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The Effect of Practice on The Level of Some Elements of Physical Fitness of The Young Female Soccer Players in the Palestinian Clubs

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ABSTRACT

The study aimed to identify the level of some elements of physical fitness among female soccer players in Palestinian clubs, in addition to identifying differences in the level of fitness 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 physical tests (speed, flexibility, endurance, agility, and muscular strength) on a stratified random sample of (89) emerging female soccer players. The results of the study showed that the level of physical fitness among young female soccer players in Palestinian clubs was good, as a function of the arithmetic average of the physical fitness elements, respectively: speed (8.9) m/s, flexibility (6.05) cm, endurance (2.39) m/min, Agility (14.7) m/s, muscular ability (1.45) meters. The results of the study showed that there are no differences in the level of some elements of physical fitness among female soccer players due to the variable years of playing. The researchers recommended the need for continuous training to improve and develop the level of physical fitness among female soccer players in Palestinian clubs.

Keywords: Physical fitness, Basic skills, Female soccer players, Palestinian clubs.

INTRODUCTION

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 abundant 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].

Researchers believe that soccer is one of the sports that is followed and practiced by most of the world. It has received attention from researchers and scholars to reach a high level of performance, and the requirements for this sport are constantly increasing with the increase in sports competitions. One of the most prominent aspects that draws the attention of those interested in this game is the physical level, as specialists in the field of physical preparation believe that physical preparation has a positive impact on the players' performance, as it contributes to performing the tasks fully required of players in their various playing positions.

Physical fitness plays an important role in preparing the player from a skill standpoint, and Nicholas has proven that high physical fitness training leads to an increase in the technical ability and motor ability of the players. The importance of providing the player with physical fitness in addition to technical fitness has been confirmed practically and scientifically. There is no longer room for a soccer player who has a high level of skill without being at a similar level from a physical standpoint and developing playing methods as well. It has become necessary to raise the physical and technical playing capabilities to the highest levels. Physical fitness, with its various elements and the integration between them, is one of the important factors in protecting players from various injuries. Finally, the presence of a level of physical ability is considered a helpful factor in achieving psychological stability for the soccer player [2].

The importance of the study lies in determining the level of some elements of physical fitness among young female soccer players in Palestinian clubs according to the variable of years of playing (1-2 years, 3 years or more). And drawing the attention of coaches and fitness trainers to the necessity of applying the principle of continuity in training and non-interruption of training in order to improve and develop the elements of physical fitness among female soccer players in Palestinian clubs.

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 different tasks of the players, which is due to the different positions and locations of the players and the physical qualities and basic skills that each player possesses that qualify them to play in one position over the other. Also, the more a player has high physical, skill, tactical, and psychological abilities and his ability to demonstrate them in actual competitive environments, the higher the chance of winning matches and turning the course in their favor. Hence, the researchers came up with the idea of conducting this study with the aim of determining the level of physical fitness among young female soccer players in Palestinian clubs, in light of the variable years of playing (1-2 years, 3 years or more), analyzing it and then looking into practical measures to improve and develop it, where the problem of the study revolves around knowing the level of some elements of physical fitness according to the variable years of playing among female soccer players in Palestinian clubs.

Objectives of the Study

- Identifying the level of some elements of physical fitness among female soccer players in Palestinian clubs.
- Identifying the differences in the level of some elements of physical fitness among female soccer players in Palestinian clubs according to the variable years of playing: (1-2 years, 3 years and more).

Study Questions

1. What is the level of some elements of physical fitness among female soccer players in Palestinian clubs?
2. Are there differences in the level of some elements of physical fitness among female soccer players in Palestinian clubs depending on the variable of years of playing: (1-2 years, 3 years or more)?

Terminology of Study

Physical Fitness:

It is defined as the physical condition through which an individual can carry out his daily work with high efficiency. It is also an individual issue that means the ability of the individual himself to complete his daily work within the limits of his physical capabilities and the ability to carry out daily work that depends on the physical, psychological, mental, emotional and spiritual components of the individual [3] located in *Mallab* [4].

Physical Fitness in Soccer:

It is the player's readiness to continue performing basic skills, plans, duties of playing positions and manifestations of various movements throughout the match, where Humph old willer and others believe that physical fitness in soccer is the player's level of competence in terms of the physical capabilities necessary to carry out his sporting tasks and the player's ability to perform the physical components (endurance, speed, strength, agility, flexibility), which form the basis for improving the skill, tactical and volitional requirements of the game of soccer [5].

Junior Female Soccer Players:

Junior female soccer players are 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: years of playing, which has two levels: (1-2 years, 3 years or more).
- Dependent variable: The level of physical fitness elements under study among female soccer players in Palestinian clubs.

Study Procedures

Study Approach:

The researchers used the descriptive method in its survey form for 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 equality of the sample members was found with the variables of weight (54.35) kg and height (158.4) cm. The study was conducted during the athletic season for the year 2021/2022, as physical fitness tests were conducted on the study sample in June and July 2022 AD.

Study Tool:

To determine the level of some elements of physical fitness among female soccer players in Palestinian clubs, and through some studies such as the study [6, 7] and the study [8] the researchers adopted some physical tests after ensuring its validity, reliability, and objectivity, plus its legitimacy and reliability in the Palestinian environment were found through a study by [6, 8] and Table (1) and Figure (1) illustrate these tests:

Table 1: Physical tests under study

Element	Test name	Measurement unit	Objective of the test
Speed	Sprint (30) meters from low start	Seconds	Measure maximum speed.
Flexibility	Bend the torso forward from a tall sitting position	Centimeters	Measure the flexibility of the back and thigh in the forward bending movement.
Endurance	Shuttle run (5*55)	Minutes	Measuring the endurance of the respiratory system.
Agility	Barrow running zigzag (3*4.5) meters	Seconds	Measuring the overall agility of the body while moving in a transitional manner.
Muscular strength	Broad jump from standstill	Meters	Measuring the muscular ability of the legs.

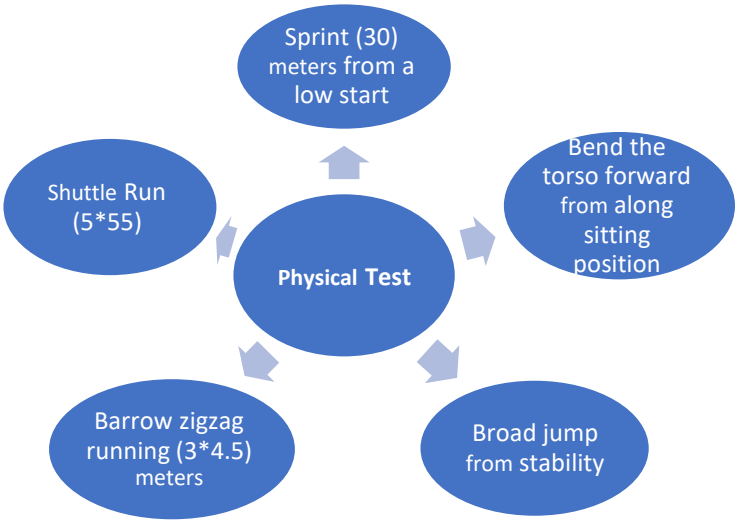


Figure 1: Physical tests under study

PRESENTATION AND DISCUSSION OF RESULTS

Results Related to The First Study Question

Which stipulates: What is the level of some elements of physical fitness among female soccer players in Palestinian clubs? To answer this question, the arithmetic means and standard deviations of the results of the physical tests among female soccer players were extracted, and the results of Table (2) show this.

Table 2: Results of physical tests related to the level of fitness among female soccer players In Palestinian clubs.

Variables		Measurement unit	Statistical treatments	
			Average	Deviation
Physical tests	Endurance	Minutes	2.39	1.7
	Muscular strength	Meters	1.45	0.54
	Speed 30m	Seconds	8.9	0.21
	Flexibility	Centimeters	6.05	3.51
	Agility	Seconds	14.7	0.52

The results of Table (2) show that the level of physical fitness elements among female soccer players in Palestinian clubs was good, in terms of average speed (8.9) m/s, average flexibility (6.05) cm, while average endurance reached (2.39) m/min. While the average agility was (14.7) m/s, the average muscular strength was (1.45) m and figure (2) shows this result:

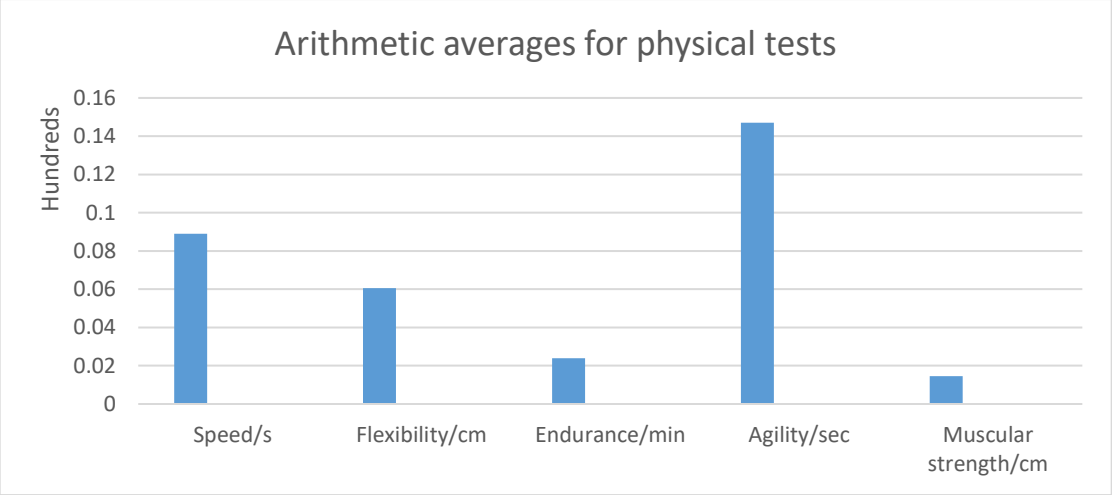


Figure 2: Arithmetic averages for physical tests

The researchers attribute this result to the recent interest of the Palestinian Soccer Association in women's sports, as it is at the beginning of its establishment by paying attention to age groups and opening the door to selection for female players in the clubs that train the female youth category, and the lack of dedicated male and female coaches keen to training this category, accredited by the Asian and International Soccer Associations, and in order to take into account the stages of physical and psychological development during training for this category. In addition to the irregularity of the women's league, especially for the junior category, which affects the consistency of training doses and this result agreed with the result

of [6, 7] study and [8] study in that the level of some elements of physical fitness among junior female soccer players was good.

Results Related to The Second Study Question

Which states: Are there differences in the level of some elements of physical fitness among female soccer players in Palestinian clubs depending on the variable years of playing: (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 differences in the level of physical fitness according to the variable of years of playing.

Table 3: Results of the One-Way ANOVA indicating differences in the average levels of physical fitness among junior female soccer players in Palestinian clubs according to the variable of years of playing.

Physical Tests	**Endurance**	Between groups	.141	4	.035	.115	.975
		During groups	4.595	15	.306		
		Total	4.736	19			
	Muscular Strength	Between groups	30.133	4	7.533	2.922	.057
		During groups	38.667	15	2.578		
		Total	68.800	19			
	Speed 30m	Between groups	48.905	4	12.226	1.206	.349
		During groups	152.095	15	10.140		
		Total	201.000	19			
	Flexibility	Between groups	26.276	4	6.569	.677	.618
		During groups	145.524	15	9.702		
		Total	171.800	19			
	Agility	Between groups	9.390	4	2.348	2.550	.082
		During groups	13.810	15	.921		
		Total	23.200	19			

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

It is clear from Table (3) that there are no statistically significant differences at the significance level ($\alpha \leq 0.05$) in the level of physical fitness among junior female soccer players in Palestinian clubs according to the variable of years of playing. The level of statistical significance was for the endurance component (0.975), muscular strength (0.057), speed (0.349), flexibility (0.618), and agility (0.082), which is greater than (0.05), so it is not statistically significant. Which means that the differences in the level of physical fitness among female soccer players in Palestinian clubs are not significant due to the variable of years of playing position. 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 physical fitness, due to the fact that the clubs select the female players and choose those who have the best physical characteristics, by differentiating between the young girls themselves before undertaking the process of training and preparing for the sports season. This result was like the result of the study [6, 7, 9] and the study [8] in that there are no differences in the level of physical fitness among the female youth soccer group in Palestine due to the years of playing and variable of playing position. It differed from the result of the study [10] in terms of the differences in the elements of physical fitness depending on the playing positions of Tunisian female soccer players. With the result of the study [11], which indicated that there is no direct link between physical fitness and technical

skills for soccer in the youth's group. And with the result of [12] study, the results showed a significant impact of playing positions on the physical performance of young soccer players.

CONCLUSIONS

In light of the study results and their discussion, the researchers conclude the following:

1. Young female soccer players in Palestinian clubs have a level of physical fitness that helps them perform and practice the game of soccer.
2. There is no effect of years of playing on the level of physical fitness among female soccer players in Palestine.

Recommendations

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

1. The necessity of continuous training to improve and develop the level of physical fitness among young female soccer players in Palestinian clubs.
2. Coaches adopt physical 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, in order to encourage the clubs that train this category to continue training and develop the physical 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 other similar studies on the category of female soccer players in Palestine.

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