

THE EFFECT OF FARTLEK WORKOUTS ON DEVELOPING SOME PHYSICAL ABILITIES AND PASS THE PHYSICAL FITNESS TESTS OF THE REFEREES OF THE THIRD DIVISION IN FOOTBALL

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Abstract:	Keyword
<p>The study aims to prepare special workouts in the style of fartlek to develop some physical abilities and pass the physical fitness tests for the referees of the third degree of football. It identifies the impact of workouts for the style of fartlek in developing some physical abilities that enable passing the physical fitness tests for the referees of the third degree in football. The researcher used the experimental approach to suit the nature of the research. The research community are the referees of the third degree in Kirkuk football, which numbered (48) referees and 30 (62.5%) of the referee were selected and divided into two control and experimental groups. Each group consisted of (12) referee excluding (6) referees from the experiment for their participation in exploratory experiments. the researcher used statistical means: arithmetic mean, standard deviation, median, torsion coefficient, simple correlation coefficient (Pearson), T-test for the relevant samples.</p>	<p>Exercise, Fartlek, Physical abilities, International Fitness, Referees</p>

1- Definition of the research:

1.1 Research Introduction and Importance:

The game of football is one of the most important sports because of the public interest in various parts of the world, which made it the most popular sport without other sports and has become positive in the political, social and economic aspects. The interest reached its peak in the World Cup, Olympic tournaments and continental championships, which are held every four years, and football matches are managed by referees who have the authority to apply the laws of the game in the match that they appoint to manage the match, and at the exclusive time the interest in referees increased for all grades through the establishment of camps and internal and external arbitration courses and the development of the physical capabilities of the referees. The matches are managed by four referees present on the pitch, namely the center referee and assistant referees first, second and fourth referee. Also, some other referees are appointed in some matches, who are two additional assistant referees behind the goal and a special video referee (VAR) in addition to a reserve assistant

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referee whose task is to replace any of the assistant referees and the fourth referee when one cannot stay for the whole match.

This game requires referees to prepare an integrated in all physical, functional, psychological and intellectual aspects, especially modern tests adopted by the International Football Federation for all referees. The referees should have high physical abilities of endurance of speed, agility and endurance to pass international physical fitness tests, and the importance of research lies in the preparation of workouts for the fartlek method that contains new workouts for referees to develop their physical abilities and pass international physical fitness tests for referees.

1.2 The problem of the study:

Due to the fact that the researcher is one of the specialists in training referees and supervising the training of football referees in Kirkuk and for all degrees, he noticed that some referees find it difficult to pass the international fitness tests. This could be due to the lack of specialized trainers to train referees in most of the sub-federations in Iraq, which encouraged the researcher to prepare special workouts in the method of fartlek to develop some physical abilities and pass international tests for referees.

1.3 The aims of the study:

This study aims at:

- 1- Preparing workouts for the fartlek method for the experimental group to develop some physical abilities and pass international fitness tests.
- 2- Showing about the effects of fartlek to develop some physical abilities and pass international physical fitness tests.

1-4 Research Hypotheses:

- 1- There are statistically significant differences between the pre- and post-tests of the physical fitness tests of the referees of the control and experimental groups.
- 2- There are statistically significant differences between the pre- and post-tests of the physical ability tests of the referees of the control and experimental groups.

1.5 Research areas:

1.5.1 Human field: 24 third-degree referees in Kirkuk province accredited to the Iraqi Federation.

1.5.2 Time range: 8/1/2022 to 3/3/2022

1.5.3 Spatial area: Al-Thawra Club stadiums in Kirkuk.

2- Research Methodology and Field Procedures:

2.1 Research Methodology:

The researcher used the experimental approach with two control groups and experimental test with pre- and post-tests to achieve the research hypotheses for physical aptitude tests and international physical fitness tests for referees provided by the International Federation.

2.2 The research community and its sample:

The research community represents the third-class referees in Kirkuk, who number (4-8) referees.

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2-3 Research Sample:

The researcher chose the basic research sample intentionally, and they are the referees of the third class in Kirkuk, and they are referees accredited in the records of the Iraqi Central Football Federation 2022-2023. The research sample reached (30) referees, representing (62.5) of the research community, excluding (6) referees for their participation in the exploratory experiments. Also, homogeneity was made for the members of the research sample in the basic variables (age, height, mass), and the table shows that.

Table 1 the homogeneity of the two research groups

Variables	Unit of measurement	Arithmetic mean	Standard mean	Broker	Torsion coefficient
Age	year	17,83	0,637	18	0,143
Mass	kg	69,66	1,90	70	0,149
Length	poison	172,70	3,88	175	-0,095

2.4 Means of gathering information:

- Analyze the content of sources.
- Personal interviews.
- Forms that analyzethe results.
- Internet Information Network.

2.5 Devices and tools used:

- Stadium (track).
- Stopwatches (4).
- Number (36) signs.
- Two (2) whistles.
- Tape measure.
- Two (2) barriers.
- Colored T-shirts for training (24).
- Banners.
- Medical scale.
- Pulse measuring device.

2.6 Experimental Design:

The researcher used the experimental design with two control groups and the procedure with the pre-test and this

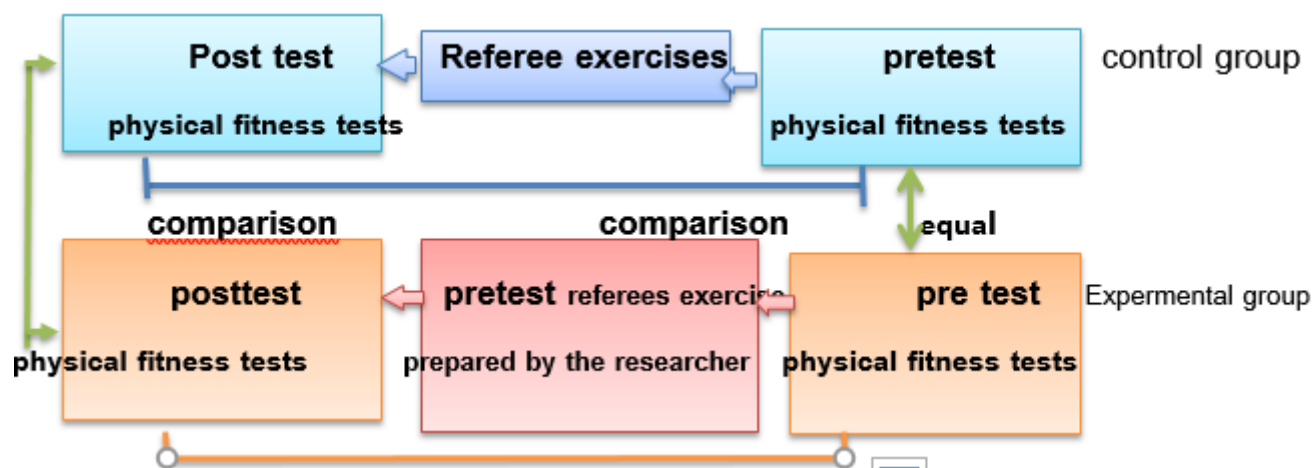


Figure 1 Experimental design illustrates

2.7 Tests used in research:

After analyzing the content of Arabic sources and references, the researcher selected physical tests suitable especially for referees, (1) speed test (50) m from the flying position (Al-Mawla, 1988), (2) speed endurance test (200) m from the standing position (M. A. Mahmoud, 2007), (3) agility test running between the pillars (20) m (MAJEED, 1989).

Also, the special fitness tests for referees approved by the International Federation of Football Associations.

2.7.1 Tests of physical abilities of referees selected by the researcher by analyzing the content of Arabic sources:

2.7.1.1 Transition speed test (50) m from standing:

Test Name: Run 50 m from a standing position.

Objective of the test: to measure the transitional velocity.

Instruments used: stopwatch, start and end line, flat running field.

2-7-1-2 running test (200) m:

Test objective: Measure speed tolerance.

Tools and capabilities: An arena or playground marked (200) m marked by a start line and a finish line.

How to perform the test: The player stands behind the starting line (starting position) when hearing the start signal, the player runs a distance of (200) m.

Scoring method: The player is calculated the time spent in covering a distance of (200) m, two attempts are given to the player to take the best of them.

2.7.1.3 Running test between signs (20) m:

Test Name: Running between the signs (20) m.

Objective of the test: Measure agility.

Instruments used: tape measure, 10 signs, stopwatch, whistle.

How to perform: When the player hears the whistle, he runs between the pillars a distance of (20) m as shown in the figure.

Recording: The best time taken is calculated from two attempts when the whistle is heard until crossing the finish line (20) m.

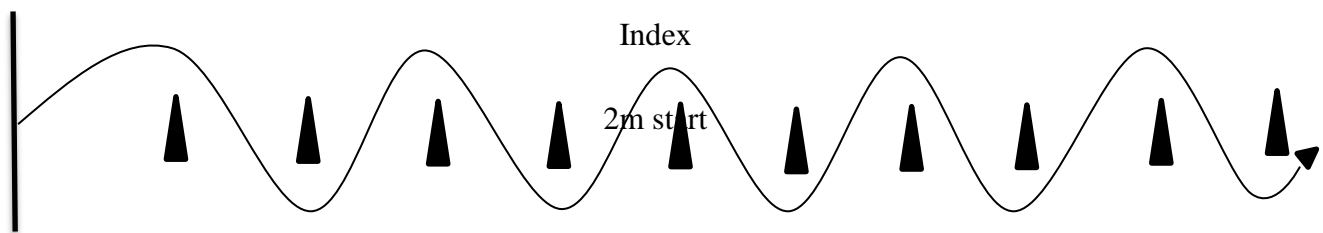


Figure 2

The test shows running between the signs (20) m.

2.7.2 International Referee Fitness Tests approved by FIFA:

2.7.2.1 Fitness tests for midfielders:

2-7-2-1-1 speed test (40) m repeated (6) times with a time not exceeding (6.20) seconds for the referees of the third degree and there is a rest (90) seconds between each repetition in case of failure in time in one rerun in any of his one additional attempt:

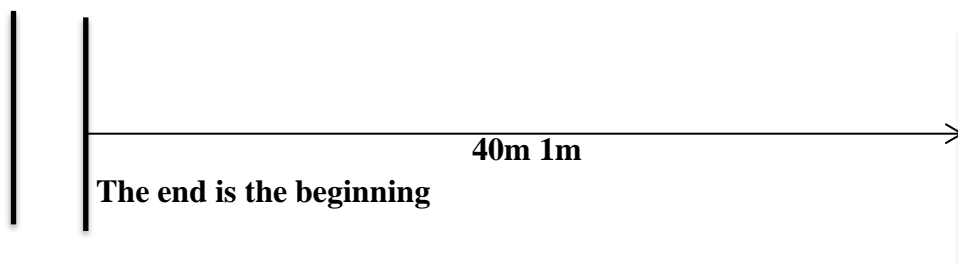


Figure (3)

Speed test shows (40) m

2-7-2-1-2 speed endurance test, which is a run (40) times for (75) m during (15) seconds and rest between each repetition (18) seconds and this is equivalent to (10) cycles any total (4000) meters:

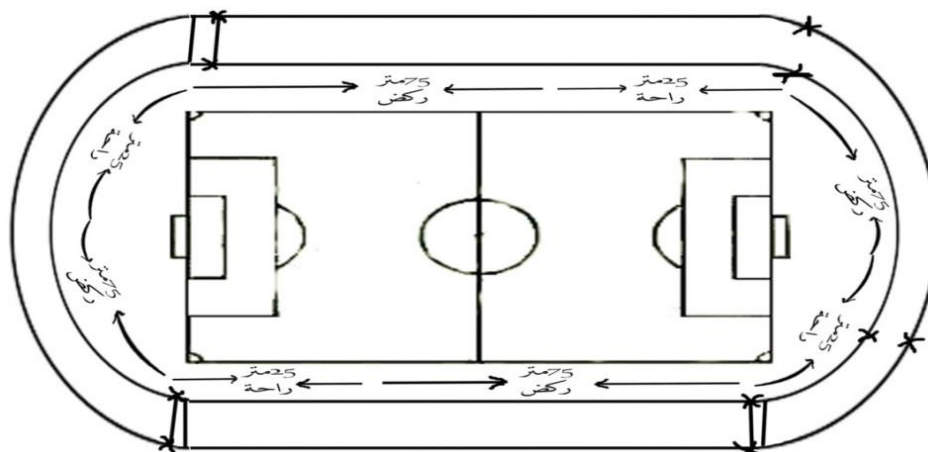


Figure 4

The speed endurance test shows 75×40 repetitions for midfielders and assistants

2.8 Exploratory experiments:

In order to be able to obtain positive results by following the scientific method of research procedures, the researcher conducted exploratory experiments and exploratory experiments which are one of the most

important procedures required and necessary for the purpose of implementing the requirements of accurate scientific work and to overcome difficulties and non-economic procedures in the material and human effort (B. K. Mahmoud, 2003).

2.8.1 First exploratory experiment:

The researcher, in cooperation with the assistant work team conducted the first exploratory experiment on Saturday, 1/1/2022 and on the stadiums of Al-Thawra Sports Club at (3) pm on (6) referees from the research sample. They were excluded from the main experiment in order to find out the suitability of the workouts prepared by the researcher for the sample. The team consists of Youssef Saeed / international referee, Amir Daoud / international referee, Nawzad Saleh / former first degree referee, Omar Othman / Former first degree referee and the aim of the experiment was as follows:

- Find out the validity of the workouts used.
- Find out how long it takes to exercise.
- Identify the efficiency of the assistant team.
- Identify the obstacles and difficulties that accompany the main experience.
- To find out the duration of work with rest.
- To determine the resulting pulse of each exercise and to determine the level of exercise.

2.8.2 Second exploratory experiment:

The researcher and the assistant work team, conducted the second exploratory experiment on Sunday, 2/1/2022 and on the stadiums of Al-Thawra Sports Club at exactly (3) pm. The referees (6) themselves from the research sample on tests of the physical abilities specified by the researcher by analyzing the content of Arabic sources, and the aim of the experiment was as follows:

- Ensure the validity of the tools used.
- To see how well testers respond to tests.
- to see how long the tests take.
- To know the efficiency of the assistant team.

2.8.3 Third exploratory experiment:

The researcher and his assistant work team, conducted the third exploratory experiment on (6) referees, on Monday 3/1/2022 and on the same stadiums. The tests are 40 m × 6 times and speed endurance test 75 m × 40 repetitions for referees, and the aim of conducting the experiment was as follows:

- to find out the time it takes for tests.
- to see how responsive testers.
- To find out what obstacles occur in the test.
- To know how efficient the assistant team is.

2.9 Field search procedures:

2.9.1 Pre-tests:

The researcher and the assistant work team carried out the pre-tests for the research sample of (24) referees and on the stadiums at exactly (3) pm on Wednesday 5/1/2022, and all the members of the research sample attended and the tests were for the following physical abilities:

- 1- ran (50) m from standing.
- 2- Carried a speed of (200) m from a standing position.
- 3- Conducted the agility test for a distance of (20) m for (10) signs and the distance between signs (2) m.

On Thursday, 6/1/2022, international physical fitness tests were conducted for the referees

2.9.2 Implementation of the main experiment:

In order to obtain special workouts for third-class referees, the researcher reviewed the literature o training and the researcher's experience in the field of training referees, which are capable of enriching the researcher with information that helps him develop special workouts. He prepared a set of workouts for the members of the research sample, taking into account the available capabilities and the level of the research sample.

The main experiment began on 8/1/2022 from Saturday until 20/2/2022, and the research sample was directly supervised by the researcher and with the assistant work team and the sub-committee of governors in the governorate, and the following are notes about the main experiment:

- The duration of the proposed special workouts is 6 weeks. Accessory(2)
- Number of training units per week (6 training units) from Saturday to Thursday.
- Applying workouts in the period of special preparation.
- The fartlek technique was used in the workouts.
- Individual differences were taken into account.
- Observing the intervening convenience between repetitions and totals.
- The intensity of the training was (3: 1) supplement (1).
- The researcher carried out international physical fitness tests for the middle referees because the sample of third-degree referees has not yet been specialized.

2.9.3 Post-tests:

After completing the main experiment on 17/2/2022, the researcher and his work team, carried the post-tests on the playgrounds of Al-Thawra Sports Club at exactly (3) pm.

First, physical tests on Saturday 19/2/2022

And then the fitness tests for the referees Sunday 20/2/2022.

2.10 Statistical Methods:

The results were found through the sustainability of the statistical bag (SPSS).

3- Presenting, analyzing and discussing the results:

3-1 Presentation, analysis and discussion of the results of differences in the physical tests of the pre- and post-physical referees of the center referees:

3.1.1 Presentation and analysis of the results of differences in physical tests of pre-and post-physical referees of the center referees

Table (2)
the results of the pre- and post-tests of the physical tests of the third-class referees of the experimental group

Statistical milestones Additions	Unit of measurement	Tribal		Post		Value (v)	Significance Level(SIG)	Moral
		Going to	on	Going to	on			
Run 50 meters from standing	second	8,69	0,211	7,35	0,137	13,174	0,000	Spiritual
Running 200m from standing	second	28,07	0,373	26,44	0,330	9,323	0,000	Spiritual
He ran 20 m between the signs	second	6,75	0,186	6,15	0,143	7,832	0,000	Spiritual

Through Table (2), it shows the results of the physical pre- and post-tests of the third-class referees, and the results were as follows:

There are significant differences between the averages of the physical pre- and post-tests and the middle referees in the tests (500) m of standing, running (20) m, running (20) m between the signs. It shows through the table the calculated value (T) (413.17, 9,323, 7,832) at significant levels (0,000), (0,000) and (0,000) and these values are smaller than (0,05).

3.1.2 Discussion of the results of pre- and post-physical tests for third-class referees physical aptitude tests and international physical fitness tests:

Table (2) shows the results of the physical pre- and post-tests of the third-class referees in the tests of (running 50 m from standing), (running 200 m) and running 20 m between the signs).

The significant differences in these tests and in favor of the post-tests in the test (running 50 m from standing) through the workouts prepared by the researcher to develop the speed and the difference in speed distances (20 m, 30, 60 m) developed the speed among the central referees positively because the middle referees need this ability speed in order to always be close to the situation to make the right and appropriate decision. Also, the researcher attributes this development to regular training according to the selected scientific foundations and legalization Exercise and gradation in terms of intensity, size and rest periods, which led to the development of speed in the middle referees "Training is a constructive process that works to develop and develop physical abilities to achieve better achievement"(Hassan, 1983).

Also, the significant differences in the speed tolerance bar (200) m for the central referees to the commitment of the research sample to perform the workouts well, as well as their commitment to rest times and repetitions between one exercise and another. So durability speed means the ability of the referee to continue in fast starts and variable speeds in training with high efficiency and facing fatigue, as the researcher contributed through the prepared workouts and his scientific and practical experience for being a fitness coach for football referees to develop this important ability of the center referees. Also, the researcher believes that using of the fartlek training method has contributed well to the development of speed endurance among the central referees, as the training method contributes a lot to the development of speed and speed endurance, this is confirmed by

Lan Kemp "training fartlek contributes to the development of speed, speed endurance and endurance and to raise the physical condition of the athlete"(kemp, 2000).

The researcher attributes the development in agility to the use of agility workouts in the training units as well as the use of signs and different distances and for all front, side and back directions. In addition, the researcher explains the development due to giving sufficient importance to this ability of the referees through motor and physical workouts used in the training units. It helped to develop agility among the middle referees "that physical qualities are important because they are associated with other motor physical qualities are related to the motor performance of the activity practiced as the individual gains the ability to motor fluidity, compatibility, the ability to relax, and a sense of sound directions and distances are all necessary factors for the performance of the athlete, regardless of the type of activity practiced by the athlete"(Abdel-Khalek, 1999).

3-2 Presentation, analysis and discussion of the results and discussion of pre- and post-tests of the physical abilities of the control group:

Table (3) the results of the pre- and post-tests of the physical abilities of the control group

Statistical milestones Auditions	Unit of measurement	Tribal		Post		Value (v)	Significance Level(SIG)	Moral
		Going to	on	Going to	On			
Run 50 meters from standing	second	8,77	0,628	7,41	1,42	12,236	0,000	Spiritual
Running 200m from standing	second	27,36	0,599	26,81	0,372	1,474	0,000	Spiritual
He ran 20 m between the signs	second	6,61	0,193	6,31	0,151	7,435	0,000	Spiritual*

The table shows the results of the pre- and post-tests of the physical abilities of the control group of the referees, where the arithmetic mean of the tests was (50 m from standing) and (200 m from standing) and (20 m ran between the pillars) as follows (8.77, 27.36, 6.61) and the standard deviation (0.268, 0.599, 0.193) for the pre-test and the arithmetic mean of the post-test was (7.41, 26.81, 6.31) and the standard deviation (1.42, 0.372, 0.151) and the value of (T) calculated (12,236, 1,474, 7,435) which is greater than the value of (0.05) . So, there is a development in the post-tests for the control group, but the development was slight and the researcher attributes this to the reason for randomness in daily workouts and not taking into account the gradient in the training load, as well as lack of attention to the inter-exercise rests, all these reasons led to a slight development in these tests.

Another reason that requires the referee to be training on speed well is because the referees are always exposed to annual tests at least twice a year, where it requires him to run (40 m × 6 times) within 6 seconds and rest between repetitions (90) seconds, where the referee if the time exceeds (6) seconds in one of the repetitions. Another attempt is given, but if he fails, he comes out of the test, he is considered a failure in the test.

The concept of speed itself is simple enough: the referee is either fast or not through genetic potential: "genetic potential plays an important role in physical abilities and can be developed through muscular and muscular skills that contribute to speed during training"(Al-Sukkari & Jaber, 2015).

3.4 Presentation, analysis and discussion of the results of the pre- and post-test of the referees of the third class of international physical fitness tests:

3.4.1 Presentation and analysis of the results of the pre- and post-test of the referees of the third class of international physical fitness tests:

Table 4 Shows the results of the pre- and post-tests of the international physical fitness tests of the experimental group

Statistical milestones Auditions	Unit of measurement	Tribal		Post		Value (v)	Significance Level(SIG)	Moral
		Going to	on	Going to	on			
6x40 meters	second	8,02	0,095	6,01	0,118	27,238	0,000	Spiritual
Withstand speed 75 m	reiteration	24,750	2,12	46,250	1,66	12,841	0,000	Spiritual

Table (4) showed the results of the pre- and post-test for the referees of the third class of the international physical fitness tests for the referees, where the arithmetic mean of running (40) m for the pre-test was (8.02) seconds and for the post-test 6.01) s, and in the speed endurance test (75) m, the arithmetic mean of the pre-test was (24,750) repetitions and in the post-test (46,250) repetitions.

3.4.2 Discussion of the results of the pre- and post-test of the referees of the third class of international physical fitness tests:

Table (4) shows the results of the speed test for the central referees (40 m × 6 repetitions) for pre- and post-tests and in favor of the post-test. This could be due to the use of the training fartlek in units as well as attention to the comfort between the repetitions, especially in the period of special preparation to adapt the internal body systems of the central referees for different training loads. The researcher believes that speed is very important for the middle referees because of the large number of launches on the field, especially when two teams are at a close level, which leads to many counterattacks in the match. This requires the center referee to be of good speed in order to be close to the situation so that the referee gives the correct and appropriate decision in the match. In addition, the researcher believes that the center referees must have sufficient speed and appropriate in order to be close to the ball and on the cases and this requires the referee to train well for speed in the daily training units.

3-5 Presentation, analysis and discussion of the results of the pre- and post-test of the control group of the international physical fitness test for third-class referees:

Table 5

Shows the results of the pre- and post-tests of the international physical fitness tests of the control group

Statistical milestones auditions	Unit of measurement	Tribal		Post		Value (v)	Significance Level(SIG)	Moral
		Going to	on	Going to	on			
6 × 40m	second	8,60	0,193	8,10	0,213	6,315	0,04	Spiritual
Bearing speed 75m	reiteration	22,500	1,68	30,250	1,94	0,431	0,950	Insignificant

Through Table (5) shows the results of the pre- and post-tests of the physical fitness tests of the control group, where the pre-arithmetic mean of the speed test (6×40 m) was 8.60 and the standard deviation was 0.193 and the post-test was the arithmetic mean 8.10 and the standard deviation was 0.213, and the arithmetic mean of the speed endurance test was (75) m for the pre-test 22,500 and for the post-test 30,250 and the standard deviation of 1.94, and the researcher attributes the small development of the speed test 6×40 m due to the lack of use of metered training loads. Yet, they relied on the experiences of the referees themselves in the workouts and the researcher attributed the mean results of the post-test to the speed endurance test (75) m. This is due to the ineffectiveness of the workouts prepared by the referees and their lack of use of workouts fartlek is very necessary to develop speed endurance all these reasons lack of ideal development in this test speed endurance.

3-6 Presentation, analysis and discussion of the results of the post-tests of the control and experimental groups of international physical tests and physical fitness approved for third-class referees

Table (6)

the results of the post-tests of the physical tests International physical fitness for the control and experimental groups

Statistical milestones auditions	Unit of measurement	Control Group		Experimental Group		Calculated value (v)	Tabular value (v)	Moral
		Going to	on	Going to	on			
Run 50 meters from standing	Second	7,41	1,42	7,35	0,137	7,025	2,074	Spiritual
Running 200m from standing	Second	26,81	0,372	26,44	0,330	2,754	2,074	Spiritual
He ran 20 m between the signs	Second	6,31	0,151	6,15	0,143	6,928	2,074	Spiritual
6 × 40m	Second	8,10	0,213	6,01	0,118	16,184	2,074	Spiritual
Withstand speed 75 m	Reiteration	30,250	1,94	46,250	1,66	60,315	2,074	Spiritual

Tabular value (v) (2,074) at degree of freedom (22) and significance level (0.05)

Table (6) shows the results of the post-tests for the control and experimental groups in the physical tests (running (50 m from standing), test (200 m from standing), agility test (20 m between poles), physical fitness test (6 × 40 m) and speed endurance (75 m) for the experimental group.

This could be due to the positive development in running (50 m of standing) in the adoption of the researcher in the training units to speed workouts of all kinds (20 m, 30 m and 60 m) and multiple repetitions. It developed speed significantly in the post-test and for the benefit of the experimental group, as well as the researcher believes that speed is one of the very important abilities of the athlete in general and for the referees in particular and speed is "the ability of the individual to perform sequential movements of one type in the least time"(Younis & Razzaq, 2013).

The development in the speed endurance test (200 m) is because the researcher used fartlek workouts for preparation at different distances (100 m, 120 m, 150 m) in the training units. It is also due to the preparation of speed endurance workouts at different times and multiple repetitions and give sufficient breaks between repetitions and totals until the pulse returns to the semi-normal state, because the duration of the match (90) minutes and sometimes (120) minutes when there are additional times. Here the speed endurance of the referees well so that he can complete the match without fatigue. Also, the referees have correct decisions in

the matches, as well as the referees are subjected annually to special tests concerned with speed tolerance and with many repetitions up to (44) repetitions "the ability to perform the duty effectively under precisely defined requirements and for a certain period of time"(Hussein & Nassif, 1983).

The agility test (20 m between the signs) improved because of the workouts prepared by the researcher and using signs and different distances (10, 20, 30) m and in different directions in front, back and side in the daily training units and multiple repetitions. Also, the agility is very important for referees because the nature of football is characterized by speed, different distances and multiple directions requires the referee to be agile in matches, especially when the level of the two teams are close, which leads to multiple attacks and for both teams. Also the agility is in a positive relationship with all physical abilities speed, strength, endurance and flexibility.

The range of workouts from easy to difficult had a role in the development of agility in the experimental group "the more agile the individual can quickly improve his level not to forget the basic educational principle gradient from simple to complex"(Abdel-Khalek, 2005).

The speed fitness test (40×6) enhanced because of the workouts prepared by the researcher for speed and different distances (20, 30, 60) m and different repetitions in the daily training units as well as to give appropriate interstitial breaks between repetitions and totals. Also, the use of the training of fartlek in the training units to develop speed had a positive role to develop the speed of the experimental group effectively and the use of speed workouts at the beginning of the training unit had a positive role in the development of speed "starting speed workouts immediately after warm-ups, especially within units aimed at developing more than one physical characteristic"(Allawi, 1992).

The speed endurance test (75) m for the experimental group is due to the workouts prepared by the researcher to withstand speed for distances close to the test distance (70 m, 80 m) and multiple repetitions

The researcher also payed attention to the inter-repetitions and the range in the number of repetitions so that the referees adapt to the workouts.

Speed endurance (75) m also developed because of organizing the training curriculum. The process of organizing training plays a key role in developing the level, which is consistent with the capabilities of the referees to obtain positive results because the main objectives of sports training are "the individual's access to the highest levels of sports in the activity practiced" (Essam, 2005).

4. Conclusions and Recommendations:

4.1 Conclusions:

This study has come up with the following:

- 1- Special workouts and the fartlek style had a positive effect on the development of (speed + speed endurance + agility).
- 2- The special workouts and the style of fartlek had a major role in passing the physical tests of the third-class referees in the post-test.

4.2 Recommendations:

Based on the conclusions of this study, this work recommends:







- 1- Allocating specialized trainers in the field of fitness for referees.
- 2- Workouts prepared for international, first and second division referees can be used.
- 3- Workouts prepared for futsal referees can be used.

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Appendix (1)

Percentage of load intensity during the six weeks of training modules

Week 6	Week 5	Week 4	Week 3	Week 2	Week 1	week stress
						Maximum
						Less than maximum
						high
						Upper high
147,23	135,08	144,38	169,36	138,44	138,40	Total training load time in minute

Appendix (2)

First week Module/1

Saturday, the total time of the training unit / 27 minutes

No.	Exercise name	Duration	Number of repetitions	Intervals	Group	Breaks between totals	Total Workout Duration	Total rest duration	Total exercise duration with rest	Intensity	Observations
1	Running 5D	5d	1		1	3D	5d	3D	8D	80%	
2	Running 4D	4d	1		1	3D	4d	3D	7D	80%	
3	Running 3D	3D	1		1	3D	3D	3D	6D	80%	
4	Running 2D	2d	1		1	3D	2d	3D	5d	80%	
5	Running 1D	1D	1		1	-	1D	-	1D	80%	

Second week

Training Module /8

Sunday, the total time of the training unit/ 23,30 minutes

t	Exercise name	Duration	Number of repetitions	Intervals	Group	Breaks between totals	Total Workout Duration	Total rest duration	Total exercise duration with rest	Intensity	Observations
1	Running 150m	50s	3		1	1,30d	2,30d	4,30d	7D	85%	
2	Running 120m	40s	3		1	1,30d	2d	4,30d	6,30d	85%	
3	Running 100m	30s	3		1	1,30d	1,30d	4,30d	6D	85%	
4	Running 80m	20s	3		1	1,30d	1D	3D	4d	85%	

Third week Training Unit/15

Monday, the total time of the training unit/ 19.12 minutes

No	Exercise name	Duration	Number of repetitions	Intervals	Group	Breaks between totals	Total Workout Duration	Total rest duration	Total exercise duration with rest	Intensity	Observations
1	Side run between two signs, the distance between them is 15 m	15s	6		1	1,30d	1,30d	9D	10,30d	90%	
2	Side run between	12s	6		1	1,30d	1,12d	7,30d	8,42d	90%	

	two signs the distance between them is 12 m										
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Fourth week Training Unit/22

On Tuesday, the total time of the training unit/ 21,48 minutes

No	Exercise name	Duration	Number of repetitions	Interval	Group	Breaks between totals	Total Workout Duration	Total rest duration	Total exercise duration with rest	Intensity	Observations
1	Running 45m	8s	6	1,30d	1	5d	48s	12,30d	13,18d	85%	
2	Running 55m	10s	6	1,30d	1		1D	7,30d	8,30d	85%	

Week Five

Training Unit/29

Wednesday, the total time of the training unit / 21.20 minutes

No	Exercise name	Duration	Number of repetitions	Intervals	Group	breaks between totals	Total Workout Duration	Total rest duration	Total exercise duration with rest	Intensity	Observations
1	Running 800m	4,30d	1		1	2,30d	11,20d	10d	21,20d	90%	
2	Running 600m	3,15d	1		1	2,30d					
3	Running 400m	2,10d	1		1	2,30d					
4	Running 200m	1D	1		1	2,30d					
5	Running 100m	25s	1		1	2,30d					

Week Six Training Unit 36

Thursday, the total time of the training unit / 25 minutes

No	Exercise name	Duration	Number of repetitions	Intervals	group	Comfort between totals	Total Workout Duration	Total rest duration	Total exercise duration with rest	Intensity	Observations
1	Running 80m	18s	40	20s	1	-	12d	13d	25d	95%	