

The effect of training in Two methods to develop Distinctive Speed Power and some basic skills

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Abstract

The game of handball in the world has witnessed a remarkable development in recent years in the physical, skill and planning aspects, so modern play was characterized by speed, strength and elongation in accurate technical preparation, and most coaches did not follow the scientific foundations in developing the strength distinguished by speed by other scientific methods, including circular training and stations, and through the experience of the researcher Being a player and trainer for the former national team and a member of the Coaches Committee, he currently felt the use of these two methods to develop the distinctive force with speed and some basic handball skills, and which is better in development.

The objectives of the research, to identify the effect of the training curriculum in a circular training method on developing the force marked by speed and some basic handball skills. Knowing the effect of the training method in the stations method in developing the distinctive force with speed and some basic foals in handball. Knowing which methods (circular, stations) are better in developing the distinctive strength in speed and some basic skills in handball.

Hypotheses of the research, and the presence of statistically significant significant differences using the method of circular training in the development of the Distinctive Speed Powerand some basic foals by hand. The presence of statistically significant significant differences using the stations method in developing the Distinctive Speed Powerand some basic handball skills. The presence of statistically significant significant differences between the use of my technique (circular training and stations) in developing Distinctive Speed Powerand some basic foals with handball.

As for the third semester, the experimental method was used for its suitability to the nature of the research, and the sample included 24 players from the training center in Baquba who were divided into two homogeneous groups, one of which uses the method of circular training and the other of the station style, as well as the tools and tools and the selection of appropriate tests for the strength

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distinguished by speed and basic handball skills , Exploratory Experiences, Curriculum Design and Statistical Methods.

Then the researcher prepared some conclusions and recommendations related to the research.

Key words : *training in Two methods , Distinctive Speed Power, basic skills.*

I. Introduction

The handball game is one of the sports that is widely practiced and occupies a good position as it is an interesting game and contains defensive and offensive skills that players must learn and master in a high level in games and that training young people at this age stage is not different from any other game by preparing training curricula And adopting modern scientific methods in developing what should be developed to achieve the best results for them.

As a result of the close and large correlation and the link between physical and skill preparation in handball, it became necessary to pay attention to the elements of physical fitness, especially the strength marked by speed, which is one of the special physical characteristics affecting the success of the basic skills of handball.

The importance of the research emerges in the fact that circular training in this field is one of the best training methods to achieve functional adaptation and raise the level of fitness, especially comprehensive development to endure strength and flexibility, as well as periodic and respiratory endurance, speed, ability and endurance of speed, as these elements require determination and strong determination with performance ((also that circular training An effective way to raise the physical level and affect the skill level)).

Research problem:

Muscular strength is an essential element and a major factor influencing skillful performance in training and competitions with the difference in the degree of dependence on them in sports, including handball, and specialists in the field of training science agree on the importance of strength distinguished by speed for sports and sporting events ((where the strength marked by speed plays a role Important as one of the basic characteristics of the numbers of physical numbers that distinguish sports activities such as running, bouncing, bouncing up, and shooting with the foot and hand.

Through the experience of the researcher, being a player and trainer for the former national team and a member of the Coaches Committee, he noticed the lack of interest of most coaches in the use of different scientific training methods in developing the distinctive force with speed, which negatively affected their levels in fast play, especially in the fast attack, which is an effective weapon with modern handball in order to raise The capabilities and capabilities of the emerging players to serve the optimum performance, so he decided to use the two methods of circular training and stations to know their effect on developing the distinctive speed and some basic skills of handball.

research aim:

- Knowing the effect of the training curriculum in a circular training method on developing the distinctive force with speed and some basic handball skills.

-Knowing the effect of the training curriculum in the style of stations on developing the distinctive speed and some basic skills of handball.

-Identify which of the two methods (circular, stations) is better in developing Distinctive Speed Powerand some basic handball skills

Research hypotheses

-There are statistically significant differences using the circular training method in developing the Distinctive Speed Powerand some basic handball skills between pre and post tests.

- There are statistically significant differences using the stations method in developing the Distinctive Speed Powerand some basic handball skills between pre and post tests.

- There are statistically significant differences between the use of my style (circular, stations) in developing Distinctive Speed Powerand some basic skills of handball

II. Research Methodology

The researcher used the experimental approach, and the experimental approach is considered one of the best and most appropriate approaches to reach the best results because it deals with the influencing phenomenon and its causes, and it is the process of interpreting what is happening from results about a particular case and checking its causes because it deals with the facts and that it is more accurate in collecting data.

Research community and samples

The selection of the sample should be representative of the original community and there must be in this sample a main condition is the possibility of generalizing its results to the group from which they were taken as the research community included the training center players in Diyala Governorate who are between the ages of 15-17 years and who represent the junior category where They reached (30) players, who represent (14%) of the original community.

Research Tools

To provide a set of devices and tools necessary for the purpose of using them to solve the problem, whatever those tools, and to make sure that these tools are suitable for research to achieve hypotheses. In fact, the researcher used the devices, tools and means that helped the researcher to conduct his research, as follows:

Measuring tape for measuring length and fixing distances of length 50 m.

-Japanese-made electronic stopwatch hours.

-Men's hand balls, number 10.

- Medical balls of different weights (800 kg, 1.5 kg, 3 kg.
- Tags + colored undershirts.
- Legal handball goals.
- Objectives measuring 60 x 60 cm, hanging 2.
- Legal handball court.
- National M5 video camera to shoot skilled and physical performance.

The Testes

Measured variables:

- Jump on the bench, push the bar, sit back.
- Handling and receiving, Dribbling, Correction accuracy.

Applied Test

- The researcher has prepared a proposed training curriculum aimed at developing the distinctive force with speed and affecting some basic skills of handball, ages 15-17 years (young adults)
- Test the content of the proposed training curriculum
 - a. To contribute to achieving the goals of the special preparation stage (physical and skill) for the players of the training center in Baquba.
 - B. The contents of the curriculum should be consistent with the physical and skill characteristics of the players.
 - C. The proposed curriculum should take into consideration the individual differences between the players.
 - Dr . Take into account what tools and capabilities affect implementation.
 - E. The contents of the curriculum vary and are characterized by the flexibility in implementation, which makes the effect of the curriculum rewarding when implementing.

Third. Training methods: The most important characteristic of the training curriculum is the use of appropriate methods to achieve the goals of its vocabulary. The researcher has used the method of young high-intensity training.

Fourthly. The contents and vocabulary of the training curriculum.

This curriculum included special vocabulary for the development of the strength marked by speed for the arms, legs and torso, as well as the development of some basic skills in handball such as handling, receiving, chilling and correction, so the researcher decided to develop two different methods, the first of which is the circular training method, the second is the station training method distributed on 36 training units for each method at a rate of 3 units per week if The work of the group that uses the circular training method is that all players stand in performing a numbered exercise

according to the training unit and upon completion the player takes the rest period and then begins the next exercise and so on until the end of the first group (first set) of exercises, while the group that used the station training method starts every Players perform a specific exercise, then take a specified period of rest, then start with the second exercise, and so on. The station training method uses weights and medical balls, and the work is 10-15 seconds and a rest period of (45) seconds.

As for the vocabulary of the training curriculum and its contents, it included exercises that contributed to the development of the physical and skill ability of the player. The researcher took all the variables that the exploratory experience showed, taking into consideration the benefit of the opinions of specialists in the field of sports training science, according to his specialization, as well as good discussions with the supervising master and the directions that he showed regarding Concerning writing and organizing the curriculum vocabulary.

III. Results and discussed

View and discuss search results:

| Table (1) illustrates the set of circular training method, mean and mean arithmetic mean differences between the pre and post, the sum of the squared deviations and the calculated (T) value of the physical tests. | | | | | |
|--|--------------|----------------|-----------------------|--------------------|-----|
| Circular training | A difference | Std difference | Calculated value of T | tabular value of T | Sig |
| Jump on the bench | 1.59 | 32.58 | 3.25 | 2.20 | Sig |
| push the bar | 1.16 | 2.98 | 7.73 | 2.20 | Sig |
| sit back | 1.58 | 2.20 | 8.3 | 2.20 | Sig |

| Table (2) illustrates the set of circular training method, mean and mean arithmetic mean differences between the pre and post, the sum of the squared deviations and the calculated (T) value of the Skill tests. | | | | | |
|---|--------------|----------------|-----------------------|--------------------|-----|
| Circular training | A difference | Std difference | Calculated value of T | tabular value of T | Sig |
| Handling and receiving | 1.9 | 2.92 | 12.67 | 2.20 | Sig |

| | | | | | |
|---------------------|------|--------|------|------|-----|
| Dribbling | 1.8 | 164.08 | 1.73 | 2.20 | Sig |
| Correction accuracy | 4.25 | 108.19 | 4.67 | 2.20 | Sig |

Accordingly, the researcher sees that these moral differences in the dimensional tests are due to the effectiveness of the training curriculum that was applied to the group that used the circular training method, which has contained exercises of upward intensity and repetitions that continued throughout the experiment period and this is what the experts agree upon as they confirm that (if you want to develop strength Use upward resistances exercises 1). Discussing the physical aspect of the group that was trained in a circular training method, and accordingly it is considered that these moral differences came as a result of using the circular training method which is (an important and even main form of training that works directly to improve the efficiency of the internal vital systems in the human body (heart, lungs, session) The bloodstream (as it is considered one of the best methods used in developing the elements of fitness and its derivatives) 2.

Table (3) illustrates the set of Station training method, mean and mean arithmetic mean differences between the pre and post, the sum of the squared deviations and the calculated (T) value of the physical tests.

| Station training | A difference | Std difference | Calculated value of T | tabular value of T | Sig |
|-------------------|--------------|----------------|-----------------------|--------------------|-----|
| Jump on the bench | 4.5 | 101.625 | 5.11 | 2.20 | Sig |
| push the bar | 3.5 | 35 | 6.86 | 2.20 | Sig |
| sit back | 1.25 | 2.69 | 8.3 | 2.20 | Sig |

Table (4) illustrates the set of Station training method, mean and mean arithmetic mean differences between the pre and post, the sum of the squared deviations and the calculated (T) value of the Skill tests.

| Station training | A difference | Std difference | Calculated value of T | tabular value of T | Sig |
|------------------------|--------------|----------------|-----------------------|--------------------|-----|
| Handling and receiving | 30.75 | 24.92 | 17.14 | 2.20 | Sig |

| | | | | | |
|---------------------|-------|-------|------|------|-----|
| Dribbling | 6.23 | 4.06 | 7.5 | 2.20 | Sig |
| Correction accuracy | 64.25 | 22.25 | 3.66 | 2.20 | Sig |

Through the foregoing, the researcher believes that the approach used in training the station group has an effect in developing the physical side, for using weightlifting exercises directed at the working muscles of the arms, legs and torso, i.e. these muscles have evolved as a result of the development of muscle strength in its various forms, because the training directed at weights to muscle groups Certain leads to development events in which a muscle repetition is made to reach the stage of fatigue, making the muscle work with more than its ability, isolating the special muscle groups to be strengthened, repeating the training groups and repeating the training units. This came as a result of using the station training method that has a great impact in Development of the physical aspect³.

Concerning the skill tests, it was noted that there are significant differences in favor of the post tests. The researcher attributes that to the skill of handling and receiving that has evolved as a result of the muscles gaining the appropriate strength and increasing their speed and reducing their performance time. This means that the development of the distinctive strength in the speed of the players covered by the training has worked to develop the speed of performing the movement because the speed It plays an important role in skill performance and depends mainly on the muscle strength that the muscle strength is one of the dynamic factors for kinetic performance as it is the cause of progress in it⁴. Moreover, the development of muscle strength leads to the development of the kinetic characteristic at the same time And the development of the strength of the muscles of the arms, especially, increased his ability to perform motor. This, in turn, worked on the speed of the skillful performance of the Dribblingman as a result of his increasing control over the ball and his ability to control it, The need to increase the ability and ability of the player while he is controlling the ball during the Dribblingness as it becomes an extension of the hand and not separate from it Freestanding and has its own characteristics and active role when controlling and controlling it during performance in matches, the development of the muscle strength of the muscles of the legs and the development of the strength of the muscles of the arms depends mainly on different weight training exercises and the use of medical balls and performance depends on strength and speed all of this led to The development of the distinctive force with the speed that the kinetic action needs in aiming, thus positively affecting performance ((that the player who jumps as high as possible for the aim is the winner since he can score better))⁵.

IV. Conclusions and recommendations

Conclusion

Through the above presented results and the researcher's analysis and discussion of these results, he reached the following conclusions:

-The presence of statistically significant differences in favor of dimensional tests in the physical tests of the group that was trained in the method of circular training.

- There were statistically significant differences in favor of dimensional tests in the skill tests (handling, receiving, correction) of the group who were trained in the method of circular training.

-There were random differences between the pre and post test of the group who were trained in the circular training method in the test of chivalry.

-There were statistically significant differences in favor of the post tests in the physical tests of the group that trained in stations training method.

-There were statistically significant differences in favor of dimensional tests in the skill tests of the group that were trained in stations training method.

-There were statistically significant differences in the results of the post-test for the two groups (which were trained in the circular training method, stations) in the physical tests for the benefit of the group trained in the stations method.

- There were statistically significant differences in the results of the post-test for the two groups (which were trained in the circular training method, stations) in the skill tests for the benefit of the group trained in the circular method.

Recommendations

Through what has been concluded, the researcher recommends the following recommendations:

-Encouraging the trainers to use these two methods (circular, stations) because of their influence in developing the physical and skill aspect in order to get away from the traditional methods.

- When using my style (circular, stations) in training, it is preferable to use induction training with high intensity because of its impact on the development of various aspects.

-Adopting these methods in schools because of their organizational foundations and the ability to involve the largest number of students anywhere.

-Use the station training method to develop fitness elements.

-Use the circular training method to develop the skill side.

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