

**THE EFFECT OF EXERCISES ACCORDING TO TOLMAN'S THEORY IN
DEVELOPING FOOTBALL HANDLING AND SCORING SKILLS FOR YOUNG
PLAYERS**

Qamar Lafta Safi

(University of Basra) Qamarlafta2@gmail.com

Dr . Montather Majeed Ali

(University of Basra) montader.ali@uobasrah.edu.iq

Because of the importance Didactic exercises in Develop basic football skills The researcher found it necessary Using special exercises that are appropriate to develop better and faster handling and scoring skills These exercises have their own advantages And influencing the development and learning according to Tolman's theory, hence the importance of research in using exercises according to Tolman's theory in developing the skills of handling and scoring in football for juniors. As for the research problem, it lies in the lack of use of educational exercises based on scientific foundations and theories in the stages of learning basic skills, handling and scoring for football players, and this negatively affects the tactical and skillful performance, which affects the results of the team. Tolman). The research aims to identify the effect of exercises according to Tolman's theory in developing the skills of handling and scoring in football for young people. The areas of research are the human field, which are the players of Al-Deir Sports Academy, whose number is (24) athletes, with ages from (14-16) years. 7/2022 to 1/9/2022 As for the spatial field, the stadium of Al-Deir Sports Academy. As for the second chapter, it included theoretical studies, and the tests used in the research were the handling test and the scoring test, which included pre and post tests. As for the fifth chapter, it included conclusions and recommendations, and from this the researcher concluded that the use of exercises according to Tolman's theory in developing the skills of handling and scoring has an effective and influential role in changing the behavior of the individual learner.

1- Introducing the research

1-1 Introduction and the importance of the research

And stand out Importance search and need mechanism from during Preparation exercises educational H on according to theory Tolman To develop skills early foot for players rookies from Okay Contribute effective in Upgrade level the performance skillful for players rookies in foot ball. They are the basic rule as well Upgrade in Building skillful kinetic According for a theory tolman, The player get up with an experiment many from movements different in pitch and encourage its performance, And he launches on her "Maps kinetic (cognitive maps). And he rises Analyze Results and learning from errors that commit it. And from during this is amazing the operation, complete to improve skills sports and improve performance player, whereas "participation positive for the learner from during practical interaction continuous between learner And the curriculum in position educational require from

him selection response Occasion that allow for him continue and lead to effectiveness learning (Aziz & Karim, 2019)

1-2 Research problem:

The researcher found the use of traditional educational curricula that are concerned with presenting the exercise through explanation and presentation ,in an exciting and responsive manner ,and this method has become outdated and does not meet the development taking place in modern football. And therefore had become from the necessary investigation and search for a purpose finding Methods Modern Depends on theories Scientific discreet And here Refuge researcher to Approval Specific exercisestheory Tolman In developing handling and scoring skills in football for juniors

1-3 HD Search:

1- Recognize the effect exercises according to Tolman's theory in develop handling and scoring skills football for young players.

1-4 Research hypotheses :

1-There are statistically significant differences between the pre and post tests in the applied sample exercises according to Tolman's theoryIn favor of the post-test.

3-The exercises on according to theory Tolman theory are better than the traditional approach to the development handling and refugee football skills.

1-5-Research areas:

1-5-1 human field: playersAl-Dair Sports Academy

1-5-2 The temporal domain:period from 10/7 / 2022 AD to 1/9/2022 AD

1-5-3 The spatial field: a playgroundAl-Dair Sports Academy

3- Research methodology and field procedures

3-1- Research Methodology:•

Curriculum:"he The Road that Lead to a statement fact certain , and that nature the problem specify researcher by choice curriculum the appropriate for this the problem (Al-Mohammadi, 2021)

The researcher used the experimental method. The two equal groupsIn order to suit the nature of the research 0

3-2 Research population and sample:

The research community was selected by a comprehensive enumeration method from the players of the Al-Deir Sports Academy for football (the junior category), which numbered(60) playeraAges (14-15) yearsAnd was chosenresearch sample membersAnd the number of them(24)twentyjumpersThey formed a percentage of (40%) of the research community, They were divided randomly by drawing lotstotwo setsby (12)TwelveplayeraEach group becomes the first group exercises based on Tolman's theory are usedsubject to practicecurriculumproposed tutorialThe second group uses the traditional approach and is subject to the practice of the trainer's approach

3-3-Devices, tools and means of collecting information used in the research

Arabic and foreign references and sources. Standardized testsFor my handling and scoring skills. Information network.Information formthe sample .Questionnaire form for the opinions of experts and specialists.stopwatch (3).football stadiumLeather tape measure (50 m) long. Plastic signs number (24). 6 whistle. football type (adidas20). Colored sticky tapes, colored cards

Small moving targets (illegal and of different sizes) with nets.

3-4tests used in the research

3-4-1 Handling test towards a small target (10m) away (Hamza,1999)

The purpose of the test:-Measure handling accuracy.

Tools:-

1. Football (3) 0
2. tape measure0
3. Small target (75 x 100 cm).

Performance Description:-

The tester stands with the ball at a distance of (10 m) from the goal, and when he hears the signal, he handles the ball while it is fixed towards the goal.

Performance conditions:-The test starts with ball number (1) and ends with ball number (3).

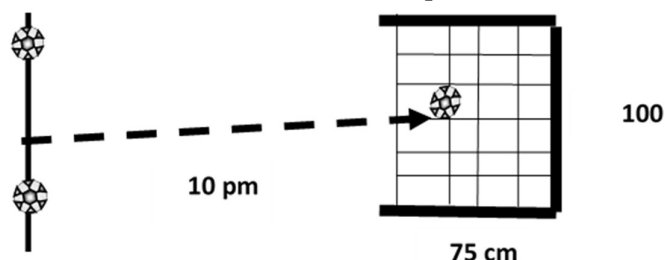
Registration method:-

The tester is given (3) attempts.

It counts for the laboratory (two marks) for the successful attempt.

It counts for the tester (one point) for the attempt in which the ball touches the crossbar or the posts.

A zero score is calculated for the tester for the failed attempt.



the shape(3)

It is clear a test handling towards Goal small on after(10M)

3-4-2Goal scoring test . (al-Khashab et al., 1999)

The purpose of the test: to measure accuracyscoring

Tools needed:

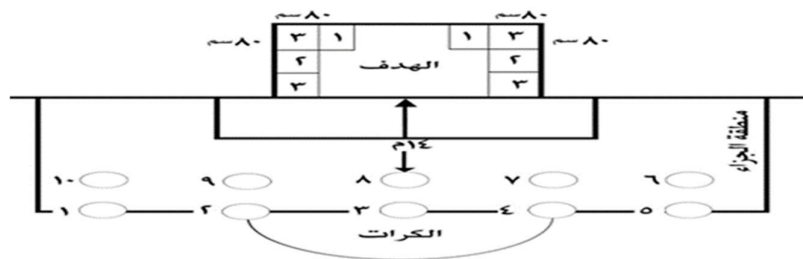
Football field, soccer balls number (10), tape to designate an area scoring to hide , measuring tape

Test procedures:placed(10) Footballs are placed in various places on the line and inside the penalty area, as shown into the form below and the player does by scoring in the areas indicated in the test according to their importance and difficulty, and in sequence, one after the other test from a running position, And the test starts with ball number (1) and ends with ball number (10).

registration method: Calculate the number of injuries entered the sides of the four targets specified on each side of the goal and any of the feet are touched so that the scores of each of the ten balls are calculated.aT:

(3) Scores when scoring in field No. (3) (2) StaircaseHWhen scoring in field No. (2)

(1) StaircaseHWhen scoring in field No. (1) (0) Zero in the rest of the other goal areas given to Player only one attempt



theappearance (4)

Demonstrating the goal scoring test

3-6 field research procedures

3-6-1 Pre-tests

Have been Pre-tests For my handling and scoring skills on Friday 8/7/2022 pmin a playgroundAl-Dair Sports Academy and that was after that Locate the members of the research sample in its two experimental groups that workwith exercises according to Tolman's theory and the controlthat worksin the traditional method

3-6-2 Implementation of the proposed curriculum .

After conducting the exploratory experiment and ensuring the integrity of the procedures followed, the tests, and the method of applying the curriculum, the implementation of the main experiment was initiated through the implementation of the educational units.And he has the researcher applied curriculum exercises education proposed the members of the group for the period of 10/7/2022 until 1/9/2022 in a playground yard Al-Dair Sports Academy for (8) eight weeks, with (3) three educational units in week ,so the time of the educational unit was 90) minute, And the curriculum units have been applied on Sundays, Tuesdays and Thursdays of each week

The researcher intentionally designed the educational exercises according to Tolman's theory, as most of the proposed exercises fell within the three basic rules of Tolman's theory, as follows:

First: Suggested exercises according to Tolman's spatial learning: that object District during his interactions with positions Acquire Knowledge around the environment in which Complete organize it on appearance maps Mentality for the place and site Objectives and means possible leading she has, and not merely Links between exciting and responses and this is encourage players on Connection And realize Place and distances between them

Second: Suggested exercises according to Tolman's expectation learning:And depending on that be seen Tolman that individuals they use realizations and outlook different that they get on her from Of experience educational multi in which Complete plural Some of them to some to achieve Objectives and response on Toward suitable with Situation And the statuses new And from the necessary for the player distribution corner look and contact with players and expect performance fellow and competitor

Third: Suggested exercises according to Tolman's latent learning: And from this starting point van a lot from Of experience that Complete Learn it Stay latent until let go the opportunity to

appear or when Requires Situation Use like This is amazing Of experience.and that parts from Knowledge learn it object District and remain like This is amazing parts latent in memory until become the need pressing to be used in investigation Goal what.And must on player Attention And think rapid to find the solution the appropriate to perform

3-6-3 Dimensional tests

The researcher baby post-tests for skills on Friday 2/9/2022 AD in same Spatial and temporal conditions, tools and devices used in pretests And also with helpsame Auxiliary staff.

3-7-The statistical methods used

The researcher used the statistical program (spss-vev 17) to process the data

4-1- display results

4-1-1 -presenting and analyzing the results of the skill variables of the pre and post tests of the experiment group.

Schedule (1)

Shows the differences The two tests Pre and post in the skill variables of the experimental group

SigSignificant significance	sjmh (t)calculated	Evolution rate*	Remote		Tribal		measruing unit	variants
			P	S	P	S		
0.000	7.244	%39.695	0.753	5.250	1.193	3.166	degree	handling
0.000	17.392	%41.178	1.505	24.083	1.585	14.166	degree	scoring

Through the above table, as it confirms the significant differences between the two arithmetic means of the variables of the experimental group and indicates the existence of significant differences between the pre and post test and in favor of the post test.

4-1-2 Display the results of the skill variables of the testy en Pre and post control group analysis.

Schedule (2)

Shows the differences between The two tests Pre and post skill variablesto for the control group

SigSignificant significance	sjmh (t)calculated	Evolution rate*	Remote		Tribal		measruing unit	variants
			P	S	p	S		
0.001	4.750	%21.987	0.717	4.166	1.055	3.250	degree	handling
0.003	3.804	%8.427	1.527	14.833	1.564	13.583	degree	scoring

Through the above table confirms morale differences between the two middles Arithmetic for the two variables of the control group weddle on existence differences morale between the test tribal and my distance and in favor the test remote.

4-1-3-an offer results variants skill for tests dimensionality for both groups Experimental And control and analyzed.

Schedule(3)

Show the middle Arithmetic and deviation normative And rate(t) calculated for the post-tests of the experimental and control groups

Sig morale indication	Valuable * calculated	The group control	The experimental group according to Tolman's theory	variants	T

		Standard deviations	computational circles	Standard deviation	computational circles		
0.001	4.733	0.717	4.166	0.753	5.250	Passing accuracy (handling)	3
0.000	15.300	1.527	14.833	1.505	24.083	scoring	4

when degree freedom(22)And at level(0.05).

Through the above table, as it confirms the significant differences between the two arithmetic means of the two variables for the two groups, and indicates the existence of significant differences between the dimensional measurements of the members of the two groups and in favor of the experimental group.

4-2 Discuss the results

4-2-1 discussion results the exams tribal and remoteness in skills the basic for my group Experimental on according to theory Tolman and the control group.

it turns out from during schedule(1,2)Existence spreads function statistically between the exams tribal and remoteness for every The two groups in variants skill((Accuracy pass the ball(handling)-scoring))And in favor the exams dimensionality for the group Experimental As for group control so that there spreads morale for skills according Processes Statistical And in favor the exams dimensionality

And that the experimental group is subject to a curriculum according to Tolman's theory of motor learning in the form of specific exercises that develop basic skills with specific and standardized timetables .(Gabr, 2005)

(Khyun, 2002) mentions (that the main goal of all educational methods is to give a picture of the intended goal of the learner, and when there is a clear picture in the mind of the learner, we expect correct performance.. that is, taking the correct image is a positive step towards correct learning . (Khayoun,2002)

It is necessary to take into account the tactical aspect of learning skills because it is of great importance in acquiring and developing basic skills .that the side schematic early foot Need to the side Cognitive Firstly in area the game in a form general And in area the performance in a form private , And he needs for process link between what own it player from skills kinetic basic And between what has from information around to implement the performance skillful in a form the correct" (Katie & Aziz, 2020)

so that Species learning when Tolman HAnd learning spatial and learning on road anticipation and learning latent And Uses Tolman Concept anticipation to explain Effect all from training and generalization And move on Practical compete responses And this types she has Effect big in acquisition the individual for skills and information on road to understand and clairvoyance and absorb for a concept skill or the movement Than make easy Learn it and avoid errors and that learning spatial mean by learning a map Place and domain the movement And lhave distinguish Tolman between learning and performance, Just his belief that it not necessarily that what Complete learn it He appears on Toward direct in the behavior, and this is what launch on him by learning latent.

4-2-2discussion results the exams dimensionality for skills the basic for my group Experimental on according to theory Tolman and the control group:

Show schedule(3)results the exams dimensionality in variables search between group Experimental on according to theory Tolman and group control and results Emphasizes existence spreads morale in variables search And in favor group Experimental

And it is likely researcher This is amazing Results to existence spreads morale for skills the basic to effectiveness curriculum educational on according to theory Tolman in development skills the basic I have rookies, ,and that a reason Back insignificant And Role Knowledge main for the boss in practical learning that Obtain I have educated from during Knowledge and experience good in to choose curriculum educational the appropriate in the game.

This was confirmed by Kariman Muhammad Badir (2001).M)"an choose the appropriate method to learn a skillaand her topicalt has a great impact on achieving the objectives of the course, and the methods differ according to the skillsaand topics . (Badir, 2012)

,And see herean for each method there Curriculum followed or educational procedures that affect the learning process and the delivery of the individual player to achieve its educational objective,And that athletes use modern and non-traditional methods to improve the level of their skillful performance. (Ben jamin koh,2012)

According to the principles of cognitive theory that the playerHe learns when he understands and understands relationshipsand skillsAnd when learning occurs, it develops clairvoyance processes or it sees things in a new way.This theory emphasizes encouraging the learned players and giving them feedback as well, which would motivate them to learn many things by relying on themselves and by dealing with each other.And so on"Cognitive learning respects the learner's humanity and transforms him from a dormant membership into an active active one, with goals and striving towards achieving an effective personality, a thinker, an inventor, an organizer of the situation, and an initiative towards planning his future. (Qatami,1998)

Andthat "practical learning and education she phrase on engage the teacher for the learner sharing actual in That the operation " (Issa & Shaker, 2020)

Undoubtedly an traces Understanding and mental knowledge on subsequent learning obtain essentially by influencing the cognitive environment players, where that Preparation aenvironment thetypical for exercises and circulate it and organize it he key building Unit educational that you rise And get better the performance skillful that associated engagement directly with the performance schematic)Hamid et al., 2021(

and aThis development in the level of performance of the players was the result of the correct applicationThe educational unit and the benefits it contains as a result of using a method according to Tolman's theoryAs well as applying appropriate exercises commensurate with abilitieseducatedand skills to be learned. AndthatlearnerHe learns the more he makes a cognitive mental effort, and the more he turns from negative to positive affirmative and in the use of higher cognitive mental processes that the learner exercises in front of any experience, he exercises these cognitive processesThe player has an image of the skill to be learnedHis cognitive strategies are reflected in his treatment of issues, situations and problems direct It Performance praise

5-1 The conclusions

In light of the results of the study and investigationaFor its objectives, the researcher concludedfollowing :

1- thatThe educational curriculum is exercises according to Tolman's theory, which has a positive and effective effect on developing the skills of handling and scoring in soccer for juniors.

5-2- Recommendations

In the light of the results of the study and according to the conclusions and results of the study within the limits of the (sample) And their interpretations and analyzes recommend the researcher the following:

1- The need to adopt the educational curriculum (exercises) according to Tolman's theory, because of its great impact in developing the skills of handling and scoring in soccer for juniors.

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