

The Effect of Special Exercises With Tools to Help Develop the Performance of Some Basic Skills For Players Futsal

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Abstract: The aim of the study was to prepare special exercises with auxiliary tools to develop the performance of some basic skills for futsal players and to know the effect of special exercises using auxiliary tools in developing the performance of some basic skills for futsal players. The researchers used the experimental method, which is one of the most widely used methods in the sports field because it is based on direct and realistic dealing with different phenomena and is based on observation and experimentation of its types through comparison between the group or between groups. Therefore, the researchers used the single-group design with the pre- and post-tests, which is the most appropriate for this study. The researchers defined the study community as the players of the University of Diyala futsal team, so the sample became (12) A player from a total of (18) players, representing a percentage of the sample (66.66%) of the study population for the year 2023-2024 AD, and after completing the main experiment, the researchers used the statistical package (SPSS) to process the data obtained and the researchers reached the most important conclusions that employing exercises with assistive tools had a positive impact in developing the performance of some basic skills for futsal players (scoring And scrolling) of the study, which was positively reflected on the performance of the student players of the skills under study. The prepared exercises also had an impact on developing the scoring skills. And scrolling, Researchers also recommend the use of tools and aids in developing all basic skills for all age groups.

Keywords: Special Exercises, Skills Basic Futsal

Introduction

The world has witnessed development in all areas of life, including the sports field, and this development occurred through scientific and educational studies. Because futsal is one of the most popular sports that has entered the hearts of its fans since childhood, it has football schools all over the world, relying on refining highly skilled players as they are the basic and most widespread foundation in sports clubs among other sports in practicing sports, which is relied upon in developing other age groups through learning and long training according to high-level scientific and applied programs and under the supervision of the best stars in the world of football. Therefore, futsal is one of the games that has witnessed a remarkable development and has become prominent in most countries of the world due to its excitement and suspense and the multiplicity of its basic skills.

It has become necessary for experts and specialists in training this game in terms of preparation, planning and application of precise scientific programs to increase and develop

the level of this game. In addition, the game of futsal is one of the games that has its basic principles and skills of an offensive and defensive nature that are linked to each other with a very high close connection, and any weakness in the level of its performance leads to losing the match, and this is reflected in achieving the accomplishment., Preparing exercises using auxiliary tools and applying these exercises in the units Training It can help players in Mastery The skill is easily mastered and this will be reflected in the level of performance in the optimal way which results in good performance with economy of effort expended as the skill of scoring and handling is considered one of the offensive skills that the team depends on to achieve victory, and from here lies the importance of the study in knowing the effect of special exercises using assistive tools in Develop some Basic skills In futsal and benefit from the study outcomes to support players in Diyala Governorate clubs.

Study problem

Given that the researcher en from My coach Futsal And teachers In the breeding Physical Sciences the Sports and through Follow-up and training Many units Training Note And The importance of scoring and passing in futsal, so it is necessary to give interest For these skills, and from here came the idea Use of assistive tools In development Performing the skill using assistive tools is easier. Training process and Mastering and applying some of them Skills Basic Futsal ball For the players of the University of Diyala team The researcher noticed that And There is a weakness in training Skill Passing and scoring which can training And its development By preparing exercises using auxiliary tools, the researcher decided to And Study this problem through knowledge impact Exercises specially Using auxiliary tools in development Goal-scoring and passing skills in futsal, The researcher throws And To prepare special exercises using assistive devices. Training Skill Scoring and passing in futsal and knowing the effect of special exercises using Helpful tools in development Skill Scoring and passing in futsal.

Study objectives:

- 1- Preparing special exercises Using auxiliary tools.
- 2- Get to know The effect of special exercises using assistive devices in developing the performance of some basic skills for futsal players.

Study requirement:

- 1- There is a statistically significant difference between the pre- and post-tests in development Skill Tscoring and passing For the players of the University of Diyala team In futsal.

Fields of study:

- 1- Human field: National team players University of Diyala Futsal.
- 2- Spatial domain: hall College of Physical Education and Sports Sciences / University of Diyala.
- 3- Time domain: Duration from 5/27/2024 and up 1/8/2024.

Methodology

Study methodology:

If the researcher uses the experimental method: The experimental method is the most widely used method in the field of mathematics because it is based on direct and realistic dealing with different phenomena and is based on observation and experimentation of all kinds through comparison between the group or between groups (Mahmoud Annan, 2004, p. 84)-85), so the researcher used a single-group design with pretests and posttests is most appropriate for this study.

Study community and sample:

The researcher identified the study community with players of Diyala University Futsal Team. So the sample became (12) player from the group (18 players, so the sample percentage became (66.66% of the study population for the year 2024m.

Data collection methods used in the study:

Arabic and foreign sources and references, the questionnaire sheet for determining exercises using helpful tools and skill scoring and scrolling futsal ball and personal interviews, medical scale, calculator (laptop), handheld calculator, camera DVD video, (6) legal indoor balls, measuring tape for measuring length, (5cm) wide adhesive tape, papers and pens, (1) whistle.

Setting study tests:

Skill ability tests:

10m shooting skill test:

Test name: Scoring towards a goal divided into squares:

Test objective: Measuring the accuracy of goal-scoring.

Tools used:

- A bar to mark the scoring area.
- A legal futsal goal is divided into levels.
- (5) indoor soccer balls.

Performance description:

(5) balls are placed at a distance of (10m) and the distance between one ball and another is (1m), as the examiner scores in the areas indicated in the test according to their importance and difficulty and in a sequential manner, one ball after another, provided that the test is carried out from a running position and moving back after each scoring of the ball and the form (1) It explains that.

Registration method:

The number of goals scored by both sides is calculated, so that the score of each of the five balls is calculated as shown in the figure (1), and each ball is scored according to the points specified for the scoring area, taking into account that if the ball touches the tape, it is scored for the higher area according to the numbered areas, and zero if it goes outside the goal boundaries.

The position of the balls placed on the line is not changed before scoring. (Muwafaq Asaad: 2008, p. 54)

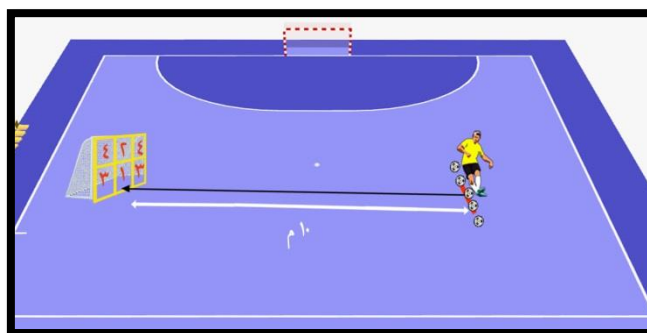


Figure 1. 10m scoring test illustrates

Passing Skill Test:

Test name: Passing test towards a small target 10 meters away.

The purpose of the test: Measuring passing accuracy

Tools used: (5) indoor soccer balls, and a small goal with dimensions of (110 cm x 63 cm).

Testing procedures A line of 1 m in length is drawn at a distance of 10 m from the small goal, and a fixed ball is placed on the starting line.

Test description The player stands behind the starting line facing the small goal, and when the signal is given, he begins to pass the ball towards the goal so that it enters it. Each player is given (5) five consecutive attempts.

How to register The score is calculated by the sum of the scores the player obtained from handling the five balls, as follows:

- Two marks for each correct attempt that goes into the small goal.
- One point if the ball hits the post or crossbar and does not enter the goal.
- Zero if the ball goes out of the small goal. (Thamer Mohsen and others: 1991, p. 77)

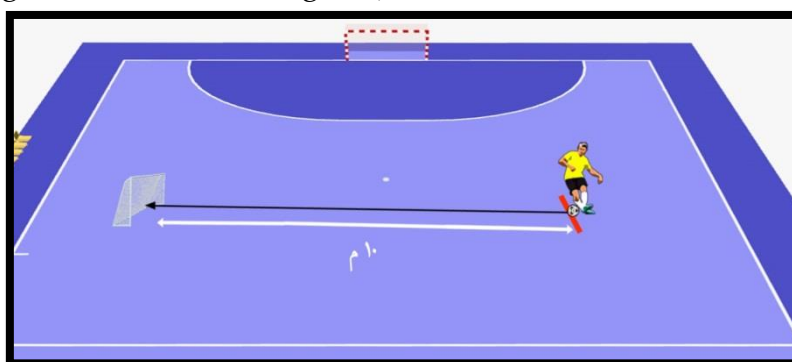


Figure 2. The passing test demonstrates a small target 10 meters away.

First pilot experiment:

The researcher did And By conducting this experiment in order to reach the most appropriate method for conducting the skill test, which will lead us to obtain correct and accurate scientific results.

The researcher conducted And The experiment was conducted on a sample of (5 players) from outside the study sample, at exactly (12) At noon Monday, November 15,

20204, Because the pilot experiment is considered a practical training. For researchers To identify the negatives and positives that they encounter during the test to avoid them.

The researcher's goal was And From the exploratory experience is to identify:

- 1- The suitability of the tests developed with the study sample and its age group.
- 2- The efficiency of the support team at work.*
- 3- Validity of the tools used in the study for the skill test.
- 4- Overcome errors that may appear when executing the test.
- 5- Alternatives needed before starting the pre-tests.

Scientific foundations for skill tests:

First, the validity of the test:

The researchers used face validity by presenting the tests to a group of experts, who agreed that they achieved the purpose for which they were designed and were appropriate for the study sample.

Second, test reliability:

The researchers administered the tests for the two study skills on Monday, 27/5/2024 on a sample consisting of (6) Players from the study sample who underwent the first pilot test and after six days The tests were re-administered on Sunday, 1/6/2024 To find the correlation coefficient between the basic skills tests in indoor soccer, it was found that all tests have a high degree of reliability, as shown in Table (1)

Table 1. It shows the reliability coefficient and the self-reliability coefficient of the tests used in the study.

Self-reliability coefficient	stability coefficient	Unit of measurement	Tests Skill
0.912	0.841	degree	Scoring test
0.926	0.823		
0.835	0.851	degree	Pass test
0.903	0.854		

Third, the objectivity of the test:

Since the tests that were used depend on clear measuring tools, and because the test results are recorded in units (degrees), which made the researcher And The tests used in the study are highly objective without the intervention of referees.

Main experience:

Pre-tests:

The researcher conducted pre-tests for the skills scoring and Passing the futsal ball on the day Monday corresponding 3/6/2024 At exactly (12 noon) in College of Physical Education and Sports Sciences Hall / University of Diyala Where the researcher took into account And All special circumstances of study requirements.

Units Training

It is a set of skill exercises that are performed in a way that suits the nature of the game and the level of the players. These exercises were applied in the main section of the unit.

Training For the study sample, the number of which is 12 player which started on Thursday corresponding 6/6/2024 It continued until Tuesday. Corresponding to 30/7/2014 Where the time of unity reached Training used (40 Minutes) at a rate of three units per week on Sunday, Tuesday and Thursday, where the number of units became Four and twenty units Training Where the researcher relied on And On the exercises using assistive devices in the passing and scoring skills that were applied in the main section of the unit. Training The number of exercises reached Four and Twenty exercises and the researcher relied on And Exercises used on the following characteristics (Mufti Ibrahim 2013, p. 88):

- Taking into account the principle of diversity and flexibility in performing exercises within the unit Training So that the player does not feel bored and monotonous.
- Taking into account the individual differences of players, raising their morale, and contributing to achieving the overall goals.
- Follow the principle of gradual progression from easy to difficult and from simple to complex.

Post-tests:

Post-tests were conducted for the study sample members after the completion of the application of the units. Training On Thursday (1/8/2024) at exactly (0'clock) 12 At noon) All have been installed. Circumstances The special ones applied in the pre-tests.

Statistical methods Use the researcher And Statistical bag (SPSS) to process the data obtained.

Presentation, analysis and discussion of results

Display and analyze the results of basic skills tests in futsal.

In order to know the presentation and analysis of the results of the scoring skill tests And scrolling Indoor ball, the researcher did And By calculating the arithmetic mean and standard deviation for each test for the purpose of description, analysis and table (2) It explains that.

Table 2. Shows the arithmetic means and standard deviations for the pre- and post-tests to Skill scoring And scrolling Futsal ball under study.

Standard error	standard deviation	arithmetic mean	Skill tests	
0.357	1,240	7,583	tribal	scoring
0.497	1.723	11,666	After me	
0.259	0.900	5,583	tribal	Scrolling
0.278	0.965	7,250	After me	

In the scoring test The arithmetic mean in the pre-test was (7.583) With a standard deviation of (1.240), while the arithmetic mean in the post-test was (11.666) with a standard deviation of (1.723), and the standard error rate was (0.497) In the post-test and in the pass test: The arithmetic mean in the pre-test was (5.583) with a standard deviation of (0.900), while the arithmetic mean in the post-test was (7.250) with a standard deviation of (0.965), and the standard error rate in the post-test was (0.278).

Table 3. Shows the values of the differences and the value of (t) The calculated coefficient between the pre- and post-tests and the post-tests of the scoring and passing skills under study, analysis and discussion of the variables.

significance	error rate	T	A F	S.F.	Variables
moral	0.000	17,838-	0.792	4.083-	scoring
moral	0.000	11,726-	0.492	1.666-	Scrolling

Result and Discussion

The results in the table (2) to the presence of significant differences between the pre- and post-tests in the skills under study, in favor of the post-tests. The researcher attributes this to: And These differences are due to the exercises prepared by the researcher. Through special exercises using assistive devices Which contributed to improving and developing perceptions players Towards skills and that it is consistent with the objectives of the method the Special exercises using assistive devices, and It goes back to the specificity of the ladder exercises, training rings, passing rings, passing circles and small goals that I used. Study sample Which the coach seeks to master and develop due to its great importance in deciding matches, which all football players must excel at. Halls Whether the main players, the reserves or the goalkeepers, because all players have the opportunity to score, and the skills of scoring from a standstill often occur from fixed balls, whether scoring from 6 meters Or the 10 meters or the free kick because of its great importance and must be mastered and mastered by football players Halls The exercises of these tools were characterized by difficulty and speed in performance through performing different models of them, which led to the development of Skills In addition to high coordination (Abdulridha, 2023) , coordination, player response speed, and the movement speed of the legs have a positive effect on refining the skill of scoring from a standing position, as (Al-Takriti and Muhammad Ali) indicate "the existence of a high correlation between accuracy and coordination" (Al-Takriti and Muhammad Ali, 1986, 127).

Ibrahim says, "Strength and accuracy are two elements required for scoring, and the player must balance the proportion of each according to the situation he is in." Mufti Ibrahim, 2013, 68) The exercises of these tools worked to develop the neuromuscular coordination and explosive power of the players in the experimental group, in addition to the motor speed and response speed of the players. These qualifications led to the development of the skill of scoring from a standing position.

Scoring

That Scoring from movement is more difficult than scoring from a stationary position because the ball is rolling and the player scores after rolling the ball, which is always close to him while scoring. Therefore, it requires speed in performance, in addition to accuracy, appropriate strength, and quick decision-making. In this type of scoring, the player is under various influences, namely pressure from the opposing players and the goalkeeper, as well as the effect of the rolling ball. Therefore, the player is required to have high attention and

great concentration before shooting the ball towards the goal (Al-Rubaie, 2020). This is what the player acquired through performing this skill with the presence of these tools. Al-Hazza and Ibnwaili indicate that scoring does not depend on fitness, skill, and strength alone, but rather depends on intelligence, good behavior, and the ability to focus to exploit the opportunity that is available to him quickly and in the shortest time, using quick thinking and quick execution (Al-Hazza and Ibnwaili, 1985, 205).

The skill of shooting on the move in futsal is considered one of the complex skills that requires high coordination between speed and accuracy, as the player faces multiple challenges while executing it. Studies indicate that specific exercises using assistive tools can significantly improve the performance of this skill.

A study conducted by Agustianto et al. (2023) showed a positive correlation between momentum and ball speed during shooting, indicating the importance of mechanical power in improving shooting accuracy. On the other hand, another study by Irianto and Yudhistomo (2020) showed that using the "part and whole" method in training improves shooting accuracy in futsal players, as the results demonstrated a 28.88% increase in shooting accuracy using the "part" method compared to 19.46% using the "whole" method. Additionally, a study by Doews et al. (2023) showed that analyzing shooting distance can contribute to improving shooting accuracy, as it was found that goals were scored from shorter distances compared to missed opportunities.

Scrolling:

The researchers attribute the significant difference in passing skill among the players in the main study sample in favor of the post-test to the use of sandbags worn by the individuals in this group during the passing exercises throughout the special training period, which helped the player to perform when wearing them. Consequently, the players' feet adapted to passing with their presence, which led to easy and proficient performance in the event that these bags were not worn, which in turn created fluidity when performing the pass. It also helped the player to improve his performance ability, in addition to the nature of the special exercises, which worked to improve the level of performance through performing many repetitions, which led to reaching a better level of proficiency, which worked to improve the strength and accuracy of performing passes of various types.

Researchers also believe that the development of the passing skill among players is one of the most important and widely used skills to reach the opponent's goal in the fastest possible time. This is due to the effectiveness of the ladder exercises used and the training sessions in the curriculum, which are characterised by the difficulty of their performance and the high speed of implementation, in addition to the necessary repetition. No training unit is devoid of the passing skill due to its great importance in the game of futsal, upon which the coach builds offensive plans.

A correct pass requires the following three conditions: accuracy, timing, and strength (Saleh Radhi, 1990, 43). Ladder exercises improve the accuracy of the legs' work, as well as the appropriate timing of their movement while performing different types of ladder exercises and training circles. The neuromuscular coordination that occurs between the

nervous system and the working muscles has a great impact on developing the skill of handling, and the best performance of the pass movement is achieved as a result of coordination between body parts. Ladder exercises and training circles develop neuromuscular coordination and accuracy in the work of the legs in the different movements that occur inside and outside the ladder and the circle, as well as their speed, in addition to the speed of the player's performance and his ability to focus the player's attention on both the opponent and the teammate, in addition to the appropriate strength and timing to push the ball to the teammate. All of these things are important for the success of the pass, because the brain receives different stimuli, processes them, and sends them to the working muscles with the nerve signal. Ladder exercises and training circles activate this nerve signal and train the brain to speed up the processing of information. (Lee) Stair climbing and agility exercises improve the motor skills of the brain, which controls all parts of the body. (Lee, WD, 5)

The use of passing circles and passing boxes to pass through during performance played a major role in gaining accuracy and coordination and improving rhythm and fluidity when performing various types of passes. In addition, the player's performance and repetition of the passing skill increases his ability to sense movement, which positively reflects on this skill when practicing it without these tools. As for the exercises performed by the second group, they were performed without using these devices and tools and were satisfied with placing marks on the ground to be passed through.

Passing is considered one of the fundamental skills in futsal, requiring high coordination between players and quick execution. Studies indicate that using assistive tools in training can significantly improve the performance of this skill. For example, a study conducted by Ibrahim (2021) showed that exercises using interactive tools helped improve the passing accuracy of futsal players. Another study by Shanniar (2025) found that using assistive training devices contributed to the development of physical and technical abilities in futsal players, including the passing skill.

Researchers believe that the exercises performed by the primary study sample using these tools had a significant impact on improving foot movement and performance.

Conclusion

The researcher reached And To the following conclusions: The use of exercises using Helpful tools It had an impact Positive in development The skill of scoring and passing in futsal is specific to the study, which has had a positive impact on the performance. Players The skills under study and the exercises prepared have an effect on development The skill of scoring and passing, as well as the use of special exercises using tools that help the sample to discover information and make decisions, especially when development Basic skills in futsal.

And The researcher recommends And The need to use special exercises using assistive devices. Development Skills ball Halls And emphasize the use of Helpful tools In training units, it helps build self-confidence, willpower, and discover information to achieve their goals, as well as conducting such research on other age groups.

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Appendices:

Appendix 1. Names of the gentlemen experts in football

Specialization	workplace	Academic title	the name	T
Training - Sports for the Disabled	University of Diyala	Mr.	Alaa Khalaf Haider	1
Learn - Football	University - Diyala	assistant professor	Qusay Hatem Al-Saedi	2
Training - Football	University - Diyala	assistant professor	Ali Khalifa Brais	3
Training - Football	University - Diyala	assistant professor	Bassem Khader Abbas	4

Sample training unit

Training unit number: First From the first week

the date: 6/6/2024

Unit time: (40) minutes

The purpose: to score and pass the futsal ball.

Number of players: (12) Player

Presence and absence and an idea about the unit's qualities and skills		(6) minutes	the introduction		Preparatory section (20) minutes			
Preparing all the body muscles that serve physical fitness		(15) minutes	General and specific warm-up					
Time to	Rest time	number	Transition	Work	Rest time	Working	Number of	Main

transition to another exercise	between sets	Groups	time from one exercise to another	time in exercise	between repetitions	time in repetition	repetitions	Section 35 minutes
	90 seconds	3	60 seconds	90 seconds	5 seconds	10 seconds	8	Receive, then run, then score
180 seconds	90 seconds	3	60	90 seconds	5 seconds	10 seconds	8	Receive then dribble thenThe handling

Sample training unit



Unit number: 1 of the first week

Objective: To develop scoring and handling.

the date:6/6/2024

Unit time: (40) minutes

Number of players: (12) players

Steps to perform the exercise	Drawing the exercise form	Exercise
Two players facing each other, with a distance of (7 meters) between them. At the signal, they run, exchange the ball, and then score on the goal in the presence of a goalkeeper.		Receive, then run, then score
Two players facing each other, with a distance of 6 meters between them. The coach receives the ball and, upon signal, the player rolls between the 10 posts, with one meter between each post, then passes it 10 meters.		Receive then dribble thenScrolling
Cooling down, relaxation and stretching exercises. It is preferable to remove shoes in the final section.		Final Section (15) D
Obstacles at a height of (90 cm). Futsal balls. Flags (signs). Yellow and green shirts. Yellow and green referee flags. Sandbags.		Tools