

## **The impact of an educational program using visual exercises on the visual capacity and some individual offensive skills in soccer**

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### **Introduction and research problem:**

The scientific research of the most important factors upon which to develop the communities to reach the highest levels in all areas, in general, and the field of sports, in particular, through to identify what God gave man the capabilities and capacities of multiple in an attempt to achieve the greatest benefit from scientific theories, modern in the field Sports

Indicates " Brian Ariel Brain Ariel" (2004) to the capacity optical used in the sports field of (20) the ability of visual including reaction speed optical precision optical types of fixed and mobile and and awareness of external and optical track pad, as there are 80% of the contribution of cognitive The visual, also pointed out that 30% of the practitioners of the sport to have deficiencies in precision optical or the right vision and this afternoon actually when players in the Olympics in

1992 where he found some players difficulties visual making them using glasses or contact lenses (30 : 127)

It also sees "Zeeman et al" (1993) that training visual in the sports field is a relatively small area in the system athletic performance but great importance, and became interest in the large and increasingly active in recent years (36: 234)

Indicates "Isabel Walker" Isabel Walker (2000) that the coaches and athletes, players and sports scientists are looking permanently and continuously about the ways of training modern in order to improve athletic performance and gain a competitive advantage, which is training visual one of these techniques presented in the sports field (31 : 89)

Visual training is a recurring series of eye exercises to improve basic visual functions which is

important for athletes in all competitive sports. It also indicates "Mohammed Arab" (1999) to the presence of differentiation and differences in cognitive motor and visual and audio between players has been assumed that this differentiation is associated with input sensory associated with a player during a sports competition, also emphasizes the importance of vision for many sporting activities and believes that the isolation of central vision or Viewing Angle favorite player of the more negative effects on the dynamic balance of the player. (226:14)

The vision of sports depends on the eye provide information to the brain, which in turn explains the information and sends signals that make the hands and legs and other body parts are moving, and this happens in a split second if this message is not accurate another full or provided at an inconvenient time, this is reflected in the performance that will be incorrect. (178:32) Indicates "Homer Rice" (2004 m) to the visual skills, such as all the other physical skills can be learned and training and improved. (42)

Explains "Hassan Abu Abda" (2008) that training in soccer means in its comprehensive sense that the overall process organized and planned and directed to raise the level of players through effects coordinator aims through competency development facility, and a willingness to perform the effort to reach the highest level athlete and thus achieve the goal aspirations team. (8:21)

And basic skills are considered the backbone of the various sporting activities, and is the mastery of the most important factors of the arrival of the players to a high level in these activities and this is confirmed by Mohamed Abdel Dayem, Mohamed Hassanein (1999) to master the performance of the basic skills of sports activities is one of the most important fundamental basis for the success of the player as well as the team and to win. (18: 43)

It is also offensive skills is the only way to win is achieved on the opposing team and their performance in a neat contribute to the success of the team and the effective implementation of the attack yield to achieve a goal , and the

higher the level of mastery of basic skills players individual offensive whenever reflected positively on the performance of the whole team.

Indicates "Mufti Ibrahim" (1990) that the basic skills offensive is the rule that is based upon offensive play whole, and then interest in them and mastery and bringing it to the stage of the mechanism in the performance under various conditions conducive to carry out an attack can effectively yield result in a goal. (21: 19)

It was agreed that each of the "Mohammed Aloulily" (2000) "Rhett Clinton Reita E. Clanton" "Mary Phil Mary Phyl" (1997) that the requirements of technical skills are essential and important role in various times of the game cannot be for the players good performance plans play if they are not on a high level of efficiency of individual skill. (15: 26) (35: 44, 45)

All of these skills on different forms and types need to see good either passed or the future and the ability to use the eye and is driven in the right direction, and quick to identify the correct motor path of the skill (22:24)

The individual skills of the boundary between victory and defeat must therefore be performed with the utmost focus and the strongest effort, and is a visual perception in its various dimensions is an important factor to increase and improve these ingredients, which affects an effective way to improve performance skills and achieve higher levels of competitiveness

Through the work of a researcher in education and training for soccer teams , both college students or teams or university teams in different clubs, note that the performance skill and tactical depends largely on the extent to which Atovrmen cognitive skills and abilities of visual represented in the visual discrimination ability and determining vision and that appears in the compatibility and coordination between the eye and men, and to see the targets accurately during the movement goal fixed and the player moving , and also on how to realize everything that surrounds the target of individuals and objects without losing focus on the goal , where the visual acuity of fixed and mobile of the basic

requirements that must be development to improve the performance level of skills in soccer.

This prompted the researcher to design a training program to improve some of the visual and visual capabilities in a bid to this improvement reflection on individual offensive skills in soccer (scroll running the ball dribble - correction)(

### **Objectives:**

The research aims to identify the effectiveness of the proposed program of visual training on:

- 1- Visual capabilities under discussion
- 2- Individual offensive skills in soccer under discussion (scroll - Streaming ball - dribble – correction).
- 3- Improvement ratios for the selected variables under consideration

### **Research hypotheses:**

- 1-There are significant differences between pre and post measurements of the experimental group in the variables (capacity optical individual offensive skills in soccer) under discussion and for dimensional measurement
- 2- There are significant differences between the dimensional measurement of

the experimental group and the control group (visual capabilities - individual offensive skills in soccer) in question and for the experimental group.

3- There is an improvement in the ratios variables (visual capabilities- individual offensive skills in soccer) under the experimental group and the control group

### **Search Terms:**

#### **First: visual capabilities:**

It means how the response of the hand or body of information that has been collected through the eye and is considered an important component in most sports because they affect the timing and physical control

-Fixed precision optical Static Visual Acuity

They see the goals of stability a good accuracy and steadfast goal

-Precision optical animation Dynamic visual Acuity:A t Vision targets accurately during the movement of the player , that is a fixed target and the player moves - Visual depth perception Depth Perception

Proper assessment of the relative speed and distance required during the

performance. - Visual reaction speed Visual Reaction Time  
The player's ability to respond fast and accurate visual of the events surrounding it.

### **:Awareness of the outside**

Is to understand everything that surrounds the target of individuals and objects without losing focus on the goal (38)

### **Related studies:**

1- Study carried out by Kiofedo and others Quevedo et al (1999) (34) the study aims

To identify the visual impact drills at the level of performance in the shooting, use Experimental method on a sample of (71) University student has been divided into two groups

(Experimental- control) program took on (8) weeks. The results reached more than Experimental group in the skill of precision optical and there are no differences between the two groups in

### **The performance level of the correction:**

The impact of a training program for skills visual quality to improve the level of performance in hockey , use the experimental method on a sample of (29) player hockey to a high standard , has been divided the sample into (3)

groups ( two experimental and control group first experimental group used drills awareness of visual , and the group second experimental exercises used the traditional view ) was the duration of the program (8) weeks , and found the results to improve the performance of some of the skills the group in favor of the first group (12) of the skill (22) the skill and the sec

3- His Barns and Wood Abernethy & Wood (2001 m) ( 29) study aims to recognize the importance of training programs visual in the sports field , where used experimental method on a sample of (40) stems were divided into four groups was implemented various programs for training visual and to identify the effectiveness of programs to improve the level of motor performance in sports racquet for a Tjeribbah , used the training program visual Ravine and Colors and experimental group used the program Aerobics Ravine and another group used to read and control group used physical training, and found the results to the existence of significant differences between the measurement pre and post

group for The improvement was in favor of visual training program groups

4- His Mazin and others, et al (2004 m) (33) study aims to identify the extent of the contributions of vision when performing the skill of picking a tennis ball with one hand, used the experimental method on a sample of (20) individual to have the power of vision - (20) individual suffering from visual impairment , have been implemented attempts to catch the ball with one hand, were analyzes of eye movement via video , and reached results show that there is a link adversely between the speed of the ball and picked up the more ball speed whenever appeared low level of take a tennis ball , and no differences in the case of the use of eyes or one eye and this confirms that visual impairment is one of the factors which do not check sports achievement

5- conducted Ceyhan Fouad and Iman Abdullah (2005) (6) study aims to identify the effectiveness of a program for training visual on some variables skills and capacity optical in volleyball, used researchers experimental method on a sample of 30

students were divided into two groups, group pilot and the other officer strength of each of them (15) students have been applied aptitude tests optical (compatibility between the eye and the hand - precision optical - awareness of the outside - optical trackpad - reaction speed visual) perception area - depth perception , and reached researchers to the presence of statistically significant differences in favor of group experimental and improve the skills of volleyball and increase the effectiveness of the improved visual capabilities

6- A study by Ashraf Khattab, Mervat Rashad (2005) (3) and aims to identify the effectiveness of the training program for the skills visual quality on some of the variables visual balance and the level of performance in fencing, which included a sample search (10) students and 10 students from Faculties of Physical Education, University of Zagazig, the experimental method was used, and the application for visual exercises (8) weeks, (4) times a week and the time of the module (20-30 minutes). The results concluded that the training program has led to

improved visual skills (outside awareness - visual tracking - Accuracy - depth perception) in both research groups.

7- conducted Magda Ismail et al (2006) (12) study aims to influence training program for visual on some visual skills and cognitive skills visual and performance level of some control skills and control the junior rhythmic gymnastics , used researchers experimental method for the two groups , one experimental and the other officer on a sample of (12) arising from the Shooting Club range in age from (8 : 11) years old, took the training program (6) weeks an average of three times a week , have been using computers in some visual exercises , it was one of the most important results that the training program has a positive impact on improved visual skills and visual perceptual skills under discussion and the level of performance and control skills to control the seniors there is also a correlation between the variables under consideration.

2- Study " Majid Mustafa, Abdul Mohsen Zakaria " (2006) aimed to identify " impact exercises visibility on some capacity visual and

performance level skill in soccer," included a sample search on the students the third year the Faculty of Physical Education for Boys pyramid Helwan University for the academic year 2005 / 2006 (specializing in soccer) are players from the clubs under 18 years old , who are (30) student experimental group consisted of (15) students and a control group of (15) students , use as researchers experimental approach and pointed out the most important results show that the training program of skills optic led to the development of the visual capacity of the members of the experimental group and in favor of dimensional measurements with the exception of the efficiency of the dominant vision of the eye and also in the variables footwork. (13).

3- Study of "Mahmoud Abdel-Mohsen " (2008) aimed to identify " the impact of training vision optical performance of the player defender free in volleyball ," the researcher used the experimental method on a sample of one player , and research tools : tests of visual skills , and the most important results : training using visual

exercises a positive impact on performance stages skill receiver transmitter (19).

4- Study of "Nadia El Sawy , Zainab Hathout " (2008) aimed to identify " the effectiveness of training visual cognitive skills and abilities optical and improve the level of skill offensive in handball " , and used the researchers experimental method on a sample of 15 students , and research tools : private eye measurements - visual aptitude tests , and the most important results of the proposed program of visual training has positive effective in improving the performance level of offensive skills as well as improved cognitive skills and visual capabilities . (25)

5- Study " Huda Hassan " (2008) aimed to identify " the impact of the use of drills visual improve the accuracy of scoring and focus attention to the players kumite," the researcher used the experimental method on a sample of (22) player, and research tools : tests of visual skills - skill tests , and the most important results : the proposed visual exercises have a positive impact on the capacity to improve both the performance

and accuracy of visual skill players kumite . (27)

6- Study " Ihab Saber " ( 2009) targeted to identify " the effectiveness of training visual skills are offensive to the youth team squash ," the researcher used the experimental method on a sample of 20 emerging squash (18-19 years) , and research tools : tests of vision visual - the training program , and the most important results : the visual training program led to the development of visual skills ( under discussion ) and the level of performance of the offensive skills to youth team squash . (4)

7- Study of "Layla rose" (2009) aimed to identify " impact drills visual on some skills and cognitive abilities visual and performance skills of the players volleyball ," the researcher used the experimental method on a sample of (24 ) player team volleyball Faculty of Physical Education Girls Cairo , and research tools : visual skills tests - tests skill - training program, and the most important results : the proposed visual exercises affect a positive impact on skills and cognitive abilities and level of



visual performance skills for volleyball players . (11)

8- Study " Nermin Alglmy " (2009) aimed to identify " the effectiveness of the program to see visual some capacity visual and cognitive skills visual and the level of performance skills in basketball ," the researcher used the experimental method on a sample of (30) student fourth year the Faculty of Physical Education Girls Cairo , and research tools : a private eye measurements - visual skills tests - tests of skill , and the most important results : the proposed vision visual program has a positive effect on the visual capacity (under discussion) and cognitive skills and the level of visual performance skills in basketball. (26)

9- Study " Mohamed Fekry " (2010) targeted to identify " the impact of training program for visual some capacity visual and performance level defensively goalkeeper handball ," the researcher used the experimental method on a sample of 30 students second year Faculty of Physical Education for Boys in Zagazig , Search Tools: visual vision tests - the training program ( 8

) weeks , and the most important results : the visual impact of the training program have a positive impact on the visual capacity ( under discussion ) and the level of the defensive performance of goalkeeper handball. (17)

10- Study " Hatem opening of God" (2011) targeted the " design proposed training program using exercises visual and see its effect on the accuracy and speed of performance of certain skills, offensive and defensive in the sport of fencing ," the researcher used the experimental method on a sample of (14) players from the squad university , and was one of the most important results exercises visual influenced positively on the development of variables visual following (awareness of the outside - optical trackpad - precision optical fixed - precision optical animation - depth perception - optical focus - sleep visual ) , and impacted positively on the speed and accuracy of performance attack marauding - speed performance and accuracy of numerical attack bilateral - the speed and accuracy of the defense in the

fourth and respond to challenge - the speed and accuracy of the defense in the sixth and respond to challenge - the speed and accuracy of defense Ring , and a positive impact on the level of performance of some of the offensive and defensive skills . (7)

**Take advantage of related studies:**

Through the presentation of previous studies , procedures and results of these studies could be utilized in this study to determine the research methodology - as well as determine the capacity optical - Identify tests used to measure the variables under consideration - program content visual - tools and devices that benefit - Search method statistical fitting was assisted by researcher results of these Studies in the discussion of the results of the current study and the extent of agreement on these results and make them out of important recommendations

**Search procedures:**

**First: Research Methodology:**

The researcher used the experimental method a dimensional measurement tribal way for the two groups, one experimental and the other officer so as to its relevance to this study

**Second: The research sample:**

Find sample was selected intentional way of fourth year students allocate teaching soccer, College of Physical Education, Assiut University's (46) students for the academic year 2012/2013.

And were excluded students who have satisfactory conditions and student practitioners of the game, bringing the total number of the sample (40 students), has been withdrawn (10) students to conduct the survey, and (30) a student of the sample core is divided into two equal groups, one experimental and the other officer strength of each two (15) students, The researcher conducting homogeneity in height, weight and selected variables under the table (1) illustrated.

**Table (1)**  
**The research sample homogeneity tests under n = 40**

Coefficient sprains	Mediator	Standard deviation	SMA	Changes	
0.991	21.70	1.80	21.30	Age	
1.162	171.41	2.53	173.86	Length	
0.270	74.14	2.41	74.92	Weight	
0.401	17.58	1.86	17.31	Compatibility between the eye and the hand	Visual capabilities
0.561	21.13	2.13	19.71	Precision optical fixed	
0.206	2.55	1.43	2.43	Precision optical animation	
0.823	23.07	1.78	22.31	Optical depth	
0.734	5.94	2.16	6.51	External awareness	
0.463	22.83	1.56	24.11	Reaction speed	
0.274	18.16	3.16	17.90	Scrolling on the wall	Individual offensive skills
1.555	19.49	2.41	20.71	Running the ball winding 25 m	
1.321	21.11	1.86	19.36	Dribble between menus	
1.342	4.32	1.43	4.12	Shooting on goal	

Shown in Table (1) that sprains coefficient values confined between (+ 3), which shows Aatdalah the sample in the selected variables under consideration.

### **Third: Tools and methods of data collection:**

Been determined necessary tools and devices to search based on the saw Gentlemen experts and the previous survey according to which measured variables visual or muddy conditions as follows:

)Device Alrstamitr to measure the height (cm

)Medical balance to measure weight (kg

- Colorful wooden planks and stick colorful parts -Wooden

racket - Core forget - Stopwatch in seconds - Bake ware Hoops colorful - adhesive marks.

-Paintings Cardboard colorful numbers.

Has been some calibration devices and tools used with other similar devices to make sure of the validity of measurement.

Visual Aptitude Tests: Attachment (1)

Some capacity has been identified through access to previous research and the Internet (16), namely:

1- Compatibility testing with hand-eye and body.

2- fixed-precision optical test.

3- Precision optical test animation

- 4- Test awareness of the outside.  
 5- Visual depth perception test  
 6- Test the speed of visual reaction

)Tests of individual offensive skills: facility (2

-Scrolling: Scrolling on the wall for 30 s

-Running the ball: 50 m distance in a straight line

-Dribble: dribble between menus

-Correction: correction in overlapping squares of stability

#### **Fourth: the survey:**

The survey was conducted in the period from 11/2 to 16/02/2013 AD on a sample of 10 students selected from the research community where this

#### **study aims to:**

- 1- Make sure of the validity of the instruments and devices used

- 2- Find transactions scientific (honesty – consistency).

- 3- Develop educational content of the program

- 4- How to apply the visual tests

- 5- Determine the duration of the program and the daily number of units and per unit time.

#### **:Transactions of scientific tests used**

##### **First: (Stability):**

Stability tests were calculated used under discussion by the application of measurement and re-applying an interval of three days from the first application, has been to find the correlation coefficient between the two applications I, II and Table 2 illustrates this.

**Table (2)**  
**The correlation coefficient between the first and second application For visual aptitude tests n = 10**

The correlation coefficient	The second application		The first application		Variables
	P	Q	p	Q	
0.741	2.15	17.31	2.30	17.42	Compatibility between the eye and the hand
0.680	1.04	19.82	1.42	20.52	Precision optical fixed
0.683	1.31	2.61	1.71	2.83	Precision optical animation
0.753	1.73	22.13	2.03	21.31	Optical depth
0.814	2.24	6.33	1.34	6.52	External awareness
0.780	1.90	24.41	2.21	24.30	Reaction speed

At the level of correlation coefficient = 0.05 0.632

#### **Second: honesty coefficient:**

The coefficient was calculated sincerity of the selected tests under by sincerity arbitrators where Displayed on (10)

experts in the field of soccer experts have agreed on the validity of these tests for the measure to achieve the goal of the search.

The proposed visual program: Attachment (3).

This program aims to use multiple visual exercises (free or tools) to develop the offensive skills of individual research sample of students as well as optical capacity under discussion to allocate teaching soccer.

-The foundations of the proposed visual program-Suitable program for the Sunni stage. Gradient from easy to difficult in the proposed exercises

The diversity of the proposed exercises (free - tools :Which included elements of the proposed program

Content of the program was implemented through (8) weeks, (3) units daily in the week (the unit time 45 s) and the daily unit include the **following elements:**

-Exercises daily to maintain the stability of the body and the head -Each skill training visual skills selected under discussion -Precision optical exercises fixed and mobile - Training of visual perception- Training for visual reaction

speed -Training for visual perceptual skills

-Compatibility of the eye exercises and hand stability and movement

-Training of visual consistency with the gradient in a time of training

-Visual of motion exercises with the gradient in a time of training

**:The time distribution of the proposed training program**

And take a warm-up (5) minutes -Muscle lengthening exercises for eye (5) minutes - The proposed visual exercises (30) minutes- Truce (5) minutes which to soothe the eye muscles and try to return to the natural state.

**Executive search steps:**

: Tribal measurement

The measurements tribal to find equivalence between experimental and control groups in the variables selected under (capacity optical - skills offensive individual in soccer - scrolling, running the ball, dribble, correction) in the period from 17/2 to 02/18/2013 AD and Table (4) illustrates this.

**Table (3)**  
**Significant differences between the experimental and control groups in age Height and weight and selected variables under (par) n 1 = n 2 = 15**

Value T.	The difference	The control group		The experimental group		Variables
		P	Q	P	Q	
1.15	0.06	1.53	21.8	1.18	21.2	Age
1.72	1.5	2.16	170.80	2.43	171.30	Length
0.22	0.2	2.38	75.60	2.46	75.40	Weight
0.54	0.43	2.11	17.12	2.13	17.55	Compatibility between the eye and the hand
0.48	0.38	2.36	19.83	1.76	20.21	Precision optical fixed
0.67	0.38	1.56	2.56	1.45	2.18	Precision optical animation
0.29	0.16	1.19	21.62	1.36	21.46	Optical depth
0.14	0.09	2.03	6.47	1.18	6.38	External awareness
0.13	0.01	1.87	24.29	2.36	24.19	Reaction speed
0.18	0.34	5.61	18.06	4.12	18.4	Scrolling on the wall
0.99	0.92	2.38	19.72	2.56	20.64	Running the ball winding 25 m
1.56	1.26	1.76	20.31	2.48	19.05	Dribble between menus
0.22	0.12	1.47	4.18	1.36	4.30	Shooting on goal

Visual capabilities

Individual offensive skills

Value T. spreadsheet when the level of 05  $f = 2.04$

Clear from the table (3) the lack of statistically significant differences between the experimental and control groups in selected variables under which indicates equality of the two groups in these variables.

### **:Implementation of the search experience**

The proposed program has been implemented on the experimental group in the period from 1/ 3 / 2013 to 25 / 4 / 2013, at three times a week during the 8 weeks after the end of the school day.

All have been identified variable number of visual exercises with the introduction of positive time to rest so that it can move from one train to another as determining the time of the performance of each training Bosra aims to develop

visual variables selected. As well as the individual offensive skills of soccer, the program also included to improve the skill level of performance specified for each variable. The program also included training of the proposed program.

### **Dimensional measurement:**

Dimensional measurements were made in the period from 26/4 to 04.29.2013 and the same measurement method tribal sample in selected variables under consideration.

### **Statistical treatments:**

SMA.

.Standard deviation

. Percentage of improvement

Coefficient sprains.

Test "T."

.The correlation coefficient

### **Presentation and discussion of the results:**

**Table (4)**

**Significant differences and the value of "T" and the percentage of improvement in dimensional measurement for measurement Tribal group in the experimental variables under n = 15**

Percentage improvement	Value T.	The difference	The second application		The first application		Variables	Visual capabilities
			P	Q	P	Q		
12.81%	2.84 . *	2.25	1.24	20.11	2.12	17.53	Compatibility between the eye and the hand	Visual capabilities
20.20%	4.41*	4.06	1.17	24.1	1.74	20.22	Precision optical fixed	

**Follow Table (4)**  
**Significant differences and the value of "T" and the percentage of improvement in dimensional measurement for measurement Tribal group in the experimental variables under n = 15**

Percentage improvement	Value T.	The difference	The second application		The first application		Variables	
			P	Q	P	Q		
71.52%	3.82*	1.54	1.44	3.73	1.43	2.16	Precision optical animation	Individual offensive
30.80%	3.50*	6.61	2.46	14.80	1.61	21.44	Optical depth	
40.42%	4.14*	2.53	1.55	8.92	1.16	6.35	External awareness	
36.32%	5.01*	8.80	3.02	33.02	2.34	24.16	Reaction speed	
76.51%	9.44*	32.2	3.11	50.80	4.14	18.1	Scrolling on the wall	
45.13%	5.12*	9.31	1.43	11.5	2.52	20.62	Running the ball winding 25 m	
52.80%	5.70*	10.04	2.15	29.11	2.45	19.03	Dribble between menus	
78.60%	7.51*	3.38	1.13	7.68	1.36	4.30	Shooting on goal	

T" at the level of 0.05 = 2.15"

Is clear from the above table (4) and no statistically significant differences at the 0.05 level in the variables

under consideration in favor of the post measurement of the experimental group.

**Table (5)**  
**Significant differences and the value of "T" and the percentage of improvement in dimensional measurement for measurement Tribal for the control group in the variables under consideration n = 15**

Percentage improvement	Value T.	The second application		The first application		Variables	
		P	Q	P	Q		
6.06%	0.13	1.05	18.13	2.10	17.10	Compatibility between the eye and the hand	Visual capabilities
10.05%	1.86	1.44	21.80	2.32	19.11	Precision fixed optical	
0.77%	0.18	1.23	2.54	1.53	2.54	Precision optical animation	



**Follow Table (5)**  
**Significant differences and the value of "T" and the percentage of improvement in dimensional measurement for measurement Tribal for the control group in the variables under consideration n = 15**

Percentage improvement	Value T.	The second application		The first application		Variables	
		P	Q	P	Q		
7.70%	1.22	2.11	19.92	1.14	21.52	Optical depth	
0.61%	0.14	1.10	6.50	2.01	6.43	External awareness	
7.74%	1.15	2.76	26.13	1.83	24.21	Reaction speed	
81.62%	4.31*	4.37	32.72	5.60	18.03	Scrolling on the wall	Individual offensive skills
27.48%	3.52*	1.12	14.22	2.33	19.70	Running the ball winding 25 m	
9.26%	1.76	2.20	22.14	1.72	20.11	Dribble between menus	
29.43%	2.03	1.31	5.83	1.43	4.21	Shooting on goal	

The value of "T" at the 0.05 level of significance = 2.15

Is clear from the above table (5) there is no statistically significant differences at the 0.05 level in the variables under discussion in the post measurement of the control group with the exception of (scroll on the wall - Running the ball 25 meters - dribble between menus - shooting on goal)

**Table (6)**  
**Significant differences and the value of "T" between the two experimental groups and control groups in the variables under consideration n 1 = n 2 = 15**

Value T.	The difference	The control group		The experimental group		Variables	
		P	Q	P	Q		
4.45*	1.96	1.08	18.16	1.26	20.12	Compatibility between the eye and the hand	Visual capabilities
4.48*	2.48	1.48	21.83	1.19	24.3	Precision optical fixed	
2.33*	1.19	1.26	2.58	1.45	3.77	Precision optical animation	
5.89*	5.12	2.14	19.95	2.43	14.83	Optical depth	

**Follow Table (6)**  
**Significant differences and the value of "T" between the two experimental groups and control groups in the variables under consideration n 1 = n 2 = 15**

Value T.	The difference	The control group		The experimental group		Variables	
		P	Q	P	Q		
4.8*	2.45	1.12	6.51	1.53	8.96	External awareness	
6.15*	6.81	2.81	26.17	3.05	33.00	Reaction speed	
8.66*	18.1	4.41	32.80	3.15	50.90	Scrolling on the wall	Individual offensive skills
6.21*	3.00	1.15	14.30	1.46	11.3	Running the ball winding 25 m	
8.36*	6.94	2.23	22.19	2.18	29.13	Dribble between menus	
4.83*	2.27	1.35	5.41	1.13	7.69	Shooting on goal	

The value of "T" at the abstract level = 2.04

Shown in Table No. (6) And statistically significant differences at the 0.05 level between the results of dimensional measurements of the two sample groups (experimental - control) in all the variables under consideration and in favor of the dimensional measurement of the experimental group.

**Second: The discussion of the results:**

Indicates Table (5) to the presence of statistically significant differences between the measurement pre and post experimental group for measuring dimensional variables selected under discussion, whether capacity

optical or skills offensive individual in soccer (scroll - Running ball - dribble between menus - shooting on goal.)

This is what reminds him, "Ahmed Khater" citing both "Chenjay knows for. S Bakuchin m. Z Joe" that's excellent in terms of level sports percentages pass the ball during the game (37.6%) than other skills and performed by the player in the game. (1:14)

According "Hanafi selected" Ban scroll between the players of one team is the backbone of the team play. (9: 188)

And Huma confirmed by "Mufti Ibrahim" that scroll of the most important techniques

of soccer because it is more commonly used throughout the minutes, and the team that fluent players scroll and use it frequently is often characterized by playing together, perhaps nothing destroys the team more than passing botched also that nothing builds confidence the team is good passes between players. (20: 12)

And agreed with what was said, "Mohammed Abdo, Mufti Ibrahim" that a player who is not proficient passing the ball foot can be difficult to play soccer. (16: 17)

The table indicates (6) there are no statistically significant differences between pre and post measurements for the control group in the selected variables under consideration and to the specific visual variables.

This is due to the fact that researcher effects that occurred for the experimental group but due to the impact of the proposed program of special optical exercises and individual offensive skills those are the foundation of this research.

Indicates where the researcher that the process of vision is very important in the process of motor performance for many

activities, especially previous research, which received in this study This process is given the power of competitive speed in performance as well as knowledge of the target and the movement of the opposing team from one place to another and through that the attacker can in soccer that the place is known competitor in the attack, or his place in defense

Just as the tutorial proposed his effectiveness strong on the results of the variables selected under discussion, whether visual or offensive individual in soccer and if we compare between the experimental group and the control group, we find that the proposed program within the specified period (8 weeks) but led to distinguish the experimental group and the content of the proposed program.

These results are consistent with what the "Hanafi selected" that without the mastery of basic skills player not be able to implement plans or the duties of his position to the fullest. (9: 66)

It also mentions "Ahmed Khater" that the effectiveness of the team affected accurately implementation skills. (2:11)

This is evident from Table (6) There are differences between the two groups in the post measurement variables in all visual search and offensive soccer and in favor of the experimental group.

The researcher believes that the interest in the growth and development capabilities and visual skills and offensive soccer it is a positive basis for access to the outstanding level and access to the stages of the competition and get the achievement.

The results of the Table (5) the existence of ratios improved for the variables under consideration of the experimental group ranged from (12.93%) to the variable compatibility between the eye and the hand to (78.60%) for variable shooting on goal, as well as the control group by less than the experimental result of the proposed program and indicates the researcher that the results the control group less than the experimental group, although there are differences, but there is no statistical significance.

Indicates where "Mufti Ibrahim" that the correction is the primary means to achieve the goals and whereby the

effort can be terminated at the start of the attack and its construction and development. (21: 133)

This acknowledges in a "Hanafi selected" The strength of the player to help him strongly correction, which psychologically affects the defenders and the goalkeeper. (9: 188)

This is consistent with the results of a study, "Tarek Abdel Moneim" The results showed that the attackers, players have the ability to fast reaction and prepare for proper disposal, as well as the speed of their skill correction. (10: 129)

In doing so , we find that the exercises optic important to the practice of sports activity where given a chance to reach the competition and achievement and that if they were training in a manner codified whether the eye of Interior and the power of vision and capacity development process visual in soccer but leads to upgrade and increase the level of performance skill and physical, how can a competitor during the games organizing movements in the light of the vision of the competitor and pitch in that

one as it is given an opportunity to develop the mental and tactical

As indicated in Ceyhan Fouad, Iman Abdullah (2000 m) (6) that the training program visual him effective in improving the level of performance skills and improve capacity optical under discussion and that the proposed program is able to overcome the difficulties visual associated with the sport of volleyball as characterized this sport quality especially due to the small the size of the pitch with the intensity of the players and their movements.

This is consistent and adds importance in this research for the proposed program and capacity development during the performance of important visual skills in soccer, especially offensive skills and thus lead to achievement and proper disposition.

She also noted Magda Ismail et al (2006) (12) that the visual training program led to a positive impact both in capacity and visual or cognitive skills , especially in the visual command and control skills with beginners in rhythmic gymnastics in the use of leg instruments.

The researcher believes that the command and control skills are required as well as in soccer , where lead to the proper functioning of the pass was the ball and straighten all these skills you need to control and control with the use of good visibility during the performance to reach the goal and scoring.

This may be due to the skill of running the ball requires the player to balance between the speed of its launch the ball and degree governed by where and not become a being out without control and cannot be forwarded and all that needs self-confidence and lack of fear of retaining the ball and with the control of others , which pointed out to him , " Mufti Abraham " that running the ball is useful in cut - free distances through areas which leads to improve the position of the offensive team and he approached the net of the opposing team ( 23 : 66).

This was noted by "Yusuf" that running the ball is the basis of individual effort for the player to progress the ball and penetrate the opponent's defense to create opportunities for his fellow players. (28: 88)

The results of this study agree with Quivad et al (1999) (34) and Calder and NOAA pussy (2000).

)31 (Mazijn ,et al (2004) (33) in the visual training that contributes to the development of the visual capabilities of one eye or the eye as well as the level of performance skills for various sports activities in previous research.

As pointed out by Ashraf speech, and Mervat Rashad (2005) (3) of the effectiveness of the training program visual qualitative variables visual balance and the level of performance in fencing, where the program is to improve the awareness of the outside - optical track pad - and accurate performance - depth perception and this consequently led to improved performance in some sport of fencing skills.

Agree researcher at how to perform the skill In the previous study the performance is by hand and how to move with the tool (epee) and this study will be using the (soccer) means that there is similarity in the use of the tool resulting in development of various programs and thus an improved level of performance skill.

Indicates "Hanafi selected" to the master and the player's ability on the conversation depends on the self - confidence and this is the psychological factor has a significant impact on the player to overcome the opponent. (9: 168)

It also indicates "Mufti Ibrahim" to that conversation should be used in a timely and appropriate position to be used as the excessive use them is useless to waste opportunities in addition to the bad influence on the psyche of the rest of the fellows. (22: 118)

This is in line with the saw "Peter Rizkallah, Ado Abu Ela" that conversation depends on the strength of the will of the player and how his determination to pass the opponent (5:54)

Yet what he sees "Yusuf" that Lilja player to conversation because it happened under pressure by the competitor. (28: 98)

Through discussions and the results of previous studies and the current study that need many of attention to the development of skills, multiple in soccer has resulted in the use of training programs optic to improve good vision and eye

training with different trends and thus improve performance skills during the competition and accomplish and achieve many of the goals and in particular that the process of scrolling and correction need for such programs and this is what appeared in the results of the performance level of skill in question , where the program proposed to improve the visual tests used to measure the performance skills of a sample search in soccer as well as visual tests selected

So researcher finds that the proposed program of diverse visual exercises led to achieve the goal of research and thus achieve the hypotheses developed under this study, namely:

- There are significant differences between pre and post measurements of the experimental group in visual capabilities under discussion in soccer in favor of the post measurement.

- There are significant differences between pre and post measurement of the experimental group in individual offensive skills under discussion in soccer in favor of the post measurement

- There are significant differences between the dimensional measurement of the experimental group and the control group in the (visual capabilities - individual offensive skills) in soccer for the experimental group.

- There is an improvement in the ratios of variables (visual capabilities - individual offensive skills under discussion) for the selected sample

#### **Conclusions:**

**In the light of the objectives of the research, imposed and the procedures could be reached:**

- Visual tutorial has an impact on improving the capacity of selected visual under the experimental group.

- Visual tutorial has an impact on improving individual offensive skills (scroll - Streaming ball - dribble - correction) for the experimental group.

- Visual training program led to the experimental group than for the control in selected variables under consideration.

#### **Recommendation: -**

For the application of the proposed program of visual exercises on the fourth year students allocate soccer teams

and other academic disciplines.

- Visual attention training in soccer different age stages.

- Further studies in this area (other sports).

- Attention optical measurements on a regular basis for various activities practitioners

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