

Study of some of the physical and skill qualities of football goalkeepers

For the teams of al-Jelfa state active in the second regional section

Field study for 15-19 year olds

Karboua kamel¹. pr : Mahour bacha mourad². Pr : Ferahtia sabira³.

1/- University of Algiers 3 / Laboratory of Science and Techniques of Physical and Sports activity- alger3.

kamelprince3@gmail.com

2 /University of Algiers 3 / Laboratory of Science and Techniques of Physical and Sports Activity - Algeria3

mourad.mahourbacha@gmail.com

3/ University of Algiers 3 / Laboratory of Science and Techniques of Physical and Sports Activity - Algeria3

sabiraferahtia@gmail.com

Received: 16/06/2020

Accepted: 11/10/2020

Published:17/12/2020

Abstract: The study aims to explore the important physical characteristics of this category: (strength, sustainability, speed, compatibility, flexibility), by establishing a series of physical and field tests for the teams of Al-Jelfa state for the age group 15-19 years, as well as the detection of the skilled aspects of the same category through the establishment of skill tests agreed by the trainers and doctors, and the sample of our research reached 20 goalkeepers selected deliberately from the state teams, The different physical and skill qualities were revealed compared to the opinion form of the judges.

- **Keywords:** - Soccer goalkeepers, physical qualities, skills qualities

المخلص : تهدف الدراسة إلى إستكشاف الخصائص البدنية الهامة لهاته الفئة والمتمثلة في: (القوة، المتداومة، السرعة، التوافق، المرونة)، من خلال إقامة مجموعة من الاختبارات البدنية والميدانية لفرق ولاية الجلفة للفئة العمرية 15-19 سنة، كذلك تم التطرق إلى الكشف عن الجوانب المهارية لنفس الفئة من خلال إقامة إختبارات مهارية متفق عليها من طرف المدربين والدكاترة المحكمين، كما وقد بلغت عينة بحثنا 20 حارس مرمى اختيرت بطريقة عمدية من فرق الولاية، وقد تم الكشف عن الصفات البدنية والمهارية المختلفة بالمقارنة مع ما تضمنته إستمارته إستطلاع الرأي الخاصة بالسادة المحكمين. - الكلمات المفتاحية : - حراس مرمى كرة القدم، الصفات البدنية، الصفات المهارية

Theoretical aspect:

The problem:

Team sports, whether in football or in another game, are characterized by physical and skillary variables that vary from sport to sport, depending on the type of practice practiced by the players, as these physical or motor skills are the main factor in the statement of various results during the tournament, and football is among the collective sports that are characterized by different physical qualities and skills and mobility, renewable and multiple, "as football has known a great development in various ages because of its effectiveness in improving fitness" (**djameli merabet, p280,2019**), We also see that the goalkeeper in football has an important role in these offensive or defensive processes where he is absolutely important in starting a counterattack, or defending or defending his nets, and the goalkeeper needs important sense of mobility that helps him to move around the perimeter of the stadium in order to make tackles and prevent the balls entering his nets, and it is known that this game includes a certain number of players on the field. They are led by the goalkeeper, who is the number "1" in the team and the first to announce it in the official list of each team, he is the owner of the great responsibility in the team, where any mistake through which may cost his team a goal in his goal and the mistake of the goalkeeper is not forgivable like any other player in any position, through the varied performance of jumps and bumps on the multiple sides right and north, up and down on both sides, in order to repel attacks and prevent the balls from entering his goal, this is a skilled and aesthetic performance. The game has its beauty and simplicity, "it must also take into account the quality, methods and methods of coaching the goalkeeper by adapting it to the individual and the level of performance." (**football guid de leducateur du jeune gardian de but u11-u13 avril 2012.p;5**) these qualities have their own role in developing the practical characteristics of the guard as well as each attribute according to its importance to the guard. First, through the lack of Algerian studies on this category and through the lack of its own framing, the researcher decided to conduct a study that reveals the various physical

qualities necessary for this category and work to identify the various skill requirements that work to develop his performance from one game to another, in order to benefit In the future, experts and teachers will be helped to establish training for this category in order to get out of a category of young people who are defending the Algerian window and raising the flag high in international and Arab forums.

Study questions:

Sub-questions :

- ✓ What are the physical qualities of football goalkeepers?
- ✓ What are the skill qualities of football goalkeepers ?

Study hypotheses :

- ✓ The goalkeeper of football has special physicals and skills qualities and variety .

Partial hypotheses :

- ✓ The goalkeeper of football has important, special and varied physicals qualities.
- ✓ The goalkeeper of football has important, special and varied skills qualities.

The importance of study :

- ✓ Help soccer goalkeepers to find some important physical characteristics for this category.
- ✓ Uncover the various physical qualities that must be available in this category and work to arrange and develop them.
- ✓ Try to help the trainers of this category to make the right and accurate choice of this sensitive category.
- ✓ Help goalkeeper trainers to link physical qualities that develop different, varied and renewable motor skills for this category.
- ✓ Try to develop the training mentality of this category by giving it as much importance as other positions held by other players.

Study objectives :

- ✓ Identify different methods and methods of training and develop these qualities.
- ✓ Study the content of different training programs for clubs.

- ✓ Demonstrate the effectiveness and importance of using scientific methods and studying them by developing the competence and ability of different athletes in all individual and team sports.
- ✓ Know the essential role played by physical and skill tests that show the weaknesses and strengths of these qualities in order to work on the development of some and to maintain the ability of others.

Keywords in the study:

Physical qualities :

The term "physical or motor" characteristics of the expression of human's motor or physical abilities, which include:

Endurance, strength, speed, agility, flexibility (**Mahmoud Awad Bassiouni, Faisal Yassin Al-Shati, 1992, p.172**).

Procedural definition :

These are the different physical characteristics of: tolerance, strength, speed, flexibility and agility, which help the athlete to perform a particular athlete depending on the type of discipline exercised.

Skilled performance:

"It is the ability of the individual to reach a conclusion by performing a dynamic duty with the utmost mastery while exerting as little energy as possible" (**Mufti Ibrahim Hammad: Cairo 2001, p. 104**).

Procedural definition: These are the various mathematical movements performed by the sports individual in the practitioner's discipline in order to achieve the best results.

""Is the level of players and their level of mastery of the skills involved in the game. (**Mohamed Lotfi El Sayed, Wajdi Mustafa, 2002 p.m**. It also refers to the ideal image of artistic performance and the effective way to carry out a particular dynamic task, and others believe that the talented is the innovator with innovative abilities i.e. excellence in intellectual and kinetic abilities and preparations (**Essam Al Ayadi 2019.p389**).

Previous and similar studies: this contributes to not repeating the research or study of a particular problem that has already been studied and researched in addition to providing the researcher with better information for the design of his research (Marwan Ibrahim, 2002, p. 45).

The first study: The status of the selection of Algerian football goalkeepers between the scientific foundations and traditional methods of the under-17 age group. Year of study 20/02/2018 sultan al-Hajj, Zarf Mohammed, A.D. bin Qada Ali.

Method: Descriptive approach in its survey style.

Research sample: 30 trainers for the aforementioned age group.

Place of study: Western Algeria .

The goal of the study: to learn how Algerian football goalkeepers choose western clubs.

Search tools: Questionnaire form with trainers' interview.

Study results :

✓ Coaches neglect the scientific foundations of western Algerian clubs while selected for the category of football goalkeepers under the age of 17.

✓ Rely on the head coach without assigning this task to the goalkeeping coach after applying incomplete in the selection of goalkeepers.

Study II: The impact of mixing in the physical and sports education class on the skilled performance of secondary school students. _Field study in Ain Al-Difli, Dr. Nafi Sofian and Dr. Najmawi Khaled from The Creativity Magazine:

Method: Experimental approach.

Research sample: 40 students from mixed experimental laboratories, 40 students from supervised mj (male only), 40 students from the controlled mg (female only) were deliberately selected.

Where to study: Ain Al-Difli State.

The objective of the study: to verify the impact of mixing on raising the performance skills of high school students .

Research tools: Skill tests selected from the book Encyclopedia of Training by Dr. Mustafa Zidan.

Results of the study: The results showed that there is a positive statistically significant effect of the experimental group (mixed) in the development of skills in the study sample compared to group controls

The third study: Hassan Randy AbdulAziz March 2007 under the title of the impact of the development of some of the harmonic abilities of football goalkeepers on the level of technical performance to pick up cross-balls .

Method: Experimental approach.

Sample search: 3 goalkeepers from Asyut Cement Club.

Where to study: Egypt

The objective of the study: to know the impact of a proposed training program on the level of technical performance to pick up the occasional balls.

Study results:

- ✓ The proposed training program has a positive impact on the harmonic abilities in question (balance, agility, speed, mobility) of emerging football goalkeepers .
- ✓ The proposed training program has a positive impact on the skill level of high ball capture in the four areas of emerging football goalkeepers.
- ✓ The harmonic exercises contained in the program have an effective effect on improving harmonic abilities and raising the level of skill performance in picking up high balls.

Study 4: The effect of exercise on some anthropometric measurements and some physical characteristics of students participating and not participating in school sports teams at the age of 13-15 years in the middle stage, Dr. Yazid Al-Qalati of the Journal of Sports Creativity.

Method: Descriptive approach.

Research sample: 36 pupils for the municipal averages of Hammamet in Tabsa state.

Place of study: Hammamet Municipality, Tabsa State

The objective of the study: the effect of exercise on some anthropometric measurements and some physical traits

Study results :

- ✓ There are statistically significant differences between male pupils who are involved and are not involved in handball school teams in some anthropometric measurements (weight, height and body mass)..
- ✓ The existence of significant differences in physical qualities through: (sustainability, agility, flexibility, speed) all for the benefit of the students involved.

Application side :

Search method: Method used :

Through this investigative research on the various physical and skill qualities of the goalkeeper of football, the researcher considered that the descriptive approach in his analytical method is the most effective approach for such a study in order to describe and analyze the aforementioned variables, "the descriptive approach is the one that cares about describing what is an object and explains it, and is interested in determining the circumstances and relationships that exist between the facts" (**Boudaoud Abdul-Yameen, Attaallah Ahmed, p. 123**). "" The researcher determines the unit on which the inspection process is conducted, and this selection is considered as the definition of society, this

selection includes:

- ✓ The elements and units that make up the community.
- ✓ Time limits (**Ahmed al-Dulaimi, Ali Saleh, 2014, p. 74**).

The research community and its eye:

The study community represents the social group to be established applied to it, through the curriculum, our study community consists of the goalkeepers of the clubs of the state of djelfa active in the second regional section of the Blida Association .

Sample research: The sample in descriptive research is the basis of the researcher's work, is taken from the indigenous community and is well represented, and is an important element in the applied stage. The intentional sample is not a random sample but is similar to the stratified sample where the volume of vocabulary in the sample is proportional to the total number that has the characteristics of the units

of the original community, and in this way it assumes that the characteristics of the units under study remain constant, and this is of course contrary to reality (Kamel Al-Maghrib, 2011, p. 147).

Sample description:

Sample definition: "The sample is a partial group of the original community" (Kamel Fleifel, Fathi Hamdan, Aldarn 2013, p. 14).

Sample description in terms of number: our sample of our research is intended to consist of 20 of them (12 individuals under 19 years of age) and (8 individuals under 17 years of age) goalkeepers representing the Galvawi clubs in the second regional section of the Blida Association.

Sample representation of the community: Our sample represents a true representation of the community and 100% of the indigenous community, i.e. all the guards of the aforementioned clubs in both categories have joined the tests.

Survey: In order to value the problem of research as well as to identify the field work of the aforementioned category, we have established a preliminary opinion form by presenting a set of physical and skillary qualities for the category and was presented to doctors and trainers, all after field work and mobility of the various teams of the state active in the second section in order to identify the various training sessions and monitor the work of goalkeepers where the survey began on: **02/03 2018 until: 20/04/2018**, where we encountered some obstacles with some clubs through the absence of players from training, as well as the lack of reception by coaches and the technical framework of the teams through the lack of training sessions, as well as the difficulty of moving to some municipalities far from headquarters because of the difficulty of the presence of means of transportation, and we reached a preliminary agreement with most players on a certain date, in order to carry out physical and skills tests. After the initial opinion form was submitted to the specialists, we amended the form definitively and distributed it to trainers and doctors in order to agree on a range of different physical and skill qualities. The exploratory study is an important and necessary step that must be carried out in any scientific research, as the basic basis for field research, and works to deepen knowledge of the subject to be studied, and to reveal its different aspects," the field study can also divide the researcher into a set of balanced chapters" (Bouadal Abdul-Yameen, Atallah Ahmed, 2009, p. 152), The study is also a process carried out by the researcher to try the means of research to determine its validity, and its sincerity to ensure the accuracy and objectivity of the results obtained in the end, and this exploratory

study precedes field work (Talaat Hammam, 1987, p. 85). Also through this survey, the scientific transactions of the proposed tests are tested through the parameters of:

- Stability of the tests.
- Believe the tests.
- The objectivity of the tests.

It is an important and necessary step that must be taken in any scientific research, as the basic basis for field research, and works to deepen knowledge of the subject and reveal its various aspects.

Areas of study:

Spatial area: Municipal stadium in Hassi Bahbah municipality- Al-djelfa Province

Temporal field: Reconnaissance: Field tests conducted between 02/03/2018 until: 10/04/2018

Field study: Physical tests are conducted on 12/10/2018 on all the guards invited to the municipal stadium in one day.

The human field: consists of the majority of the 20 players active in the second regional section .

Data and information collection tools :

- ✓ A preliminary opinion survey form comprising a set of physical and skillary qualities selected by the researcher from the sum of books and previous studies and similar research.
- ✓ A second opinion form comprising a set of important physical and skill tests approved for the range of physical and skill qualities agreed of, of course, by the expert gentlemen .

Physical tests: The aim of these tests is to measure the physical aspects (e.g. strength, speed and endurance and it gives us a clear picture of the physical condition of the players so that we can get to know the physical abilities, in order to assess the physical level of the individual, as these tests in the field of sports allow us to know the current state of individuals, so that we can build and plan training programs we are properly taking into account the factor of time, effort and money (Boudawood, Tenderallah, 2009, p. 103).

Field tests:

Physical tests:

Shuttle running (4×10m)

Its purpose: to measure agility.

Utilities: stop clock, two parallel lines, distance between them 10 m.

Performance specifications: The laboratory stands behind the starting line, when hearing the start signal runs at full speed to the opposite line to cross it with both feet and then turn back to get back to the starting line in the same way, and then repeat it again, so that the laboratory has traveled 40 m back and forth.

Some directions: The laboratory must cross both lines with both feet.

How to register: The laboratory records the distance travelled in the distance from the start to the start until it reaches the starting line in the fourth time. (Mohamed Sobhi Hassanein, 2003)

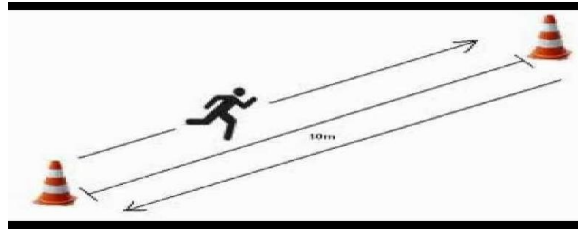


Figure Number: (01) shows the work of the shuttle running test to measure agility.

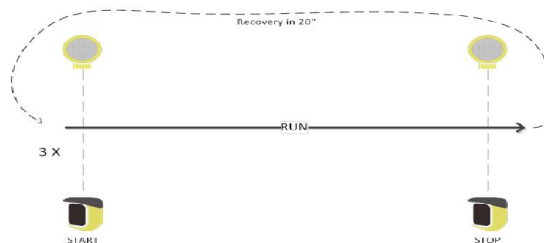
20m running test from a moving start :

Purpose: measure kinetic velocity.

Utilities: 1 hour + three parallel lines drawn on the ground the distance between the first and second 10 meters, the second and the third 20 m.

Performance specifications: The testplayer stands behind the first line when he hears the signal, the enemy, until he skips the line, calculating the time of the laboratory from the second line until reaching the third line 30 m.

Registration: The laboratory records the time it took to travel 20 m from the second line to the third line. (Ibrahim Mufti, 2004)



Shape Number: (02) Shows the work of the 20-meter running test from a moving start

Skills tests:

The first Test, the correction of the ball on different corners of the goal:

Its purpose: to measure the control of the dimensions of the free ball during the reclining.

Utilities: 10 good footballs + a legal goal drawing behind a cloth the same size as the goal and attached behind it as follows and are numbered as follows:

5	4	3
6	9	2
7	8	1

•shape No: (04) shows how to draw test scores. (Alaa Khattab Yusuf, Ahmed Adam Ahmed Mohamed, 2008).

From right to left stands the laboratory goalkeeper in the goal and the ball is placed on the line of 16 meters and stands a player characterized by the accuracy of the correction and begins to shoot the ball upwards (1-9), and the goalkeeper tries to save the goal with a rebound as it does not require the catch of the ball but only keep it away from the entry of the net. Scoring method: For each successful shot, the goalkeeper can keep it from entering the goal with one score for the three rectangles 1+7+8, while the rest of the rectangles write him two degrees.

The second Test throwing a football to circles drawn on the ground after the middle of the field

Its purpose: to measure the accuracy of long-foot passing.

Pitch layout: Draw 5 circles as in the aforementioned test but after the midline, which side does not stand the guard.

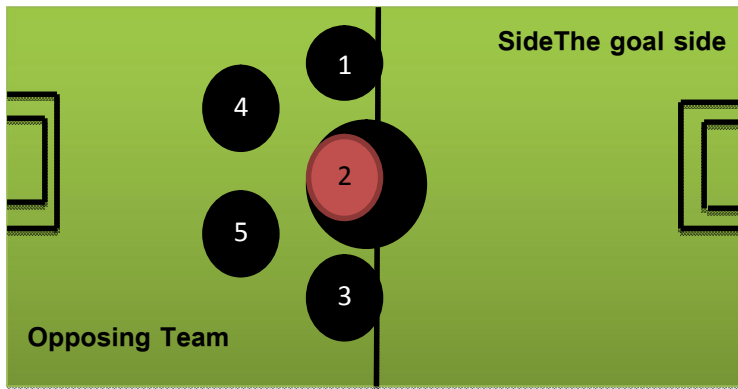
- The first circle is at the corner of the midline with the right seam and the diameter is 1 meter.
- The second circle is adjacent to the central circle and has a diameter of 1.5 m.
- The third circle is in the midline confluence line with the touchline to the left and has a diameter of 2 m.
- The fourth circle is halfway between the final boundary and the midline and 4 meters from the right line of contact to the inside and 3 m in diameter.
- The fifth circle is halfway between the final boundary and the midline and 4 meters away from the left seam line in and the diameter is 3 m.

The physical qualities and skills of football goalkeepers

Performance specifications: The guard kicks 10 balls with his foot trying to drop them in the first small circle starting from the first circle to the fifth circle from wherever he sees fit within his position, where each guard is given one attempt for each circle.

Registration method :

- ✓ 3degrees if you fall in the first circle.
- ✓ 3degrees if you fall in the second circle.
- ✓ 2degrees if you fall in the third circle.
- ✓ 1degree if you fall in the fourth circle.
- ✓ 1degree if you fall in the fifth circle. (Alaa Khattab Yusuf, Ahmed Adam Ahmed Mohamed, 2008)



shape No. (03) shows the points to be thrown at by the laboratory.

View, interpret and discuss the results :

Analysis and discussion of the results of the first hypothesis:

First Physical Test: Shuttle Jogging:

Table No. (01) represents statistical tests for the shuttle run test (4×10)

E. Shuttle Running repetition	Percentages	Average arithmetic	Standard deviation	T. T.test	df	Sig moral value	Level of significance	Statistical decisions
10.5 To 0 11 th	19 %	1.0500	0.2236	21.00	19	0.000	0.05	Statistically

11	1	5%		1					
to 11.50 th									
Total	20	100%							

Difference between averages: 1.05000.

Analysis of table results:

From table 01, which represents the statistical tests for the shuttle run test (4×10), we note that the repetitions of the first test (from 10.50 to 11th) were 19 repeats with a percentage percentage estimated at 95%, and the second test (from 11 to 11.11. 50 tha) repetitions were 1 and percentage estimated at: 5%, the arithmetic average was 1.0500, the standard deviation was estimated at :0.22361 and the difference between the averages was 1.05000 and the T.test was estimated at 1.05000. 21: With a degree of freedom: 19, the moral value (sig) was estimated at 0.000 at the level of 0.05. By comparing the moral value of 0.000 with the indication level of 0.05, we note that the indication level of 0.05 is greater than the moral value, which indicates that the sixth test (shuttle running test) is statistically dall.

Through the results of the above table, since all the members of the sample had good results in the time value seen through the previous table, despite the obvious differences in the level of the measured characteristic, the 19 individuals distinguished from the other individual with amounts of great influence in the performance of goalkeepers as an important dynamic characteristic, and this is what the sports training scientists talked about where **martin arts2004** sees that the important physical qualities of the goalkeeper Miley : Agility, flexibility, reaction speed, strength, speed, endurance, compatibility and this is what comes to us after doing the special physical test necessary for this important characteristic is agility.

The second physical test: the 20m running test from a moving start.

Its purpose: motor velocity measurement.

Second physical test: 20m running test from a moving start:

Its purpose: motor velocity measurement:

Table No. (02) Statistical tests for physical testing represent the running test 20m

the 20m running test	repetition	Percentages	Average arithmetic	Standard deviation	T. T.test	df	Sig moral value	Level of significance	Statistical decisions
2sec to 3sec	20	100 %	2.000	0.0000	-	19	-	0.05	Statistically
Total	20	100 %							

From table 02: Difference between averages: –

From table 02, which represents the statistical tests for the 20m run test from a moving beginning, we note that the repetitions of the test were 20 repetitions by a percentage estimated at 100% and the arithmetic average was 2.0000 and the standard deviation was estimated at:0.00000 .Since the repetitions were one and in favor of the try (2sec—3sec), both the T.test is completely non-existent for only one attempt, and the degree of freedom has reached 19 .The test is statistically indicative of the presence of 100% motor velocity for all individuals and this value does not indicate the relative importance of the characteristic of motor velocity compared to other qualities, which assures us once again that the second physical characteristic, motor velocity, is important in the physical qualities of football goalkeepers.

Discussion: It is noticeable that all the individuals concerned with the research measurement show significant amounts in the timings seen during the previous table despite the clear differences in the level of the attribute measured as the reader of the table above sees that 20 individuals all distinguished by amounts of very good effect in the dynamic performance of goalkeepers as an important dynamic characteristic, and this importance indicates that the goalkeeper has to have the physical characteristic which is motor speed.

the third skill 's test: Test the shooting of the ball on different corners of the goal.

Its purpose: to measure control the exclusion of the free ball during the rebound.

Table No. (03) Statistical Test the shooting of the ball on different corners of the goal

Shooting the ball. Test	repetition	Percentages	Average arithmetic	Standard deviation	T. T.test	df	Sig moral value	Level of significance	Statistical decisions
Points 5/10	08	40%	1.6000	0.5026	14.236	19	0.0000	0.05	Statistically
Points 5/10	12	60%							
Total	20	100%							

Analysis of table results: (Difference between averages:1.60000)

From table 03, which represents the statistical tests for the test of the shooting of the ball on the corners of the goal, we note that the repetitions of the points between (5-10n) were 8 repetitions by a percentage estimated at: 40%, while the points obtained and confined between (10-15) It was 12 repeats and a percentage estimated at: 60%, the arithmetic average was 1.6000, the standard deviation was estimated at 0.50262 and the difference between the averages was 1.60,000 and the T.test was estimated at B. 14.236 With a degree of freedom: 19, and the moral value (sig) was estimated at 0.000 at the level of significance of 0.05. By comparing the moral value of 0.000 with the indication level of 0.05, we note that the indication level of 0.05 is greater than the moral value, which indicates that the fourth test (the test of shooting the ball at different angles of the goal) is statistically significant.

Discussion:

Since the total number of members of the research sample had a valuable product in the time values seen during the previous table despite the clear differences in the level of the attribute measured as the reader and analyst of the table considers that the number of 15 individuals distinguished from the rest (5) amounts with good effect in the performance of the goalkeepers as an important dynamic characteristic, and through this discussion we can say that the goalkeeper must have the skill

The physical qualities and skills of football goalkeepers

characteristic and the water to repel the high and high balls, which is what We reaffirm it through our analysis of some of the matches in which fixed balls played an important role in the heart of the data of some matches, and through him we believe that the development of this characteristic is very important for the goalkeeper of football.

Table No. (04) represents the statistical tests of the test of skills throwing balls

Pass the ball	repetition	Percentages	Average arithmetic	Standard deviation	T. T.test	df	Sig moral value	Level of significance	Statistical decisions
02/10	4	20%	6.0500	3.1367	8.626	19	0.0000	0.05	Statically
05/10	3	15%							
07/10	2	10%							
08/10	3	15%							
10/10	8	40%							
Total	20	100%							

From table 04, (Difference between averages: 6.05000) which represents the statistical tests to test the accuracy and skill of passing the ball with the foot, we note that the repetitions of the first degree (2/10) were 4 repetitions by a percentage estimated by: - 20%, and the second degree (5/10) were repetitions 3 and by a percentage estimated at: 15%, The third degree (7/10) had its repetitions of 2 repeats and an estimated rate of:10%, and in the fourth degree (8/10) its repetition had reached 3 repetitions and by a percentage of: 15%, and the fifth degree which is distinguished (10/10) had reached 8 repetitions and by a percentage It was: 40%, the average arithmetic was 6.0500, the standard deviation was estimated at :3.13679 and the difference between averages was 6.05000 and the **T.test** was estimated at 8.626 and with a degree of freedom: 19, and the value The 5000 mark is estimated at 0.000 at 0.05, and comparing the moral value of 0.000 with the indication level of 0.05, we note that the indication level of 0.05 is greater than the moral value and this indicates that the test

of the 10th (test throwing of the football on circles) Drawn on the ground after the midfield) D statistically, and given what is shown in the table above, the reader and analyst of such visible values shows him the points obtained by the guards concerned with the test, which is the skill of throwing the ball after the middle of the field, by getting 8 repetitions on the mark of 10/10 in the throwing of the ball this proves to us the ability of 40% of the guards Testers to pass the test even if the mark is below average, but it is a result that is boring, and this gives the reader the importance of this skill that we see as good to a lesser extent than the previous test, which assures us once again that the characteristic of throwing the ball with the foot and the skill of the goalkeeper in delivering it to the teammates through the counterattack is a very important characteristic in the skilled side of the guard.

Analysis and discussion of the results of the general hypothesis :

The first hypothesis: Football goalkeepers have important, special and varied physical qualities.

By verifying all the partial hypotheses which provide for the presence of physical and other skills important to the character of the goalkeeper, and after some of these qualities have been revealed, which are:

- ✓ The attribute of agility, which is considered an important physical qualities necessary for the goalkeeper of football, and through the physical test (shuttle run) it has been noted that the number of guards distinguished by this characteristic more than half, equivalent to 19 guards against one guard observed slowly, which indicates the development of this characteristic due and necessary.
- ✓ Also the characteristic of motor speed, which is an important physical element for such a function, through the results of the body no. (02) in which most of the guards tested to confirm the kinetic speed between (2-3th), we say that this characteristic is a syndrome characteristic of this sensitive position, which has been mentioned and confirmed by the scientists of sports training and in this particular discipline.

The second hypothesis:

- ✓ The skill sought to throw the balls with the foot behind the midfield, which noted that 8 of the testers succeeded in achieving the full mark in throwing the circles drawn on the ground, which proves once again that the skill characteristic applied is very important in the counter-team offensive work.
- ✓ The second skill, which is the goalkeeper's rebound to repel the high balls and half high and ground, is a characteristic no less important than the above-mentioned qualities, through the results

obtained noted a certain weakness in repelling those balls especially high and half high, which assures us once again the necessity of working to develop such important and decisive qualities of matches.

General hypothesis :

Based on **Joseph Gene 2002 theory**. However, the goalkeeper's motor variables are:

*Compatibility. * Speed. * Balance. * Strength. *Agility.

Through **ferretto-ferretti 2005** theory that the physical qualities necessary for the goalkeeper are:

*Power. * Agility. * Balance. * Flexibility. * Speed.* Reaction speed.

As for martin arts 2004, the goalkeeper's important physical qualities are :

*Agility. * Flexibility * reaction speed * strength. * Speed. * Endurance. * Compatibility.

His basic skills (**Hugo Doiler 2004**) are divided into two important parts :

A. Movement without the ball: Divided into two sections: * Pause the guard. * Guard moves.

B. Ball movement: Divided into two sections: * Throwing balls. * Catch the balls .

Through all these opinions of scientists who are specialists in football training, and through what was concluded in our study, it has been discovered that the goalkeeper of football has important physical qualities and especially come in order as follows :

Kinetic speed. Maximum speed. * Agility * reaction speed * compatibility. * Power at speed. * Flexibility. * The explosive power of the two men. - The goalkeeper also has important skill qualities, especially in this order :

*Rebound and keep the balls high and half high. * Control and calm the ball at the chest level steadily.

* You balls high amid the crowd. * Narrow the corners on the opponent in the individual confrontation.

* Kick the penalty. * Pass the ball with the ball by hand. * Dodging a man.

Through all these conclusions and according to the study data, and according to the general hypothesis that there are important physical and skill qualities, especially for football goalkeepers, this hypothesis is achieved by achieving all its full dimensions.

General conclusion :

Based on our research and the results that have been achieved and after discussing the various previous studies and similar Arab and foreign related ones, and through the theoretical background that has been affected by various aspects of the research, we were able to reach the following conclusions:

✓ That the character of motor speed is important for the category of goalkeepers football by working on its development, and improving its performance on the ground through the emergence of some moral deficiencies by following some of the matches of the teams mentioned above.

✓ The character of the maximum speed and the speed of reaction are of paramount importance in the world of goalkeepers through the movements of the goalkeeper in his legal space, as well as through the reaction of the recoil of the balls that are sudden and dangerous.

- Agility, flexibility, compatibility, are important and consistent qualities in order to meet the body's satisfaction with all the effects that go beyond its legal space from high balls, side or drop .

Also with regard to the explosive power of the two men, through the results obtained by the guards we see that most of them were their results suggested that they acquire skill, but the calculated value of it does not indicate the development of the characteristic by comparing the results obtained with some other studies, through a successful study of the impact of palumtri training on the impact of the explosion training and the strength of the speed of volleyball players, and comparing the results obtained, we see the difference between the two categories mentioned about the physical characteristic of the world of football, and this This has once again confirmed to us the weakness of this characteristic, despite its existence and acquisition from some of the testers.

✓ The speed of reaction, which is the important and effective feature in the world of goalkeeping, was also observed through the tests a great similarity and closeness at the same time of the test by a large group of sample per se, which assures us once again the acquisition of guards for this important physical characteristic .

Also noted during the start of the skill tests for this category some of them acquired some skills qualities, but the mathematical value of these skill qualities came weak, which suggests that they are away from the skill straining and the lack of interest in this skill aspect.

Accordingly, the study concluded that the goalkeeper of football has important physical and skill qualities, especially to improve his performance in various official matches.

Recommendations:

✓ Attention to scientific characteristics in terms of selection and guidance for this important category.

✓ .Work to create this category by performing the process of important morphological measurements, for careful and precise guidance.

- ✓ Attention to the development of the physical aspect of the guards through (reaction speed, explosive force, strength of speed, motor speed, flexibility, compatibility and other physical qualities mentioned above.)
- ✓ Develop the physical aspect that facilitates the mission of the skilled side on which the guards rely through: you high balls, distribution of balls on the sides by hand or foot, tactical correction by studying how to exit the guard to face a single attacker and narrow the angle of scoring and undermine the confidence of the striker in scoring the goal.
- ✓ Conduct similar research in the future to be relied upon in the construction of important training programs for football goalkeepers through physical and skill development.
- ✓ Taking care of this specialty and its fertile category due to Algeria's sporting assets, whether in individual and group sports, as well as because of its important and significant human potential.

List of references:

First: References in Arabic:

1. **Boudaoud Abdel-Yameen, Atallah Ahmed**, Scientific Research Guide for Students of Physical and Sports Education, University Publications Bureau, Algeria, 2009. P: 123-152.
2. **Talaat Hammam**, Dictionary of Psychological and Social Sciences, Al-Resala Foundation, Dar Ammar, Amman, 12, 1987.00: 85.
3. **Issam Hassan Ahmed al-Dulaimi, Ali Abdul Rahim Saleh**, Scientific Research Foundations and Methods, Dar Al-Radwan For Evil and Distribution, Amman, 11, 2014.P: 147-148.
4. **Kamel Fleifel, Fathi Hamdan**, Statistics, Al-Curricular Publishing and Distribution House Amma A1, Jordan 2013.
5. **Kamel Mohamed Al-Maghribi** Methods of Scientific Research in the Humanities and Social Sciences, Culture House for Publishing and Distribution, Amman, 14, 2011. P:147.
6. **Mohamed Sobhi Hassanein**, Measurement and Evaluation in Physical And Sports Education, C2, 15 Cairo Arab Thought House 2003.
7. **Mohamed Lotfi El Sayed**. The psychological foundations of athlete selection. The General Authority for The Affairs of Princely Printing Presses.Cairo.i.t1. 2002: 347.
8. **Mahmoud Awad Bassiouni, Faisal Yassin Al-Shati**: Theories and methods of teaching physical and sports education, University Publications Bureau 1992.p:172.

9. **Marwan Abdel Majid Ibrahim:** Physical Growth and Motor Learning, Dra Culture, Amman Jordan, 2002.p:45

10. **Mufti Ibrahim,** Comprehensive Reference in Sports Training, Modern Book House, Cairo I1, 2010.Am:104

11. **Mufti Ibrahim Hamada:** Modern Sports Training, Arab Thought House, Cairo 2001.p:104

Second: References in foreign language:

12. **Football guide de leducateur du jeune gardien du but,** imprimé en europe, sagrafic barcelon-avril 2012.p :05

13. **Ferretto-ferretti:** the soccer goalkeeper training manual, fundamental drills to improve goalkeeping skills, reed library of congress, inc sport, u.s.a 2005.

14. **Joseph gene :** klien : the soccer goalkeeper technique, tactics, training human kineties, u.s.a 2002

15. **Martin art:** the soccer goalkeeper coach 2nd education, human kinets. U.s.a 2004.

Third: University letters and periodicals:

16. **Essam Al-Ayadi:** Criteria for selecting and guiding outstanding students towards the formation of school sports teams from the point of view of some of the directors of the State Association for School Sports. 2019 P.389.

17. **Jamali Merabet:** Recovery and physical recovery in football players of both sexes in the post-workout period through the blood sugar index. A field study on the two teams of Fafaq Farfar male and Mashal Al-Zayban female football teams in The State of Biskra, Algeria. Sports Creativity Magazine. Duplicate part 02. 2019. p280.

18. **Alaa Khattab Yusuf Memorandum, Ahmed Adam Ahmed Mohamed,** Physical and Skills requirements for goalkeepers in Sudan, 2008. A memorandum for an MBA in Sudan.

19. **Dr. Nafi Sofian and Dr. Najmawi Khaled's** study of the impact of mixing in the physical and sports education class on the skilled performance of secondary school students. _Field study in Ain Al-Difli, Published Study of The Journal of Creativity, Volume 6, Issue 3, p. 459-475.

20. **Study by Dr. Al-Qalati** increases the effect of exercise on some anthropometric measurements and some physical characteristics of students participating and not participating in school sports teams at the age of 13-15 years in the middle stage, Volume No.09, Issue:02,2018.