



Bodily-Kinesthetic Intelligence and its Relationship to Some Basic Skills for Junior Football Players under 13 Years

1. Jaafar Ghadeer Abbas

Received 2nd May 2023,
Accepted 3rd Jun 2023,
Online 14th Jul 2023

¹ Mosul Governorate Education
Directorate
Jafar_gh90@nan.epedu.gov.iq

Abstract: This study aimed to identify the relationship of bodily-kinesthetic intelligence with some basic skills in football for juniors under 13 years, which included passing, dribbling, and scoring. Bodily-kinesthetic intelligence is one of the motor cognitive concepts to reach the desired goal with the least possible ability, as bodily-kinesthetic intelligence is the experience and efficiency of the individual in using body as a whole to express his thoughts and movements, the research sample was (46) players of the Bazwaya Football Academy for ages under (13) years for the (2023) football season, the researcher used a psychometric for bodily-kinesthetic intelligence consisting of (19) paragraphs, the player answers the paragraphs of the scale according to four alternatives (always, frequently, slightly, never), the scale was corrected by giving degrees (4, 3, 2, 1) respectively for all paragraphs of the scale, and the researcher also used skill tests that included passing, dribbling and scoring, The results showed a significant correlation between bodily-kinesthetic intelligence and the three skills addressed in the study, so the researcher recommends paying attention to including training curricula for young players exercises that develop bodily-kinesthetic intelligence, and trying to conduct studies that include other types of intelligence.

Key words: bodily-kinesthetic intelligence, skills, football, juniors.

Introduction:

The goal of workers in training field is to raise the players level according to the logical sequence of all the basic skills on which the game of football is based, and that the football player must has skill qualities at a high level that qualifies him to provide the required performance, and maintaining the skill level without falling of accuracy during the match is important and one of the main foundations on which the coach relies to achieve the required results, as retaining the skill level despite exposure to effort The physical during the match is a clear indicator of the weighting of the players who represent

the team, the skill qualities are one of the pillars on which the basic motor skills of any of the sports, including football, which is considered one of the popular games in the world. The psychological factor is one of the important factors to achieve good results in all games and getting achievements, and sports games have showed during the past years a remarkable development as a result of the development of sciences and knowledge. This led to the convergence of the level of players from the physical, skill and tactical aspects, and during that the global sport has developed a great development, if this development includes all games as a result of benefiting from research and scientific studies in finding and innovating scientific methods for the purpose of developing and addressing problems in the sports field in ways. Scientific research, and taking advantage of modern theories in the sciences of physical education and other associated sciences to develop everything related to the learning and training processes of skills and in all sports, and that each game of sports special motor performance distinguishes it from the rest of the games, and enters psychology in its development. Bodily-kinesthetic intelligence is one of the motor cognitive concepts to reach the desired goal with the least possible ability, as physical motor intelligence is the experience and efficiency of the individual in using body as a whole to express thoughts and movements. It includes physical intelligence motor ability to use some or all parts of body to produce things or convert, and includes this intelligence physical skills motor balance and strength and flexibility and speed as well as the sense of movement of the body and its status and abilities physical and skill and planning and psychological, and these abilities require availability to an equal extent as a result of the close interdependence between them. Bodily-kinesthetic intelligence plays an important role in the game of football, especially in the skills of passing, dribbling, and scoring due to the nature of the game, its speed, the multiplicity of its tactics and basic skills being one of the important skills, but all skills are not useful unless the desired goal of the skill is achieved, and that is why the players must maintain a high level of mental and motor operations among the players of team games in general and football in particular because of what is included in the playing situations.

Therefore, the player needs attention, sensation, perception and speed of intuition, to continue with same speed and strength in order to perform the skills of passing, scoring and dribbling at the right time and place, and the bodily-kinesthetic intelligence in the game of football is a strong pillar on which the success and superiority of the player depends through ability to contribute consciously and control motor skill that contributes to the success and superiority of the team as an integrated unit by achieving the win, hence the importance of research, which is to link mental work (bodily-kinesthetic intelligence) with performance skill of passing, scoring and dribbling in football.

Method:

The problem that the researcher seeks to solve is the one that determines the approach that is chosen for the purpose of reaching the required results, so the researcher used the descriptive approach in the style of correlational relations, which is defined as the accurate perception of the mutual relations between society, trends, tendencies, desires and development so that the research gives a picture of the reality of life, setting indicators and building future predictions, and a community was represented by the players of Mosul Governorate academies for the football season 2023, while the research sample is the players of the Bazawya Football Academy for ages under 13 and the number of 46 players.

The researcher adopted scale of physical intelligence – motor prepared by (Nabil,2011), and the scale consists of (19) paragraphs, the player answers the paragraphs of the scale according to four alternatives (always, frequently, slightly, never), the correction is by giving degrees (4, 3, 2, 1) respectively for all paragraphs of the scale, and that the lowest degree on the scale (19) degrees, and the highest degree is (76) degrees, with an assumed average of (47.5), and the correction of the scale is done through the scores collected by the respondent on all paragraphs, as shown below:

Bodily-kinesthetic intelligence scale

	paragraphs	always	frequently	slightly	never
1	I can focus my attention and thoughts on all movements of my colleagues.				
2	The best of my performance of skills and movements in front of my colleagues.				
3	My performance of skills that require attention is outstanding.				
4	I maintain my body balance in my performance of some skills.				
5	When I perform a manual skill I can access my thoughts.				
6	Express my opinion using body movements and facial expression.				
7	I can accomplish handicrafts accurately such as pottery, decoration.				
8	Create new high movements.				
9	I do things like magic tricks with my hands.				
10	My performance of different skills with high compatibility.				
11	I change my direction of movement quickly and accurately.				
12	Possess skill in using movements and hand gestures accurately.				
13	I can learn faster on a machine when I get it instead of learning it from someone.				
14	I am good at performing a skill that requires precision.				
15	Easily gain a sports game.				
16	The best thoughts come to my mind while performing physical movements.				
17	I can use my body movements to imitate some of my colleagues and accurately.				
18	If necessary, I use parts of my body simultaneously.				
19	When I tell a story, I'm mobile.				

Skill tests:**1- Passing test:**

Tools: a specific area to conduct the test, football number (5), tape measure. Test description: Three concentric circles of diameters are drawn respectively (2 m, 4 m, 6 m) and degrees are given to them respectively (6, 4, 2) where the center of the circles is the point of distance between the starting line and the three circles that are (20) meters. How to score: The player is given (5) consecutive attempts. Calculates the number of scores a player gets from the five attempts. If the ball falls on the lines of the circles, degrees and according to the sequence of circles are given (5, 3, 1) degrees. The attempt is considered a failure if the ball falls out of circles.

2- Scoring accuracy: tools: tape measure, football number (10), goal divided by ropes. How to perform: (10) balls are placed in specific places of the penalty area, as the player shoots these balls one after the other sequentially on square targets length (1,50×1) meters specified inside the goal was marked on the corner and the attempt is not correct in the event that none of the four goals is hit, the test starts from ball No. (1) and ends at ball No. (10). Test instructions: The tester must take the kick from behind the starting line and the kick is not counted correctly if the tester crosses the starting line when taking kicks. Test Management: A recorder who calculates the number of correct fouls and kicks. Test description: The laboratory stands at a distance of (11) meters from the target and when the start signal is given, the laboratory scores, as the points are scored according to the location. Scoring: Calculates the number of kicks that enter or touch the four specific targets.

3- Dribbling test: Tools: The starting and end line of the distance between them (25) meters. (10) pillar placed at equal distances, (2) meters between one post and another and the starting and ending line at a distance of (2) meters from the first pillar. Football . Stopwatch . timing . Method of performance: running with the ball between (10) pillars, distance between (2) meters back and forth. Test instructions: Running zigzag between legs in two directions (back and forth). The player is given two attempts. Calculated the best time recorded. Running between pillars in any way and on any side to the right or left of the pillars.

Results:

Table (1)

Variables Processors	Metrics	Mean	Std.	Correlation coefficient		Sig.
				calculated	Tabular	
bodily-kinesthetic intelligence	degree	53.38	11.09	0.664	0.468	Significant
Passing accuracy	degree	19.22	3.74			

*Tabular correlation coefficient value (0.468) below significance level (0.05) and degree of freedom (16).

Table (2)

Variables Processors	Metrics	Mean	Std.	Correlation coefficient		Sig.
				calculated	Tabular	
bodily-kinesthetic intelligence	degree	53.38	11.09	0.721	0.468	Significant
Scoring	degree	32.82	5.77			

*Tabular correlation coefficient value (0.468) below significance level (0.05) and degree of freedom (16).

Table (3)

Variables Processors	Metrics	Mean	Std.	Correlation coefficient		Sig.
				calculated	Tabular	
bodily-kinesthetic intelligence	degree	53.38	11.09	0.623	0.433	Significant
Drilling	degree	23.82	4.77			

*Tabular correlation coefficient value (0.433) below significance level (0.05) and degree of freedom (16).

Discussion:

It has appeared through the presentation and analysis of the results in the previous tables that there is a significant correlation between bodily-kinesthetic intelligence and the accuracy of passing, dribbling, and scoring football for players of the Bazwaya academy under 13 years, the researcher attributes this significant link to the fact that all the skills performed by the football player been under the concept of bodily-kinesthetic intelligence, which specialists define as experience in the use of the individual of body to express thoughts and feelings and ease of use in the formation of things and this intelligence includes physical skills Certain such as coordination, balance, skill, flexibility and speed.

These skills are also one of the basics of playing in football, as their repetition results during training and matches for their development, despite the fact that the game of football is one of the games of a changing nature during the match, and is characterized by the multiplicity of its requirements as it does not go at the same pace, which puts a great load on the player because of the physical and skill capabilities it requires that he be able to link and coordinate intelligently to come out with an ideal performance, so it requires the player to have a high degree of intelligence that It is considered the ability of the player to solve the problems facing him in different styles and methods.

Also, the factors that affect the player such as the opponent, the ball, the movement of the colleague or competitor, the pressure of the fans, the nature of the match and the psychological state that the player is going through are problems that plague performance, which requires the player a high level of intelligence to be able to make appropriate decisions and find solutions to overcome these obstacles during performance because bodily-kinesthetic intelligence is the basis for individual differences between athletes, which is an important condition for success in most sports activities, especially those activities that require quick awareness of obstacles in Different playing situations.

Passing in football is used in the widest range due to the large area of the pitch, as passing saves effort and time and makes opportunities, especially if it is safe to take the right positions to receive passing. dribbling is one of the basics of building play as it is used extensively during possession of the ball. As for scoring, it is the goal of all teams and players, as scoring goals against opponents is the goal of each player, which is not an easy process in football, as it requires speed in making decisions as well as accuracy, strength, speed. scoring is one of the most difficult tactical duties assigned to the player, especially if he faces a solid defense.

Conclusions:

Through the results reached by the researcher, the following was concluded:

1. There is a significant correlation between bodily-kinesthetic intelligence and accuracy of passing among players.
2. There is a significant correlation between bodily-kinesthetic intelligence and dribbling among players.
3. There is a significant correlation between bodily-kinesthetic intelligence and scoring accuracy among players.

Recommendations:

Based on the results of the research, the researcher recommends the following:

1. Workers in the field of sports, including teachers, and coaches, should give great importance to the mental preparation of learners because of its great impact on achieving results.
2. Give importance to bodily-kinesthetic intelligence when teaching or training basic football skills.
3. Conduct research on other types of intelligences and their relationship to basic football skills.
4. Conducting similar applied studies that address mental phenomena or any other mental variable.

References:

1. Youssef Kammash: Basic skills in football (skills and training), Jordan, Dar Al-Khaleej for Publishing and Distribution, 1st Edition, 2016.
2. Tarek Chamoun: Mental Training in the Field of Sports, 1st Edition, Dar Fikr Al-Arabi, Cairo 1996.
3. Abdul Sattar Jabbar: Physiology of Mental Processes in Sports, 1st Edition, Dar Al-Fikr for Printing, Publishing and Distribution, Amman, 2000.
4. Imad Kazem Al-Atwani: The Impact of a Proposed Training Program on Developing the Skill of Scoring in Football, Master Thesis, College of Physical Education, University of Baghdad, 1999 .
5. Ghassan Adnan Jameel: Physical-motor intelligence and its relationship to self-confidence and some basic football skills for juniors under 16 years, 2013.
6. Qasim Lazam: The foundations of learning and teaching and its applications in football, Baghdad, 2005.
7. Mufti Ibrahim: Skill and Tactical Preparation for the Football Player, 2nd Edition, Cairo, Dar Al-Fikr Al-Arabi, 2009.
8. Nabil Rafiq Mohammed: Multiple Intelligence, 1st Edition, Amman, Dar Al-Safa for Publishing and Distribution, 2011.
9. Yassin Omar Mohamed: The effect of mental training according to the agreed and disagreed morning and evening rhythm pattern on some mental abilities and basic basketball skills for juniors aged (15-16) years, PhD thesis, Faculty of Physical Education, Koya University, 2007.
10. Dorrance Anson : coaching youth soccer. USA : human kinetics, 2011 .