingness and enthusiasm to use the Gibala method because it showed tangible results on the ground. The use of modern and diverse training methods and methods adds a kind of excitement and attracts the attention of the players to practice on them, and this is what became clear during the duration of the experiment. Skill performance has become more Smoother than before because the Gibala method works with fewer units but with a higher intensity. This opens more room for skill training and raises their level. Recommendations: The researcher recommends working with the Gibala method because it reduces the number of units and gives the same results for more training units. The researcher recommends developing this method by conducting studies. To make it a competitive method with knowledge methods at a higher level, the researcher recommends diversifying the training work and making physical training a direct connection with skill training to reduce time.

Keywords: Gibala, biokinetics, futsal skills

Introduction

Training is a science that is based on experience and proof in the training arena. When various modern methods and methods are used, coaches work to discover their impact on their players by applying their own philosophy during the period of the experiment. They work to confirm the data that emerges and the achievements by documenting and re-experiencing them so that a new method is introduced. To the world, a specific variable can be developed in players, and this method is highlighted and spread due to the coach who worked hard to draw his conclusions broadly and with deep scrutiny.

The Gibala method is one of the modern methods that has emerged and contributed greatly to achieving tangible global results. It is a method that relies on training with high intensity and is followed by a fairly long rest. This training has given results similar to the results of continuous training and for more units during one week compared to the number of units used without training methods. This prompts us to adopt it in our research and to experiment with it on our research sample and to solve the research problem through this method, which the team needs in futsal for the competitive stage in preparation. Because futsal players practice the game in a field with a somewhat narrow space, the physical effort becomes a constant movement. This makes it necessary to focus on specific abilities of the players to raise their readiness on the field during sports competitions and tournaments and to develop their bio-kinetic abilities specific to the game of futsal football, as the game of futsal football has its own requirements that meet the specificity of the game in terms of speed of movement and constant change in directions inside the field.

Bio-motor abilities are considered to be the combined abilities of two abilities, and because movement in the human body is not accomplished by one ability, therefore all of his movements will be through the integration of a number of abilities that work to preserve balance, movement, and strength during the execution of the movement, and since sports movements are performed more quickly and powerfully compared to normal movements, Training and developing it has become an essential thing in developing the players' physical and skill base during the period of public and private training. Because working with training methods and methods is common and different and because coaches prefer certain training methods and methods over other methods, we see a loss of creative thought in training and that the use of modern training methods contributes to developing the level of public and private performance. For players, it makes the chances of success and victory more guaranteed through diligence and player development. One of these methods is Gibala's training method, which we believe will make a difference in the training process. The importance of the research lies in using the Gibala training method to develop some of the bio-motor and skill abilities of the futsal players of the clubs of Al-Shouala Sports Club.

Research problem:

There are many training problems, and some problems arise due to the lack of time and the lack of available supplies. This causes some trainers to choose methods that are not appropriate for the training process, since the Gibala method is one of the methods that depends on changing the training load and works to shorten time by reducing the physical training units, which will allow to increase the duration of the training work. On skills, we see that this problem is solved by applying the Gibala method to solve the problem of time crowding and insufficient time for skill training. Therefore, the researcher decided to take this method as a basic variable for the training process for Al-Shouala Sports Club.

Research aims:

- 1- Preparing Gibala-style exercises for futsal players.
- 2- Identify the effect of Gibala-style exercises on the bio-motor abilities of futsal players.
- 3- Identify the effect of Gibala-style exercises on the skills of futsal players.

Research hypothesis:

There are statistically significant differences between the pre-test and post-test for the experimental group, in favor of the post-test.

Research areas:

- 1- Human field: Al-Shouala Futsal Club players for the 2022-2023 training season.
- 2- Temporal scope: from 5/6/2023 to 9/30/2023.
- 3- Spatial area: The closed stadium of Al-Shouala Sports Club.

Research procedures:

Research methodology and field procedures:

The researcher used the experimental method because it suits the nature of the problem.

The research community and its sample:

The research population was determined by club players under the age of (20) for futsal in Baghdad, and the research sample was selected from Al-Shoula Club players, which numbered (10) players from Al-Shoula Club. If the one-group experimental design with a pre- and post-test was used, the sample was chosen. In an intentional manner, from the players of Al-Shoula Club, (3) players were taken in order to conduct a reconnaissance experiment on them, and the percentage of the sample was (100%) of the club's players. For the purpose of ensuring the homogeneity of the sample members and the validity of the normal distribution among its members, the researcher used the arithmetic mean, standard deviation, and skewness coefficient to homogenize the results of the field survey in measurements (biological age, training age, weight, and height).

Table (1) shows the homogeneity of the research sample with the skewness factor in the variables of height, weight, chronological age, and training age.

Torsion coefficient	standard deviation	Mediator	Arithmetic mean	unit	Variables
0.830	0.600	178	177.5	cm	height
-0.758	0.454	64	63.6	kgm	the weight
0.824	0.895	18	18.3	year	Chronological age
0.763	0.848	5	5.4	year	Training age

The results indicated that all variables fall under the normalization curve, and this indicates the good distribution of the sample and its homogeneity in the research variables, because one of the characteristics of the typical normal curve is that the skewness coefficient is confined between the two values (+1) (Al-Sayyid, 1978, pp. 455-456)

Devices, tools and methods used in research:

Methods used to collect information:

Arab and foreign sources and references, questionnaires to survey the opinions of experts and specialists, personal interviews, questionnaires for recording and transcribing data and information.

Devices and tools used in the research:

Futsal field with its accessories, (5) futsal balls, calculator with tablets, rubber bands and ropes, towels (6), medical scale, (1) Sony camera, (6) electronic stopwatch or mobile device. It contains a counting timer, a 3 kg medicine ball, and (10) markers.

Field research procedures:

Determine the capabilities and skills used in research:

After reviewing the sources concerned with abilities and skills, the researcher selected a number of variables (bio-motor and skill abilities) for futsal, and presented these abilities and skills to the experts and specialists, to seek their opinions on nominating what they saw as appropriate variables for special and valid bio-motor abilities from the variables under study. The researcher used the percentage law to determine the percentage of agreement, and took a percentage of (75%)

Determine the tests for your research:

After reviewing the sources concerned with tests and measurement, the researcher chose a number of variables and tests related to the variables of bio-motor and skill abilities in futsal football, which enjoy a high degree of honesty, consistency and objectivity. These tests were presented to the experts and specialists, to seek their opinions about nominating what they deem appropriate. Variables and special and valid tests to measure the variables under study. The researcher used the percentage law to determine the percentage of agreement, and took a percentage of (75%) or more.

Exploratory experiments:

- 1- The first pilot of Gibala-style exercises used in the research:
- 2- The researcher conducted the exploratory experiment on 6/26/2023, corresponding to Monday.
- 3- The second exploratory test experiment used in the research:
- 4- The researcher conducted the exploratory experiment on 7/1/2023, corresponding to Saturday.

Pre-tests:

The researcher conducted the pre-tests for two days. The first day was for bio-motor ability tests, and the second day was for skill tests, on 7/9/2023, Sunday, in the sports hall at Al-Shuala Sports Club at exactly 3 p.m. The results were recorded according to the conditions of the tests. The specifications are in lists prepared by the researcher, and the researcher took into account the circumstances related to the tests in terms of time, place, tools and devices used, method of implementation, and the supporting work team, in order to provide them in the post-tests that will be applied later.

Main experience:

It is the basic experience that the researcher applies to solve or arrive at methods that help solve the tagged research problem.

The researcher applied the exercises that were prepared to the players on 7/13/2028, corresponding to Saturday, in the hall of the Al-Shouala Club. The number of units reached (24) units, at a rate of (3) weekly units on days (Saturday, Monday, Wednesday) for a period of two months. (8) weeks, which is a sufficient period for the effect of the training to appear on the research group. The number of exercises used in one unit was (5) various exercises, with a total of (25) exercises. The duration of the units ranged between (20-35 minutes), as the researcher applied the exercises in The main part of the training unit is as shown in Appendix (1). The exercises were implemented with the help of the assistant team and under the supervision of the researcher, and the training units were completed on (9/13/2023) on Saturday.

Description of the exercises used:

The exercises varied in number and type according to the muscles involved in the performance and what is appropriate to the skills investigated, as the work in them focused on strengthening the work of the muscles and the bio-motor abilities involved in the performance of the indoor soccer players. These exercises are concerned with developing the bio-motor abilities (strength distinguished by speed in the legs, explosive power in the legs, and endurance. For both legs)

Motor abilities (balance, agility, flexibility)

The exercises prepared by the researcher are easy to perform as they are applied on the ground or through appropriate training methods.

Exercise application:

The components of the exercise load were prepared according to references and sources and were concluded as follows:

- 1- Repetitions of (3 or 10) repetitions, depending on the type of exercise.
- 2- Groups of (2) groups.
- 3- Rest between sets (180 seconds)
- 4- It took time for each unit (20-35 minutes).
- 5- The intensity was determined according to the goal of each training unit and the difficulty of the exercises selected in that unit, and ranged between (85%-95%).
- 6- Load ripple (1:1) – (1:2) was applied.

Posttests:-

The researcher conducted the post-tests on the research sample on September 16, 2023, which coincided with a Saturday. He conducted the test for the selected abilities and skills and recorded the data. The researcher followed the same procedures in the pre-tests.

Statistical methods:

The researcher used the Statistical Portfolio for Theoretical Sciences (SPSS), version (23v) to obtain all research results.

Presentation, analysis and discussion of results:

Presentation of the test results (pre- and post-test) for the experimental group in the bio-motor abilities tests and their analysis:

Table (3-1) Arithmetic means, standard deviations, the value of the difference of means and deviations, and the value of (T) calculated for the pre- and post-tests for the variables of the biomotor abilities of the experimental group

function	Calculated T value	Experimental group posttest		Experimental group pre-test		unit	Variables
		A	S	A	S		
morel	4.582	0.265	4.595	0,259	4.643	sec	Transitional speed
morel	8.472	1.602	34.17	3.204	21.33	repetition	Debne
morel	8.454	1.366	21.67	1.633	12.67	degree	Back flexibility
morel	9.684	7.139	98.17	5.456	81.83	cm	Leap forward
morel	5.165	0.597	5.440	0.820	3.361	min	Balance
morel	6.726	0.529	14.590	0.645	17.155	sec	Multiple runs with the ball between the posts

At a significance level of (0.05) and a degree of freedom (9)

Discussion of the research results of the biomotor abilities tests of the research group:

By looking at Table (3-1), we notice the significance of the research results for tests of biomotor abilities between the pre-test and post-tests, and in favor of the post-tests. The researcher attributes these results to the use of the Gibala method, in which the researcher prepared a set of various exercises that are appropriate to the bio-motor abilities used for skills in the game. Futsal football, as attention to the training units for the exercises used has a great impact on the fact that these exercises focus work on the muscle units involved in the performance, and the distinctive quality of the exercises in implementation contributes greatly to focusing their effect on those muscles, as the use of the Gibala method, which focuses By working to strengthen the muscles involved in performance and involving a larger amount of muscles in one training unit, the selected bio-motor abilities have been carefully prepared for the overall appropriate exercises because they are important in developing the skills of futsal players. The primary interest was in motor abilities such as explosive power. And the strength distinguished by speed in the arms and legs, because muscular strength is the basis for building the body as a whole and the most important factor in improving and developing skills, as this agrees with the opinion of (Metal, 1986, p. 37), as he says that any training curriculum must include an element of muscular strength, as well. I agreed with DeCarlo's opinion "that muscular strength is the first factor in developing skill performance" (Decarlo, 1963, p. 37)

The researcher's interest is also in employing bio-motor abilities that are compatible with the selected skills for the purpose of developing the level of players' performance to the maximum extent, because the connection that exists between skills and abilities can be exploited in a positive way. The result of the work on developing bio-motor abilities will be the benefit to the skills because they are directly affected by the development of abilities, as confirmed by him. (Mahmoud Al-Shatti and others) “that there is a close connection between motor skills and the physical characteristic that the player acquires in the training process” (Al-Shatti, 1990, p. 42)

In developing explosive power, the researcher relied on a diverse training curriculum that varied in intensity, loads, and rest. “The logical distributions contained in the training load must be changed in order in order for them to be effective among the players” (Yassin, 1985, p. 390)

Displaying the test results (pre- and post-test) for the experimental group in the skills tests and analyzing them:

Table (2) Arithmetic means, standard deviations, the value of the difference of means and deviations, and the value of (T) calculated for the pre- and post-tests of skills for the research group

function	Calculate d T value	Experimental group posttest		Experimental group pre-test		unit	Variables
		A	S	A	S		
morel	4.853	1.446	9.666	1.104	8.566	repetitio n	Handling
morel	3.474	0.928	10.658	0.899	10.898	sec	Rolling
morel	4.014	0.802	4.333	0.949	3.833	repetitio n	Scoring

At a significance level of (0.05) and a degree of freedom (9)

Discussing the results of the pre- and post-tests of the skills of the research group:

By looking at Table (3-2), we notice the significance of the tests and in favor of the post-test of the investigated skills. The researcher attributes these results to the use of exercises that the researcher took great care in selecting and preparing those exercises in a way that is commensurate with the level of the research sample and the nature of the game, and that work on bio-motor abilities has been Contribute to the development of skill abilities, as working on it has the advantages that make it possible to work on it with a large number of diverse exercises. The researcher selected what is compatible with the sample level of motor abilities. “Care is taken in choosing exercises that achieve the goal, contributing to the players reaching the required level of performance over a period of time.” specific time frame for training” (Al-Mukhtar, 1998, p. 17).

The researcher was also interested in the time duration of the units, their number during one week, and the duration of the training curriculum developed by the researcher, as the training process is a long-term process, and if we need to work on developing a specific ability or skill, we need a period of no less than eight weeks for changes to appear among the trainees, and therefore The

researcher was looking to take enough time to suit the ability of the players, and determining the duration and number of units came as a result of applying the Gibala method, which relies primarily on increasing intensity, increasing the rest period, and reducing the number of weekly units, and because this “training process is a constructive process that works to develop physical and motor capabilities and develop them up to Achieving the best performance” (Hassan, 1983, p. 16).

The process of training and good planning of the training curriculum using the Gibala method has indirectly affected the skill performance of the futsal players, meaning that the outcome of the training work on bio-motor abilities has paid off and developed the players’ skill skills in general and is confirmed (Aisha Muhammad Al-Fateh, 2019).) which indicated that “good planning of an exercise program and standardization of training loads in a scientific and appropriate manner resulted in physical improvement that was reflected in the level of skill performance” (Al-Fateh, 2019, p. 155)

Conclusions and recommendations

Conclusions:

- 1- The Gibala-style exercises have effectively affected the biokinetic research variables and developed the level of players.
- 2- The exercises selected by the researcher had an indirect effect on developing the skills studied due to the improvement of their skill level in the post-tests.
- 3- The players showed a willingness and positive enthusiasm to use Gibala’s method because it has shown tangible results on the ground.
- 4- The use of modern and diverse training methods adds a kind of excitement and attracts the attention of the players to practice on them, and this was clearly evident during the duration of the experiment.

Recommendations:

Based on the research results reached by the researcher, the researcher recommends the following recommendations:

- 1- The researcher recommends working with the Gibala method because it reduces the number of units and gives the same results for more training units.
- 2- The researcher recommends developing this method by conducting multiple studies to make it a competing method with methods known at a more level.
- 3- The researcher recommends diversifying the training work and making physical training directly connected with skill training to reduce time.
- 4- Conduct similar research for different groups and samples and apply it to open football and for both genders.

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