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RESEARCH ARTICLE

Building and Rationing a Header Shot Accuracy Test for Young Football Players

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Abstract
The purpose of this paper is to identifying building a header shot accuracy test for young football players in Maysan Governorate aged (17-19) years, and establishing grades and standard levels to test the accuracy of heading goals for young football players in Maysan Governorate aged (17-19) years. The researchers used the descriptive method using the survey method, The community consists of for this research, the number of players who participate in the league for the sports season (2021/2022) is (220) players. One of the most important results reached by the researcher is that: It is clear to us that the highest percentage was achieved at the medium level, with a percentage of (46%), while the lowest percentage was achieved at the very weak level, with a percentage of (4%), and it was achieved to build a test that measures the accuracy of heading goals for young football players in Maysan Governorate aged (17-19) years. One of the most important recommendations recommended by the researchers is that: Adopting a header shot accuracy test for young football players in Maysan Governorate aged (17-19) years., and necessary to build other skill tests on young football players, because of their importance in identifying their levels in a way that enhances the level of their skill performance.

Keywords
Rationing, Header Shot, Football

INTRODUCTION

The scientific and technological progress that included all areas of life, including the sports field, was the result of the use of objective tools, namely testing and measurement, as tests and measurement are important tools that aim to consolidate programmed work, and are also important in evaluating various aspects of life in general and aspects (Radwan,2006). related to sports activity. In private (Ibrahim ,1999), the practical reality in the field of physical education has shown us many classifications of tests, including field tests and laboratory tests. Field tests are the type that distinguishes sports activities in terms of expressing physical fitness and skill performance, which is an inherent characteristic of them. Skill field tests have high importance, given Because it measures large numbers of individuals accurately, efficiently, and in a short period of time, in addition to contributing to the speed of obtaining results.

The skill of hitting the ball with a head is considered one of the most important parts of offensive and defensive play. Indeed, it is considered one of the most important basics of the game of football at all (Al-Sumaidaie, 2010) and one of the skills that it is necessary for a football player to master, as all of these skills and abilities are among the main factors for achieving the best sporting level and advancing this level. The game is for the purpose of raising the level of players, and hence the importance of research into constructing and codifying a header shot accuracy

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test for young football players in Maysan Governorate . While research problem due to the importance of field tests, which are the basis that reveals the true physical, kinetic, skill and functional level, in addition to the fact that the researchers find a lack of tests to measure the accuracy of shot by the head for young football players, and based on the above, the researchers conducted this study, which aims to build and codify a test to measure the skill of shot accuracy. Headshot for young football players in Maysan Governorate.Research objective was building a header shot accuracy test for young football players in Maysan Governorate aged (17-19) years, amd establishing grades and standard levels to test the accuracy of heading goals for young football players in Maysan Governorate aged (17-19) years.

MATERIALS AND METHODS

Research Methodology

The researchers used the quantitative method. srvuey research design employed survey method , w.ich is defined as "one of the forms of organized scientific analysis and interpretation to describe a specific phenomenon or problem and depict it quantitatively by collecting data and standardized information about the phenomenon or problem, classifying it, analyzing it, and subjecting it to careful study" (Al-Jabri , 2011).

Community and sample research

After take approval of sample and union fooball, hence moved forwards to select sample of study purposively, since this way heip to reach individual whom have intended charachers and provide our study with wanted data (Al-Sammak , et al. , 1986). sample of study are youth soccer players in Maysan Governorate and the research population from which the sample is taken is (the sample): "that part of the population that is (Al-Sammak , et al. , 1986). The community consists of this research, the number of players who participate in the league for the sports season (2021/2022) is (220) players and they were divided according to Table (1).

Table 1. Shows the distribution of the research sample's population of young football players for Maysan clubs

No.	Club name	Number	Exploratory experiment sample	Construction sample statistical analysis	a sample Rationing
1	Maysan oil	20	___	___	20
2	Maysan	20	20	___	___
3	Al-Amara	20	___	___	20
4	Djla	20	___	___	20
5	Almajar Alkabeer	20	___	___	20
6	Al-Maimona	20	___	20	___
7	Qalaat Saleh	20	___	20	___
8	Almoshrah	20	___	20	___
9	kohlAl	20	___	___	20
10	Ali Al-Gharbi	20	___	20	___
11	Al-Resala	20	___	20	___
	total	220	20	100	100
	percentage	%100	%9.09	%45.45	%45.45

Research material and means of collected data)

The nature of the research problem imposes on the researchers a number of means of collecting information. To reach the results, the researchers used the following methods:

Questionnaire

The researchers developed the test in its initial form in the form of a questionnaire in which the test is explained in all its dimensions in terms of name, purpose, tools used, method of performance, conditions, registration, and number of attempts. After completing these procedures, the researchers presented the questionnaire to a group of experts and specialists, in order to express their opinions and suggestions and indicate the validity of the test as well. About obtaining a percentage of agreement on the proposed test, as shown in Table (2).

Table 2. Shows the name of the proposed test and the percentages of agreement.

No.	Test name	Measruing Unit	Agreement percentage
1	Shot with the head from a distance of 7 m on a target divided	degree	%100

It is clear from Table (2) that the test was accepted because it obtained an agreement rate of (100%). Bloom indicates, "The researcher must obtain agreement of (75%) or more from the opinions of the arbitrators.

Tests

Since tests are one of the means of collecting information, the two researchers designed a test for head shot accuracy for young football players in Maysan Governorate aged (17-19) years, as this test will be explained in detail later.

Devices and tools used in the research

1 legal football goal, 6 legal footballs, adhesive tape, whistle, bourke, measuring tape, medical scale)).

Identifying the validity of the test:

After the researchers completed the design of the skills test that was presented to the experts and specialists, and the test obtained an acceptable agreement rate, the researchers began conducting the exploratory experiment, as shown below.

Polite study

After obtaining an agreement rate on the proposed first test, the two researchers applied the test in the field to a sample of (20) players on Thursday, corresponding to (17/4/2022), in order to identify the validity of the test, devices, and tools, and to train the assistant work team.

Statistical Analysis

Psychomatric of test

Validity of the test

Validity is one of the characteristics that must be paid attention to in constructing tests and standards. It means to what degree the scale measures the purpose for which it is designed, and as defined it is "the degree to which the test or scale measures the thing to be measured" (Farhat , 2001). There are several types of validity, so the researchers used (facet validity, construct validity).

Apparent Validity

It is the test whose name indicates its Validity, that is, honest in its apparent form, and in other words, it is not scientifically and statistically valid (Farhat , 2007). Apparent Validity is one of the types of Validity that becomes clear by presenting this test to experts and specialists. This type of Validity was achieved by presenting it to those with experience and expertise in physical education within the specialty of testing and measurement.

Second: Construct validity (discriminating ability)

The researchers used this type of Validity to determine the efficiency of the proposed skill test to distinguish between the high-level group and the low-level group. The researchers arranged the raw scores obtained by the sample members, which numbered (100) players, in descending order, and (27%) were selected from the highest grades and (27%) of the lowest grades were represented by (27) players for both the high and low groups. Therefore, the (t-test) was used for independent samples that are not correlated between the high and low groups under the significance level (0.000) at a degree of freedom (52). It appears that this test is distinctive because the value of the significance level is less than (0.05), Table (3) shows this.

Table 3. Shows the (discriminatory ability) of the extreme groups through the value of (T) calculated to test the accuracy of heading goals for young football players.

No.	Upper group		Lower group		T value Calculated	Level sig	Type sig
	X	SD	X	SD			
1	24.519	1.553	14.704	1.793	21.494	*0.000	Sig

Arithmetic mean (X), Standard deviation (SD), n = 100, * significant when the significance level is less than (0.05)

Test Reliability

Calculating stability is one of the characteristics of a good test, meaning that a test

that gives the same results or close to the same sample or similar to it and under the same conditions is considered stable and statistically significant if the correlation coefficient appears significant (Al-Sumaidaie et al 2010) "as the test stability coefficient was calculated by the method (test and re-application of the test), and from In order to establish the stability of the test results, the two researchers conducted tests on the sample of the exploratory experiment represented by the (Maysan) club, which consisted of (20) players, on Thursday, corresponding to 4/17/2022, and thus retested them after seven days had passed, that is, on 24/4/2022, with adjustments. All variables and conditions for the first test, and therefore the researchers proceeded to process the data of the two tests by finding the simple Pearson correlation coefficient, and the results showed that there was a high correlation of (0.857), which confirms the stability of the test, because the closer the value is to (+1) Or (-1) means the correlation is strong, and vice versa, the farther the value is from (+1), or (-1) means the correlation is weak) (1), as shown in Table (4).

Test objectivity

Objectivity means "the degree of agreement between the grade evaluators" (Al-Hakim , 2004) and because the skill test conducted by the researchers was based on an objective means of measurement (the grade), therefore this test is not subject to interpretation and judgment among the arbitrators if we take into account that the researchers have Explain the instructions for applying the test in terms of conducting it, administering it, and recording the results. The registration procedures for such a test are simple and fair. In order to obtain a high objective coefficient, the arbitrators must specify the correct measurement method. If the two individuals use the same measuring devices and follow the same instructions and the same conditions. procedure, the results will be almost the same" (Radwan , 2006). In addition, the researchers used arbitrators, who are from the assistant work team , to record the players' scores in the test for the first and second time. The result of person moment correlation was (r = .92,p < .001) this result is significant since p value less than .001, Table (4) include stitistical result of rators agreemenr.

Table 4. Shows the test items, reliability coefficients, objectivity, and significance of the test correlation

No.	Test name	Stability coefficients	Objectivity Coefficients	Level sig	Type sig
1	Shot with the head from a distance of 7 m on a target divided into squares	0.857	0.926	*0.000	Sig

*p value > .00

Verifying the suitability of the nominated test for the research sample

In order to verify the suitability of the proposed test for the research sample, the researchers applied the test to a sample of (100) players representing the players of the clubs (Al-Maimona, 2020) on Saturday, 30/4/2022, until Tuesday. Corresponding to 10/5/2022. For the purpose of identifying the level of ease and difficulty of the test, the researchers proceeded to extract the skewness factor, as it is possible that "the test used may be suitable for the sample in terms of the degree of difficulty and ease when the distribution is symmetrical, meaning that its value is zero" (Yassin and Muhammad , 1999) and by noting Table (5) shows that the skewness coefficients for the test will not exceed (±1), and this indicates the good distribution of the sample and the homogeneity of its members in terms of chronological age, training, height and mass, which confirms its suitability for ages (17-19) years, as shown in Table (5).

Table 5. Shows the nature of the sample distribution in the variables of the research sample

No.	Variables	Measuring unit	Mean	Median	Std. Deviations	Skewness
1	Head shot accuracy test	Degree	22.944	23.000	2.013	-0.083
2	Chronological age	Year	18.100	18.000	0.738	0.407
3	training age	Year	3.300	3.000	1.675	0.537
4	height	Cm	142.500	144.000	8.141	-0.553
5	mass	Kg	56.600	56.500	2.836	0.106

n=100

Final description of the test (Header shot accuracy test)

Name of the test: Testing the accuracy of shot by the head from a distance of 7 m towards a divided goal.

Purpose: To measure head shot accuracy.

Tools Used

1 legal football goal, 6 legal footballs, adhesive tape, whistle, bourke, measuring tape.

Performance method: The tester stands at a distance of (11 m) from the goal line and (2 m) from the area where the ball is headed. When the start signal is given, he quickly goes to the designated area, which is 7 m from the goal. The coach or assistant who is far from the hitting area gets up. Heading the ball a distance of (3 m) from the right and left by throwing the ball high so that the experimenter hits it with his head towards the divided goal and quickly returns to the starting line. The player repeats three blows from the right and three blows from the left.

Performance conditions

The laboratory must perform the test as quickly as possible.

The test must be executed in motion.

The tester is given one attempt.

The thrower stands from the right and left sides, facing the area where the ball is headed.

The tester must try to hit the ball with his head from various positions and try to hit the target.

Registration

The total score obtained by the player (30) is recorded as follows:

Five marks are counted for the laboratory when shot in field No. (5), with dimensions of (1 meter x 70 cm). Four marks are counted for the laboratory when shot in field No. (4), with dimensions of (1 meter x 74 cm). Three marks are awarded to the laboratory when shot in field No. (3), with dimensions of (1 meter x 1 meter). The laboratory is credited with (2) marks when shot in field No. (2), with dimensions (1 meter x 2.44 metres). The laboratory is credited with (1) point when shot in field No. (1), with dimensions (3.32 meters x 2.44 metres). Zero marks will be counted for the tester if the ball goes outside the goal. If the ball touches one of the goalposts or crossbar and enters, it is counted for the laboratory (the same score in each area).

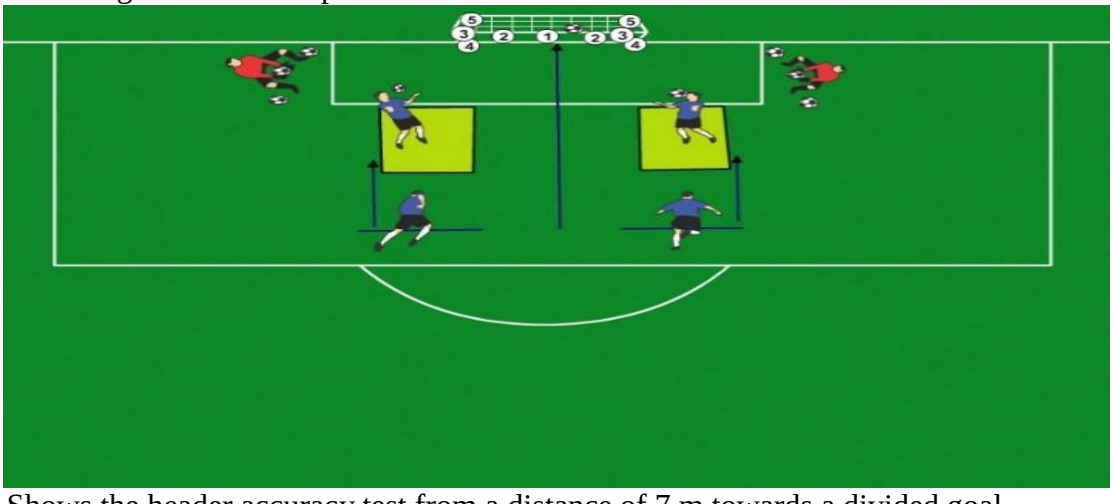

Figure 1. Shows the header accuracy test from a distance of 7 m towards a divided goal

The final application of the test and its codification:

The researchers conducted the final implementation of the test on the 100-player legalization sample represented by the club (Djla,

Almajar Alkabeer, Al-Amara, Maysan oil, and kohlAl), and the tests began on Sunday, 15/5/2022, until Wednesday, 25/5/2022. An average of two days for each club.

Statistical methods

The search data was processed through the Statistical Package for the Social Sciences (SPSS). A statistical program was used in the statistical analysis of the data obtained. Arithmetic mean, standard deviation, frequency, minimum and maximum values were used in statistical representations of the data. . Independent Samples T-test were used in the analysis of normally distributed data.

RESULTS

From a distance of 7 m towards a divided goal for the grading sample

Table 6. shows the statistical parameters of the results of the standardization of the header shot accuracy test from a distance of 7 m towards a divided goal

Test name	X	Median	SD	Standard error	Skewness	Highest Degree	Lowest Degree	Range
Shot with the head from a distance of 7 m on a target divided	.20170	21.000	3.995	0.399	-0.623	28	12	16

n = (100), Mean (X), Std. Deviations (SD)

It is clear from Table (6) that the arithmetic mean of the results of the header accuracy test from a distance of 7 m towards a divided goal was (20.170), the median was (21.000), with a standard deviation of (3.995), and the standard error was (0.399), while the skewness coefficient was (-0.623). The highest score in the test was (28), the lowest score was (12), and the range was (16). To determine the scores and standard levels for the test, tables (7 and 8) show the raw scores, the zigzag standard score, and the modified standard score for the scores of the grading sample after arranging them in ascending order.

Table 7. Shows the standard levels for the rationing sample

Standard degree	Standard degree modify	Standard Level	Repetition	Percentage
(-2) below	29 below	Very weak	4	4%
(-1.99) — (1)	30–39	Weak	16	16%
(-0.99) — (0)	40–49	Acceptable	24	24%
(0.01) — (1)	50–59	Middle	46	%46
(1.01) — (2)	60–69	Good	10	%10
(2.0) up	(70(up	Very good	0	0%
	Total		50	%100

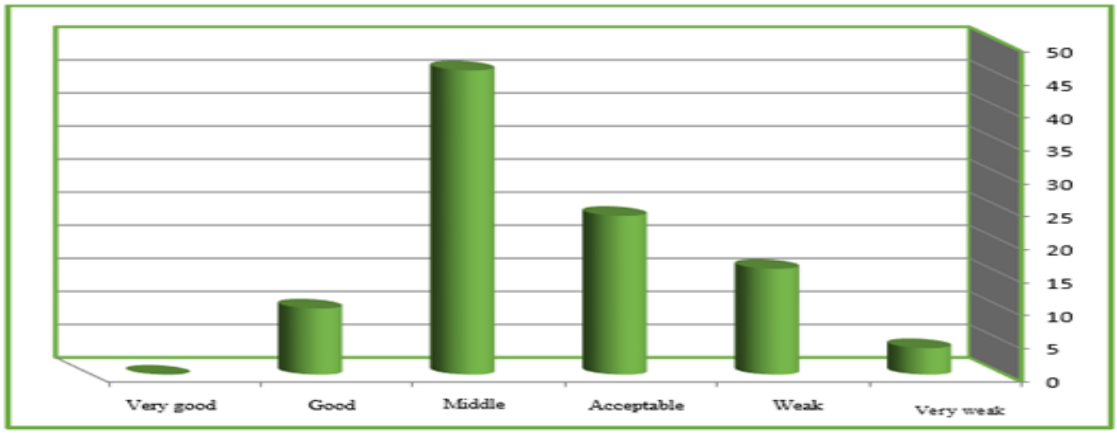

Figure 2. Shows the number of players and the standard levels for the test (header shot accuracy from a distance of 7 m towards a divided goal)

Table 8. Shows the raw scores, the standard score, and the modified standard score for the header shot accuracy test from a distance of 7 m toward a divided goal.

N	Raw degree	Standard degree	Standard degree modified	N	Raw degree	Standard degree	Standard degree modified
1	12	-2.05-	29.550	51	21	0.210	52.080
2	12	-2.05-	29.550	52	21	0.210	52.080
3	12	-2.05-	29.550	53	21	0.210	52.080
4	12	-2.05-	29.550	54	21	0.210	52.080
5	13	-1.79-	32.050	55	21	0.210	52.080
6	13	-1.79-	32.050	56	21	0.210	52.080
7	13	-1.79-	32.050	57	21	0.210	52.080
8	13	-1.79-	32.050	58	22	0.460	54.580
9	14	-1.54-	34.560	59	22	0.460	54.580
10	14	-1.54-	34.560	60	22	0.460	54.580
11	14	-1.54-	34.560	61	22	0.460	54.580
12	14	-1.54-	34.560	62	22	0.460	54.580
13	15	-1.29-	37.060	63	22	0.460	54.580
14	15	-1.29-	37.060	64	22	0.460	54.580
15	15	-1.29-	37.060	65	22	0.460	54.580
16	15	-1.29-	37.060	66	22	0.460	54.580
17	15	-1.29-	37.060	67	22	0.460	54.580
18	15	-1.29-	37.060	68	22	0.460	54.580
19	16	-1.04-	39.560	69	22	0.460	54.580
20	16	-1.04-	39.560	70	23	0.710	57.080
21	17	-.79-	42.070	71	23	0.710	57.080
22	17	-.79-	42.070	72	23	0.710	57.080
23	17	-.79-	42.070	73	23	0.710	57.080
24	17	-.79-	42.070	74	23	0.710	57.080
25	17	-.79-	42.070	75	23	0.710	57.080
26	17	-.79-	42.070	76	23	0.710	57.080
27	17	-.79-	42.070	77	23	0.710	57.080
28	17	-.79-	42.070	78	23	0.710	57.080
29	18	-.54-	44.570	79	23	0.710	57.080
30	18	-.54-	44.570	80	23	0.710	57.080
31	18	-.54-	44.570	81	24	0.960	59.590
32	19	-.29-	47.070	82	24	0.960	59.590
33	19	-.29-	47.070	83	24	0.960	59.590
34	19	-.29-	47.070	84	24	0.960	59.590
35	20	-.04-	49.570	85	24	0.960	59.590
36	20	-.04-	49.570	86	24	0.960	59.590
37	20	-.04-	49.570	87	24	0.960	59.590
38	20	-.04-	49.570	88	24	0.960	59.590
39	20	-.04-	49.570	89	24	0.960	59.590
40	20	-.04-	49.570	90	24	0.960	59.590
41	20	-.04-	49.570	91	25	1.210	62.090
42	20	-.04-	49.570	92	25	1.210	62.090
43	20	-.04-	49.570	93	25	1.210	62.090
44	20	-.04-	49.570	94	25	1.210	62.090
45	21	0.210	52.080	95	26	1.460	64.590
46	21	0.210	52.080	96	26	1.460	64.590
47	21	0.210	52.080	97	27	1.710	67.100
48	21	0.210	52.080	98	27	1.710	67.100
49	21	0.210	52.080	99	28	1.960	69.600
50	21	0.210	52.080	100	28	1.960	69.600

DISCUSSION

It is clear from Table (8) that the test (header shot accuracy from a distance of 7 m towards a divided goal) achieved the number of players within a very weak level (4) with a percentage (4%), and the number of players was within a weak level (16) with a percentage (16%), the number of players was within an acceptable level (24) with a percentage of (24%), the number of players was within an average level (46) with a percentage of (46%), and the number of players was within a good level (10) with a percentage of (10 %), and the number of players was within a very good level (0) with a percentage (0%). Thus, the test (accuracy of heading goals from a distance of 7 meters towards a divided goal) achieved (5) standard levels to which the players were distributed in a normal distribution ccording to these results, the researchers note that the largest sample was within the acceptable and medium levels and the researchers attribute the reason for this concentration to the approach followed by the coaches, which does not focus on the skill of hitting the ball with the head, despite its importance, and it may be because they do not have the training thought that qualifies them for this task, which needs to be repeated, especially for this important sample, there are also many movements that a football player must excel at, which some players miss in this study because they require special training, noting that modern science confirms that heading the ball is considered a third foot for the player, and from it goals and wins are achieved, since the ball is not always there. On the ground, but it is often traded with the head; It also plays an important and decisive role in determining the outcome of the match.

Playing the ball with your head with the aim of passing, shooting at the goal, or defending the goal by deflecting the ball with your head is considered essential for the football player and this is confirmed by (Qasim et al. 2005) as "movements mastered by the player and can be used in a variety of different conditions and situations and the goal The basis of skill training is to establish the process of self-control in the performance of a particular motor skill". He adds (Reilly et al, 2003) "The development of the qualities of motor performance and elements of football players works to develop the level of performance skills of the players and of heading goals for young football players in Maysan Governorate, aged (17-19) years.

development, Vtkaa player basic and individual motor qualities of the game of football help in the performance of various skills optimally, as enables him to continue without fatigue in the performance of these different skills in the technical manner required during the period of the game (Haidar and Mustafa,2020) confirms that players must have high physical qualities, skill and tactical qualities, such as high sense of the ball and the ability to concentrate.

Also, sound technical performance and correct timing, as well as speed of decision-making in front of the opposing team's goal, play an important and major role in the scoring process, there is an important thing that coaches must emphasize, which is increasing self-confidence and looking at the ball, the opponent, and the goal at the same time, so that the header scoring process is completed in the best way and the result of the match is decided, and this requires reaching the stage of mastery in all match conditions.

This is what (Dia, 2019) emphasizes that the player must increase his self-confidence during the shooting process and must have reached the stage of mastery in scoring technique under all circumstances. The coach must also give freedom to the players to demonstrate their ability to score with optimal use. For guidance, and (Mustafa and Sajah, 2024) adds that the audience often enjoys in stadiums or on television screens the interesting and beautiful performances and complex movements and employs them to pass the opponent or score goals as a result of some players possessing a sufficient amount of high technical skills that allow them to control the ball. And controlling all parts of the body permitted by law .

Conclusions

Through the procedures and work that accompanied the research on its sample, its field procedures, and the statistical results of the data, the following conclusions were reached:

It is clear to us that the highest percentage was achieved at the medium level, with a percentage of (46%), while the lowest percentage was achieved at the very weak level, with a percentage of (4%). It was achieved to build a test that measures the accuracy of heading goals for young football players in Maysan Governorate aged (17-19) years. It was achieved to find the T-standard scores and levels for testing the accuracy

Recommendations

According to the results and conclusions reached by the researchers, the following recommendations were made:Adopting a header shot accuracy test for young football players in Maysan Governorate aged (17-19) years. Necessary to build other skill tests on young football players, because of their importance in identifying their levels in a way that enhances the level of their skill performance.

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Conflict of Interest

Authors declare no conflict of interest.

Ethics Committee

This study was performed by adhering to the Helsinki Declaration. Ethical approval of the study was obtained from University of Baghdad, Iraq Ethics Committee at the board meeting dated 18.01.2024 and numbered No:17.

Author Contributions

Study Design, WHA and MAA; Data Collection, WHA and MAA; Statistical Analysis, WHA and MAA; Data Interpretation, WHA and MAA; Manuscript Preparation, WHA and MAA; Literature Search, WHA and MAA. All authors have read and agreed to the published version of the manuscript.

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