

Research Article

# THE EFFECT OF AN EDUCATIONAL CURRICULUM ON THE PERFORMANCE OF PASSING AND SCORING SKILLS IN FOOTBALL AMONG THE JUNIORS OF NASIRIYAH CLUB

Kamal Abd Negm<sup>1</sup>, Muhammad Shabram Alwan<sup>2</sup>, Haider Mutar Jassim<sup>3</sup>

<sup>1</sup> Directorate of Thi-Qar Education, Ministry of Education of Iraq.

<sup>2</sup> Directorate of Thi-Qar Education, Ministry of Education of Iraq.

<sup>3</sup> Directorate of Thi-Qar Education, Ministry of Education of Iraq.

\* Correspondence: Kamal Abd Negm. kamal.abd@alayen.edo.iq.

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**Abstract:** The research aimed to develop an educational curriculum focused on enhancing passing and scoring skills in football among junior players at Nasiriyah Club. Additionally, the study sought to analyze the statistical variances between the pre- and post-test results of both the control and experimental groups in terms of passing and scoring abilities. Furthermore, the research aimed to examine the statistical differences between the control and experimental groups in the post-test evaluation of passing and scoring skills among junior players at Nasiriyah Club. The significance of this research lies in the researchers' endeavor to propose an educational methodology aimed at enhancing the proficiency of passing and scoring skills in junior football players at Nasiriyah Club. The ultimate goal is to address the existing deficiencies in these skills and contribute to the overall advancement of the sport in the future. The researchers have identified a research problem pertaining to the performance of players in different age groups. Specifically, they have observed significant fluctuations in skill performance, which they attribute to a lack of stability. Consequently, the researchers have undertaken a study to address this issue and propose viable solutions. Their approach involves the implementation of an educational curriculum designed to enhance the acquisition of passing and scoring skills in junior football players, with a particular focus on expediting the learning process. The researchers used the experimental method in the method of two equivalent groups (experimental and control). Regarding the research community and sample, the research community consisted of young participants from Nasiriyah Club, specifically those aged 10-12 years during the season of 2022-2023. The total number of players in this community was 26, out of which 20 players were selected to form the research sample. The sample was divided into two groups: a control group and an experimental group, each consisting of 10 players. The researchers employed both random and lottery methods to allocate participants to the respective groups. The sample size constituted 76.92% of the original community. The most important conclusions were that the educational curriculum prepared by the researchers contributed to the development and improvement of learning the skill of passing.

**Keywords:** Effect, Educational Curriculum, Performance, Passing, Scoring, Football.

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## 1. Introduction

**T**he progress observed in various sports, be it individual or team-based, is no longer a fortuitous occurrence. Rather, it is a consequence of deliberate and well-structured strategies founded upon robust scientific principles. This entails meticulous consideration of all factors that contribute to enhancing

performance levels and attaining optimal outcomes [17]. Motor learning is a scientific discipline that has generated numerous theories and research in the examination of behavior development [24]. These investigations are grounded in robust scientific principles and involve the strategic implementation and integration of various methods [25]. Consequently, these studies have yielded favorable outcomes, facilitating the identification of alternative approaches to enhance learning methods in response to the varied circumstances encountered in sports and games, particularly in football. This sport is distinguished by its multifaceted skills and the diverse nature of its situations [29]. Football is a widely recognized sport that has garnered significant global attention across various nations and levels of competition [30]. This heightened interest has prompted researchers to continuously strive for the advancement of the game, focusing on enhancing players' physical, tactical, and psychological capabilities, as well as refining their technical skills [14]. Basic skills are regarded as fundamental technical elements in the sport of football. Without these skills, the distinctive character of the game is not demonstrated [12]. The execution of these skills is a fundamental aspect of football, which is characterized by a wide range of basic skills that have increased the level of performance in the sport [32]. This is in line with the evolution of playing methods and the diversity of defensive and offensive strategies. Consequently, football players must excel in accurately performing these basic skills, as they are the primary factor contributing to the sport's excellence and popularity [28]. The mastery of essential abilities is crucial for achieving success in matches across many regions of the world. Without acquiring proficiency in these talents, players may struggle to effectively fulfill their responsibilities [1]. The significance of this research lies in the researchers' endeavor to offer an educational methodology for enhancing the performance of passing and scoring football skills among junior players at Nasiriyah Club. The aim is to address the existing deficiencies in these skills and contribute to the overall development of the sport in the future.

## 2. The Problem of The Study

One of the primary considerations influencing the educational process, as pursued by coaches, is to equip learners with the requisite proficiency to execute fundamental football skills proficiently and efficiently in actual matches [7]. Despite the positive outcomes observed in studies and research pertaining to motor learning in football, there remains a need for researchers and coaches to engage in thoughtful deliberation in order to develop and introduce numerous educational curricula that can enhance their active involvement in this domain [22]. Therefore, the primary concern of this research pertains to the observation made by researchers regarding the utilization of expert opinions and specialist insights within the realm of gaming. Specifically, these researchers have noted that the performance of players belonging to different age groups is subject to fluctuation due to the inherent instability of their skill execution on a significant scale. Consequently, the researchers have made the decision to investigate this pertinent issue and endeavor to identify viable resolutions through the implementation of an educational curriculum. This curriculum is believed to facilitate the acquisition of passing and scoring abilities in junior football players, while also expediting the learning process associated with these skills.

## 3. The Objectives of The Study

1. Preparing an educational curriculum to develop the passing and scoring skills of football among the juniors of Nasiriyah Club.
2. Identify the statistical differences between the pre- and post-tests of the control and experimental groups of passing and scoring skills in football among the juniors of Nasiriyah Club.
3. Identify the statistical differences between the control and experimental groups in the post-test of passing and scoring skills in football among the juniors of Nasiriyah Club.

## 4. The Hypotheses of The Study

1. There are significant statistical differences between the pre-posttests of the control and experimental groups of passing and scoring skills in football among the juniors of Nasiriyah Club.
2. There are significant statistical differences between the control and experimental groups in the post-test of passing and scoring skills in football among the juniors of Nasiriyah Club.

## 5. The Areas of The Study

**Human field:** Nasiriyah Football Club players in the junior category aged (10-12) years for the year (2022-2023).

**Time Area:** For the period from 9/11/2022 to 14/3/2023

**Spatial Area:** University Stadium Al, Al- Askari, Al - Nasiriyah Military District.

## 6. Methodology

### Research Methodology

The researchers employed an experimental design including two groups, namely the experimental group and the control group. This strategy allows for the inclusion of several groups, given that there is equivalence between the groups in all variables that may influence the dependent variable in the experiment [9].

### Community and Sample Research

The study involved the inclusion of young athletes from Nasiriyah Club, specifically those aged between 10 and 12 years, for the upcoming season of 2022-2023. The total number of players in this age group was 26, out of which 20 players were selected to represent the research sample. These selected players were then divided into two groups, namely the control group and the experimental group, with each group consisting of 10 players. The researchers utilized both random and lottery methods to allocate the players into their respective groups. It is worth noting that the research sample constituted approximately 76.92% of the original community.

**Sample Homogeneity** Statistical techniques, such as the arithmetic mean, standard deviation, and coefficient of variation, were employed to assess the presence or absence of differences in morphological measurements. Table 1 provides an illustration of these findings.

**Table 1.** Shows the homogeneity of the research sample in age, height and weight using the coefficient of variation which shows values less than 30%.

Variables	Unit of measurement	M	SD	Torsion coefficient
Age	Month	183	2,65	1,44%
Height	CM	162,4	2,30	1,41%
Weight	Kg	51,07	0,93	1,82%
Training Age	Month	32,15	1,48	4,60%

### Equivalence of the Two Research Groups

One crucial aspect that researchers must adhere to is ensuring the comparability of the control and experimental groups in all variables and indicators. This necessitates accounting for differences in the experimental factor and establishing equivalence between the two groups [13]. Hence, statistical techniques were employed, specifically the arithmetic mean, standard deviation, and independent samples t-test, to analyze the data obtained from the experimental and control groups. These analyses were conducted prior to implementing the proposed methodology, as depicted in Table 2.

**Table 2.** Shows the arithmetic media, standard deviations, calculated (T) value and (Sig) value for the experimental and control groups in the pre-test.

Variables	Unit of measurement	Control		Experimental		T	Sig
		M	SD	M	SD		
Age	Month	181,15	0,25	182,03	0,39	0,78	0,44
Height	CM	161,9	2,37	162,2	1,98	1,16	0,12
Weight	Kg	51,27	1,64	52,10	1,67	0,35	0,72
Training Age	Month	30,01	0,69	30,30	0,73	0,24	0,80
Passing	Degree	13,40	3,37	13,20	3,32	0,133	0,89
Scoring	Degree	11,70	2,75	11,90	3,78	0,13	0,89

### Means Of Data Collection:

- Arab and foreign sources.
- Personal Interviews
- Observation and analysis.
- Experimentation.
- Testing and measurement.

### Field Research Procedures:

#### Skill tests under study:

1. Passing skill test [33].
2. Scoring test from rolling [10].

### Exploratory Study

#### First Exploratory Study:

The exploratory experiment was conducted on November 21, 2022, at 5:00 PM at the university stadium. The sample consisted of six players from Nasiriyah Club, selected from both the research community and individuals outside the sample. The tests were administered, and after a period of seven days, the same procedures were repeated in terms of time and location. The objective of this experiment is to identify and analyze potential negative aspects and variables that may arise during the study, as well as to ensure the following:

1. Finding the scientific foundations of the tests
2. Know the appropriate tools and devices to conduct these tests.
3. Know the appropriate time and place to conduct it.
4. Ensure the adequacy of the assistant staff.
5. Define the assistant staff in how to apply these tests.
6. Know the difficulties and problems faced by the researchers in applying these tests before applying them in the main experiment.

#### Second Exploratory Study

The second exploratory experiment was carried out on November 23, 2022, at 5:00 PM, in the university stadium, using the research sample (experimental group). and the educational curriculum was applied for the purpose of the following:

1. The implementation of rationing measures.
2. Understanding the degree to which the sample population is capable of implementing the educational curriculum.
3. Determine the duration necessary for the implementation of the educational curriculum.
4. Academic institutions often rely on the expertise of assistants and trained personnel to implement the curriculum, while researchers are typically not granted the authority to apply it themselves due to concerns of introducing bias into the process.

5. Understanding the challenges and issues encountered by researchers in implementing the curriculum prior to its implementation in the exploratory experiment.

#### Scientific Foundations of the Tests:

1. Honesty of the Test: To determine the sincerity of the tests, the researchers utilized (the sincerity of the arbitrators), and the sincerity of the tests was determined when the researchers presented the tests under study to the experts and specialists in the field of sports via personal interviews, resulting in a high proportion of agreement regarding the validity of the tests, as shown in Table (3).
2. Stability of the Test: The initial examination took place on Monday, November 21, 2022, at 5:00 PM, involving a sample of six participants from both the research community and individuals outside the sample. It was subsequently repeated on Monday, November 28, 2022, at 9:00 AM. The researchers determined the stability coefficient by calculating the Pearson correlation coefficient between the results of the first examination and the results of the second examination. The significance of the correlation was assessed based on the correlation coefficient values, which demonstrated a significant relationship. These findings indicate a high level of stability for the tests, as presented in Table 3.
3. Objectivity of the Test: The objective test refers to a scenario where there is no disagreement among arbitrators when multiple referees are involved in the evaluation process [31]. In this study, researchers determined the objectivity coefficient for each skill test by calculating the simple correlation coefficient (Pearson) between the results provided by two arbitrators in the initial application of the exploratory experiment. The obtained correlation coefficients were found to be high, indicating the objectivity of the tests employed in the research. Table 3 presents these correlation coefficients.

**Table 3.** Shows the practical bases of the tests used in the research.

Tests	Validity of the test	Objectivity of the test
Passing	0.88	0.89
Scoring	0.91	0.91

#### Main Experience

##### Pre- Tests:

The researchers conducted the tests and pre-measurement of the experimental and control groups before starting the implementation of the training curriculum on Friday, 2/12/2022 at nine in the morning (at the university's stadium in Nasiriyah), and all 20 players attended the research sample.

##### Curriculum of the Study

After reviewing the kinetic learning literature, in addition to surveying the opinions of experts and specialists in the field of motor learning, the exercises were produced for the players of Nasiriyah Club, the junior category aged 10-12 years. As the application of the exercises began on Monday, December 5, 2022, and will conclude on Monday, January 30, 2023, over a period of eight weeks, with three training units per week (Sunday, Tuesday, and Thursday) and a curriculum centered on developing and refining passing and scoring skills in football:

##### First: General Principles of Exercises:

1. The main objective of preparing the curriculum is to develop the skills of passing and scoring in football.
2. The researchers took into account the gradation of the application of exercises from easy to difficult in addition to the use of guidance and follow-up.

##### Second: Principles of Combined Exercises:

1. The duration of the exercises is two months.
2. The number of educational units per week is (3) units.
3. The total number of educational units is (24) educational units.
4. Days of application of educational units (Sunday, Tuesday, Thursday).
5. The time of the main section is (45-85) minutes.

6. Type of educational unit in terms of time (short and medium).
7. The curriculum adopted comprehensiveness in the goal.

#### Post-Tests For the Research Sampl:

The post-tests for the research sample were administered on Wednesday, January 2, 2023, at a venue similar to the university's stadium. This was done after the completion of an 8-week period of curriculum implementation. The researchers were diligent in ensuring that the conditions and procedures of the pre-tests were maintained.

**Statistical Means** The data was analyzed and the study hypotheses were evaluated by the researchers using statistical techniques. This analysis was conducted using the statistical software package IBM SPSS Statistics 24.

## 7. Results

### Presentation, Analysis and Discussion of Results

#### Presentation And Analysis of Pre- and Post-Tests for The Control Group:

**Table 4.** Shows the arithmetic means, standard deviations, and the calculated value of (T-test), and their statistical significance for the pre-post-tests of the control group.

Variables	Unit of measurement	Pre-test		Post-test		T	Sig	
		M	SD	M	SD			
Basic Skills Football	Passing	Degree	13.40	2.72	15.30	3.36	1.22	0.32
	Scoring	Degree	11.70	2.75	13.50	2.17	1.62	0.12

There were no statistically significant differences between the pre- and post-tests of the control group, as shown by Table (4), because the level of significance was greater than (0.05). The results of the pre- and post-tests of the control group were treated statistically by the (T) test for correlated samples.

#### Presentation And Analysis Of Pre- And Post-Tests Of The Experimental Group:

**Table 5.** Shows the arithmetic means, standard deviations, and the calculated value of (T-test), and their statistical significance for the pre-post-tests of the experimental group.

Variables	Unit of measurement	Pre-test		Post-test		T	Sig	
		M	SD	M	SD			
Basic Skills Football	Passing	Degree	13.20	3.32	21.70	6.58	3.6	0.000
	Scoring	Degree	11.90	3.78	17.80	3.48	3.62	0.000

The pre- and post-test results for the experimental group were presented in Table (5). The results were statistically analyzed using the (T) test for correlated samples, and the above table showed that there were significant differences between the pre- and post-tests for the experimental group, with the post-tests outperforming the pre-tests because the level of significance was less than (0.05).

#### Presentation and analysis of post-tests for the control and experimental groups.

**Table 6.** Shows the arithmetic means, standard deviations, and the calculated value of (T-test), and their statistical significance for the post-tests of the control and experimental groups.

Variables	Unit of measurement	Control		Experimental		T	Sig	
		M	SD	M	SD			
Basic Skills Football	Passing	Degree	15.30	3.36	21.70	6.58	2.62	0.000
	Scoring	Degree	13.50	2.17	17.80	3.48	1.82	0.004

The post-test results of the control and experimental groups were analyzed using the independent samples t-test, as shown in Table 6. The analysis revealed significant differences between the post-test scores of the control and experimental groups, with the experimental group performing better. This conclusion is supported by a significant level of less than 0.05.

## 8. Discussion

The development and enhancement of passing skills have been attributed by researchers to the utilization of diverse exercises involving different types of passes. These exercises have led to the improvement of players' techniques by enhancing their ball perception, aligning with the observations made by Barquero-Ruiz (2021). The development and improvement of scoring skills can be attributed to two factors according to the researchers. Firstly, the inclusion of compound exercises involving balls in the educational units for scoring skills has played a significant role. Secondly, the commitment of the research sample members to scoring exercises has been instrumental. Practical training is considered the most effective method for enhancing a player's physical and technical abilities, as it provides them with the necessary experience to effectively address challenges encountered during matches. The experimental group underwent a series of exercises aimed at improving their scoring ability in football. These exercises involved repeated practice of scoring movements, leading to the development and enhancement of this fundamental skill. Scoring is a crucial aspect of football, as it can determine the outcome of matches. The actions performed by players on the field are primarily focused on creating favorable opportunities for scoring, which requires precision and strength. This assertion is supported by the research conducted by Boyko, Boyko, and Boyko (2007). According to Gaspar et al. (2019), the attainment of goals in sports relies on the player's ability to exhibit accuracy, strength, and speed in order to strike the ball forcefully and reach high scoring rates. The enhancement of players' concentration during the execution of scoring exercises is a direct consequence of the consistent practice of shooting exercises aimed at the goal. This practice is an essential component of the educational curriculum, as it necessitates the development of both focused attention and advanced technical abilities in shooting. Additionally, in accordance with Nallella and Kumar (2021), motor skills that rely on speed as a crucial element benefit significantly from heightened levels of attention. This is due to the fact that increased muscle tension, which is associated with heightened arousal during the scoring process, can result in a diminished latency period. In order to provide a suitable response, it is necessary to address the given prompt. The arrangement and progression of exercises, taking into consideration the scientific principles underlying their design in terms of increasing levels of difficulty, along with providing comprehensive explanations of skill performance, feedback, and information aimed at enhancing performance, as well as encouragement and motivation from the instructor, have significantly contributed to the achievement of the majority of learning outcomes [23]. The researcher highlights the inherent necessity for the learning process to yield positive outcomes and foster growth. This assertion aligns with the prevailing body of research and studies, which consistently demonstrate that the implementation of an educational curriculum, encompassing its vocabulary and sequential steps, effectively satisfies learners' needs and stimulates their motivation and encouragement. This is achieved through the provision of feedback in various formats and contexts, be it individual or collective, wherein corrective information, encouragement, and performance enhancement are imparted [27].

## 9. Conclusion

Based on the findings and further analysis, the researchers arrived at the following conclusions:

1. The curriculum prepared by the researchers contributed to the development and improvement of learning the skill of passing.
2. The educational curriculum prepared by the researchers contributed to the development and improvement of learning scoring skills.

### Recommendations

1. It is imperative for trainers to prioritize the cultivation of fundamental abilities, particularly during the junior stage.
2. There is a pressing requirement to undertake further research and studies aimed at enhancing skill performance across various academic levels and age cohorts in the realm of football and other sports, encompassing both genders.
3. There is a necessity to carry out additional investigations across various levels, encompassing both younger and more advanced individuals.

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