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THE EFFECT OF DYNAMIC EXPLOSIVE POWER EXERCISES ON THE SPEED AND STRENGTH OF LEG MUSCLES AND SHOOTING ACCURACY OF FOOTBALL PLAYERS

Dr. Yasser Jaafar Abdullah
General Directorate of Education in Diyala /
Al-Mu'in High School for Outstanding Students
yasirjafar40@gmail.com

Abstract
The current research aims to study the effect of dynamic explosive power exercises on the speed and strength of leg muscles and shooting accuracy of football players, in order to evaluate the effectiveness of these exercises in developing the players' physical and technical abilities. The researcher adopted a two-group experimental design (experimental and control) as it was chosen as the most suitable for measuring the effect of the training program on variables without direct intervention that would affect the natural conditions of the research population. The research population was identified purposively and consisted of players from second-division clubs in the Iraqi league for the 2025-2026 sports season. The research sample consisted of 23 players from Al-Khalis Sports Club. After random drawing, 10 players were selected for the experimental group and 10 players for the control group, with 3 goalkeepers statistically excluded. Th expletory sample of 3 players was formed to test the research instruments and ensure their clarity and validity. The research results showed that applying dynamic explosive power exercises contributed significantly to improving the strength and speed of leg muscles and shooting accuracy of the players, which confirms the effectiveness of these exercises in developing physical and technical performance. Based on this, the researcher recommends the necessity of including dynamic explosive power exercises in the training program. As part of the regular training programs for football players to enhance muscle strength, speed, technical accuracy and achieve the best performance for the players.

Keywords: Dynamic explosive power exercises, speed, strength, shooting accuracy in football.

Introduction

المستخلص

تهدف الدراسة الحالية إلى دراسة تأثير تمرينات القوة الانفجارية الديناميكية على قوة عضلات الساق وسرعة عضلات الساق ودقة التصويب لدى لاعبي كرة القدم، وذلك لتقييم فاعلية هذه التمرينات في تطوير القدرات البدنية والفنية للاعبين. اعتمد الباحث على تصميم تجريبي ذي مجموعتين (تجريبية وضابطة)، كونه الأنسب لقياس تأثير البرنامج التدريبي على المتغيرات دون التدخل المباشر في الظروف الطبيعية لمجتمع البحث. تم اختيار مجتمع البحث عمديًا من لاعبي أندية الدرجة الثانية لكرة القدم في الدوري العراقي للموسم الرياضي 2025-2026. وضمت عينة البحث لاعبي نادي الخالص الرياضي، والبالغ عددهم 23 لاعبًا. وبعد إجراء قرعة عشوائية، تم توزيع 10 لاعبين على المجموعة التجريبية و10 لاعبين على المجموعة الضابطة، بينما تم استبعاد حراس المرمى (3 لاعبين) إحصائيًا. أما العينة الاستطلاعية فقد تكونت من 3 لاعبين لاختبار أدوات البحث والتأكد من وضوحها وصدقها. أظهرت النتائج أن تطبيق تمارين القوة الانفجارية الديناميكية ساهم بشكل ملحوظ في تحسين قوة عضلات الساق، وسرعة عضلات الساق، ودقة التصويب لدى اللاعبين، مما يؤكد فاعليتها في تحسين الأداء البدني والفني. وبناءً على هذه النتائج، يوصي الباحث بإدراج تمارين القوة الانفجارية الديناميكية ضمن برامج التدريب المنتظمة للاعبي كرة القدم لتعزيز القوة العضلية، والسرعة، والدقة الفنية، وتحقيق الأداء الأمثل للاعبي كرة القدم.

1. Definition of Incitement

1.1 Introduction:

Football is considered one of the most popular and widespread team sports in the world. It has witnessed remarkable development not only tactically but also in the requirements of physical and technical training Over time it has become necessary for coaches and researchers to focus on developing players' physical abilities such as strength and speed. Such abilities have become one of the decisive factors that distinguish players' performance in modern matches. In fact, the evolution of football is no longer limited to ball control or passing, but has extended to include physiological and muscular aspects that contribute to raising the level of offensive and defensive performance alike.

The skill of scoring is one of the most important and dangerous skills in football. It is the tool that largely determines the outcome of the match, as it determines victory or defeat . Accuracy in scoring is not just a technical skill. Rather, it is closely linked to the player's physical condition, such as muscular strength and explosive speed . This is what Boumediene Kada et al emphasize "Scoring accuracy in football is the player's ability to direct the ball towards the goal with the least possible error." (Boumediene Kada et al. 2022 , p. 7). Whether in terms of direction, height, shooting power, or speed. Hijab and Sarai'a also observe that " shooting accuracy is affected by foot placement , point of contact with the ball , muscle strength, balance , focus, and confidence , and improving it requires targeted training such as shooting from different angles."(Hijab & Sarai'a, 2023, p. 52). Uses small goals to increase focus Leg muscle strengthening exercises , such as explosive power exercises that combine speed and strength. This can significantly improve shooting skills . These skills are considered as a modern methods in the physical preparation of players. It helps in developing the ability to produce high power in a very short time. This is a very necessary ability in football, especially when shooting or sprinting towards the goal (Abdullah & Khaled, 2022). . These exercises also support the development of muscle

speed. Because it stimulates fast-twitch muscle fibers and contributes to improved explosive performance and rapid movement of players .

It is very important to note that speed and muscle strength do not work separately within the context of football. In fact, there are significant overlaps between them, such that developing explosive muscle power contributes to improving launch speed as well as shooting accuracy . From the above, the importance of this research emerges in that it combines the advanced physical dimension (explosive power and speed) with the crucial technical skill (accuracy in shooting). Thus providing clear scientific evidence for coaches on how to design effective exercises that meet these simultaneous needs. This is a very important aspect in modern football, which requires a high balance between power and accuracy.

1.2 Research Problem:

Through a general overview and monitoring of the matches of Al-Khalis Sports Club, which participated in the Second Division League for the 2025-2026 sports season , the researcher observed a varying level of scoring accuracy among the players . Especially from outside the penalty area , as it was observed that many shots were random and inaccurate. This led to missed scoring opportunities and reduced the effectiveness of attacks on goal . The researcher believes that this lack of accuracy may be related to insufficient muscular and explosive power of the legs and speed in executing shots. This necessitates a scientific study to determine the role of dynamic explosive power exercises in improving these important physical and technical skills for players.

Furthermore, observations indicate that while players may possess good individual shooting skills within the penalty area, these skills are often inaccurate, and that long-range shooting relies heavily on the synergy between muscular strength and speed. Muscle rupture of the lower muscles and this is what the players lack . Here comes the research question: What is the effect of dynamic explosive power exercises on the strength and speed of the leg muscles and the accuracy of shooting among the players of Al-Khalis Sports Club in the second division league for the 2025-2026 sports season ?

1.3. Research objectives:

1- Preparing dynamic explosive power exercises in a scientific manner and appropriate to the nature of football players .
2- To identify the effect of prepared exercises on the strength , speed of leg muscles and the accuracy of shooting among the players of Al-Khalis Sports Club participating in the Second Division League for the 2025-2026 sports season .

1.4. Research hypotheses:

1- There are statistically significant differences between the pre-test and post-test results of the two groups in the research variables.
2- There are statistically significant differences between the post-test results of the experimental and control groups in the research variables.

1.5. Areas of Research:

1- **Human field:** represented by the players of Al-Khalis Sports Club participating in the second division league for the 2025-2026 sports season.
2- Time period: from 4/9/2025 to 26/10/2025.
3- Spatial area: Al-Khalis Sports Club's football field.

2. Methodology and Field Procedures:

2.1. Methodology:

Using the experimental method with two groups (experimental and control) allows the researcher to control the external variables and ensure that any difference in the results is attributable to the intervention being tested . This design is appropriate because it suits the nature of the problem and the research objectives that require proving the cause-and-effect relationship.

2.2. Population and Sample:

The research population was selected purposively and consisted of (217) players from Iraqi Second Division clubs for the 2025-2026 season. The research sample consisted of (23) players from Al-Khalis Sports Club, representing (10.69%). After random drawing, (10) players were selected for the experimental group , representing (4.65%) (10) players for the control group, at a rate of (4.65%) , (excluding goalkeepers) statistically, and their number is 3 players, while the exploratory sample consisted of 3 players to test the research tools and ensure their clarity and validity.

2.2.1. Sample homogeneity:

Table (1) shows the variables) age - height - mass - training age).

Torsion coefficient	The mediator	standard deviation	In the middle of my account	unit of measurement	Variables	T
0.68	23.5	5.02	24.95	year	the age	1
0.01	176	4.39	176.30	poison	height	2
0.14	72.50	5.20	72.60	kg	The block	3
0.03	96	10.9	93.85	month	Training age	4

From Table (1), it appears that the values of the skewness coefficient were respectivel (0.68, 0.01, 0.14, 0.03), and all of them are values between +3)).

2.2.2. Sample Equivalence:

The researcher performed the process of equivalence between the experimental group and the control group in the pre-tests of the research, and Table (2) shows those results.

Table (2) The equivalence of the sample in the research variables is shown.

Significance	Error rate	Value (t)	c ±	Q-	unit of measurement	Statistical processing / Variables	
immaterial	0.23	1.22	0.25	4.22	Tha	Experimental group	The maximum speed of the two men
			0.27	4.32		Control group	
immaterial	0.51	0.67	0.09	2.17	poison	Experimental group	The explosive power of the two men
			0.11	2.20		Control group	
immaterial	0.41	0.84	0.57	8.18	degree	Experimental group	Accuracy of scoring
			0.37	8.01		Control group	

Below a significance level less than(0.05).

2.3. Information Gathering Methods, Devices, and Tools:

2.3.1. Methods of Collecting Information:

- Arabic and foreign sources.
- world wide web.
- Testing and measurement.

2.3.2. Equipment and tools used:

- Dell laptop calculator .
- A camera.
- Stopwatch.
- Whistle.
- Measuring tape.
- A football goal.
- (10) footballs
- Funnels.
- Elastic bands.
- Stationery.

2.4.Tests used in the research:

First: 20m Sprint Test (Khalil, 2008, p. 53)

Test objective : This test is used to measure maximum speed and acceleration in athletes .

Tools used :

- A track or flat surface with a length of at least 30 meters .
- Adhesive tape or cones to mark the starting and finishing lines .
- A precise stopwatch (electronic is preferred) .

1) Performance description :

- The player stands directly behind the starting line in his usual starting position .
- Upon receiving the starting signal, the player launches at maximum speed, covering a distance of 20 meters without any slowing down .
- The player must continue running shortly after crossing the finish line to ensure that the speed is not slowed down before the line .

2) Registration method :

- The time count begins from the moment the starting signal is given until the player crosses the finish line .
- The player is given two attempts, and the lowest time value is counted as the best performance and represents his final result in the test .
- Time is recorded in seconds with an accuracy of one-hundredth (00.00).

Second: Measuring the explosive power of the legs (long jump from a standing position)) Khalil, 2008, p. 55).

Test objective :

This test is used to measure the explosive power level of the leg muscles by performing a forward jump from a standing position .

Tools used :

- A suitable jumping area with a width of approximately 1.5 meters and a length of 3.5 meters, ensuring that the floor is level, non-slip and free of obstacles .
- A measuring tape or meter to measure the jumping distance .

Performance description :

- The test subject stands directly behind the take-off line, with the feet parallel and slightly apart, and the insteps of the feet touching the starting line from the outside .
- The lab begins by performing a backward arm-swinging motion with bent knees and a slight forward bend to prepare for the push .
- Then he lunges forward as far as possible by extending his knees and pushing off the ground with both feet while swinging his arms forward during the jump .

Registration method :

- Performance is measured from the take-off line to the last point of the body touching the ground in the direction of the jump .
- The laboratory gives three consecutive attempts, and the best achievement among the three attempts is adopted as the final score for the test .

Third:Testing the accuracy of shooting towards a divided target objective : (Asaad, 2004, 16)

This test aims to measure the player's accuracy in shooting towards a target divided into zones of different degrees **.**

Required tools :

Six (6) footballs .

A bar to define the execution area .

A football goal divided into tiered zones .

A level football field .

Method of performance :

Six balls are arranged on the penalty area line 18 yards from the goal, with a distance of one meter between each ball and the next . The player stands behind the first ball, and upon hearing the start signal, begins shooting towards the designated areas inside the goal, according to the sequence of the balls from the first to the sixth. The shooting is executed with one foot directed towards the goal. The player must execute all his attempts in the same order, starting from ball (1) and ending with ball (6). The attempt is considered invalid if the player fails to score any goal from the designated areas on the sides or in the middle area.

Registration method :

Scores are awarded based on the area the ball reaches, whether it enters the goal or touches the boundaries of the designated area, as follows :

4 degrees when the injury is in area number (4)

3 degrees when the injury is in area number (4)

Two degrees when injured in area number (4)

1 degree when injured in area number (4)

0 A score is awarded for failure to score .

The player is given only one attempt involving all six balls, and the total scores are added together to form the final score for the test.

2.5. Dynamic explosive power exercises :

After reviewing and researching the latest studies and references on developing the physical and technical abilities of football players, (22) practical exercises were designed and prepared. These exercises aim to enhance the explosive power of the lower body muscles, speed, and shooting accuracy . The exercises were carefully selected to be progressively more difficult and comprehensive of the various aspects of motor performance. Taking into account the variety of dynamic movements to ensure full muscle stimulation and maximize the benefits of the training period , the use of simple tools available on football fields was also considered, without the need for complex equipment. To ensure that it can be easily implemented within regular training sessions .

2.6. Exploratory Experiment:

The explatory study was conducted on 4/9/2025 with 3 players. Its main objective was to ensure the clarity and validity of the proposed testing tools and methods and exercises before applying them to the entire sample . This study allowed the researcher to observe the suitability of the exercise time and the ease with which the players could perform it. Correct

any potential errors in the test instructions In addition to verifying the accuracy of the recorded results.

2.7. Pre-tests:

Pre-tests were conducted on Wednesday, September 6, 2025, on the research sample by the research team under the supervision of the researcher . The researcher and team sought to establish all environmental, technical, and temporal conditions to ensure their uniformity and availability in the post-tests. This ensures the accuracy of the results and the reliability of the comparison between pre- and post-measurements.

2.8. Main Experiment:

The main trial began on Sunday, September 14, 2025 It lasted six weeks With three training sessions per week (Sundays, Tuesdays and Thursdays) The total number of training units reached 18. The experiment focused on applying dynamic explosive power exercises to the research sample in order to study their effect on the speed and strength of the leg muscles and the accuracy of aiming . The exercises were carried out in the main practical section, which lasted 60 minutes, with 30 to 40 minutes allocated to performing four concentrated exercises within the unit. Distributed in a way that balances the development of muscle strength The dynamic explosion and technical skills related to scoring were incorporated , and the exercises were arranged in a progressive manner of difficulty to suit the level of advanced players. To ensure the stimulation of all targeted physical abilities , the experiment ended on Thursday, 23/10/2025.

2.9. Post-tests:

Post-tests were conducted on the research sample on Sunday, October 29, 2025. The researcher and the team were keen to provide all the conditions accompanying the pre –tests. This pre-test is including the place, equipment, timing of performance, and rest time between tests, to ensure the achievement of standards of reliability and validity in the measurements. The implementation of each test was also followed up according to the standard procedures followed to ensure the accuracy of the recording and the validity of the results.

2.10. Statistical methods:

The researcher used a statistical software package. SPSS for analyzing pre- and post-test data.

3. Presenting and discussing the results:

3.1 Presenting the results of the two groups (experimental and control) in the research variables:

Table (3) The results of the two groups in the pre- and post-tests for the two groups (experimental and control) in the research variables are shown.

Significance	Error rate	Value of T	Post-test		Pre-test		unit of measurement	Variables	T
			±ع	Q-	±ع	Q-			
moral	0.001	17.64	0.13	3.11	0.25	4.22	second	speed	1
moral	0.000	33.5	0.37	2.70	0.09	2.17	poison	power	2
moral	0.001	35.2	0.62	14.46	0.57	8.18	degree	Accuracy of scoring	3
Control group									
moral	0.001	5.61	0.17	3.92	0.27	4.32	second	speed	1
moral	0.001	9.49	0.25	2.38	0.11	2.20	poison	power	2
moral	0.000	16.03	0.43	10.56	0.37	8.01	degree	Accuracy of scoring	3

3.1.1. Discussion of Results

By looking at Table (3) It is evident that there are statistically significant differences for the experimental group in all post-tests compared to the pre-tests .The researcher attributes these differences to the effectiveness of dynamic explosive power exercises in developing the speed and strength of the leg muscles and the accuracy of shooting in football players, as stated in (Al- Tamimi , 2021 , 120). Dynamic explosive power exercises contribute directly to increasing the ability to launch fast attacks. Improving the propulsive power of the feet during shooting or jumping. This reflects the accuracy of scoring and the efficiency of the technical performance.

Haddad et al . (2020, p. 393) also pointed out that training programs that combine high-intensity muscle strength with rapid, explosive movements lead to improved motor response and reduced force transfer time from the muscles to the final movement . The progressive application of exercises at increasing levels of difficulty enhances muscle adaptation and motor coordination in athletes. This increases the efficiency of technical performance and reduces the likelihood of injuries , as confirmed by (Abdullah, 2023, 44). " Focusing on explosive power within short, intensive training sessions leads to a noticeable improvement in both muscular strength and precise speed and movement of players ." In light of these results, the researcher believes that incorporating dynamic explosive power exercises into football player training programs represents an effective way to enhance both physical and technical abilities simultaneously. Continuing with this type of exercise will lead to a sustainable improvement in skill and physical performance.

3.2. Presenting the results of the post-tests between the two groups (experimental and control)

Table (4) The results of the post-tests between the experimental and control groups in the post-tests for the research variables are shown.

Significance	Error rate	Calculated T	Control group		Experimental group		unit of measurement	ability
			±ع	Q-	±ع	Q-		
moral	0.000	11.96	0.17	3.92	0.13	3.11	second	speed
moral	0.000	15.56	0.25	2.38	0.37	2.70	poison	power
moral	0.000	54.27	0.43	10.56	0.62	14.46	degree	Accuracy of scoring

3-2-1 Discussion of the results:

The post-test results, as shown in Table (4), indicate clear and statistically significant differences between the experimental and control groups. This reflects the positive effect of dynamic explosive power exercises on the speed and strength of leg muscles and shooting accuracy of football players . The researcher attributed these differences to the progressive design of the exercises, which focused on explosive muscle stimulation, thus contributing to a comprehensive improvement in physical and technical performance . Al- Tamimi (2021), Haddad, Chaouachi , and Castagna (2020) both confirm that training programs focusing on explosive power enhance players' ability to execute fast and explosive movements. It improves shooting accuracy and positioning during play . Sale (2021) adds, " Dynamic explosive exercises improve neuromuscular coordination and increase the efficiency of force transfer from the muscles to the final movement." This contributes to improving skill performance such as accurate shooting and speed of launch ," based on these results . The researcher believes that relying on dynamic explosive strength exercises represents an effective strategy for developing the physical and technical performance of football players. The difference between the two groups underscores the importance of designing specialized training programs that meet the needs of the players and improve their performance.

4. Conclusions and Recommendations:

4.1. Conclusions:

1- Dynamic explosive power exercises are an effective way to improve the speed and strength of the leg muscles in football players .
2- These exercises contribute to increased thrust and muscle explosiveness. This has a positive impact on the accuracy of the shot .

4.2. Recommendations:

1- It is recommended to include dynamic explosive power exercises in the training programs for football players .
2- Encouraging further experimental studies to determine the effect of the duration and frequency of these exercises on physical and skill performance.

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Appendix (1)

Exercises used in the research

3- Vertical jumping on the box

- **Its purpose :** Developing explosive power in the lower body muscles .
- **Practice the exercise :** The player stands in front of a box of suitable height, bends his knees, then jumps vertically as high as possible, and lands calmly on the box. Repeat 10 times, 3 sets .

4- Jump squat

- **Its purpose :** Increase the strength of the front and back thigh muscles .
- **Practice the exercise :** The player starts in a squatting position, then jumps vertically upwards and lands slowly in a squatting position, 12 repetitions, 3 sets .

5- Pushing forward with the feet from a prone position

- **Its purpose :** Improving the explosive power of the legs and core muscles .
- **Practice the exercise :** The player starts in a prone position, then pushes the body forward as fast as possible while extending the legs, 8 repetitions, 3 sets .

6- Forward thrust with jump

- **Its purpose :** Strengthening the front and back legs and muscular endurance .
- **Practice the exercise :** The player starts with a forward lunge step, then jumps to switch feet in the air, and lands in the opposite lunge position, 10 repetitions, 3 sets .

7- He ran 20 meters at maximum speed

- **Its purpose :** Improved maximum starting speed .
- **Practice the exercise :** The player starts from the starting line, runs at maximum speed for a distance of 20 meters, 6 repetitions, with a 45-second rest between each repetition .

8- Alternating launch between cones

- **Its purpose :** Improved acceleration and quick cornering .
- **Practice the exercise :** Arrange 6 cones 3 meters apart. The player runs between the cones alternately at maximum speed, 4 repetitions, 3 sets .

9- Running with resistance band

- **Its purpose :** Increased explosive power with maximum speed .
- **Practice the exercise :** The player ties a rubber band behind him, runs 15 meters at maximum speed against the resistance, 5 repetitions, 3 sets .

10- 10-15 meter partial sprint race

- **Its purpose :** Improving starting speed and acceleration from a standstill .
- **Practice the exercise :** Running at maximum speed for a distance of 15 meters, repeat 8 times, 3 sets .

11- Double forward jump from a standing position

- **Its purpose :** Enhancing the explosive power of the legs .
- **Practice the exercise :** The player stands behind the starting line, jumps forward as far as possible, 5 attempts, the best jump is counted .

10- Sequential side jumps on a line

- **Its purpose :** Developing the side explosion and response speed .

- **Practice the exercise :** The player stands next to a line, jumps sideways forwards and backwards consecutively, 12 repetitions, 3 sets .

11- Vertical jump with target touch

- **Its purpose :** Increased leg explosion and aiming accuracy .
- **Practice the exercise :** The player stands under a suspended goal, jumps to touch the goal with his hand, 10 times, 3 sets .

12- Jumping upwards with body weight

- **Its purpose :** Strengthening the legs and improving explosive power .
- **Practice the exercise :** The player carries a small bag or a simple weight, jumps vertically, 8 repetitions, 3 sets .

13- Targeting mini-goals

- **Its purpose :** Improving shooting accuracy from short distances .
- **Practice the exercise :** The player places 6 balls, aims towards specific miniature targets on the goal, 6 attempts, scores are calculated according to the shooting .

14- Scoring after dribbling

- **Its purpose :** Combining motor skills with shooting accuracy .
- **Practice the exercise :** The player dribbles between 3 cones and then aims towards the goal, 5 attempts, 3 sets .

15- Scoring from outside the penalty area

- **Its purpose :** Improving the ability to shoot accurately over long range .
- **Practice the exercise :** Kicking from 18 yards towards the goal, 6 attempts per player .

16- Shooting after receiving the ball from a pass

- **Its purpose :** Improving consistency between receipt and payment .
- **Practice the exercise :** The player receives a pass from a teammate and then shoots directly towards the goal, 10 attempts .

17- Acceleration with vertical jump and shooting

- **Its purpose :** Combining speed, power, and shooting accuracy .
- **Practice the exercise :** The player runs 10 meters, jumps vertically, then aims towards the target, 6 repetitions, 3 sets .

18- Zigzag running with scoring after jumping

- **Its purpose :** Developing maximum speed, explosive power, and aiming accuracy .
- **Practice the exercise :** The player runs between 15m zigzag cones, jumps over a low barrier and then shoots the ball towards the goal, 5 repetitions, 3 sets .

19- Front jump with sprinting then shooting

- **Its purpose :** Enhance the explosive power of the knees, foot speed, and shooting accuracy.
- **Practice the exercise :** The player jumps forward, runs 10 meters, then shoots the ball towards the goal, 6 repetitions .

20- Side jump with a shot after dribbling

- **Its purpose :** Combining lateral power, balance, and shooting accuracy .
- **Practice the exercise :** The player jumps sideways over a line, dribbles past 3 cones, then shoots the ball, 5 repetitions .

21- Intermittent running with jumping, then shooting

- **Its purpose :** Developing speed, muscle explosion, and shooting accuracy under fatigue .
- **Practice the exercise :** The player runs 15 meters intermittently between cones, jumps over a low barrier, then shoots the ball, 6 repetitions .

22- Scoring after a series of jumps and runs

- **Its purpose :** Combining all physical abilities with shooting accuracy .
- **Practice the exercise :** The player performs a series of vertical and horizontal jumps, runs 10 meters, then shoots the ball towards the goal, 6 repetitions .