



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2021; 6(2): 90-94

© 2021 Yoga

[www.theyogicjournal.com](http://www.theyogicjournal.com)

Received: 07-11-2021

Accepted: 20-11-2021

**Dr. Ali Hasan Fleh**

College of Physical Education  
and Sports Sciences, University  
of Misan, Iraq

## The use of rubber rope exercises to develop physical abilities and its impact on the performance of some basic skills of deaf and dumb players in futsal

**Dr. Ali Hasan Fleh**

### Abstract

The study aimed to identify the use of rubber rope exercises to develop physical abilities and its impact on the performance of some basic skills for deaf and dumb players in halls football. Players were distributed to two experimental and control groups by a simple random lottery to be (10) players in each group, and the researcher used the statistical program (SPSS), and the most important conclusions of the rubber rope exercises were a positive impact on the basic skills of deaf and dumb players in football for the halls, while the recommendations were confirmation on the application of rubber ropes training, which is reflected positively on physical and skill abilities.

**Keywords:** rubber ropes, deaf-mute player, soccer player

### 1. Introduction

To use different training methods in sports training, the purpose of which is to raise the physical level of the athlete in general and to develop motor abilities and basic skills, and that diversity using training methods must be consistent with the training goal as well as its consistency in developing what serves the game from its own physical or skill requirements As appropriate to the nature of the atmosphere of competition and the nature of the opponent during official competitions and thus develop physical and skill abilities, and the football game for the deaf and dumb for halls is one of the quick games with sudden and rapid movement in various areas of the stadium, as the area of the stadium is 40 meters long and 20 widths, which gives the feature of continuity without stopping as it requires High physical and skill capabilities, in addition to the fact that the sample lacks speech and hearing, which requires them to rely on their physical and motor abilities in solving the tactical duty on himself within the competition, so it requires the coach to adopt the best training methods and methods for flexibility in the planning process that works to develop the player's physical and skill capabilities and thus Improving the physical and skill level of the player, and through the foregoing, the researcher sees that a The importance of this study lies in the use of rubber ropes to achieve the best improvement during the training curricula represented in the physical aspect, physical abilities in the skill aspect, and accordingly, we have achieved our training goals in those aspects and to reach athletes with special needs (disabled) to a high level of performance.

### 2. Research Problem

The game of futsal for the deaf and dumb is based on several requirements, including skill and movement, and from the point of view of sports training, the higher the level of these requirements for the player, the higher the level of performance. The researcher's experience as a player, coach and professor of this game deliberately made a serious scientific attempt during which he uses rubber ropes, which is reflected positively on the physical and skill level of various skills, especially offensive ones, and thus facilitates the training process for the trainers and shortens the time by putting the best methods in their hands as well to supply these The game is researched because it suffers from a lack of studies and research for it.

**Corresponding Author:**

**Dr. Ali Hasan Fleh**

College of Physical Education  
and Sports Sciences, University  
of Misan, Iraq

### 3. Research Objectives

1. Preparing exercises using rubber ropes for the members of the research sample.
2. To identify the effect of rubber rope exercises on the physical abilities of the research sample members.
3. Identifying the rubber ropes exercises in the basic skills of the research sample members.

### 4. Research hypotheses

1. There is a positive effect of rubber rope exercises on the physical and skill abilities of the research sample members.
2. There are significant statistically significant differences between the pre and post tests in favor of the post tests in the physical and skill abilities.
3. There are significant statistically significant differences between the two post tests for the control and experimental groups in favor of the experimental group in the physical and skill abilities

### 5. Research Areas

Spatial domain: Martyr Medal Arabi Olympic Hall

Time range: Six months

The human field: Maysan governorate players for the deaf and dumb in futsal.

### 6. Research methodology and field procedures

#### 6.1 Research Methodology

The researcher used the experimental method to fit the nature of the research, and given that the experimental research is characterized by precision and control over the studied variables so that some of them cause an intentional change and control other variables, it is considered the only research method that shows the relationship between effect and cause in an accurate manner" (Mohammed, 1999) [6].

#### 6.2 Research Sample

The research sample was chosen by the intentional method, which is "selected freely on the basis that it achieves the purposes of the study carried out by the researcher" (Thouqan, 1988) [10].

The sample of the research is represented by the 23 players of the Maysan governorate team for the deaf and dumb in futsal football, who were distributed into two experimental and control groups through a simple random lottery, to be (10) players in each group.

#### 6.3 Means of collecting information, equipment used and research tools

##### 6.3.1 Means of collecting information and equipment used

1. Arab and foreign sources.
2. Personal interviews with experts and specialists.
3. Self-observation by the researcher.
4. Data dump forms.
5. Futsal football field.
6. rubber ropes
7. Futsal football
8. signs
9. training shirts
10. tape measure
11. divided goal
12. banners.

##### 6.3.2 Research Tools

Test and Measure

### 6.4 Field research procedures

#### 6.4.1 Determining the research variables and their tests

The research variables and their tests were determined after they were presented and discussed with some specialists in the field of sports training and futsal. The tests were as follows:

1. Explosive force test
2. Speed test
3. motor response speed test
4. Handling test
5. Scoring test
6. Rolling test

#### 6.4.2 Homogeneity and parity between the two research groups

In order for the researcher to attribute the difference between the two experimental groups to the experimental workers, it is necessary that "the groups under study are equivalent in most of their circumstances, except for the two experimental variables that affect the two experimental groups" (Thouqan, 1988) [10]. t-test For independent samples to extract the equivalence of the two groups, where the results indicated that the sample is homogeneous and the two groups are equivalent in terms of physical skills and abilities.

#### 6.4.3 The exploratory experience

In order to obtain the necessary results and information to benefit from when conducting the main experiment, and on this basis, the researcher conducted an exploratory experiment before the main experiment on 3 players outside the research sample, on 3/3/2015 with the help of the work team.

#### 6.4.4 Tribal tests

The researcher conducted tribal tests for the variables under study on the research sample before conducting the main experiment, where the skill tests were conducted first and then the physical tests secondly on Friday 13/3/2015

#### 6.4.5 The main experience

A Stgrguet experiment key (10) weeks, launched training modules for exercises Rubber ropes on 15/03/2015 until the last training unit on Thursday, a brief summary of 06/01/2015, which applied the experimental group exercises rubber ropes, and three training modules in terms of the week These exercises were used during one training unit (6) exercises, this exercise is applied (3) times with maximum intensity and with repetitions ranging from 20 to 30 times, where the rest is complete between repetitions and between the totals of repetitions.

#### 6.4.6 Post-tests

After the main experiment was implemented and completed, the researcher conducted the post tests on Saturday, 2/6/2015, in a similar way to the tribal tests that were previously applied, and the data was collected in special forms to be processed statistically by the appropriate statistical laws.

### 6.5 Statistical means

#### 6.5.1 Some rules were used from the statistical bag (SPSS) and as follows

1. Arithmetic mean.
2. standard deviation.
3. skew modulus.
4. The law of differences for related samples.
5. The law of differences for related samples.

## 6.6 Presentation, analysis and discussion of the results

### 6.6.1 Presentation, analysis and discussion of the results of the pre and post tests of the research variables of the control group

**Table 1:** It shows the means, standard deviations, and the value of (t) calculated, the level of error and the significance of the differences between the two tests, the pre- and post-tests of the control group in the research variables

The exams variables search	Measuring unit	Tribal		After me		Values t Calculated	Indication level	The significance of the differences
		s	p	s	p			
Explosive force	meter	1.75	1.44	1.83	1.78	4.80	0.03	moral
Responsiveness	a second	6.01	1.65	5.22	1.51	3.56	0.04	moral
speed power	a second	10.04	1.32	9.01	0.98	3.66	0.02	moral
Rolling	a second	8.54	0.87	8.00	0.87	4.98	0.03	moral
handling	Degree	6.77	1.04	10.76	1.83	4.65	0.03	moral
Scoring	Degree	5.22	1.83	9.09	1.04	3.44	0.02	moral

The researcher attributes the reason for the significant differences of the control group in the post-tests in all research variables, to the trainer’s exercises applied by the control group, which in turn developed the variables under research, which was positively reflected on the effectiveness of skill performance, for example, that the kinetic flexibility of the spine as well as hip joints, shoulders and other joints

increases In every direction, through continuous exercise (Kurt, 1978) <sup>[2]</sup>, in addition to the coach's style helps in developing physical and skill abilities.

### 6.6.2 Presentation, analysis and discussion of the results of the pre and post tests of the research variables for the experimental group

**Table 2:** It shows the means, standard deviations, and the value of (t) calculated, the level of error and the significance of the differences between the two tests, the pre and posttests of the experimental group in the research variables

The exams variables search	Measuring unit	Tribal		After me		Values t calculated	Indication level	The significance of the differences
		s	p	s	p			
Explosive force	Degree	1.76	1.74	1.98	1.71	4.83	0.00	moral
Responsiveness	a second	6.07	1.35	4.03	1.42	3.63	0.01	moral
speed power	a second	10.14	1.82	7.65	1.87	4.45	0.02	moral
Rolling	a second	8.74	0.97	7.08	1.02	4.42	0.01	moral
handling	Degree	6.87	1.24	14.02	1.43	4.09	0.02	moral
Scoring	Degree	5.29	1.33	13.91	1.26	3.25	0.00	moral

The researcher attributes the significant differences that appeared in the post-tests in the second group and for all research variables, to the rubber ropes exercises that have an impact on endurance performance and speed of skill performance have an impact on the development of physical and skill abilities as well as raising the level and functional efficiency. The success of training programs is measured by the extent to which the individual athlete achieves in the type

of sports activity, and this depends on the adaptation that the individual achieves with the training curriculum he applies” (Mohammed, 1999) <sup>[6]</sup>.

### 6.6.3 Presentation, analysis and discussion of the results of the post-tests of the research variables for the control and experimental groups

**Table 3:** It shows the means, standard deviations, and the value of (t) calculated, the level of error and the significance of the differences between the two post-tests of the two groups in the research variables

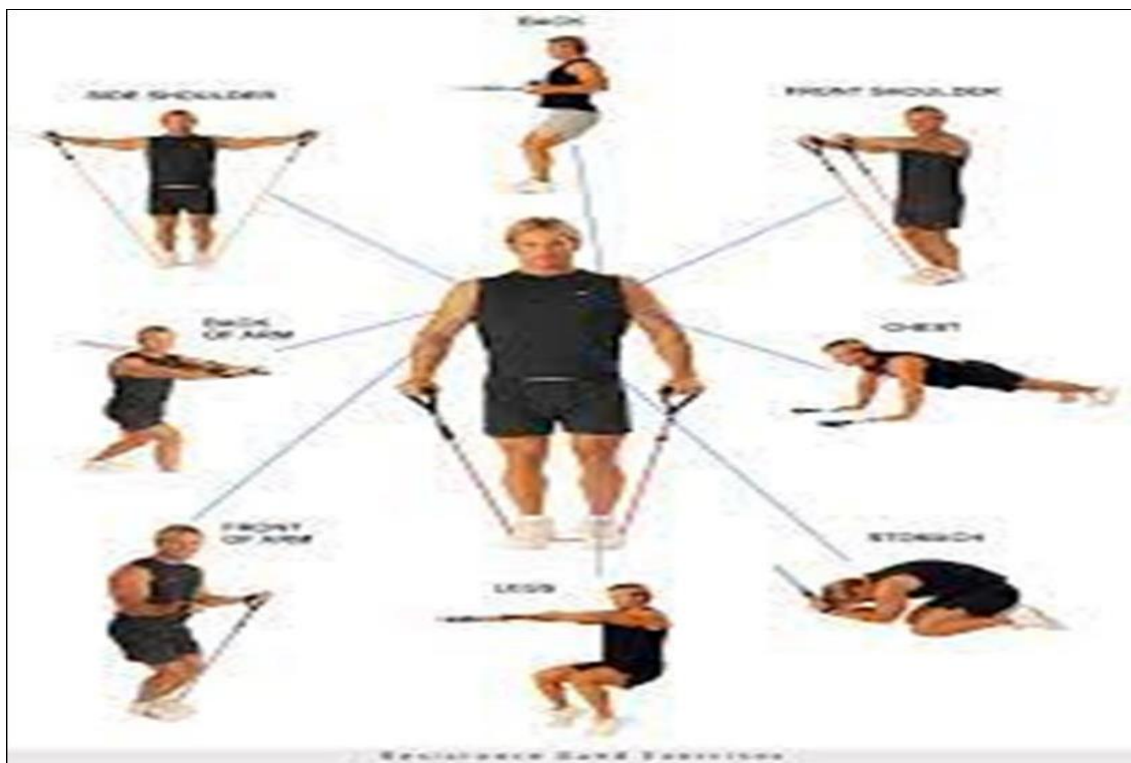
The exams variables search	Measuring unit	Experimental		Officer		Values t calculated	Indication level	The significance of the differences
		s	p	s	p			
Explosive force	Degree	1.98	1.71	1.83	1.78	4.52	0.00	moral
Responsiveness	Degree	4.03	1.42	5.22	1.51	3.65	0.00	moral
speed power	a second	7.65	1.87	9.01	0.98	3.45	0.00	moral
Rolling	a second	7.08	1.02	8.00	0.87	4.62	0.01	moral
the handling	Degree	14.02	1.43	10.76	1.83	4.22	0.01	moral
Scoring	Degree	13.91	1.26	9.09	1.04	3.33	0.01	moral

Significant below the level of significance less or equal to (0.05) at the degree of freedom (6) and the researcher attributes that the training method used and the exercises prepared by the researcher provide an ideal and exciting environment for motives for deaf and dumb players, and thus increase the players’ activity and improve the variables of restriction Study commensurate with teamwork and competition during matches, and this is consistent with the booth and the order of God al-Basati. After this method is one of the best methods to stimulate the player’s activity and increase his motivation and enthusiasm towards performance. That depends on the dynamics of team play similar to

performance during matches in preparing and highlighting the latent capabilities When the player “adds booth and rugs,” these are exercises that have a good effect and raise the levels of the player’s adaptation to the requirements of the match in the shortest time available, as well as improving their physical and tactical abilities by developing an estimate of the distances and speeds of the enemy and stopping and linking them to the movements of colleagues, competitors and opponents. The long game period and the continuous changes in performance and skills require the player to have a large playing period (performance) and high physical preparation in order to adapt to the changes in play. It has a clear impact on

the development of the level of fitness and this is confirmed by Muhammad Hassan Allawi and Abu Al-Ela Abdel-Fattah (1984) "In legalizing the training load, all means must be used to bring about physiological effects from the body, which has been achieved by improving its responses and then adapting the body and raising the level until the appropriate physical load is used. It is the important thing so that the training loads are not less than the level of the player, so legalizing the load is one of the most important stages of the success of the training curriculum and then improving performance" (Mohamed, 1984). This is consistent with what Raysan

Khreibet (1995) indicated, "The structured and programmed training, the use of perfect types of intensity in training, and the use of optimal rest types between repetitions leads to the development of achievement" (Raysan, 1985). Rubber ropes exercises are similar cases and approvals to the reality of competitions (official matches) because they contain many skills and principles of playing, so the researcher enhances the development of the speed of response to them, and this is what Muhammad Lotfi (1985) confirms "that the athlete's acquisition of a large number of motor skills and tactical abilities is a basis for developing and upgrade.



Rubber Rope Training Attachment

## 7. Conclusions

1. Rubber ropes exercises have a positive effect on the physical abilities of deaf and dumb players in futsal.
2. Rubber ropes exercises have a positive effect on the basic skills of deaf and dumb players in futsal
3. The use of rubber ropes added a kind of fun and a love of exercise for deaf and dumb players in futsal

## 8. Recommendations

1. Emphasis on the application of rubber rope training, which is positively reflected on physical and skill abilities
2. Emphasis on the application of rubber ropes exercises, as they are an aid in raising the morale of deaf and dumb players in futsal football.
3. It is necessary to train the deaf and mute using a variety of training methods to develop performance requirements.
4. Conducting similar research and studies

## 9. References

1. Hussein Youssef, Fathi Al-Mahshah. The talented athlete, his traits and characteristics in the field of sports training, 1st edition, (Dar Al-Fikr for printing, publishing and distribution, Amman 1999).
2. Kurt Manel, Kinetic Learning, translated by (Abd Ali Nassif), 2nd Edition, Dar Al-Kutub for Printing and Publishing, Mosul University 1978, 266.
3. Marwan Abdul Majeed Ibrahim: Tests, Measurement and Evaluation in Physical Education, 1st Edition, Amman, Dar Al-Fikr for Printing, Publishing and Distribution) 1999.
4. Medal of Salah Abdul-Hussein: Badminton between practice and competition: (Dar Al-Radwan Publishing, Amman) 2012.
5. Mufti Ibrahim Hammad, Athletic Training for the Fetus from Childhood to Adolescence, (House of Arab Thought, Cairo) 1996.
6. Muhammad Hassan Allawi, Osama Kamel Ratib. Scientific Research, Physical Education and Sports Psychology: (Cairo, Arab Thought House) 1999.
7. Nariman Al-Khatib *et al.*; Muscular Stretching: (Book Center for Publishing, Helwan University) 1997.
8. Qasim Hassan Hussein; The Science of Sports Training in Different Ages: 1st Edition, (Dar Al-Fikr for Printing, Publishing and Distribution, Amman, Jordan) 1998.
9. Talha Hossam El Din and others; The Scientific Encyclopedia of Sports Training: 1st Edition (Cairo, Al-Kitab Center for Publishing, 1997, 257.
10. Thouqan Obeidat (and others); Scientific research, its concept - its tools and methods: (Amman, Dar Al-Fikr Al-Arabi for Publishing and Distribution) 1988.

11. Wadih Yassin Al-Tikriti and others: Physical preparation for women: (Ministry of Higher Education and Scientific Research, College of Physical Education, University of Mosul) 1986.
12. Zayan Abdullah Nouri: Some physical and physiological indicators of female volleyball players according to the most important environmental variables, Master's thesis, College of Physical Education for Girls, University of Baghdad 2002.