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The Effect of Skilled Physical Training in Developing Some Motor Abilities and Basic Skills in Futsal Football

Dr. [1] Mustafa Jasim Abd Zaid, [2] Husam Ghaleb Abdul Hussein, [3] Mohannad Nazar Kzar

[1] Almustaqbal University College, Department of Physical Education and Sport Science, IRAQ,2

[2]College of Physical Education and Sports Sciences. University of Karbala

[3] Almustaqbal University College, Department of Physical Education and Sport Science, IRAQ,2

*Corresponding author: muhannad.nazar@mustaqbal-college.edu.iq

Abstract

futsal football is one of the games that has received increasing global attention in most countries of the world, as it is one of the most popular games in the world. As without the player having good physical fitness, he cannot implement the plans or perform the duties assigned to the coach, and from here the problem of research arose in trying to stand to know the effect of the different floors of the stadiums and halls, both artificial grass and hard covered, on the players during their matches and various competitions. The aim of the research is to prepare skilled physical training to develop some motor abilities and basic skills in futsal football. Identify the effect of these skillful physical exercises in developing some mobility abilities and basic skills in futsal football.

The experimental approach will be used for its suitability and the nature of the research. The research sample included (18) players from the Future College football team for halls and they were deliberately chosen. They were divided into two groups (control and experimental), each group includes (8) players. Irregular randomness), and the following statistical methods were used: the arithmetic mean, standard deviation, (t) test for correlated samples, and (t) test for unrelated samples and percentage.

The researcher reached the following conclusions:

-An improvement in the motor capabilities and basic skills under discussion between the pre and post tests in favor of the post test through the proposed exercises implemented by the experimental group. The experimental group, which was trained using physical and skill training, excelled in all motor aptitudes and basic skills under investigation.

1 - Definition of the research:

1-1 Research introduction and its importance:

futsal football is one of the games Which has received increasing global attention in most countries of the world, being one of the most popular games in the world. Most of the age groups and both sexes want to practice and watch her, given the small size of the stadium, the small number of players, and the similarity of her basic skills with soccer skills. This resulted in it being practiced by quite a few players.

And the football game for halls is one of the games that has recently started spreading very quickly in countries of the world and in all continents, "and this game is an excellent educational course to improve technology, speed and agility, and to provide excellent training for players." Mobility capabilities and basic skills are a basic requirement for every group game, but it differs from one game to another, according to the nature of performance and requirements of each game, and these requirements must be met by the practitioners of this game in order for them to advance in training and reach high athletic levels. ”Mobility abilities are the basis for success. Learning processes and improving skill performance, and developing the level of abilities plays an important role in learning and acquiring motor skill.

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In addition, it has proven effective in reducing the time required to learn the motor skill. The kinetic abilities have a positive effect on the speed of learning and mastery of complex and complex motor skills. The player's level of abilities increases, the higher his skill level and the fewer errors in performance.

Hence the importance of research by giving skilled physical training and knowing its impact on the development of some movement capabilities and basic skills of futsal players, and revealing this development, so that we can benefit from the results of the research and determine the validity of these exercises, and this in turn leads to the development of the training process and its arrival. To the player to the highest physical and skill level, thus achieving the sporting levels required in the futsal game. The research problem has manifested itself, mobility capabilities are one of the basic components of the game of futsal. In addition to basic skills, play plans and the psychological aspect that improve and develop the level of performance, as without a player having good physical fitness, he cannot fully implement the plans or perform the duties assigned to the coach to the fullest, as the futsal game requires that he possess The player has a very high level of physical fitness and among the skills that the player can use in various circumstances of the match, so this requires coaches to pay attention to the training curriculum, in order to stand on the physical level and skills of the research sample under study. Hence, the research problem arose in trying to stand up to find out the effect of physical and skill training on players as they go into various matches and competitions. The problem lies in the lack of training programs in most sports stadiums with modern methods based on scientific foundations in preparing training curricula and adopting most of the curricula on traditional methods and tools. Therefore, the researcher decided to prepare physical and skill exercises, and know their impact on the development of some movement abilities and some basic skills of football players. Foot lounges. The aim of the research is to prepare skilled physical training to develop some motor abilities and basic skills in futsal football, to identify the extent of the impact of these physical and skill exercises in developing some movement capabilities and basic skills in futsal football.

2- Research methodology and field procedures:

2-1 Research Methodology:

The nature of the problem determines the approach followed in the research to obtain accurate information and results, and that experimentation is a planning, control, recording and observation of measurement in order to test the hypothesis or hypotheses, which are concerned with one or more experimental variables in another dependent variable when the variables associated with the problem have been removed or preserved. It is fixed. ”(Muhammad Jassim al-Yasiri, 2017, p. 258). Therefore, the researcher used the experimental design with two equivalent groups (experimental and control) to suit the nature of the studied problem.

2-2Research community and sample:

The research community consisted of gymnasium football players in a number of faculties of the Future University of (24) players, and the research sample consisted of (18) players from the Future College football team for halls, who were randomly selected, and they were divided into two experimental and control groups that include Each group (8) players, and the two groups were distributed in a lottery method (the random, irregular method). The first (experimental) used the physical and skill training curriculum, and the second used the training curriculum approved by the coach, and (4) players who had conducted the exploratory research experiments were excluded. The goalkeepers, who numbered 4, were also excluded.

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3-2Equivalence of the two research groups:

Equivalence was conducted between the experimental and control groups according to the sample specifications in terms of

)Age, height, and weight) as well as the equivalence in the mobility capabilities and football skills of the selected halls. Table (1) shows the arithmetic mean and standard deviations of all the variables adopted in the equivalence for the two research groups, as well as the values of (T) calculated between the two groups.

Table (1)

The arithmetic mean and standard deviations of the variables adopted in equivalence for the two research groups

And (t) values computed between the two groups

The calculated value of (t)	Experimental group		Control group		measuring unit	Variables
	A	S	S	A		
0.79	1.32	20.20	1.49	2070	year	Age
0.03	0.65	1.68	0.77	1.69	Meter	Length
0.30	3.98	66.90	3.34	66.40	Kgm	weight
1.14	0.14	2.12	0.18	2.20	Sec	Transition speed
0.03	0.83	30.15	0.82	30.16	Sec	Stalling at speed
0.55	0.68	11.98	0.72	11.81	Minute	The explosive power of the legs
0.02	1.20	28.69	1.24	28.68	Cm	The strength of the legs speed
0.17	0.65	10.91	0.64	10.96	Cm	Fitness
0.40	2.80	29.69	2.30	29.23	Degree	Scoring from the movement on the overlapping divisions
0.60	0.91	49.19	0.89	48.95	Degree	round motion suppression
0.52	0.97	9.78	0.98	10.01	Sec	Rolling the ball around (5) signs
0.87	0.67	10.98	0.71	10.71	Degree	Pass the ball for 30 seconds of movement

The tabular value of (t) is equal to (2.10) at the degree of freedom (18) and the imam level of significance (0.05)

Through our observation of Table (1), it becomes clear that the calculated values of (t) were between (0.03-1.14) for all the variables adopted in parity and it is smaller than the tabular value of (t) of (2.10) at the degree of freedom (16) and before the level of significance (0.05) , Which indicates that there are no significant differences between the two research groups in all variables, and this means that the two groups are equivalent.

4-2Determining the mobility capabilities and football skills for halls and their tests:

1-4-2Determination of motor capabilities:

In order to determine the most important kinematic capabilities for gymnasium soccer players and after analyzing the content of scientific sources, a questionnaire was designed and distributed to a group of experts and specialists in sports training, football, measurement and evaluation, and the questionnaire showed that the kinematic capabilities (transition speed, agility, strength, characteristic of speed for the two legs, and prolonged speed And the explosive power of the two men) on the percentage of agreement (100%), and Table (2)

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shows the relative importance of the kinetic capabilities and according to the sequence of importance .

Table (2)
The relative importance of physical attributes

relative importance	Physical attributes	S
%100	Transition speed	1
%100	Fitness	2
%80	Stalling at speed	3
%88.89	The strength of the legs speed	4
%88.89	The explosive power of the legs	5

2-4-2 Determining the tests for locomotor capabilities:

The necessary tests for measuring the selected kinematic abilities were chosen after designing a questionnaire that contains a set of tests that were approved by analyzing the content of scientific sources, and after presenting it to a group of specialists in measurement and evaluation. And sports training and football to determine the most important tests, and Table (3) shows the relative importance of the physical tests selected according to their sequence of proportions.

Table (3)
The relative importance of physical attributes

relative importance	Measured physical trait	Physical tests	S
%100	Transition speed	Running (20) meters from the moving start	1
%100	Fitness	Run to the side - forward - and back in all four directions	2
%88.89	Starling at speed	Running 150 meters backwards	3
%88.89	The strength of the legs speed	(10)Leaps back-to-back for the farthest distance	4
%88.89	The explosive power of legs	Pushing a medical ball weighing (1.5) kg, placed on a device, as far as possible, with each leg separately	5

3-4-2Determining soccer skills for halls:

In order to determine the most important skills of soccer players for halls in line with the objectives of the research, and after analyzing the content of scientific sources, a questionnaire was designed and distributed to a group of experts and specialists in football Table (4) shows the relative importance of soccer skills for halls and according to their sequence of proportions.

Table (4)
The relative importance of the five football skills, according to their lineage sequence

relative	Skills	S

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importance		
%100	Scoring	1
%88.89	Damping down	2
%100	Passing	3
%88.89	Rolling	4

4-4 Determining football skills tests for halls:

The necessary tests to measure football skills for the selected halls were chosen after designing a questionnaire that contains a set of tests that were approved by analyzing the content of scientific sources, and after presenting it to a group of specialists in measurement, evaluation and football to determine the most important tests, and Table (5) shows the importance The relativity of the selected skill tests and according to their lineage sequence.

Table (5)
The relative importance of skill tests

relative importance	Measuring skill	Skill tests	S
%100	Scoring	Scoring from the movement on the overlapping divisions	1
%100	Damping down	Ground motion suppression	2
%88.89	Passing	Rolling the ball around (5) signs	3
%88.89	Rolling	Pass the ball for 30 seconds of movement	4

5-2 Hardware and auxiliary tools:

-Electronic device for measuring height - Electronic device for measuring weight - Stopwatch count (3)

-A tape measure - 10 signs - 30 footballs for halls - drawn squares

A football field for halls is legal.

6-2field procedures:

1-6-2 Designing the proposed physical-skills training curriculum:

A proposed skillful physical training curriculum was designed and presented to a group of experts and specialists in the field of sports training science and football (Appendix No. 1) to express their opinion on the validity of the curriculum in terms of type of exercise, training method, stresses used, rest periods between repetitions, groups and training volumes, and making some adjustments to The proposed training curriculum.

2-6-3Exploratory Experience:

The researcher conducted an exploratory experiment with (4) players on (4) players, with the aim of determining the rest periods between the repetitions and the groups, by measuring the pulse rate after performing the repetitions at different intervals for each exercise as well as after completing the groups, as in the same experiment, the time period it takes was determined Each exercise was relied on the results of this experiment when designing the proposed physical and skill training curriculum.

As well as identifying the suitability of the tests for the research sample, as well as identifying the time taken to perform the tests, as well as the efficiency of the work team and the extent of its understanding of how to carry out the tests and training on some of the vocabulary of the proposed training curriculum to ensure the time required for the performance of the training units, as well as to ensure the validity of the tools and devices used.

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3-6-2 Pre-physical and skill tests:

The researcher carried out pre-tests on members of the experimental and control groups on the gymnasium of the College of Physical Education and Sports Sciences to obtain data and record it in special forms in preparation for its statistical treatment.

2-7 Implementation of the training curriculum:

After the completion of the implementation of the physical and pre-skills tests, the training curriculum of the experimental research group was started, as the training program prepared by the researchers was implemented under the supervision of the faculty coaches. As for the implementation of the training curriculum, the following points were taken into consideration:

-The training unit begins with a general warm-up to prepare all the muscles of the body, followed by a special warm-up for the working muscles in the exercises performed in the training unit.

-Finishing the training unit with exercises to calm and relax all muscles.

-The training curriculum for the experimental research group consisted of (8) weeks with (4) training units per week, that is, it would be implemented with a total of (32) training units during the curriculum.

The four weekly training modules for the research group were conducted during the official working hours, i.e. during the period from Sunday to Thursday.

-Rest periods were determined between repetitions and between groups for the experimental group based on measuring the pulse rate after conducting a special exploratory experiment for that, and the time period for each exercise was determined in the same experiment.

8-2Dimensional physical and skill tests:

The dimensional tests of the research sample were conducted on (Wednesday) corresponding to (27/3/2019), and the researcher followed the same conditions and procedures for the pre-tests in terms of place, time, tests, tools used, and the auxiliary work team.

-3Presentation and discussion of the results

3-1Presentation, analysis and discussion of the results of motor capabilities

Table (6)

Arithmetic mean and standard deviations of kinematics in pre and post tests and the significance of the differences between them for the control group+++

The value of (t)	Post – test		Pre- test		M . U	Physical attributes
	S ±	A	S ±	A		
1.61	0.18	2.07	0.18	2.20	Sec	Transition speed
0.19	0.81	30.09	0.82	30.16	Sec	Starling at speed
0.22	0.71	11.88	0.72	11.81	Cm	The explosiv power of legs
0.09	1.24	28.73	1.24	28.68	Cm	The strength of the legs speed
0.39	0.63	10.85	0.64	10.96	Sec	Fitness

•The tabular value of (t) = (2.26) with a degree of freedom (7) and an imam level of significance (0.05)

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Table (7)
Arithmetic means and standard deviations of kinematics in the pre and post tests and the significance of the differences between them for the experimental group

The value of (t)	Post – test		Pre- test		M . U	Physical attributes
	s ±	A	s ±	A		
1.83	0.13	2.01	0.14	2.12	Sec	Transition speed
0.27	0.81	30.05	0.83	30.15	Sec	Starling at speed
0.50	0.68	12.13	0.68	11.98	Cm	The explosiv power of legs
0.53	1.33	28.99	1.20	28.69	Cm	The strength of the legs speed
0.17	0.66	10.86	0.65	10.91	Sec	Fitness

(Tabular (t) value = (2.26) at a degree of freedom (7) and a level of significance (0.05 •

Table (8)
Arithmetic means and standard deviations of abilities, freedom in the post-test and the significance of the differences between the experimental and control groups

The value of (t)	Post test - indoor halls		Post test - open halls		M . U	Physical attributes
	S ±	A	S ±	A		
0.86	0.13	2.01	0.18	2.07	Sec	Transition speed
0.11	0.81	30.05	0.81	30.09	Sec	Starling at speed
0.81	0.68	12.13	0.71	11.88	Cm	The explosiv power of legs
0.46	1.33	28.99	1.24	28.73	Repetitio n	The strength of the legs speed
0.03	0.66	10.86	0.63	10.85	Sec	Fitness

* Tabular (t) value = (2.10) at a degree of freedom (16) and an imam level of significance (0.05(

Tables (7.6) show that there are significant differences between the pre and post tests and for all the locomotor capabilities under consideration, for both the experimental and control groups, and in favor of the post tests and for both groups. But through our observation of Table (8), specifically when comparing the experimental and control groups in the post-tests, we find that there are no significant differences between the experimental and control groups, and these differences did not rise to the level of significance and the reason for that is the high physical level enjoyed by the research sample, which appears Exercising them physically made slight differences appear in the post-tests between the experimental and control groups.

3-2Presentation, analysis and discussion of the results of the skill variables:

Table (9)
Arithmetic mean and standard deviations of basic skills in pre and post tests and the significance of the differences between them for the control group

The value of (t)	Post – test		Pre- test		M .U	Physical attributes
	S ±	A	S ±	A		

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1.79	2.72	31.25	2.30	29.23	Degree	Scoring from the movement on the overlapping divisions
*10.02	1.24	53.76	0.89	48.95	Degree	Ground motion suppression
1.92	1.19	9.07	0.98	10.01	Sec	Rolling the ball around (5) signs
*4.96	0.55	12.10	0.71	10.71	Degree	Pass the ball for 30 seconds of movement

- • The tabular value of (t) = (2.26) with a degree of freedom (7) and an imam level of significance (0.05)

Table (10)
Arithmetic mean and standard deviations of basic skills in the pre and post tests and the significance of the differences between them for the experimental group

The value of (t)	Post – test		Pre- test		M . U	Physical attributes
	S ±	A	S ±	A		
*3.85	2.22	34.04	2.80	29.69	Degree	Scoring from the movement on the overlapping divisions
*3.50	1.07	50.73	0.91	49.19	Degree	Ground motion suppression
*2.36	0.98	8.74	0.97	9.78	Sec	Rolling the ball around (5) signs
*8.43	0.25	12.92	0.67	10.98	Degree	Pass the ball for 30 seconds of movement

Table (11)
Arithmetic means and standard deviations of basic skills in post-tests and the significance of the differences between them for the experimental and control groups

The value of (t)	experimental group		Control group		M .U	Physical attributes
	S ±	A	S ±	A		
*2.51	2.22	34.04	2.72	31.25	Degree	Scoring from the movement on the overlapping divisions
*5.83	1.07	50.73	1.24	53.76	Degree	Ground motion suppression
0.67	0.98	8.74	1.19	9.07	Sec	Rolling the ball around (5) signs
*4.31	0.25	12.92	0.55	12.10	Degree	Pass the ball for 30 seconds of movement

In light of the results obtained through Tables (10.9), we see that there is progress in the football skills of halls of the control and experimental groups when comparing the pre and post tests, but the progress that rose to the moral level in the post tests occurred in all the

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skills under discussion. Except for the Rolling Skill. The researcher attributes the reason for this to the proposed training program, in which the focus was on a group of exercises that serve skill performance. In addition to the pressure in training soccer players for halls with positions similar to those of competition, which led to the development of the skills under consideration.

The researcher also attributes the reasons for these differences and the overall selected skill traits under study to the fact that "the goal of the skill numbers is to acquire and master all the basic skills of the game as the good application of skills helps to perform with less effort and not to injure the player and in gymnasium football the player cannot perform the skillful performance in the form What is required is not through mastering the skill aspects, which in turn affects the players' tactical and physical ability. Therefore, during training, he confirms the performance of the skill or giving sufficient time to master it well. ”(Harrah, 1990, p. 112) And it is agreed that (Singert)" that the player of games Teaming must not only master basic skills, but must have the ability to respond to variables in different circumstances. Robert (1980.87), while (Amish.) Pointed out that “team players who are good at handling of all kinds and accurately can achieve good results that qualify them to occupy advanced positions in local and foreign tournaments” (Amish, Salih Radi, 1990, p. 66). The one from the other in its importance, as scoring is one of the means of individual attack that the player is armed with to hit the target of the opposing team, "because the final goal in the football game for halls is to introduce the ball into the opponent's goal and the player who is good at scoring from various locations and in all cases is watched by the opposing team," Therefore, he must be of high skill, field intelligence, ability to focus, high confidence, strong desire and responsibility. ”(Al-Rubaie. Kazem and Al-Mashhadani, 1991, p.97(

As for Table (11), significant differences appeared in all the skills under investigation in the post tests, except for the skill of rolling, in which no significant difference was found. The researchers attribute the reason for this to the fact that the skill of rolling is of little use in the game of gymnasium. In addition to the smallness of the football field for halls, the closeness of the players, and the nature of the hard floor that limits the skill of rolling and the speed of the game's reliance on the rapid transfer of the ball, the lack of dependence of the players of the control and experimental groups on this skill. As for the reason for the development of the skill of handling (passing), the researchers attribute the reason for that to the fact that this skill is one of the skills that need the elements of accuracy and appropriate strength at the same time, and this needs a good compatibility in performance, as it is a difficult skill compared to other skills. And it needs to perform highly skilled in how to use the appropriate part of the foot to hit the ball, and this is consistent with what Ibrahim said. That the specifications of the correct pass are to have the pass for the right player, timing of passing performance, passing strength and accuracy in passing. (Ibrahim. Hanafi, 1994, p.95(

The researchers attribute the reason for the development of the skill of suppression to the careful organization of the vocabulary of the proposed training curriculum. As well as giving the two skills (suppression and handling) sufficient time to perform, which helped to stabilize and develop them taking into account the player's learning to "put out the attached balls in the fastest and most successful way, no matter how difficult the situation is".

Learning to suppress must be linked with handling the ball, that is, passing the globe and damping it between two colleagues or individually with the wall, and damping it with flight and linking it with passing the ball, which this method sought to achieve positive results in developing this skill and this is consistent with what he mentioned (Al-Ayyash and Abdel-Haq) However, the process of receiving, controlling and suppressing the ball requires the movement of the whole body, which facilitates taking the appropriate position to possess the ball, whatever the type and direction of the ball, because this method is one of the advantages of modern play that requires the player to have a high ball sense and agility in the joints and

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muscles of the body in order to perform the movement correctly. (Faisal Al-Ayyash and Abdel-Haq Al-Ahmar, 1997, p.88

-4 - Conclusions and recommendations

4-1 :Conclusions:

-1Development in all motor capabilities and basic skills under discussion between the pre and post tests and in favor of the post test through the proposed training curriculum implemented by the experimental group.

-2Skill and physical training created a competitive atmosphere that had a major role in the development process

4 2-Recommendations:

- 1The necessity to apply the training curriculum used in this study on other age groups such as the youth, youth and women category, in order to demonstrate its impact on the development of these groups and sexes.

4-3 Conducting similar scientific studies on other sports activities or games such as handball and volleyball due to their importance in bringing about development in the total mobility and skill capabilities that these games require

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