

The effect of special exercises to develop the maximum strength and the achievement of the snatch lift for the players of Al-Muqdadiya Club for weightlifting, the advanced category

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Abstract

Sports training aims to raise the level of achievement, and the remarkable achievements in various sports came as a result of using modern training methods and methods based on scientific foundations that enabled athletes to reach the highest level in sports tournaments. , as well as developing the physical qualities of the players, and as the coach of the Muqdadiya Sports Club for weightlifting, a weakness was observed in the achievement of the snatch lift among weightlifters, the category of applicants in Muqdadiya Governorate, due to the weakness in the maximum strength of the muscles as a result of the trainers' distance and lack of interest in using different exercises from the usual, so the researcher sees from Through his modest and simple experience, he developed special exercises different from the classic training. The exercises prepared by the researcher contributed to developing the maximum strength of weightlifting players, the advanced category in the snatch, in addition to achieving the training mechanism on the curriculum different from the classic exercises in developing the maximum strength of the players.

Keywords: exercises, maximum strength, Muqdadiyah club, weightlifting

Introduction

The use of unfamiliar training curricula for the purpose of making a qualitative leap in the development of achievement as well as the development of the physical qualities of the players, and the physical qualities of great interest in the design of the training curriculum in addition to the skill, planning and psychological preparation as they constitute great goals in the preparation and preparation of physical preparation for all sports. Maximum strength is one of the most important physical attributes to achieve achievement in sports of maximum strength, such as weightlifting and others. Strengths of powerlifters. The importance of the research in developing the maximum strength of the maximum groups working in the effectiveness of the snatch lift in determining the sports center during the competitions, and the use of maximum force in order to overcome the weight and achieve achievement by using the muscles of the arms, chest and shoulder muscles to achieve this effectiveness in the sport of weightlifting. This study is directed to the process of developing the maximum strength by using different basic exercises and less or rarely used assistance by the trainers, and if they are used in the exercises, they are not subject to the scientific bases by some of the trainers.

The weakness of achievement and technical performance to raise the kidnapping raise is one of the well-known and proven cases in the field and scientifically, as it was observed on the extent of the players' participation in local tournaments, and the weakness in achievement from the researcher's point of view is caused by a deficiency in one of the workers or both together (maximum strength or from motor performance) requires Work to develop the maximum strength of the maximum groups working in this event, so the researcher adopted the development of auxiliary exercises that can be performed at a level of maximum training intensity, taking into account individual differences.

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1-2 research problem

The research problem identifies the presence of weakness in the achievement in the snatch lift for weightlifters, the category of applicants for the effectiveness of weightlifting (kidnapping lift) in Al-Muqdadiya Club, which is the result of a weakness in the maximum strength first and the lack of optimal investment in the physical characteristics of the athletes, second and third, this weakness in the muscles Working and assisting as a result of the trainers' distance from using exercises different from the usual or their lack of use, then limiting the training to one exercise only, which is the snatching exercise for competitions. To develop maximum strength and achieve the snatch lift for advanced weightlifters competitions

1-3 Research Objectives

1. Preparing special exercises for the maximum strength for advanced weightlifters.
2. Recognizing the effect of special exercises to develop the maximum strength for advanced weightlifters.

1-4 Force search

1. There are statistically significant differences between the pre-test and the post-test in the level of maximum strength and preference between these differences in favor of the post-test.

1-5 Research fields

1-5-1 the human field: Al-Muqdadiya Weightlifting Club players, the advanced category, who are 7 lifters.

1-5-2 the time range from (20/7/2019 to 23/9/2020).

1-5-3 spatial domain: Weightlifting hall in Al-Muqdadiya Sports Club.

2- Research methodology and field procedures:

2-1 Research Methodology:

The researcher used the experimental method with the experimental and control groups for its suitability with the nature of the research problem.

2-1 Research Sample:

The sample of the research consisted of (7) weightlifters of the advanced category of weightlifting players belonging to the Muqdadiya Club, and they exercise in the Muqdadiya Sports Club's weightlifting hall under the supervision of the coach, and they were chosen in a deliberate way.

2-3 Devices and tools used in the research:

Table (1)

NS	Equipment and tools used	the number
3	Iron flanges (bar)	4
4	medicine ball	2
5	colored iron discs	3
6	iron bras	1
7	Computer (p4) dell	1
8	A mobile device with an iPhone camera	1
9	electronic scale	1
10	Record recording notes and test results	1

Table (2)**Performed exercises and tests**

NS	exercise name	Target	performance description	Recording method
1	pull dead turn	Back muscle development	Pull the bar off the ground	Three attempts are given
2	Throwing a medicine ball from sitting	Arm muscle development	From a sitting position, throw a medicine ball	Three attempts are given
3	Pull bar up	Develop the muscles of the arms and shoulders	Pull the bar up to body level	Three attempts are given
4	seated kidnapped	Shoulder muscle development	Pull the bar, then bend and extend the legs	Three attempts are given
5	Run 100 meters	Thigh muscle development	Running 100m	Three attempts are given
6	Pulling from the Hunk (the suspender)	Develop back and shoulder muscles	Raise the bar above the head	Three attempts are given
7	kidnapped sitting at the bar	Developing the motor path of the snatch lift	Raise the bar from the ground until standing and steady	Three attempts are given

2-4 exploratory experiment

The exploratory experiment was carried out on (25/7/2019) the exploratory experiment was conducted inside the weightlifting hall in the Muqdadiya Sports Club on two advanced weightlifters, from outside the research sample.

2-5 tribal tests

Tribal tests were conducted on the effectiveness of the (kidnapping lift) on the members of the research sample on (1/8/2019) at exactly three o'clock in the afternoon in the weightlifting hall in Al-Muqdadiya Sports Club. Then three attempts were given to each member of the sample and they were carried out under the supervision of the researcher and the trainer, and the following procedures were taken:

1. Explanation of what is required of the research sample members.
2. Perform a full warm-up.
3. Installing the sequence of players from the members of the research sample through the registration form for special competitions for weightlifting players, the advanced category.
4. Giving three attempts to each player in the research sample.
5. Giving the player an opportunity to increase the weight and rise to the highest muscular strength, under the supervision of the coach and researcher.

2-6 The mechanism for implementing the training curriculum

- The implementation of the training curriculum takes two months and two months and includes (16) training units.
- The experimental group begins implementing the training curriculum under the supervision of the researcher and with the help of the specialized trainer, at a rate of 3-4 exercises per training unit.
- The training date for the experimental group will be on Mondays and Wednesdays of each week, and the curriculum started from (10/9/2019) to (13/11/2019) for a period of two months.

Special exercises were introduced into the training unit for the players for one hour, and the exercises began gradually from light to upward according to the maximum strength, because these exercises are new to the players.

2-7 Training Unit:

After completing the preparation of the special exercises, they were entered into the training curriculum defined by the researcher, and the training curriculum was implemented after conducting some special tests. The duration of the training was set for one hour and was divided into three sections.

2-8 Post-tests:

The post tests were conducted for the sample members (the experimental group) after completing the application of the training curriculum from (15/11/2019) in the weightlifting hall in Al-Muqdadiya Sports Club. Under the supervision of the researcher.

2-9 Statistical means

The researcher used the statistical package (spss) to process the results of the tests under study.

3- Presentation, analysis and discussion of the results:

3-1 Presentation and analysis of the arithmetic mean and standard deviation of the experimental group in the maximum strength tests of some exercises

Table (3)

It shows the arithmetic means, standard deviations, the calculated and tabular (t) value, and the significance of the differences between the pre- and post-test in the snatch-lift achievement test for the members of the experimental research sample.

the test	pretest		post test		Values *(sig)	The result
	s	p	s	p		
fixed jump	13.17	0.185	11.07	0.221	0.00	moral
front stand	15.04	0.464	17.00	0.598	0.00	moral

* Significant at confidence limits (0.05), as the degree (sig) was less than (0.05).

1. In the fixed jump test with a narrow opening, the values of the arithmetic mean for the pre-test were (13.17), and the standard deviation was (0.185), while the values of the arithmetic mean for the post-test were (11.07), and the standard deviation was (0.221).

2. In the forward reference test, the arithmetic mean in the pre-test was (15.04) with a standard deviation (0.464), and the results in the post-test were the arithmetic mean (17.00) and with a standard deviation (0.598).

3. We note through the arithmetic means and standard deviations that there are significant differences between the pre and post tests and in favor of the post tests

The researcher reinforces this moral difference in statistical significance, as a result of the training curriculum prepared by the researcher and in favor of the post-test, and this agrees with what was mentioned (Mufti, 1994) that the player reaches the skill performance and achieve achievement automatically through constant repetition in training.

From Table (3), it is evident in the forward-reliance test of the experimental group, the significance of the differences in the results and in favor of the post test, this indicates the significant differences between the pre and post tests for the members of the experimental research sample and in favor of the post test. This is due to the effect of training on the exercises prepared by the researcher, which led to the development of the maximum strength of all muscles, such as the muscles of the arms, shoulders and thighs, during the time period of the experiment, which led to stimulating and improving the maximum strength of the muscles working in the snatch lift exercise for the players. And (Matvivev, 1981) indicates that the distribution of the training load and its gradation in proportion to the level of the study sample, as well as the exercises that took part of the time of the training units due to their effective impact in raising the efficiency of the individual in other qualities, especially speed, strength and agility.

This is supported by (Mohammed, 2008) that “the trainers should pay attention to training and improving the level of strength through different unusual exercises because they help the kinetic ability on which it depends in achieving the achievement in a large way..... Improving the maximum strength led to the improvement of achievement.). This was confirmed by (Ismail and others): The training of weightlifting players “is characterized by planning, organization and continuity on scientific grounds, which ensures with it the positive impact on the level of the player, and the continuation of his progress in the various aspects of weightlifting, such as the principle of gradual rise in the level of training load, and the correct timing for its repetition. (Ismail, 1989).

From all of this, we find that the objectives and hypotheses of the research have been achieved, as the differences in achievement appeared in the snatching lift for the weightlifting players, the applicant category, the sample of the research and in favor of the post-test, and it confirms (Jamil, 1990) that the Russian coach is interested in the unusual and different auxiliary exercises from the exercises Which players exercise in tournaments in order to stimulate and develop maximum strength and achievement in lifts.

4- Conclusions and recommendations

4.1 Conclusions

After the statistical treatments and discussion of the results, the researcher concluded the following:

1. The exercises of the training curriculum prepared by the researcher contributed to the development of the maximum strength of the advanced weightlifters in the snatch lift.
2. The training mechanism, based on the method other than the traditional exercises, achieved the development of the maximum strength of the players.
3. The results of the posttest are superior to the pre test for the players of the experimental group.
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4.2 Recommendations

In light of the results that have been reached, the researcher recommends the following:

1. Use different approaches to normal exercises to stimulate working muscles.
2. The necessity of paying attention to a different approach during the general physical preparation period from time to time.
3. Benefiting from the current study and studying the use of exercises within different curricula than the usual ones, in order to give the muscles an opportunity to prepare for growth and develop maximum forces.

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