



# THE IMPACT OF COMPETITION TRAINING USING OPTICAL GLASSES TO DEVELOP SOME VISUAL VISION SKILLS AND THEIR IMPACT ON THE MENTAL APTITUDES AND FUNDAMENTAL SKILLS OF YOUNG FOOTBALL PLAYERS

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**Abstract:** In the first section, the importance of competitive exercises was discussed because of their impact on the development of visual vision skills, which are one of the pillars of success in mental and skill abilities in youth football, but the problem of the research lies in the fact that the research sample is only related to its surroundings is only the visual and auditory sense, and because football is a team game The aim of the research is to prepare exercises using optical glasses to develop visual skills and their impact on mental abilities and basic skills in youth football, as well as to identify the impact of visual skills in mental abilities and basic skills in youth football, the researcher assumed The researcher concluded that competitive exercises have a great impact on the development of visual vision skills, as well as the obvious visual impact on mental abilities and basic skills in youth football.

**Key words:** Optical Glasses, Vision Skills, Mental Abilities, Football.

## Introduction

The exploitation of opportunities that include the exploitation of spaces and the creation of spaces through the visual skills of the players, where inclusiveness and surrounding the field or playing positions allows the player to choose the most appropriate option, and the game of football for young people, this is on the one hand, and on the other hand, it is a scientific postulate that mental abilities are a response to In addition, the senses work according to

mental responses, and therefore the motor fluidity of sports performance is ideal if the mental instructions are issued by a clear vision of the external environment, and therefore the desired result is the ideal performance of skills and their optimal use during the official competition This task is not easy, but it is not impossible, and it is blessed that the importance of research and the need for it lies in the researcher's choice of competition exercises using optical glasses carefully

prepared to serve the visual vision Mental abilities and basic skills.

### **The search problem:**

It has become a rivalry in football in order to excel and win in all components of football, even in the smallest parts . Visual vision skills are a place for competition between football players in order to diagnose gaps, create opportunities and invest them, especially for midfielders, and through the experience of the researcher and his follow-up to most matches, he saw there are a lot of opportunities that can be invested, but not seeing them in time misses the teams to get them, score goals and resolve matches . Therefore, the researcher formulated the research problem with the following question

Is it possible to train the competition using optical glasses to develop some visual vision skills and their impact on the mental abilities and basic skills of young football midfielders.

### **Research Aims:**

1. Preparing competitive exercises using optical glasses to develop a visual vision for young football players.
2. Identify the impact of competitive exercises using optical glasses on the visual vision skills of young football players.
3. Identify the impact of the development of visual vision skills on the fundamental skills and mental capacities of boy football players.

### **Research Hypotheses:**

1. There is a positive effect of competitive exercises using optical glasses on the visual vision skills of young football players.
2. There is a positive impact of visual perception skills on the mental abilities and basic skills of youth football players.

### **Research areas:**

1. Human Field: the youth players of the Maysan oil club.
2. Spatial field: the external stadiums of the Maysan International Stadium.

3. Time field : 14-15/6/2023 - 30-31/8/2018.

### **Research methodology:**

The researcher used the experimental method using the method of equivalent aggregates with two Tests before and following, since it aligns with the nature of the research techniques and takes into account that the experimentalis characterized by the exact control of the studied variables so that it makes an intentional change in some of them and controls other variables, it is considered the only research method that accurately clarifies the relationship between the effect and the cause" (Allawi & Osama Kamel Ratib, 1999)

Research sample: the research sample was selected in an intentional way that is "freely chosen on the basis that it fulfills the purposes of the study carried out by the researcher" (Obaidat & others, 1988).

The research community is represented by the youth players of Naft Maysan Football Club, Several (30) players were distributed to two control and experimental groups by a simple random draw to be (12) players in each group, where the exploratory experiment was conducted (6)to become the number(24) players.

### **Field research procedures:**

#### **Research tests:**

The studied research variables were determined by the researcher through his experiences in this field and the opinions of experts and specialists through personal interviews as well as for the tests, the tests came all the following:

#### **First: visual visual skills tests:** (Hassan, 2008)

- 1-Peripheral vision test.
- 2-Visual tracking test.
- 3-Visual perception test.

#### **Second: mental ability tests:**

1. Total mental perception test.
2. Test the concentration of attention.

**Testing the sense of time.**(Al-Jubouri & Ammar Shihab Ahmed, 2008)

1. Rolling skill test: the distance between the characters changes from (2×4m) to (3×4) m.
2. Passing skill test: using (5) futsal balls instead of (10) balls ,changing the distance between the figures to (1,5 m), the distance from the starting line to the mat (6 m), changing the distance of the designated area for rolling to (2 m).
3. Scoring skill test: the scoring distance has changed from (5m ) to (6m).

#### Exploratory experience:

Experts in the field of scientific research often emphasize the need to conduct an exploratory experiment of tests used in research because it is a preliminary study conducted by a researcher on a small sample before conducting research,(Obaidat & others, Scientific research, its concept - tools and methods, 1988) to obtain the necessary results and information On this basis, the researcher conducted a survey experiment on Friday and Saturday approving players from outside the sample and was returned two weeks later, through which the following goals were achieved:

- Determine the size of the difficulties encountered by the researcher.
- Identify the safety of devices and tools used in the research.

- Identify the adequacy of the auxiliary work team.
- Set the necessary timings and repetitions for the execution of tests.
- Rationing tightened the exercise volumes applied by the experimental group.

#### Pre-tests:

The researcher conducted the tribal tests of the variables under study on the research sample on the corresponding Wednesday and Thursday 14-15/6/2023 on the first day, visual vision skills and mental abilities were tested, and then on the second day, the basic skills of the two groups were tested with the help of the assistant work team.

#### Homogeneity and equivalence between the two research groups:

For a researcher to be able to attribute the difference between the two experimental groups to the experimental factors, "the groups under study must be equivalent in most of their conditions, except for the two experimental variables that affect the two experimental groups" (Obaidat and others, Scientific research, its concept - tools and methods, 1988)and to Therefore, the torsion coefficient of homogeneity and the t-test law for independent samples were used to extract the equivalence of the two groups, where the results indicated that the sample is homogeneous and the two groups are equivalent

**Table (1). Shows the arithmetic mean, standard deviations, the calculated value (t), the level of error and the significance of the differences between the control and experimental groups in some of the variables under consideration in the pre-test (equivalence)**

The tests	Unit of measurement	Experimental control unit of measurement tests		Empiricism		The value of t calculated t value	Level of significance	indication level indication differences
		price	P	price	P			
peripheral vision	degree	6.58	1.31	6.88	1.45	0.12	0.90	immaterial
concentration of attention	degree	6.158	1.716	6.22	1.50	0.13	0.89	non

standard - rolling skill	seconds ,	9.90	0.73	9.73	0.67	0,23	0,82	not significant
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Moral at a degree of freedom (6) and a level of significance smaller or equal (0,05)

Given Table(2), the value of the significance level was greater than the error value (0.05) for tests of variables for the two groups, which indicates that the differences between the two groups are insignificant and therefore the two groups are equivalent .

### Main experience:

The primary experiment started on Monday, June 19, 2023, and will run for ten weeks. The last training dose ended on Monday, August 28, 2023. During this time, the experimental group used conditional competition exercises, applying two doses per week on Monday and Thursday. The sample training during these two days is focused on the same training goal. Competition exercises were applied using optical glasses by applying four exercises in a single training dose, where the intensity of the exercises was maximum, commensurate with the nature of the exercises and their purpose, and with repetitions of three repetitions of each exercise, including rest intervals of two and three dimensions between each exercise. The control group performed the standard exercises that the coach.

### Post-tests:

In order to determine the level reached by the players with the search variables during the corresponding Wednesday and Thursday 30-31/8/2018, dimensional tests were applied in a manner similar to the pre-applied tests after the main experiment's implementation was finished and the compatibility exercises were applied to the experimental group.

### Statistical methods:

1. arithmetic mean
2. standard deviation
3. torsion coefficient
4. the law T for correlated samples.
5. the law T for independent samples.

### Results of discussion:

**Table (3) displays the calculated value (t), the error level, the arithmetic mean, standard deviations, and the significance of the variations between the control group's pre- and post-test results for the research variables.**

Tests Variants search variables	unit of measurement	pre		Post		The value of t calculated value t	Level of significance	semantic level semantic differences
		price	P	price	P			
peripheral vision	degree	6.58	1.31	7.05	1.56	5.19	0.01	significant
visual tracking	degree	3.08	0.79	3.90	0.88	4.89	0.01	moral
Visual perception	degree	7.08	1.50	8.10	2.75	6.88	0.00	moral
mental	degree	61.47	6.25	67.22	7.08	7.00	0.00	moral

perception								
Concentration of attention	degree of concentration of attention	6.15	1.71	6.87	1.47	3.65	0.03	Moral
The Meaning of a sense of time	e intentionTh	0.53	0.131	0.48	0.11	4.89	0.01	the moral
of rolling	again	9.90	0.73	9.70	0.68	4.80	0.01	moral
scrolling	score	9.40	2.01	9.90	1.52	4.11	0.01	moral
scoring	score	6.30	1.56	6.80	1.03	3.55	0.03	moral

Meaning below the level of significance of less than or equal to (0,05) at a degree of freedom (3)

The values of the T-Test law calculated for symmetrical samples, whose levels of significance for all variables came less than (0,05), which indicates that the differences are significant, and the differences between the values of the computational circles for the tribal and dimensional tests of all research variables and in favor of dimensional tests show a noticeable positive development, as shown in Table (3). As a result, the first and second hypotheses' respective assumptions have come true.

The reason for the significance of the differences among the control group in the dimensional tests and for all the research variables, is due to the exercises prepared by the trainer, which were according to the scientific foundations of sports training and aimed at developing visual vision skills and therefore mental abilities.

**Table (4) displays the calculated value (t), the error level, the arithmetic mean, standard deviations, and the significance of the variations between the experimental group's pre- and post-test results for the research variables.**

Variants Search Variables	unit of measurement	pre		Post		The value of t calculated value t	Level of significance	semantic level semantic differences
		price	P	price	P			
peripheral vision	degree	6.88	1.45	7.90	1.44	6.22	0.01	significant
visual tracking	degree	3.30	0.64	4.42	0.75	5.50	0.01	the moral
of visual perception	Degree	7.21	1.48	9	2.22	7.45	0.00	moral
mental perception	degree	61.89	6.76	72.54	8.10	7.77	0.00	moral
Concentration of attention	degree of concentration of attention	6.22	1.50	7.34	1.45	3.85	0.03	moral
sense of Time	intention	0.51	0.10	0.39	0.09	5.20	0.00	the moral
of rolling	again	9.73	0.67	8.85	0.58	5.10	0.00	moral
scrolling	score	9.45	1.88	10.56	1.44	5.66	0.00	moral
scoring	Degree	6.38	1.46	7.56	1.33	4.44	0.01	moral

Meaning below the level of significance of less than or equal to (0,05) at a degree of freedom (3)



The first and second hypotheses have been realized because, as can be seen in Table (4), there has been a noticeable positive development through the differences between the values of the computational circles for the tribal and dimensional tests of all research variables and in favor of dimensional tests as well (as the values of the T-Test law calculated for symmetrical samples, whose levels of significance for all variables came less than (0,05).

The reason is due to the significance of the differences that appeared in the experimental group's dimensions tests and all study variables, as a result of the experimental group's application of optical glasses during competitive workouts, which would develop visual vision skills, which is reflected positively on the level of mental abilities of young players. Compatibility is "the ability to coordinate and integrate between independent motor systems and different sensory means and methods in perfect motor patterns, the greater the need for a higher level of coordination and full coordination indicates good performance and efficiency" (Hamdan & Norma Abdel Razzaq Saleem, 2001)

**Table (5) displays the estimated value (t), error level, arithmetic mean, standard deviations, and significance of the variations between the two groups' two-dimensional tests for the research variables.**

Aggregates Variants search variables	unit	of measurement		experimentally		controlled Valuet calculated	Level of significance	sign level signifying differences
		price	P	price	P			
peripheral vision	degree	7.05	1.56	7.90	1.44	5.19	0.02	significant
visual tracking	degree	3.90	0.88	4.42	0.75	9.74	0.00	moral
visualization visual	degree	8.10	2.75	9	2.22	6.91	0.01	moral
mental perception	degree	67.22	7.08	72.54	8.10	6.57	0.01	moral
Concentration of attention	degree of concentration of attention	6.87	1.47	7.34	1.45	6.93	0.01	moral
sense of Time	intention	0.48	0.11	0.39	0.09	7.58	0.00	the moral
of rolling	again	9.70	0.68	8.85	0.58	10.11	0.00	moral
scrolling	score	9.90	1.52	10.56	1.44	9.33	0.00	moral
Scoring	score	6.80	1.03	7.56	1.33	7.78	0.00	moral

A moral under a level of significance smaller or equal (0,05) at a degree of freedom (6)

Table (5) indicates a significant positive development in favor of the experimental group as well as a noticeable difference in the computational circle values for dimensional tests of all research variables. The values of the T-Test law calculated for independent samples showed that all variables' significance levels were less than 0.05, indicating that the differences are significant in favor of the

experimental Conditional competition exercises.

The significant differences in the dimensional tests between the two groups, which came in favor of the experimental group that applied competitive exercises using optical glasses and for all study variables, are due on impact of competitive exercises using optical glasses, which focused on accuracy in the implementation of the skill performance of young players in terms of sense of place, time

and ball, where we note that the higher the accuracy. The level of general and special compatibility between the man, the arm and the eye together, good compatibility relates to the nature of movement and the sense of placing the body in a vacuum in terms of the process of arrangement and coordinated Organization of movements so as to perform the desired goal with minimal effort (Fattah, 1997). On the other hand, we see that the conditionally competitive exercises applied by this group were focused on Participation and correlation of more than one motor sentence and exercise in more than one performance in a manner that ensures its implementation. Where recall (Ali Salloum 2004) for Larson and Yoko that the compatibility depends on the integrity and accuracy of the functions of the muscles of Saheb collared with in one business (Al-Hakim, 2004). We have achieved the goal of research for the development of skills, vision, visual, also I enjoy the competition data conditional applied by that group in terms of installed and in giving a more interesting use of different workout professional Composite Valley, which contains the player's foot that says the response to a large degree of precision that not any process of cleaning the nervous and muscular body, and this was confirmed by (Talha Hossam El Din et al 1998). Of the stress response for sexy and gives her the relationship between the stimuli given to the implementation of Active Skills, Response required, and in a sense that there is an order for the device craftsman of any system of waves beginning to send neural signals of different types according to different control until traffic for cognitive and even respond to craft (El-Din & others, 1998) indicated that (valid Ahmed Norma Abdul Razak 2001). Is the ability of the nervous system to give more than is in the same time or in the time period few, and the ability of the individual to control the work of the different body parts and to participate in the performance of duty of a certain movement, linking these parts freely single, streamlined (Hamdan and Norma Abdel Razzaq Saleem, and 2001). Thus, the research goal regarding mental abilities has been achieved.

The researcher also attributes the development of basic skills to concentration during competitive exercises using optical glasses and their impact on the motor and mental abilities of football players, as it is not possible to master the performance of skills for any event without focusing and attention on its own motor abilities, that is, each sports event has its own abilities that must be taken care of to reach the best level during performance. Since "the level of skill abilities develops with the development of their physical abilities". (Karim, 2005) further that "physical abilities are one of the important factors on which successful performance is based to reach athletic levels and that the development and promotion of these special abilities is closely related to the process of developing motor skills". (Magdy, 1998)

Therefore, it is clear to us that these differences in the experimental group are the result of the high level of special motor abilities, which the researcher was keen to focus on (visual vision skills and mental abilities), which led to the development of basic skills, as the researcher agrees with both (Tikriti and Hajjar, 1986) that accuracy is positively affected by the development of other physical fitness elements. (Yassin & Yassin Taha Al-Hajjar, 1986)

The researcher also attributes these significant differences in favor of the experimental group in the dimensional tests to the specificity of competitive exercises using optical glasses in their similarity with the motor and technical paths with high accuracy of the footballer during the execution of skills" because many technical movements do not succeed due to poor technique". (Patty, 1982) these exercises themselves are motor accuracy exercises, taking into account the speed of performance of these exercises in line with the speed required during the execution of the skill during the game, and therefore the research goal has been achieved for the development of accuracy of basic skills.

## Conclusions and Recommendations

### Conclusions:

1. The technique of competition using optical glasses has a positive effect on the visual vision skills of football players.
2. The technique of competition using optical glasses has a positive effect on the mental abilities and basic skills of football players.
3. The positive effect that the competition method with the use of optical glasses achieves in visual vision skills is reflected in the development of the mental and skill abilities of football players.
4. The competition method using optical glasses reduces time and effort in developing individual abilities and skills.

### Recommendations:

1. Emphasis on the application of competition training using optical glasses to football players because it has a positive impact on performance requirements
2. Applying competition exercises using optical glasses under other conditions to develop other requirements such as the planning aspect
3. The application of competition exercises using optical glasses of a larger size because of its positive effect serves all performance requirements.
4. Conducting research and similar studies using conditional competition exercises.

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