

The impact of competitively complex exercises in the development of some offensive and defensive skills for young handball players

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1: Introducing Research

1.1 Introduction and the importance of research:

The great development witnessed by handball game around the globe was the result of researching modern training methods that seek to achieve the training goals of the game and the economy with the efforts made and the time spent in training to serve to improve the level of technical and physical performance of the players.

Complex exercises are widespread exercises which are of great importance in achieving training goals better than individual exercises, because the content of the exercise contains two or more types of exercise whether it is skill skills or physical skills or physical, and this will work to economy the time spent in training and help to develop skills and physical qualities better, that skill complex exercises that combine skills or more in one exercise characterized by interconnected Skills and the sequence of these skills according to the nature of the actual performance in the sports activity practice so that the player can master the motor sentences and the interconnection of skilled technical performance better through the sequence or motor course of these skills.

Competitive style is one of the training methods that work to make efforts by players through the element of competition between players, which is "a means of developing the form of training during the preparation period or races in many sports events and its impact is effective and complete compared to other training methods" (Nofal Al Hayali and Zia Al Khayat, 227, 2001), the element of competition present in this

method imposes a high-level performance for the purpose of outperforming the colleague during the exercise, and this will impose The player must make high efforts with mastering the skill performance for the purpose of outperforming the colleague during the performance of the training according to the conditions set by the coach during training and this generates the player the kind of self-confidence and stability that he needs during the actual competition, as this method "as a training form aims to improve the level of performance in the game, this performance is similar to the performance of the game but it differs from it in some characteristics of performance, as the main goal of his performance is Training in the style of performance during the game and training to face all the planning requirements that the player can face during the game" (Sultan, 275, 2004), and this method also features that the exercises are similar to or close to the actual performance, can be applied in all training units and training periods, and can be used by all age groups and levels and does not need additional equipment and tools and can be applied anywhere.

The importance of research lies in the use of complex exercises applied in a competitive manner that develops offensive and defensive skill performance by integrating a range of offensive and defensive skill exercises into one exercise and creating an atmosphere of competition between players that works on the efforts of the players as well as performing these exercises according to the kinetic sentences and technical sequence required during the game.

The lack of competitions organized by handball players works to reduce the skill level of young players, and this will lead to a marked decline in the level of performance in this category, and therefore this will in turn affect the advancement of the higher categories with players who have the quality of skill and technical performance of the game, and this is why the researcher is looking for alternatives to the lack of actual competition in this age group through complex exercises in a competitive way to improve the skill level of handball youth.

The research aims to identify the impact of complex exercises in a competitive manner in the development of some offensive and defensive skills of young handball players, and the researcher assumed moral differences between tribal and remote measurements in the offensive and defensive skills tests of the members of the research sample.

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2. Research methodology and field procedures:

2.1 Research approach

1- Research approach

The researcher used the experimental method in the style of the same group with tribal and remote testing to suit it and the objectives of the research.

2.2 Search sample:

The research sample included the 16 players selected in the 2018/19 sports talent care center for the 2018/19 sports season, and 1(6) players were excluded, and 4 players were excluded for use in the reconnaissance experiment, thus reaching the number of research samples (12).

Table(1)
Sample homogeneity in search variables

to	Variables	unit scaling	Arithmetic medium	Broker	Deviation Normative	coefficient Convolution
1	Short handling	degree	18.0833	18.0000	1.37895	-.176-
2	Long handling	degree	16.2500	16.0000	1.21543	.524
3	Shooting accuracy 7m	degree	3.6667	4.0000	.88763	-.139-
4	Shooting accuracy 9m	degree	7.3333	7.0000	1.07309	.255
5	Defensive moves	second	13.8333	14.0000	1.26730	.048
6	Agility of defensive moves	second	32.4167	33.0000	2.50303	-.153-

2.3 Methods of collecting information, devices and tools used in research

- Arab and foreign sources
- Tests and laboratories
- Legal handballs
- Handball field

2.4 Search tests

1. Compatibility test and handling speed on the wall (30) seconds (Wazzan, 2005,120)

2. Test the accuracy of long handling. (Wazzan, 2005,125)
3. Test the accuracy of the long shot of motion. (Wazzan, 2005,130)
4. Test the accuracy of shooting the squares from a distance (7 m). (Al-Hayali and Al-Khayyat, 509, 2001)
5. Test side defensive movement and 6m back and forth. (Al-Hayali and Al-Khayyat, 178, 2001)
6. Test the agility of defensive moves with the work of a fending wall. (Al-Hayali and Al-Khayyat, 512, 2001) .

2.5 Field search procedures

2.5.1 Tribal tests

Tribal tests were conducted on the evred sample of the research on Thursday, February 28, 2019 and on the Hall of the Directorate of Youth and Sports / Diyala and all conditions of the testing were installed to be provided in the remote tests.

2.6.2 Competitive exercise curriculum

The lung experiment was conducted on Saturday, March 2, 2019, at the Sports and Youth Directorate Hall/ Diyala, where the vocabulary of the training curriculum was prepared by the researcher that the exercises were complex in a competitive manner and applied to the members of the research sample by the team coach and the researcher's work was limited to supervising the course of training units only, and the general features of the training curriculum were as follows:

- The curriculum included 24 training units.
- The time of application of the complex exercise curriculum in a competitive manner (35-40) minutes from the skilled part of the training unit.
- The researcher used the method of repetitive training in the application of exercise curriculum exercises.
- The ripple of pregnancy during the application period of the curriculum was (2-1) and (3-1)
- The number of repetitions is suitable for the player's ability to perform repetitions without any decrease in the speed of performance according to the required intensity.
- Inter-workout comfort ranges from (30-60) seconds at a rate of (1-2), and comfort between totals (120) seconds.

- Internal pregnancy ripples (1-1) and external load ripples (3-1), and the overall severity of the training unit is calculated in a way that calculates the total stress of total exercise in the daily training unit.

2.6.3 Distance tests

The remote tests were carried out on Thursday, May 2, 2019, on the members of the search sample after confirming that the same conditions of tribal testing were confirmed as much as possible.

2.7 Statistical means

The search results were extracted using the statistical program (SPSS) using the following means:

Computational medium, standard deviation, T-test for associated samples.

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3- Presentation, analysis and discussion of research results:

The score of the research tests was processed using a separate sample test to reach the final search results.

3.1 Presentation, analysis and discussion of the results of research tests:

Table (2)

Statistical features of search variables in tribal and remote measurements and the value calculated

Variables	audition	Q	on	S.F.	P	to	Error rate	Significance
Short handling Long handling	southern	18.083 3	18.083 3	3.25	0.75 3	14.9 3	0.00	Moral
	Go away	21.333 3	21.333 3					
Shooting accuracy 7m Shooting accuracy 9m	southern	16.250 0	16.250 0	2.75	0.75	12.6 3	0.00	Moral
	Go away	19.000 0	19.000 0					
Defensiv	southern	3.6667	3.6667	2	0.6.3	11.4	0.00	Moral

e moves	n					8		
	Go away	5.6667	5.6667					
Short handling	southern	7.3333	7.3333	2.58	0.668	13.38	0.00	Moral
Long handling	Go away	9.9167	9.9167					
Shooting accuracy 7m	southern	13.8333	13.8333	2.166	0.834	8.99	0.00	Moral
Shooting accuracy 9m	Go away	11.6667	11.6667					
Defensive moves	southern	32.4167	32.4167	4.25	3.19	4.609	0.001	Moral
	Go away	28.1667	28.1667					

Table (2) shows the statistical parameters of the research variables in the tribal and remote measurements, and the results showed moral differences in the tests of research variables and this indicates the development of the members of the research sample in the variables under study, and the researcher attributes these results to the effectiveness of complex exercises in a competitive manner that worked to develop the members of the research sample in their offensive and defensive skills, as the design of these exercises includes containing each exercise on two or more skills such as receiving, handling, correcting or receiving and correcting with The presence of defense and others with the presence of the element of competition whether with the colleague or with the presence of a fellow defender, this has helped to reduce the time and effort to reach the desired results of this study, taking into account that these exercises are very similar to what the player faces in the real competition, which calls for highlighting the capabilities and abilities of the player both skilled and physical to reach the goal of training, as the use of such exercises during training He adds

conditions to the player that he must implement to reach the state of optimal training that the coaches seek to achieve, which is equal to the intensity of the game, and this is consistent with Hammad's opinion, stating that "the development of skills can only be through training in the atmosphere of matches in accordance with the requirements of real performance" (Hamad, 2004,139).

The researcher attributes this development in the skill of short and long handling to the complex exercises introduced in the training curriculum, which consists of more than one basic skill and through the process of continuous training led to increased the ability of the player to perform the required special skills or planning aspects, which is the result of the player's experience in implementing these requirements, and as a result of the practice of skill training and the process of repetition obtained through various composite exercises during training units and under conditions similar to the game this led to the development of my rolling skills and handling.

The researcher also attributes the development of the shooting skill of the members of the research sample to the effectiveness of the complex exercises in a competitive manner, which was at a level of organization and arrangement similar to the actual performance of the game and the harmony of the basic skills involved in the exercise worked to develop the skill of shooting, the success of the performance of the shooting skill is related to the success of the performance of the basic skills that precede it as it is the stage of pre-preparation of shooting on the goal, Ibrahim (2004) "the skill of shooting is the final culmination of all formations. Play and form the boundary between victory and defeat" (Ibrahim,2004,189).

As for the development in defensive performance, the researcher attributes to the use of various complex exercises closely related to the nature of defensive performance and take the right place towards offensive moves and focus on the area of presence of the ball and prepare to start attacking the moment of acquisition or cutting the ball, all of this helped to develop the defensive performance of the members of the search sample as well as the effectiveness of the competitive style prepared by these exercises, which made the player simulate the real positions of the actual performance, al-Basati (1998) " that the use of such exercises and exercises The variety, interesting and similar to the conditions of the game is an important factor for the high level of skill, physical and psychological" (Basati, 1998.42)

4- Conclusion

The findings of the research demonstrated the great role of complex exercises in a competitive manner in improving and developing the defensive and offensive skills of the members of the research sample, through the diversity of exercises and the logical sequence of skills involved in them, as well as the factor of competition between players according to conditions similar to the actual performance in the games, which added to the training element suspense and excitement and impulsiveness in the implementation of the requirements of these exercises, and it is recommended to use such exercises in training, especially in young age groups, because they build a basis A player's widd with him makes him behave well in the actual competition.

Sources:

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