

THE CONTRIBUTION OF BODY MASS INDEX TO SOME OFFENSIVE SKILLS FOR PLAYERS IN SPECIALIZED FOOTBALL SCHOOLS AGED (14-16) YEARS

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ABSTRACT

The research aimed to identify the percentage of body mass index contribution to some basic football skills for the ages of (14-16) years, while the research fields included the human field with football players aged (14-16) years, and determine the time range for the period from (13/3/2023) until (25/6/2023).

The researchers used the descriptive approach in the manner of correlational relationships, and the research sample consisted of (75) players from specialized schools in football at the ages of (14-16), and the researchers applied skill tests and measured body mass index and extracted the scientific foundations for it, and the system (SPSS) was used to obtain the results of the research, **and the researchers concluded** that the body mass index contributed to a high percentage of offensive football skills for players.

According to the results and conclusions reached, the researchers recommended the need for trainers to pay attention to the BMI variable as one of the basic requirements that affect sports skill performance.

Keywords: contribution, body mass, offensive skills, players, football.

INTRODUCTION

One of the important things that must be paid attention to is to pay attention to the emerging players and take care of them as they are the youth of the future with which nations are built; and all countries pay wide attention to this segment and provide them with all the necessary requirements to develop them and bring them to the upper levels and refine them correctly and codified.

Therefore, it is necessary to conduct periodic tests to find out the lengths and weights of the players to know the body mass index because of its great importance in performing skills with agility and accuracy, and due to the lack of nutrition experts for these categories, which depend on fast food, which contain calories that increase body weight if there is no energy spent according to metered exercises to make the most of them and the formation of an ideal mass index that helps players to move properly and perform skills properly and accurately, and this is consistent with What he went to (Khalid bin Saleh Al-Muzaini, 2001) about the importance and benefits of proper nutrition and its positive impact on sports performance, as there is no minimum Now doubt that what the

athlete eats and drinks will affect his health, weight and body composition and fuel sources in it, as optimal nutrition improves physical activity. Hence the importance of the research in identifying the body mass index and the percentage of its contribution to the performance of some offensive football skills to be a guide for players and coaches alike to benefit from them in the future.

Research Problem:

Due to the importance of body mass index in the game of football and its active role in the performance of offensive skills, the researchers decided to identify the situation reached by the players and know their skill levels, as well as identify the percentages of contribution to the body mass index in the performance of some offensive skills, which will be scientific evidence for the benefit of players and coaches alike.

Research Objectives:

Identify the level of players in the body mass index and some offensive skills of the research sample.

Identify the relationship between BMI and some offensive football skills in the research sample.

Identify the percentage of body mass index contribution to some offensive football skills among the research sample.

Research areas:

human field: a sample of players specialized schools football ages (14-16 years).

Spatial area: Football fields in the specialized schools studied.

Time Domain: Period from (13/3/2023) to (25/6/2023).

Research Methodology and Field Procedures:

Research Methodology:

The method is the scientific path followed by the researchers to solve a specific problem and that the research methodology fits with the objectives and the problem to address it (Dhafer Hashem Al-Kazemi, 2012), and therefore the researchers used the descriptive approach in the style of correlational studies.

Research community and sample:

One of the things that must be taken into account in the field of research is the selection of the sample that represents a real representation of the research community, and the research sample was represented by the players of specialized schools in football, numbering (75) players, with a percentage of (88.24%), and the researchers conducted the exploratory experiment on (10) players from outside the research sample, so that the total research community became (85) players.

Means of gathering information, devices and tools used:

Means of collecting information:

❖ Scientific sources (Arab and foreign).

- ❖ Observation.
- ❖ Testing and measurement.
- ❖ Internet.
- ❖ Auxiliary staff.
- ❖ Information registration forms.

Devices and tools used:

The researchers used the following devices and tools: (1 electronic clock), 1 manual electronic computer, 1 electronic computer, 1 legal football, 10 signs, whistle, football field, 1 medical weighing scale, 1 ristometer.

Measurements used in the research:

Measurement of length:

The length of the body is measured to the nearest centimeter, using the length scale, and the process of measuring the length must be done without shoes, and the examinee is erect, and it is taken into account that the head of the examinee is pressed by the scale plate, especially when the hair on the head is thick (Hazza bin Muhammad Al-Hazza et al., 2001).

Weighing:

Body weight is measured to the nearest (100) g (0.1 kg) by a calibrated scale, preferably digital, and the measurement process is done without shoes and with the least possible clothes on the body of the examinee, and it is necessary to take into account not to put the balance on a soft floor (such as carpets or foam mattress) when performing the measurement process (Hazza bin Muhammad Al-Hazza et al., 2001).

Body Mass Index (BMI) measurement and determination of overweight and obesity:

Body Mass Index (BMI): Extracted by dividing the weight (kg) by the square of height (meters).

Identification of Offensive Skill Tests in Football:

The researchers adopted standardized tests as they are specialists, including handling (Muwaffaq Asaad Mahmoud, 2007), rolling (Muhammad Abdo Saleh and Mufti Ibrahim, 1994) and scoring (Zuhair Al-Khashab and Muhammad Khudair Asmar Al-Hayani, 1999).

Exploratory experiment:

The exploratory experiment was conducted on a sample of (10) players from the specialized school, in order to find out the time it takes to implement the tests and measurements used, the difficulties that the researchers may face, and to know the ability of the assistant team on how to use the devices and tools as well as the time taken by the tests.

Main experience:

The researchers applied the tests and measurements to the main research sample of (75) players under the same conditions in the exploratory experiment.

Statistical media:

The ready-made statistical kit (SPSS) (vr21) was used for statistical treatments:

Presentation, analysis and discussion of results:

After the researchers conducted tests and measurements of the research variables, the results were treated statistically and the results are presented in tables, analyzed and discussed.

Presentation and analysis of the results of the BMI's contribution to some offensive football skills:

In order to reach the extraction of the values of the BMI contribution ratios in some offensive football skills, the researchers adopted the appropriate statistical features, and the following tables show this.

Table (1) :Shows the descriptive statistical features and torsion coefficient of the search variables

Variables	Unit of measurement	mean	media	Standard deviation	Torsion coefficient	Total
Body mass index	kg/meter	24.710	24.622	0.717	0.160	Smooth
Rolling skill	Time	28.994	28.487	1.934	0.751	Smooth
Handling skill	Grade	7.600	8.000	0.843	- 0.389	Smooth
Scoring skill	Grade	10.600	10.500	1.506	0.117	Smooth

Table (2) :Shows the simple correlation coefficient, contribution ratio, standard error of estimation, value of (F) and its level of significance between body mass index and rolling skill of the research sample

Simple link	Contribution Percentage	Standard error	Degree of freedom	F value	Significance level
0.943	0.890	0.252	74	64.722	*0.000

(*) D statistically at the level of significance $\geq (0.05)$

Through our observation of Table (2), it is clear to us the value of the simple correlation of the rolling skill in terms of the body mass index, as it reached (0.943) and the contribution ratio (0.890) and a standard error rate of (0.252), and it is clear to us that the independent variable (body mass index) has contributed to the performance of the skill (rolling.) at the research sample through the moral value (F), as it reached (64.722) and the degree of freedom (74) and the level of significance (0.000).

Table (3) :Shows the simple correlation coefficient, contribution ratio, standard error of estimation, value of (F) and its level of significance between body mass index and handling skill of the research sample

Simple link	Contribution Percentage	Standard error	Degree of freedom	F value	Significance level
0.884	0.782	0.355	74	28.691	*0.001

(*) D statistically at the level of significance $\geq (0.05)$

Through our observation of the table above, it is clear to us the value of the simple correlation of the handling skill in terms of the body mass index, as it reached (0.884) and the contribution ratio (0.782) and a standard error rate of (0.355), and it is clear to us that the independent variable (body mass index) has contributed to the performance of the skill (handling.) The research sample has a significant value of (F), as it reached (28.691) with a degree of freedom (74) and a level of significance (0.001).

Table (4) :Shows the simple correlation coefficient, contribution ratio, standard error of estimation, value of (F) and its level of significance between body mass index and scoring skill of the research sample

Simple link	Contribution Percentage	Standard error	Degree of freedom	F value	Significance level
0.974	0.949	0.173	74	147.426	*0.000

(*) D statistically at the level of significance $\geq (0.05)$

Through our observation of the table above, it is clear to us the value of the simple correlation of the scoring skill in terms of the body mass index, as it reached (0.974) and the contribution rate (0.949) and a standard error rate of (0.173), and it is clear to us that the independent variable (body mass index) has contributed to the performance of the skill (scoring.) at the research sample through a significant value (F), as it reached (147.426) with a degree of freedom (74) and a level of significance (0.000).

Discuss the results of the contribution of BMI to some offensive football skills:

Through the significant results of the ratios of the contribution of the body mass index to the performance of some offensive skills for football players aged (14-16) years, and the researchers attribute the reason for this to the importance of the ideal body mass of the players, which is reflected positively in the performance of motor skills and it is necessary to understand that every sports event needs a certain type of body in order to achieve success according to the type of competition within the same sports activity, physical measurements are individual characteristics that are related to the degree of Great in achieving high sports levels, because each sports activity has special physical requirements that distinguish it from other other activities, and these requirements are reflected in the specifications that must be met in those who practice them, and there is no doubt that the availability of these requirements among

practitioners can give an opportunity for the possibility of developing the game and this is what he pointed out (Abu Ela Ahmed Abdel Fattah and Ahmed Suleiman, 1986) that the provision of appropriate bodies as one of the important pillars of the Access players to the highest possible sports levels, as well as confirms (Marwan Abdul Majeed Ibrahim, 1981) that each type of sports activities to need physical measurements especially in order to reach high levels must be the body suitable for the type of activity practiced because cannot achieve high skill levels in a particular activity unless the availability in practice measurements consistent with the requirements of this activity and it that the quality of the bodies and proportionality with each activity play an important role in raising the level Athlete to top.

CONCLUSIONS

- ❖ High correlations between BMI and players' offensive football skills .
- ❖ The BMI contributed a high percentage to all the offensive football skills of the players.

Recommendations:

- ❖ The need for coaches to pay attention to the BMI variable as it is one of the basic requirements that affect sports skill performance.
- ❖ The need to design other tests for different samples and categories of both sexes.

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