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## Relationship of motor balance and agility with the accuracy performance of ball control in junior football

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### Abstract

Football is considered one of the team sports that is characterized by the multiplicity of its skills and different playing situations in it because the path of the ball is variable and therefore the interest has become greater in its training, The nature of the performance of football skills requires a high level of mastery of basic skills, including the skill of suppression, which is related in its performance to motor abilities because the implementation of this skill requires bringing the expectation process in determining the path of the ball because its performance may be under the pressure of the opponent or in determining the path of the ball or its implementation in narrow paths within the field and the fact that this skill is an introduction to building play or implementing another skill. The study aimed to identify the Relationship of motor balance and agility with the accuracy performance of Ball Control in junior football for Wasit football club for Iraqi league of 2023-2024, The researcher used the descriptive approach to fit the research problem and is the descriptive approach, the study has concluded to There is a close correlation between balance and ball control skill in football and clear correlation has emerged between agility and football suppression skill.

**Keywords:** Motor balance, agility, ball control, junior, football

### 1. Introduction

Mastering motor abilities with physical qualities and skill aspects ensures mastery of basic skills, including the skill of suppression, motor abilities are weighted abilities to a large extent and consistent and linked to one another, which is the basis for the performance of motor skills and their status according to their number and nature and how to evaluate them by them in order to help them in the application of motor skills.

And how can players choose certain events because abilities contribute effectively Football is considered one of the team sports that is characterized by the multiplicity of its skills and different playing situations in it because the path of the ball is variable and therefore the interest has become greater in its training.

The prestige enjoyed by football did not come arbitrarily, but rather as a result of the nature of the game, which is characterized by its many basic skills that provoke fun and suspense, whether when practiced or watched. Perhaps one of the most important of these skills is the skill of suppression because it is considered an important element for football players and keeping it under control through defense and attack for the nature of this skill, which depends on controlling the ball and knowing the path of the ball and its strength, and often this skill needs basic elements that the player must possess, such as agility and balance. The importance of the research lies in giving motor abilities great importance and not being preoccupied with the physical aspects and developing them, as the basis of the work is based on several axes in order to make it successful.

### 1.2 Research problem

The nature of the performance of football skills requires a high level of mastery of basic skills, including the skill of suppression, which is related in its performance to motor abilities because the implementation of this skill requires bringing the expectation process in determining the path of the ball because its performance may be under the pressure of the opponent or in determining the path of the ball or its implementation in narrow paths within

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the field and the fact that this skill is an introduction to building play or implementing another skill.

## 2. Methodology and field procedures

### 2.1 Methodology

The researcher used the descriptive approach to fit the research problem and is the descriptive approach "is the accurate perception of the mutual relations between society and its trends and tendencies, desires and development so that the research gives a picture of the reality of life and the development of indicators and building future prophecies because the descriptive approach describes the situation no matter how the direction of the study changes" [1].

### 2.2 Research Community

After the research community was determined by Wasit Club for the junior category, which numbered 30 players, and then the research sample was selected in a deliberate way, where it included all the players of Wasit Club, thus representing a percentage of 100% of the original community.

### 2.3 Main Experiment

Tests related to motor abilities (Balance - agility) and skill (Suppression) were applied and the data obtained by the researcher from the tests were collected to process them statistically and display and analyze the results in order to discuss them.

## 3. Presentation, analysis and discussion

### 3.1 Presentation and analysis of the correlation results between motor balance and agility

**Table 1:** Shows the correlation between the qualities of balance and agility with the skill of suppression

Motor Abilities			Ball Control		Correlation
	M.	Std	M.	Std	
Balance	9.51	0.9	388.6	64.1	0.87
Agility	76.6	26.1			83.0

\*the value of tabular (t) is (455.0) at freedom degree (17) and the level of significance (0.05).

From Table (1) it is clear that the arithmetic mean of equilibrium (51.9) and standard deviation (9.0) while the arithmetic mean of agility (76.6) and standard deviation (26.1) and the arithmetic mean of the skill of suppression is (6.388) and standard deviation (1.64) and showed that the value of the correlation between agility and suppression is (83.0) and the value of the correlation between quenching and equilibrium is (87.0) which is greater than the value of t tabular at the level of significance (0.05) and this indicates a significant correlation between agility and suppression as well as a significant correlation between balance And put down in football.

### 3.2 Discussing the results of the correlation between motor balance and agility

The presentation of the results has shown a significant correlation between the qualities of balance and suppression football where closely linked to the central nervous system of man through the transfer of nerve instructions and respond to these instructions and attribute the researcher the reason for the existence of this moral link that the skill of suppression may force the student to leave one of her feet to the ground or move in a certain direction because the level of the ball is not

known in advance of what has causes an imbalance in the rule of equilibrium, which hinders the process of controlling the ball has, Thus, attention to balance exercises during educational units The researcher considered him a great and important role in being able to control the ball and keep it at disposal and agrees with what the researcher put forward "to the football player when performing the skill of suppression in football needs to make his body in a balanced position by expanding the base of the support of the feet on the ground and his body in a balanced position in order to help him distribute the center of gravity of the body evenly and help him tilt the trunk slightly forward, which contributes to the control of the ball whatever its trajectory or strength" [2].

Balance also requires the ability to sense the place and dimensions with or without sight and the safety of the nervous system is one of the important factors achieving balance and it has been proven that training to develop balance leads to the development of this component in tangible ways.

The researcher saw through the presentation of the results that there is a moral relationship between agility and suppression and that the agility of the football player appears through a football conflict due to its association with various technical skills such as suppression and others as Zuhair Khashab mentions that "the movements of agility of the football player appear when taming the ball under the pressure of the opponent player and in different situations where agility is one of the most important abilities in the skill of suppression in football as an important motor ability through which the player can change the positions of his body And his movements to perform other movements according to the conditions of play, for example, the change in running and the change in the positions of the body from one direction to another during the suppression" [3] and thus we find that the ability of agility is one of the basic and very important requirements that make it possible to carry out the movements with high efficiency. Here it can be said that the results obtained through tests and conducting statistical means show the importance of the qualities of balance and agility skill suppression for what seemed clear that there is a strong and close correlation between them believes that the researcher believes that balance is one of the motor abilities that have a role as what met with the rest of the qualities in an integrated manner became the player is able to perform the skill perfectly [4].

As the skill of suppression depends on the skilled performance of the player who is associated with the parts of the body and its members because the movement is sometimes performed in a narrow space or under the influence of the opponent, as the motor balance is important and necessary for sports that are performed in a narrow space, especially those that need a sudden and rapid change in the course of movement to start the player with a new movement [5].

The player when performing the skill of suppression sometimes needs to tame the ball and initiate a new movement that may change the course of the player and this is what we see in modern performances in football that the player and the darkest conditions and under the pressure of the opponent and the tightness of the opponent is able to dispose of the ball and thus balance is closely linked to that skill through what has been explained above [6].

The researcher believes that we cannot overlook the great importance of the characteristic of agility, which plays a major role in the success of the process of moving the body and taming the ball and under the pressure of the opponent

and multiple situations they help him in the consistency of the player's movements and flow and this is what agrees with Zuhair Khashab and others "The agility plays a role in the consistency of the player's movements when performing movements and football skills, which is associated with speed significantly and effectively, the good football player is the one who is characterized by agility movement when performing skill" [7].

The overlap of the qualities of balance and agility contributes to the player's ability by changing his direction quickly, proper timing and consistency in body movements with the distribution of the center of gravity of the body with a correct balance base that will contribute to the player's success in performing the skill as required, which needs from the player a high amount of neuromuscular compatibility due to its importance [8].

#### **4. Conclusions and Recommendations**

##### **4.1 Conclusions**

1. There is a close correlation between balance and ball control skill in football.
2. A clear correlation has emerged between agility and football suppression skill.

##### **4.2 Recommendations**

1. Motor abilities play an important role in mastering motor skills.
2. Emphasis on the development of balance and agility for their great role in mastering motor skills.
3. Given sufficient time by trainers to develop motor abilities.
4. Conduct similar research on motor abilities and other levels.
5. Attention when teaching the skill of suppression by combining it with exercises of a dual nature for balance and agility because of its great importance.

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