



Building and legalizing a test to measure the level of football agility of young players

Construir y legalizar una prueba para medir el nivel de agilidad futbolística de los jugadores jóvenes

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Abstract

Objective: The research aims to build and codify a test to measure the level of special agility of young footballers, and to find grades and standard levels for the special fitness test for young footballers.

Methodology: The researcher identified the research community in a deliberate way represented by the players of Anbar province youth football clubs, numbering (262), while the research sample consisted of (117) players, representing (44.65) of the research community, and (48) players were selected for the construction sample, (38) players for the application sample and (10) players to conduct the exploratory experiment.

Results: By presenting the results and based on the sample level, it was found that the most frequent repetitions of the sample level in the special fitness test were at an average level, reaching (22) by (57.89%), followed by the good and acceptable level (8) and by (21.05%).

Discussion: The results are attributed to several possible factors. First, the nature of the sample is young, where their level of physical development and skills may still be at the stage of growth and improvement. Second, the fundamental importance of fitness is one of the basic motor abilities in sports activities, especially football.

Conclusions: A test was built and designed to measure the special agility of young footballers, and to establish benchmarks and levels for the special fitness test for young footballers.

Keywords

Special agility; tests; measurements; players; football.

Resumen

Objetivo: La investigación tiene como objetivo construir y codificar una prueba para medir el nivel de agilidad especial de los futbolistas jóvenes, y encontrar calificaciones y niveles estándar para la prueba de aptitud física especial para futbolistas jóvenes.

Metodología: El investigador identificó a la comunidad de investigación de manera deliberada representada por los jugadores de los clubes de fútbol juvenil de la provincia de Anbar, que suman (262), mientras que la muestra de investigación consistió en (117) jugadores, que representan (44,65) de la comunidad de investigación, y (48) jugadores fueron seleccionados para la muestra de construcción, (38) jugadores para la muestra de aplicación y (10) jugadores para realizar el experimento exploratorio.

Resultados: Al presentar los resultados y con base en el nivel muestral, se encontró que las repeticiones más frecuentes del nivel muestral en la prueba especial de aptitud fueron en un nivel promedio, alcanzando (22) por (57,89%), seguido por el nivel bueno y aceptable (8) y por (21,05%).

Discusión: Los resultados se atribuyen a varios factores posibles. En primer lugar, la naturaleza de la muestra al ser joven, donde su nivel de desarrollo físico y habilidades pueden estar aún en la etapa de crecimiento y mejora. En segundo lugar, la importancia fundamental de la condición física como una de las habilidades motrices básicas en las actividades deportivas, especialmente en el fútbol.

Conclusiones: Se construyó y diseñó un test para medir la agilidad especial de los jóvenes futbolistas, y para establecer puntos de referencia y niveles para el test especial de aptitud física para jóvenes futbolistas.

Palabras clave

Agilidad especial; pruebas; mediciones; jugadores; fútbol.

Introduction

Sports are gaining increasing prestige and importance globally, forming an integral part of society's culture and receiving widespread attention from individuals and nations alike (Houlihan & White, 2017). The sports field has witnessed remarkable development and continuous progress at various levels, and this development is largely due to the adoption of the scientific method and the employment of knowledge and science related to the service and development of performance in various sports activities (Reilly, Bangsbo, & Franks, 2000).

Football is one of the most popular and widespread sports in the world, and it requires achieving high levels of performance based on accurate scientific foundations. This includes understanding and evaluating the basic physical variables of players, such as speed of various kinds, strength in its various manifestations, elongation, flexibility, and agility (Reilly & Williams, 2003). The development of these physical abilities is closely related to mastering the basic skills of the game, which directly affects the overall level of performance of players, the availability of tests, and metrics. Scientific tools are essential for assessing the actual level of these abilities.

Tests and measurements are very important in the field of physical education and sports sciences, as they are essential tools for proper planning of sports training and tracking progress (Johnson & Nelson, 1986). An objective and accurate measurement of physical and skill abilities provides real indicators of the player's potential, which contributes to making informed decisions aimed at developing sports performance in general, and in the game of football in particular (Bloom, Hastings, & Madaus, 1971).

To ensure that test-based assessment remains an accurate indicator of the level of performance required and outstanding for players, away from subjective assessments, updating and developing these tests is essential. With the continuous development of scientific knowledge, modern training programs, and technological means used to develop players' competency, old tests may become incompatible with the current levels of players, which may lead to results that do not reflect the actual reality of their abilities. Therefore, it is the responsibility of researchers and those interested in sports to update and develop tests periodically to keep pace with the evolving levels of the players and contribute to the process of selecting them and evaluating their real level (Safrit & Wood, 1995).

Many researchers have paid attention to the design and standardization of tests in various mathematical fields. For example, a study (Omar Samir et al., 2022) aimed to design and build a test to measure the rolling agility of female futsal players. The researchers used the descriptive approach on a sample of 91 players and reached a test design with good psychometric properties. They also set levels and standards for the proposed test and recommended its use by coaches to evaluate their players and use standard tables to evaluate their levels.

In a similar context, a study (Alaa Jabbar & Amer Moussa, 2013) aimed at designing and legalizing a test to measure the general fitness characteristic of third-stage students at the Faculty of Physical Education at the University of Al-Qadisiyah, where the researchers used the descriptive approach on a sample of (218) students. The results of the study indicated that the designed test has a good discriminating ability between the testers and an appropriate difficulty coefficient, and the researchers recommended adopting the new test to measure agility and conducting periodic tests for its importance in various sports.

The increasing importance of special agility in the performance of young footballers represents their ability to carry out qualitative movements related to the requirements of the game efficiently and quickly (Agility in sport, n.d). Also, one of the requirements of the modern ball has become obligatory for the player to move on the field when his team acquires the ball to make spaces and move with and without the ball, as well as return quickly to fill the gaps when cutting the ball, as well as the principle of (space and time), which is the basis in football in attack and defense, and this requires the player to be able to perform and move quickly and react to external and internal variables very quickly and in the shortest possible time to achieve the requirements of the game. The higher the level of agility a player has, the more this reflects positively on the quality of his technical and physical performance on the field (Mufti Ibrahim Hammad, 2004). The importance of the current research is evident in the design and codification of a specialized test to measure the level of this ability in this category of players. This research aims to provide a reliable and valid measurement tool that can be used as an accurate indicator

to assess the special fitness status of young footballers, in addition to developing standards and performance levels for this test in order to obtain more accurate and objective results.

Research problem: Special agility is one of the main physical factors that significantly affect the level of performance of players in the game of football, as it plays a crucial role in determining their ability to implement the basic skills of the game effectively, quickly, and accurately (Sheppard & Young, 2006). By reviewing the literature and previous studies in the field of football, the researcher noticed a lack of specialized and standardized tests that measure a particular aspect of agility, namely 'special agility', in young footballers. Due to the specificity of the performance requirements of the game of football, which include specific play spaces, speed in making decisions and performing movements, and sudden changes in direction, it is necessary to develop measurement tools that suit these characteristics. This lack of standard tools prompted the researcher to conduct this research with the aim of building and legalizing a test to measure the level of special agility of young footballers, in addition to setting standards and performance levels that can be used in evaluating players.

Research Objectives

- Build and standardize a test to measure the level of agility of young footballers.
- Finding benchmark scores and levels for special fitness testing for young footballers..

Method

Study Design

The researcher used the descriptive approach in the survey method to suit the nature of the research (Hammood et al., 2024; Khalaf et al., 2025).

Participants

To identify the participants in this study, we followed a rigorous methodology to ensure adequate representation and achievement of the research objectives.

1. Research Community

The research community consisted of all young football players registered in Anbar province clubs who participated in the governorate league for the sports season (2023-2024). This community included players from the following clubs: Hit Club, Haditha Club, Barwana Club, Al-Baghdadi Club, Anah Club, Al-Dawar Club, Upper Euphrates Club, Al-Nasaf Club, Future Club, Fallujah Club, and Anbar Club. The total number of members of this community reached 262 players.

2. Main research sample

The main research sample was selected using a simple randomization method from the original research community. The sample size was 117 players, representing 44.65% of the total research population.

Inclusion and exclusion criteria for the selection of participants:

To ensure that participants fit the objectives of the study related to special agility, the following criteria were applied:

Listing Criteria:

- The player must be registered in one of the clubs in Anbar province participating in the governorate league for the sports season (2023-2024).
- Be a player in one of the other playing positions (other than a goalkeeper).
- To be physically fit and not injured.

Exclusion criteria:

- Goalkeepers: They were excluded due to the specificity of their position's agility requirements, which may differ from players in other positions.

- Injured players: Excluded to avoid the impact of their injuries on the results of their own agility measurement and to ensure that they are able to perform tests at full capacity.

3. Sub-samples for research purposes

To achieve the different objectives of the study, the main sample was divided into three subsamples, each of which was selected by simple randomization as well:

Pilot Study Sample:

It consisted of 10 randomly selected players from Anbar Club.

Purpose: To verify the clarity of the test instructions and the suitability of the tools used, as well as to identify any potential difficulties that the researcher or participants may face when applying the test to the basic sample.

Construction Sample:

It consisted of 48 randomly selected players from the rest of the research population (after excluding the survey sample).

Purpose: To use their data in the construction and codification of a special agility test, including the analysis of paragraphs and the calculation of the truthfulness and stability coefficients of the proposed test.

Application Sample:

It consisted of 38 randomly selected players from the rest of the research community (after excluding the survey and construction samples).

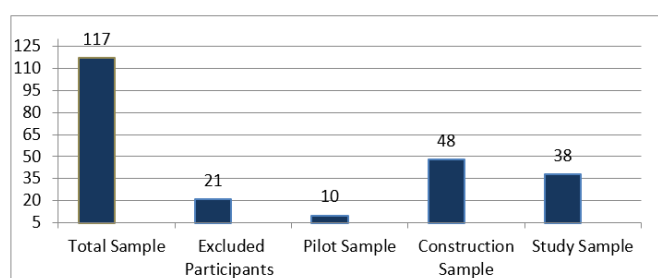
Purpose: To apply the test that has been built and codified to them to obtain final data on the level of special agility of the sample and to circulate the results to the research community.

The distribution of the members of the research community and the different sub-samples is explained in detail in the attached Table 1.

Table 1. Shows the research population, sample, and percentages

Clubs	Total Sample	Excluded	Exploratory Sample	Sample construction	Sample Application
Fallujah	22	4		10	8
Anbar	24	4	10	10	/
almustaqbal	25	5		10	10
Nasaf	24	4		10	10
aeali alfurat	22	4		8	10
Total	117	21	10	48	38
Percentage	%100	%17.94	%8.54	%41.02	32.47%

Figure 1. Shows the division of the research sample.



Devices, tools, and means of collecting information by research:

Devices and tools used:

- Football field
- Signs (6)
- 5 football balls
- Two electronic stopwatches
- Whistle number (3)

Means of collecting information:

Arab and foreign sources - testing and measurement - questionnaire - note

Field Research Procedures

1. Test design steps:

After the researcher reviewed a set of sources on testing, measurement, and football, the researcher reached the formulation of the test in the first way; he presented it with a questionnaire Appendix 1 to a group of experts and specialists. Appendix (2), to express their opinions and observations about the designed test, and after collecting the questionnaires, the test was modified and formulated in the final form according to their opinions.

2- Exploratory Experiment:

After the researcher formulated the test finally, the researcher, with the help of the assistant work team, conducted an exploratory experiment on a sample of (10) players from Anbar Club on Saturday (3/8/2024) to identify the validity of the test and its tools and to ensure the suitability of the test to the level of the research sample and the ability of the testers to perform it.

3 Test designer:

Test name: Ball running test by changing direction.

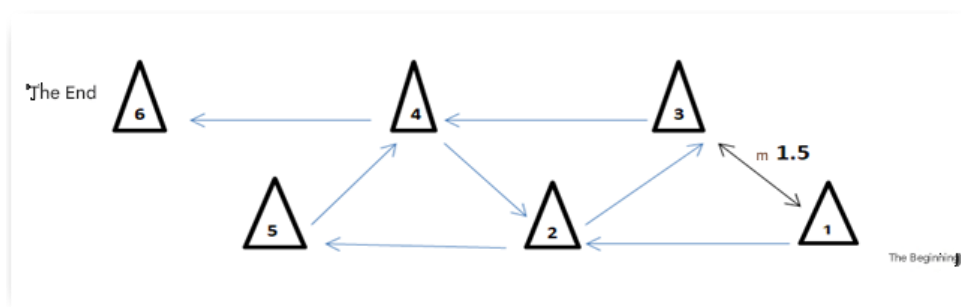
Purpose of the test: Measurement of special agility.

Tools used: football field, legal football, (6) signs, stopwatch, whistle.

Method of performance: (6) A sign is placed on the ground between one sign and another, at a distance of 1.5 m. The player stands behind the starting line from a standing position, and when he hears the start sign, he rolls the ball from the first sign to sign (2), turns from behind the sign to go to the sign (3) and rotates from behind the sign to go to the sign (4) then turns and returns to the sign (2) and rotates and goes to the sign (5) then turns to go to the sign (4) and rotates behind the sign and goes to the sign (6) - at the maximum Speed - possible as shown in Figure (1).

Scoring method: The time it takes for the player from the beginning of the test to the end of the test is calculated; the player is given two attempts, and the best one is scored.

Figure 2. Illustrates the Special Agility Test



Scientific foundations of the test

1- Authenticity of the test:

Authenticity of the test

Test validity is defined as the accuracy with which the measuring instrument measures the phenomenon or trait it is designed to measure (Ali Samum Al-Fartousi and Sadiq Jaafar, 2020). To enhance the scientific sobriety of the designed test, the researchers used multiple types of honesty.

1.1 Authenticity of the content:

Content truthfulness is defined as the extent to which the test or measuring instrument represents the aspects of the trait to be measured (Ali Samum al-Fartousi and Sadiq Jaafar, 2020). The validity of the test was confirmed through a questionnaire form Appendix (1) was presented to experts and specialists Appendix (2) in the field of (testing and measurement, sports training, football) to indicate their opinion about the designed test and an interview was conducted with a number of them to benefit from their opinions and ideas about the designed test and table (2) shows the extent of the validity of the test.

Table 2. Shows the validity of the test for the agreement of expert opinions

t	Test Name	Number of experts	I agree	Disagree	Percentage
1-	Special Fitness Test	7	7	0	100 %

1-2 Self-honesty:

Self-honesty is defined as the truthfulness of the experimental scores of the test compared to the real scores free of measurement errors (Haider Buikhan Ahmed, 2024) Self-honesty was used, which is extracted by calculating the square root of the stability coefficient, which is an indicator of experimental truthfulness and Table (5) illustrates this.

2- Stability of the test:

A static test is a test that gives the same results when applied more than once to the same sample and under the same conditions (Haider Buikhan Ahmed, 2024). The researcher used the method of applying the test and re-testing to ensure the stability of the test, if the test was applied to a sample of (30) players from the research community on Sunday (11/8/2024) and re-test on the same sample after (7) days from the first application on Sunday (18/8/2024) and after unloading the data, the researcher processed the data statistically, using the simple correlation coefficient between the scores of the two tests for the (agility) test, where the value of the correlation coefficient was (0.94), which is greater than the tabular value of (0.361) at a degree of freedom (28) and a level of significance (0.05), and this indicates a significant correlation between the two tests, which indicates the effectiveness of the special agility test designed. Table 3 illustrates this...

3- Objectivity of the tests:

The objectivity of the test means freedom from bias or intolerance, and not introducing personal factors to the laboratory, such as its opinions and tendencies, and even its bias or fanaticism (Ali Samum Al-Fartousi and Sadiq Jaafar, 2020). The objectivity of the test was found by finding the correlation coefficient between the degrees of two arbitrators for the performance of one sample, at the same time, on a sample of 10 players, as the correlation coefficient between the first arbitrator and the second arbitrator is the objectivity of the test.

Table 3. Shows the coefficients of stability, truthfulness, and objectivity of the designed test.

t	auditions	Unit of measurement	constancy	Self-honesty	Objectivity
1	Special Fitness Test	degree	0.94	0.96	0.96

4- The discriminatory ability of the designed test:

A good test is one that distinguishes between tested individuals, so that their scores are distributed in the form of a natural equinox curve.

In contrast, both:

- A very difficult test, in which 75% or more of individuals fail, as they are unable to distinguish between the capabilities of the testers.
- A very easy test: one that 75% or more of individuals pass is also known as not achieving a normal grading distribution.

Therefore, an effective test must achieve a balance in the level of difficulty to be able to accurately reflect the individual differences between the testers (Firas Hussein Fayyad, 2020). The researchers arranged the scores of (48) players in ascending order, and the percentage of (27%) was selected from the top and bottom and their number for each group was (13), and the calculated value (T) was used between the upper and lower scores of (4 92), which is higher than the tabular value (T) of (2.06) in front of the degree of freedom (24) and the level of significance (0.05), which indicates The ability of the test to distinguish between testers significantly.

Main experience:

The main experiment was conducted for the period from (21/9/2024) to (24/9/2024) on the research sample of (38) players on (Saturday for Fallujah Club), (Sunday for Future Club), (Monday for Al-Nasaf Club) and (Tuesday for Al-Furat Club) with the help of the assistant work team, after confirming the validity of the test by finding the scientific foundations for the test.

Statistical Methods

The researcher used the following statistical methods (Ali et al., 2022, 2024; Mohammed Hammood et al., 2025; Omar et al., 2025):

- Percentage - Arithmetic mean - Standard deviation - Test (T) for independent samples - Simple correlation coefficient (Pearson) - Torsion coefficient - Adjusted standard score (tracking method) - Constant magnitude.

Results

Width of the arithmetic mean, standard deviation, and torsion coefficient of the sampling:

Table 4. It shows the arithmetic mean, standard deviation, and torsion coefficient of the sample technicians.

Test Name	Unit of measurement	Arithmetic mean	Standard deviation	Broker	Torsion coefficient
Special Fitness Test	second	10.312	0.953	10.505	0.607-

We note from Table 5 that the values of the torsion coefficient reached (-0.607), which is smaller than (± 1), which indicates that the designed test enjoys a moderate distribution.

Finding the standard scores for the special fitness test

After applying the test to the research sample, the initial results were obtained, which are called raw grades, so the researcher converted the raw scores into standard scores using the adjusted standard score by (tracking), where the researcher extracted the arithmetic means and standard deviations and extracted the relationship to find the fixed amount of the test and used it later in setting tables for the adjusted standard scores by (tracking).

The standard degree adjusted by the trace method is equal to the arithmetic mean (+, -) of the constant amount (trace), the constant amount ount= $\frac{\text{Standard deviation} \times 5}{50}$ (Anwar Saad Abdul, 938, 2024)



Based on the above, benchmarks were derived for performance evaluation. In this system, the upper limit of the distribution represents a grade of 100 as the maximum evaluation score, while a score of 50 represents the middle evaluation score. In contrast, zero represents the minimum calendar.

To create these scores, place the test mean against the score of 50 in the standard tables. Next, the constant amount is added or subtracted from the arithmetic mean to fill the table:

- The fixed amount is increasingly subtracted from the arithmetic mean to determine the standard scores, ascending until the score reaches 100.
- The fixed amount is added to the arithmetic mean, decreasing to determine the standard scores in descending order until the score of zero is reached.

I used this method to calculate the grading sequence in the designed test.

Table 5. Shows raw grades and adjusted standard scores (tracking) for special fitness tests for young footballers.

Standard Grade	Grade Raw	Standard Grade	Raw grade	Grade Normative	Grade Raw	Standard Grade	Grade Raw
1	14.96	26	12.59	51	10.21	76	7.87
2	14.87	27	12.49	52	10.12	77	7.78
3	14.77	28	12.40	53	10.02	78	7.68
4	14.68	29	12.30	54	9.93	79	7.59
5	14.58	30	12.21	55	9.83	80	7.49
6	14.49	31	12.11	56	9.74	81	7.40
7	14.39	32	12.02	57	9.64	82	7.30
8	14.30	33	11.92	58	9.55	83	7.21
9	14.20	34	11.83	59	9.45	84	7.11
10	14.11	35	11.73	60	9.36	85	7.02
11	14.01	36	11.64	61	9.26	86	6.92
12	13.92	37	11.54	62	9.17	87	6.83
13	13.82	38	11.45	63	9.07	88	6.73
14	13.73	39	11.35	64	8.98	89	6.64
15	13.63	40	11.26	65	8.88	90	6.54
16	13.54	41	11.16	66	8.79	91	6.45
17	13.44	42	11.07	67	8.69	92	6.35
18	13.35	43	10.97	68	8.60	93	6.26
19	13.25	44	10.88	69	8.50	94	6.16
20	13.16	45	10.78	70	8.41	95	6.07
21	13.06	46	10.69	71	8.31	96	5.97
22	12.97	47	10.59	72	8.22	97	5.88
23	12.87	48	10.50	73	8.16	98	5.78
24	12.78	49	10.40	74	8.06	99	5.69
25	12.68	50	10.31	75	7.97	100	5.59

Presentation and determination of the standard levels of the special fitness test:

Constructing Standard Levels Using a Normal Distribution Curve

Benchmark levels are benchmarks that reflect the goals or characteristics to be achieved and indicate the scores necessary to achieve these levels. These levels are usually built based on the performance of individuals with high levels.

To determine these levels, the researcher relied on the Gaussian curve (normal distribution). The normal frequency curve with its multiple statistical properties is useful for setting test standards and obtaining various statistical information. The normal distribution is common in the field of physical education because many of the qualities and characteristics measured in this area converge with the natural curve.

One of the characteristics of a normal distribution is that its base is divided into standard units known as "z". We find that the base of a normal curve consists of 6 standard units; these units are called range.

The researcher divided this range (6 standard scores) into 5 standard levels that he chose. Therefore, each of these five levels will have a standard score of 1.2. This 1.2 standard score corresponds to 20 in the percentile division of adjusted standard scores.

Table 6. Shows the levels and their specific percentage in the normal distribution, the adjusted raw and standard scores, the number of practices, and the percentage of the designed test.

Prescribed percentage in normal distribution	Raw grade	Adjusted standard grade	Sample	Ratio
Very good %2,14	5.59 -7.40	100-81	-	-
Good %13,59	7.49 - 9.26	80 -61	8	21.05
Average %34.13	9.36 -11.16	60 - 41	22	57.89
Acceptable %34.13	11.26 -13.06	40 -21	8	21.05
Weak %13.59	13.16- 14.96	20 -1	-	-

We note from Table (6) that the level (very good) has been represented by raw grades (7 40-5.59), which corresponds to the standard grades (81-100), and we note that the sample did not achieve any percentage at this level, but in the good level, which is represented by raw grades (9.26-7.49), which corresponds to the standard grades (61-80), where we find that the number of players who achieved at this level is (8) players and a percentage of (21.05%), while in the intermediate level, which is represented by the raw grades of (11.16-9.36), which corresponds to the standard scores. From (41-60) we find that the number of players who have achieved this level is (22) players and a percentage structure of (57.89%), but in the acceptable level, which is represented by the raw grades of (13.06-11.26), which corresponds to the standard grades of (21-40), we find that the number of players who have achieved this level is (8) players with a percentage of (21.05%), but in the weak level, which is represented by the raw grades of (14.96-13.16), which corresponds to the standard grades of (1-20), we find that the sample did not achieve any percentage in this Level.

Discussion

The results of the current study, based on the analysis of the level of the sample members detailed in the previous parts of the research, indicate that the majority of the respondents showed an average level in the fitness test for football. The number of individuals who were classified within the intermediate level reached 22 players, representing 57.89% of the total sample. At the same time, the second place came at both a good and an acceptable level, as the number of individuals in each of them reached 8 players (21.05%).

The researcher attributes this result, which is that the majority of the sample is concentrated at the intermediate level, to several possible factors. First, the nature of the sample is young, where their level of physical and skill development may still be in the stage of growth and improvement. Second, the fundamental importance of fitness as one of the basic motor abilities in sports activities, especially football. As well as to the fact that agility is considered a composite harmonic ability, where the elements of ability are associated with agility, speed and flexibility with agility, which helps to good compatibility of motor skills, which calls for the need to pay attention to raising the level of harmonic abilities and the element of compatibility, strength and endurance is one of the requirements of agility, where it is preferable to pay attention to the development and development of agility in the early stages of life because of the impact of these stages of formation, modification and assimilation significantly, in addition to the link between agility and neuromuscular compatibility and accuracy in the performance of skill technique and from here The importance of agility training appears at an early age of the player's life (Ahmed Attia Fathy, 2017), as the coach must take into account the principle of gradation from simple to complex in training on agility development and start general fitness exercises and then special agility, taking into account that the training unit includes general fitness training in the preparatory part (warm-up) and special agility exercises at the beginning of the basic part of the training unit Agility represents the ability to change the directions of an object or its parts quickly, accurately and in a timely manner, whether on the ground or in the air (Mufti Ibrahim Hammad, 2004).

Agility is also a comprehensive physical ability that intersects with various other abilities, making it a crucial element in athletic performance, and in particular in the game of football. They effectively contribute to the acquisition and mastery of various motor skills. Agility is one of the important and comprehensive capabilities of all abilities and plays a major role in learning games and sports events, and contributes greatly to the acquisition and mastery of skill performance. The greater the player's agility, the better the level of his performance. Where the football player needs agility as a characteristic that has an impact according to the large number of changing situations, as in the speed of change from one performance to another or the integration of more than one skill with each other, or change the speed

and direction, or sudden stop, or shooting after dribbling or controlling the ball smoothly In the least time and the least effort, agility is defined as the player's ability to accomplish the technical performance of sports events with the highest possible efficiency (Firas Hussein Fayyad, Firas Taha Shallal, 2022).

In the context of specialized football, special agility refers to the player's ability to carry out motor duties that accurately correspond to the characteristics and requirements of specialized sports competition, as agility occupies a vital place among the special physical abilities that a football player needs and is considered one of the most used abilities during the match, training in situations of changing direction and speed in running, whether with or without the ball, in dialogue, attacking, hitting the ball with the head, controlling the ball and shooting at the goal with the economy of effort during Performing these skills (Ahmed Fathi Attia, 2017). Agility is also generally defined as the ability of an athlete to respond effectively to various motor situations and solve different motor duties in the type of sports activity or game with proper and appropriate behavior (Firas Hussein Fayyad and Firas Taha Shallal, 2022).

The researcher agrees with the opinion that agility is very important in the performance of football players, as it plays a pivotal role in the ability to pass and dribble opponents effectively. Agility contributes to achieving the motor coordination necessary to perform various movements and football skills accurately and smoothly (Firas Hussein Fayyad, 2023).

In addition, researchers define agility in this procedural context as the ability of a player to move, stop, and change direction quickly and smoothly.

Conclusions

- 1- A test was built and designed to measure the special agility of young football players.
- 2- Standard grades and levels have been set for special fitness tests for young football players.

Recommendations:

- 1- Adopting the test as an indicator to assess the level of fitness of football players.
- 2- Relying on the tables of standard levels shown by the research in assessing the level of football players.
- 3- Adding other tests in line with the development of the game of football, whether physical or skill tests.

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Appendix 1

A questionnaire will be used to gather the opinions of experts and specialists to indicate the validity of the test.

Mr.

Greetings...

The researcher (Firas Hussein Fayyad) intends to conduct his research, tagged (**building and codifying a test to measure the level of special agility of young football players**). Since you are experienced and specialist, the researcher was keen to express your opinion in support of the research, as the test was designed initially, and we hope to make your scientific observations on the vocabulary and details of this initial design of the test to suit the sample and suit the privacy of this research and achieve its purposes, and add any notes and amendments you deem appropriate, necessary and important not mentioned by the researcher..... **Thank you very much.**

Signature:-

Name and scientific surname: -

Jurisdiction: -

History: -

Researcher

Test name: Ball running test by changing direction.

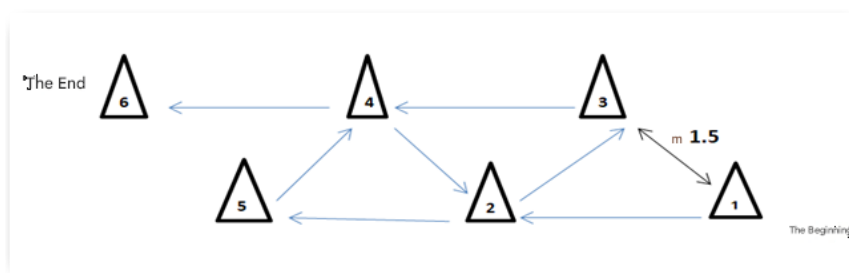
Purpose of the test: Measurement of special agility.

Tools used: football field, legal football, (6) signs, stopwatch, whistle.

Method of performance: (6) A sign is placed on the ground between one sign and another, at a distance of 1.5 m. The player stands behind the starting line from a standing position, and when he hears the start sign, he rolls the ball from the first sign to sign (2), turns from behind the sign to go to the sign (3) and rotates from behind the sign to go to the sign (4) then turns and returns to the sign (2) and rotates and goes to the sign (5) then turns to go to the sign (4) and rotates behind the sign and goes to the sign (6) - at the maximum Speed - possible as shown in Figure (1).

How to score: The time taken by the player from the beginning of the test to the end of the test is calculated, the player is given two attempts, and the best of them is recorded...

Figure 1. Demonstrates a special agility test.



Appendix 2. Indicates the experts and specialists to indicate the validity of the test.

Workplace	Jurisdiction	Name	t
Al-Rasheed University College / Department of Physical Education and Sports Sciences	Teaching Methods / Football	Prof. Hussein Habib Musleh	1
Tikrit University / Faculty of Physical Education and Sports Sciences	Testing & Measurement	A.D. Abdul Munim Ahmed Jassim	2
University of Baghdad / Faculty of Physical Education and Sports Sciences	Testing & Measurement	Assoc. Prof. Tariq Ali Yousef	3
Anbar University / College of Physical Education and Sports Sciences	Testing & Measurement	Assoc. Prof. Shaker Mahmoud Abdullah	4
Ministry of Education / General Directorate of Education of Anbar	Testing & Measurement	Assoc. Prof. Saher Mohamed Hamid	5
Anbar University / College of Physical Education and Sports Sciences	Kinetic Learning / Football	Assoc. Prof. Karim Jassim Sabbar	6
Ministry of Education / General Directorate of Education of Anbar	Psychology / Football	M.D. Muhammad Abdul Qadir Abdul Rahman	7