

The Impact of Tactical Exercises with Various Resistances on the Development of some Biochemical Variables and Performance Endurance in futsal.

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- **Abstract:** The study aimed at the impact of tactical exercises with various resistances on the development of some biochemical variables and performance endurance in futsal. The researchers used the experimental method in a two-equal group style, and their research community identified the futsal players belonging to the Al Sharqiya Sports Club participating in the Futsal Premier League for the season (2020-2021 AD), and their number is (14) players, They were randomly divided into two groups, experimental and control, and each group consisted of (7) players. After that, tribal tests were conducted through which the homogeneity and parity of the two groups were calculated, and then the researchers proceeded to apply the lactic exercises with various resistance. They are (free weights, rubber ropes and parachute), which took (8) weeks to be applied during the special preparation period, and at the rate of (3) training units per week to reach. The total of the training units is (24) training units, and the most important thing that the researchers concluded is that the development of lactic acid and the enzyme CPK, LDH as a result of the given exercises contributed to the development of performance endurance.
- **Keywords:** Futsal Premier League, Two-equal group style, CPK, LDH