

Abstract of the message

The effect of resistance training with hanging ropes (TRX) on some vital motor abilities, bio-kinematic variables and direct free kick accuracy for young football players

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The researcher addressed the importance of body weight resistance exercises using hanging ropes (TRX) due to the importance of this type of exercise that works to activate multiple muscle groups of working and participating muscles at once during training. It was explained that vital motor abilities are closely related to the work of football players and the development of their level of scoring skill. Football is one of the games that require integrated physical effort through developing their vital motor abilities, so it was important to search for exercises and methods that help develop vital motor abilities. Among these methods is training using (TRX) exercises, to improve the abilities of young football players, which is reflected in the performance of the scoring skill more effectively and influentially. The study aimed to prepare exercises using the hanging ropes (TRX) training method for young football players and to identify the effect of exercises on some vital motor abilities and the accuracy of performing the direct free kick skill for young football players. Also, to identify the preference of exercises between the experimental group and the control group in some vital motor abilities and the accuracy of performing the direct free kick in youth football. The researcher used (the experimental method) by designing two equal groups (control and experimental), and the researcher selected a sample using the