THE IMPACT OF A TRAINING PROGRAM OF COMPLEX SKILLS AND **VISION DRILLS** ON SPECIFIC VISUAL ABITITIES, AND QUICK AND ACCURATE MOTOR PERFORMANCE IN FOOTBALL JUNIORS

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**Abstract**

The aim of the study was to design a training program of complex skills and **vision drills** for improving velocity and accuracy of motor performance for complex skills with ball, also to identify the effect of **vision training** program on developing skilled performance and the improving ratios in footplayer juniors.

The the method applied was an experimental single - group design , in pre / between / post measurements.

A total of 30 football players,16years old, a team, recorded in The Egyptian Football Association., intentionally selected from, Kafr El-Sheikh club, Kafr El-Sheikh governorate, participated in the study.

A pilot study was administered to 20 football juniors, 15 years old, from Kafr El-Sheikh club, Kafr El-Sheikh governorate, as added subjects, not included in the main research population, to ensure quality of Procedure from 8- 6- 2008 to 11- 6- 2008, to determine the heart pulses pre performance as an indicator for recovery, after 90- 120 second rest , with 75 – 85 pulse average per minute. as well as to find out the correct distance for the player to execute different motor combinations. Additonly to ensure the scientific appropriateness of test reliability and validity.

The study was conducted over 8 weeks, for 3 training units per week from 24-6- 2008 to 2-9- 2008. The pre measurement was conducted from 15-6- 2008 to 22-6- 2008, and post measurement was conducted from 4-9- 2008 to 10-9- 2008

The suggested training program and **vision drills** showed a positive effect on velocity and accuracy of motor performance of complex skills with ball, developing visual ability in football juniors.

Results showed statistically significant differences between pre- post measures, on quick motor performance of complex skills with ball, as well as improving ratios, for the post measure.

Results also refered to statistically significant differences between pre- post measures on visual abilities, development of skilled performance and improving ratios for the post measure.