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The Effect of Practice on The Level of Performance of Some Basic Soccer Skills Among Young Women in Palestinian Clubs

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ABSTRACT

The study aimed to identify the level of skillful performance of some basic soccer skills among young female players in Palestinian clubs, in addition to identifying differences in the level of performance according to the variable years of playing: 1-2 years, 3 years or more. To achieve this, the researchers used the descriptive approach, using and conducting skill tests (running with the ball, passing, controlling the ball, shooting, hitting the ball with the head), on a stratified random sample of (89) emerging female soccer players. The results of the study showed that the level of skillful performance of some basic soccer skills among female soccer players in Palestinian clubs was between average and good, in terms of the averages of the skill tests under study, as the average results of the ball running test was (17.01)/s, and the average passing skill was (11.6) times, controlling the ball had an average of (14.87) times, shooting skill with an average of (14.43) times, and hitting the ball with the head had an average of (4.04) times. The results of the study

showed that there are no differences in the level of skillful performance among female soccer players depending on the variable years of playing, with the exception of the controlling the ball skill, for the benefit of three years or more. The researchers recommended the necessity of working to improve and develop the level of skill performance for basic skills among female soccer players in Palestinian clubs and this is through continuity of training.

Keywords: Basic skills, soccer, playing years, young female soccer players, Palestinian clubs.

INTRODUCTION

Soccer is one of the sports that is followed and practiced by most of the world. It has received attention before researchers and scientists to reach a high level of performance as the requirements of this sport are constantly increasing with the increase in sports competitions.

Soccer is one of the most popular and widespread games in the world and is ranked first in terms of its fan base. It has also received ample attention and studies in order to improve it for the better. This is due to several factors, the most important of which is the large number of its practitioners and its lack of special requirements and equipment for its performance [1].

The game of soccer is characterized by its abundance of skills and diversity, as well as its connection to the physical elements. This characteristic has given the game special importance, increasing the interest of players to practice it and learn its arts, as well as spectators and those interested in watching it, which has led to it occupying the first place among the various sports The importance of skill in soccer lies in it being a tool or means that enables the player to build and implement plans, either offensive or defensive to win the match. The results of any team depend on the extent of its players' mastery of skills in the different aspects of this game, which involve the two teams exchanging offensive and defensive positions, showing the importance of using offensive and defensive skills and selecting the most appropriate ones in order to adapt to the changing circumstances surrounding their performance. The basic skills are the movements that the player makes with the ball during the match, and they include all methods of handling the ball, such as: passing skill, controlling the ball, running with the ball, shooting, hitting the ball with the head, and kicking the ball with the foot.

The importance of the study lies in determining the level of performance of some basic soccer skills among young female players in Palestinian clubs according to the practice variable of playing years (1-2 years, 3 years or more). To add on, to draw the attention of coaches to consider the principle of continuity, training and non-stop playing of soccer, in order to develop and improve the level of performance of basic soccer skills among young female players in Palestinian clubs.

The Problem of the Study

The game of soccer is characterized by the rapid, changing rhythm of the players' movements on the one hand, and on the other hand, the difference in the players' tasks, which is due to the different positions and centers of the players and the physical characteristics and basic skills that each player possesses that qualify them to play in one position over the other. Also, the more the player has physical, skillful abilities, high tactical and psychological abilities and the

ability to display them in actual competitive atmospheres, the higher the chances of winning matches and turning their course to their advantage, and this can only be achieved through practice, experience, continuity of training, and non-stop playing. Henceforth, the researchers came up with the idea of conducting this study with the aim of determining the level of skillful performance of some basic soccer skills among young female players in Palestinian clubs, in light of the variable of playing years (1-2 years, 3 years or more), analyzing it, and then researching practical measures to improve and develop it. The problem of the study revolves around, knowing the effect of (practice) years of playing on the level of skillful performance of some basic soccer skills among young female players in Palestinian clubs.

Objectives of the study

- Identifying the level of skillful performance of some basic soccer skills among young female players in Palestinian clubs?
- Identifying the differences in the level of skillful performance of some basic soccer skills among young female players in Palestinian clubs according to the practice variable of playing years: (1-2 years, 3 years or more).

Study Questions

- What is the level of skillful performance of some basic soccer skills among young female players in Palestinian clubs?
- Are there any differences in the level of skillful performance of some basic soccer skills among young female players in Palestinian clubs depending on the variable of playing years: (1-2 years, 3 years or more)?

TERMINOLOGY OF STUDY

Skill Performance Level

It is the degree or rank that an athlete reaches in terms of motor behavior resulting from the learning process to acquire and master the movements of the practiced activity, if they are performed in a manner characterized by fluidity and accuracy and with a high degree of motivation for the individual to achieve the highest results with economy of effort. The description of the mastery of skill performance is determined by the number that enables the individual to perform the skills of the practiced sporting activity, the diversity and multiplicity of those skills for this activity and their use in training or competition conditions, as well as the degree and manner of the individual's mastery of these movements specific to the practiced activity and the extent of the effectiveness of mastery of this performance when practiced under biomechanical, physiological, and psychological standards [2].

Young Female Soccer Players

Defined as players within the age group of (13-15) years, according to the records of the Palestinian Soccer Association (operational definition)

Study Variables:

- Intermediate variable: Playing years, which has two levels: (1-2 years, 3 years or more)
- Dependent variable: Is the level of skillful performance of some of the basic soccer skills under study.

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STUDY PROCEDURES

Study Approach

The researchers used the descriptive approach due to its suitability and the nature of the study.

Study Population

The study population consisted of young female soccer players in Palestinian clubs for the 2021/2022 sports season, amounting to (350) players distributed among (25) sports clubs, according to the records of the Palestinian Soccer Association.

The Study Sample

The study sample was selected by a stratified random method and consisted of (89) female players, i.e. approximately (37%) of the original study population. The study was conducted in the sports season for the year 2021/2022, where the skill performance tests under study were conducted on the study sample in the month of June and July 2022 AD.

Study Tool

To assess the proficiency of fundamental soccer skills among young female players in Palestinian clubs, researchers referred to several studies [1, 3-7]. Additionally, they employed skill tests whose validity, reliability, and objectivity were confirmed, with particular emphasis on their suitability and stability in the Palestinian context, as demonstrated in studies by Lahlooh et al. (2023) and Abu Tame et al. (2010). Table 1 and Figure 1 present these tests:

Table 1: Soccer skill tests under study.

Skill	Name of the test	Measurement unit	Purpose of the test
Running with the ball	Running with the ball in a zigzag line between the posts back and forth	Seconds	Measuring the player's ability to control the ball while running with it between the posts.
Passing	Ground short pass accuracy test	No. of times	Measuring passing accuracy using the feet.
Controlling the ball	Controlling the ball and dribbling the ball several times within (1 minute)	No. of times	Knowing the number of times, the player dominates during a period of (1) minute.
Shooting	Testing the accuracy of shooting on goal.	No. of times	Measuring accuracy in aiming the ball towards the goal according to the level of the ball.
Hitting the ball with the head	Hitting the ball with the head onto the target.	No. of times	Accuracy of hitting the ball with the head on target.

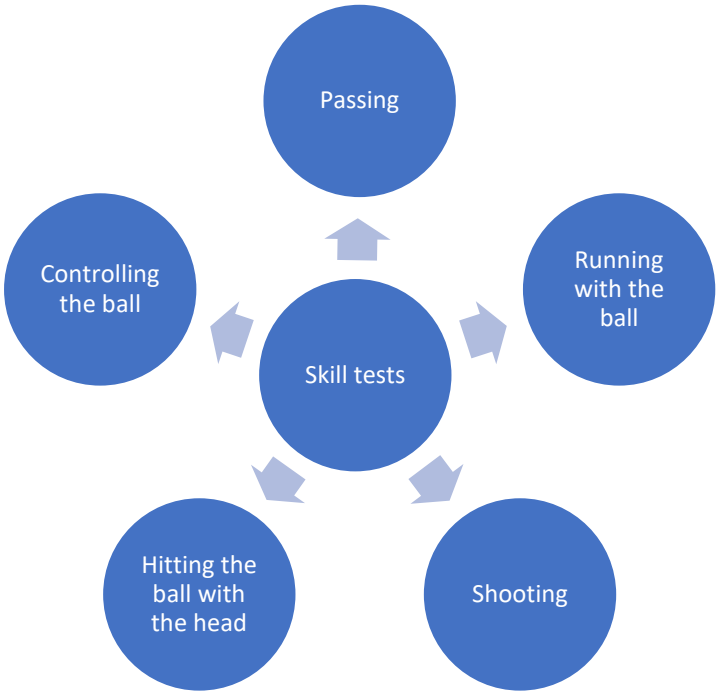


Figure 1: Skill tests under study.

PRESENTATION AND DISCUSSION OF RESULTS

Results Related to The First Study Question

Which states: What is the level of skillful performance of some basic soccer skills among young female players in Palestinian clubs? To answer this question, the arithmetic averages and standard deviations of the results of the skill tests under study among female soccer players were extracted. The results of Table 2 show this, and Figure 2 shows this result:

Table 2: Results of skill tests related to the level of skillful performance among young female soccer players in Palestinian clubs.

Variables		Measurement unit	Measurement (n = 89)	
			Average	Deviation
Skill tests	Running with the ball	Seconds	17.01	2.02
	Passing	No. of times	11.6	0.51
	Controlling the ball	No. of times	14.87	3.65
	Shooting	No. of times	14.43	4.12
	Hitting the ball with the head	No. of times	4.04	1.22

The results of Table 2 indicate that the average results of the running test with the ball were (17.01) seconds, while the average passing skill was (11.6) times, controlling the ball was an average of (14.87) times, and the shooting skill was an average of (14.43) times, and hitting the ball with the head received an arithmetic average of (4.04) times. Figure 2 shows this result:

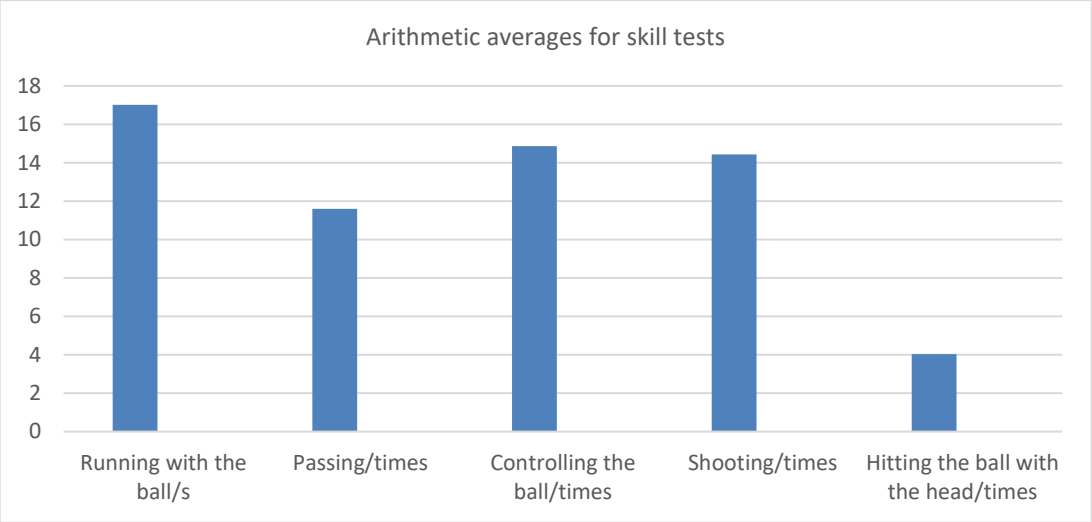


Figure 2: Arithmetic averages for skill tests under study.

The researchers attribute this result to the recent interest of the Palestinian Soccer Association in female sports, as it is at the beginning of its establishment by paying attention to age groups and opening the door for selection to choose female players in clubs that are interested in training the young female players' category, and also is paying attention to the lack of dedicated coaches to train this category and the irregularity of the female's league, especially for the junior category which affects the regularity of training doses. This result agreed with the study of [7] in that the level of skill characteristics among young female soccer players in Palestine was good, and it agreed with the result of both [4] study and the study of [3] in that the level of skill performance of some basic soccer skills among young female players in Palestinian clubs was good, and this agrees with the study of [8, 9], and differs with the study of [10].

Results Related to The Second Study Question

Which states: Are there any differences in the level of skillful performance of some basic soccer skills among young female players in Palestinian clubs depending on the variable of playing years: (1-2 years, 3 years or more)? To answer this question, the researchers used arithmetic averages and one-way ANOVA. The results of Table 3 show the averages, while Table 4 shows the differences in the level of skill performance according to the variable of playing years.

Table 3. Arithmetic averages for the level of skill performance according to the variable of playing years (n=89)

Basic skills	Playing years	Arithmetic average
Running with the ball (seconds)	1-2 years	1.4
	3 years or more	2.5
Passing (no. of times)	1-2 years	1.9
	3 years or more	2.6
Controlling the ball (no. of times)	1-2 years	1.8
	3 years or more	2.7
Shooting (no. of times)	1-2 years	1.7
	3 years or more	2.5
Hitting the ball with the head (no. of times)	1-2 years	1.7
	3 years or more	2.4

Table 4: Results of a one-way analysis of variance (One Way ANOVA) to indicate differences in the average level of skill performance among young female soccer players in Palestinian clubs according to the variable of playing years.

Domain		Source of variation	Sum of Squares	Degrees of Freedom	Mean of Squares	F value	Significance Level
Skill Tests	Running with the ball	Between groups	361.200	15	24.080	.412	.907
		During groups	234.000	4	58.500		
		Total	595.200	19			
	Passing	Between groups	782.800	15	52.187	1.382	.411
		During groups	151.000	4	37.750		
		Total	933.800	19			
	Controlling the ball	Between groups	101.500	15	6.767	54.133	.001
		During groups	.500	4	.125		
		Total	102.000	19			
	Shooting	Between groups	.300	15	.020	.097	1.000
		During groups	.821	4	.205		
		Total	1.120	19			
	Hitting the ball with the head	Between groups	847.633	15	56.509	2.479	.197
		During groups	91.167	4	22.792		
		Total	938.800	19			

*Statistically significant at the significance level ($\alpha \leq 0.05$).

It is clear from the results of Table 4 that there are no statistically significant differences at the significance level ($\alpha \leq 0.05$) in the level of skill performance among female soccer players in Palestinian clubs according to the variable of playing years. The level of statistical significance for the skill of running with the ball was (0.907), the skill of passing (0.411), the skill of aiming (1.000), and the skill of hitting the ball with a head (0.197), which are greater than (0.05). They are not statistically significant, which means that the differences in the level of skill performance among female soccer players in Palestinian clubs is attributed to the variable of playing years, with the exception of the skill of controlling the ball, in favor of (3) years of playing or more, where the level of statistical significance was (0.001), which is smaller than (0.05), thus it is statistically significant. The researchers attribute this result to the fact that the years of playing for female soccer players are not significant in the differences in the level of skill performance, due to the fact that clubs select female players and choose those with a better skill level, by differentiating between the young players themselves before carrying out the process of training and preparing for the sports season. This result was similar to the result of the study [4], in that there were no differences in the level of skillful performance among the female youth soccer group in Palestine due to the variable of playing years, and it differed with the result of the study [11]. The results of the study showed a significant impact of playing positions on the skillful performance of the youthful soccer players.

CONCLUSIONS

Considering the study results and their discussion, the researchers conclude the following:

1. Female soccer players in Palestinian clubs possess basic soccer skills.
2. Female soccer players in Palestinian clubs enjoy a level of skillful performance that helps them perform and practice the game of soccer.

3. There is no effect of playing years on the level of skillful performance among female soccer players in Palestinian clubs.

RECOMMENDATIONS

In light of the study objectives and results, the researchers recommend the following:

1. The necessity of working to improve and develop the level of skillful performance among female soccer players in Palestinian clubs, through practice, continuity of training, and non-stop playing.
2. Coaches adopt skill tests in the selection and evaluation process for female soccer players.
3. The Competitions Department of the Palestinian Federation must organize and implement a special league for female soccer players in Palestinian clubs, to encourage the clubs that train this category to practice, continue training, not stop playing, and develop the skill levels reached by the results of the study.
4. The need for the Palestinian Soccer Association to conduct training courses under the supervision of the Asian and International Federations dedicated to training the female youth soccer category in Palestinian clubs.
5. Conduct another similar study on the category of female soccer players in Palestine.

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