

The Effect Of Special Exercises On Developing Speed Of Performance For Dribbling And Correction Skill For Young Players With Handball

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Abstract: *The components of the handball game (physical, skill, tactical, and psychological) are intertwined and interrelated, and that any development or defect in any aspect of it is reflected positively and negatively on the other aspects, and the final outcome of this interconnectedness is what we see on the team as a group or on the players as individuals from development or deterioration in their levels in The above aspects and their ability to exploit them to provide outstanding performance in the service of the team, and that the basic skills in handball are the important factor for the implementation of playing plans and resolving the matches, as these skills are the mainstay of performance in this game and without their proficiency the task of implementing the plans becomes very difficult, and the skill of the kind The ball is one of the most important skills whose mastery depends on the success of many planning matters, as it is the basis of the individual effort of the player to advance the ball and shoot towards the goal by obtaining a suitable opportunity or dispersing one of the team players and creating opportunities for colleagues, as the patience of the ball is a vital thing in the stage of building the attack Also, the skill of aiming towards the goal is one of the most used skills in the game of handball, and the team whose players are good at shooting and its types and use them accurately during the match, and on this The basis is that the development of the skill of the paddle and the accuracy of shooting with handball is a very important matter, and accordingly and the conviction of the researcher that the speed of performance of the skill of the puck with the ball and the accuracy of the performance of the correction are a major and urgent requirement in achieving the application requirements that we have talked about above, because it worked through the skills of handball in the fastest time and with high accuracy To achieve the goals envisaged from them, hence the importance of the research, as for the research method, the researcher used the experimental method with the experimental and control groups, while the research sample was represented by the 25 players of the Specialized School for Talent Care - Diyala.*

1. INTRODUCTION

The components of the handball game (physical, skill, tactical, and psychological) are intertwined and interrelated, and that any development or defect in any aspect of it is reflected positively and negatively on the other aspects, and the final outcome of this interconnectedness is what we see on the team as a group or on the players as individuals

from the development or deterioration in their levels in the aspects. The above and their ability to exploit them to provide distinguished performance in the service of the team, the basic skills in handball are the important factor for implementing the playing plans and resolving the matches, and these skills are the mainstay of the performance in this game and without their proficiency the task of implementing the plans becomes very difficult, and the skill of the ball is considered One of the most important skills that the success of many planning matters depends on is the basis of the individual effort of the player in advancing the ball and scoring by penetrating the opponent's defense and creating opportunities for colleagues, just as the patience of the ball is a vital thing in the stage of building the attack, and on this basis, the development of the skill of patience and correction Handball is a very important matter, and accordingly, and the researcher's conviction, the speed of performance of the skill of the ball roll and the accuracy of the shooting performance are a major and urgent requirement in achieving the requirement The application that we talked about above has become, through this study, he worked to contribute to the development of these two skills by applying special exercises that focus on developing the speed of the ball-ball's skill and the accuracy of shooting and thus preparing players who are able to perform the skills of handball in the fastest time and with high accuracy to achieve the objectives envisaged by them and from Here lies the importance of research, and that the characteristic of the handball game is the rapid rhythm of performance, whether with or without the ball, as the requirements of this game have been imposed on the players on the field, a number of things are closely related to speed, so the move to take the emptiness and the multiple launches that the player makes on the field The speed of changing direction and reaction are all variables whose success depends on speed. As studies of analyzing the kinematic activity of international matches indicate that speed of all kinds is the most important feature of the modern football player. Also, accuracy while shooting towards the target from distances and heights and from different positions is essential for the integrity of the handball player, as accuracy is a prerequisite for the performance of all handball skills, and the most lost and incorrect shot and other things, the researcher, through his field experience as a player and coach For groups of women, as well as through his review of the many researches as well as the training and matches of these teams, he found that the performance of the emerging in these two skills is slow and inaccurate due to the fact that the exercises used are traditional that do not arouse the enthusiasm and enthusiasm of the player and make the effort to master them and therefore the researcher tried to develop these two skills through the application Special exercises that were carefully selected for the purpose of raising and developing the skill level of the young players, and the study aimed to develop special exercises to develop the speed of the performance of the skill of the ball ball and the accuracy of the performance of the ball puck, the identification of the effect of special exercises on the development of the speed of performance of the skill of the puck and the accuracy of correction with the hand ball.

2. RESEARCH METHODOLOGY AND FIELD PROCEDURES

Research Methodology:

The researcher used the experimental method in proportion to the solution of the research problem to be investigated.

The research sample:

In carrying out his research, the researcher relied on a sample of the players of the Specialized School for the Care of Moheyah in Diyala Handball (junior category) under the age of (16) years, as their number reached (25) twenty-five players deliberately chosen from the total of the young players in the club, which is (27)) Players, as their percentage reached

(93%) from the research sample. The researcher chose his sample from the junior category and from the players of the Specialized School for Talent Development in Diyala for the following reasons:

This age stage is characterized by courage, boldness and willingness to learn and to control his movements, and this is why this age stage was considered one of the best stages of learning (Mainel: 1970: 119)

- At the age of (11-16) years, a speedy mastery of handball techniques occurs.
- At this stage, the ideal growth of many physical characteristics and the active development of motor functions takes place through the explosive growth of many kinematic indicators such as speed and repetition of movements with more mastery (Marcusian: 1978: 87)
- Regularity of the sample in training under the supervision of qualified training personnel.
- The cooperation of the administrative body and its assistance to the researcher in the completion of his work.

After conducting the homogenization, the research sample was divided by lottery method into two groups, as follows:

The first experimental group: its number (10) players, and it is the group that applied special exercises in developing the speed of the ball ball's performance and the accuracy of the shooting performance with handball.

The control group: it has (10) players, and it is the group that will develop the skills under study through the curriculum developed by the team coach.

Devices and tools:

The search tools and devices included the following:

- Dell laptop device of Chinese origin.
- Sunny camera of Japanese origin.
- Nikone Photography Camera of Japanese origin.
- A measuring device for weight and height (Rustameter) Korean type
- A legal handball court.
- Legal hand balls.

Whistle,

- Electronic stopwatch.
- (30) badges

Defining tests:

The high jump shot test: (Al-Khayyat: 2001: 122)

The purpose of the test: the accuracy of the shot from the high jump.

Tools: (12) handball, a high jump device with a height of (150 cm) and the distance between the posts is (2 m), a curtain made of cloth or strong wire completely covering the goal with (4) holes of each of them (60 x 60 cm) representing the four corners of the goal for accuracy Correction is that the sample is represented by the Nineveh Governorate training center players for ages (15-17) years.

Method of performance: The player stands behind the starting line (depending on the aiming hand) and directly in front of the vault device, holding the ball.

The player starts taking 2-3 steps, then leads a shot with a high jump to square (1) then to (2) then to (3) and finally to (4).

The performance is repeated 3 times, meaning 12 balls, three of them, into one of the four squares.

Rules: Take no more than three steps.

Scoring: A point is counted from entering the ball into the shot box. - 0 is counted for a shot outside the square. The result of a shot with more than three steps taken by the player (Al-Khayyat and Al-Hayali, 2001, 508) is not counted.

Test continuous chucking in a winding direction for a distance of (30 m). (Al-Khayyat: 2001: 503)

The aim of the test:

Measure the skill level of a chuck.

Tools :

Five signs, a stopwatch and a handball.

Method of performance: -

- Five pegs are installed on the ground in a straight line.
- The distance between each person and the other (3 meters).
- Draw the starting and ending line at a distance of (3 m) from the first person.
- The player stands behind the starting line and when the signal to start is signaled to kick the ball while running in a zigzag between the flags, back and forth, as in Figure (2), until it crosses the end.

Register :

The recorded time is counted back and forth from the moment of start until the player crosses the finish line.

Special exercises:

In order to reach the most accurate results to solve the research problem, and in order to achieve the objectives of the research, the researcher followed the sound scientific context and developed a set of suggested exercises Appendix (1) with the aim of developing the speed of performance of the skill of the ball roll and the accuracy of the performance of the shooting with the hand using the personal experience of being a coach and a former player as well as his advice to the masters Specialists in the field of handball, including trainers and academics, and the researcher's acquaintance with Arab and foreign sources and references, including previous studies carried out by Iraqi researchers, all factors helped the researcher in developing these exercises that the researcher applied to a sample of the players of the Specialized School for Talent Care / Diyala at ages under (16 years).

The special exercises developed by the researcher aimed at developing the two skills of speed performance of the skill of the tabby and the accuracy of shooting with handball because these two skills play a crucial and essential role in the implementation of many planning duties as well as their importance and on this basis and for the purpose of achieving the objectives of this study, the researcher developed a set of exercises that It aims to develop the two skills under study, and then the researcher applied these exercises to his research sample represented by the experimental group whose number is (10) players. This group applied exercises for a period of (10) weeks with two training units per week for each skill, and this sample was subjected to two pre-measurements. And after me, in the tests under study, the second group did not apply special exercises, but worked according to the curriculum prepared by the team coach, and also underwent two measurements before and after the same tests that the experimental group underwent.

The intensity of the exercises depended on the intensity of the training unit set by the coach of the team, and the number of training units reached (20) training units for each skill and the time taken to give these exercises varied from one week to another, as the time of these exercises started to escalate from the second week until the week The tenth there was a diversity in giving exercises and in applying them, as the researcher wanted, through this diversity, to place his research sample in the atmosphere of the match.

3. ANALYSIS AND DISCUSSION OF RESULTS:

Table (1) shows the arithmetic mean, standard deviation, calculated (t) value, and the statistical significance of the pre and post measurements of the experimental group in the two tests under study.								
Variables	measuring unit	Pre-test		Post-test		The calculated value (T)	(T) tabular value	Significance
		A	STD	A	STD			
dribbled	Time	12,27	0,75	10,72	0,52	2,98	2,26	Sign
Aiming	Degree	39.65	0.84	45.62	0.96	3.64		Sign

The results of the experimental group whose members applied special exercises in developing the speed of the ball's performance in the ball and the accuracy of the shooting performance was the development of their level better than the control group that did not use the special exercises but worked according to the methodology set by the team coach, and that the researcher before preparing it for the special exercises that aimed at During the development of the speed of the puck's performance with the ball and the accuracy of the shooting performance, he was fully convinced that the speed of the skillful performance is one of the important characteristics of the handball player, and in order for the player to perform these skills at the ideal speed, the coach must carefully choose the exercises that are completely similar to what happens in matches and train the players On it with gradual performance so that the players get used to its performance with the same strength and speed that it must be performed during matches and about this Hanafi Mahmoud Mukhtar D indicates that the speed of skill performance, is one of the important characteristics of the handball player and in order for the player to perform skills during matches at the ideal speed must It means the coach to choose the exercises that are exactly the same as what happens during matches and train the players on them with a gradual performance Players get used to their performance with the same strength and speed that they should perform during a match. (Mukhtar: 1989: 93), and that the researcher attributed the superiority and development of the experimental group that applied special exercises in developing the speed of the performance of the puck and the accuracy of the performance of correction with the hand ball to the control group that did not apply these exercises and relied on the trainer's approach in developing the two skills under study, until the exercises The special was closely identical to what happens during the match, and the researcher made sure that the players perform these exercises with the stresses placed in front of each exercise. The researcher also took care to perform the exercises for both hands so that the player can perform the skill of tabling and correction at all times and in various circumstances. The researcher made sure that the exercises were varied and comprehensive on the various situations that the player could pass during the match, taking into account the diversity in the player's starting distances with the ball and in different directions and from changing positions, that the researcher attributed the development of this group, i.e. the experimental group, to several reasons that fall at the forefront of which It is the positive effect of exercise on the individuals of the research sample and on this, Osama Kamel Ratib (1990) points out that (good training curricula are in themselves a driving force for athletes) (Salary: 199) 0: 7), and Mufti Ibrahim Hammad (1998) indicates (that the development of the training situation in specialized sports comes through the meeting of several components, including working to reach training volumes and planning to bring about the maximum balance between training loads for preparation and competitions as well as taking into account the relationship Between severity and comfort, all of which are factors that help the player to progress steadily and perceptively without any side effects occurring. (3) (Ibrahim: 1998: 12), and the researcher must refer to a very important point that he

observed when applying special exercises, which is that the research sample was very impulsive. The researcher felt that enthusiasm and perseverance were two prominent features that the researcher favored on his research sample, and this reinforces the previous statement that good training methods are in themselves a driving force for athletes. The reality that characterizes the current handball game (speed), and that the key to success in matches depends very much on the speed of implementation of skills and planning duties quickly and efficiently.

(Dirix 1988: 21) affirms that "the use of throwing exercises similar to competition with carefully regulated repetitions within the framework of a training curriculum prepared in a scientific form contributes to the development and strengthening of the muscles involved in throwing and correction by activating and mobilizing the largest possible number of fast muscle fibers, tension and improvement." Auxiliary muscles for contraction. This was what was enjoyed by a group of exercises with multiple iterations according to the size and intensity placed in the training units and their load and the length of the implementation period of this approach, in addition to that, the researcher believes that determining the types of exercises and commensurate with the age, capabilities and functional abilities of the individuals of the main experiment sample and legalizing these The exercises served the idea and objectives of this research, contributed positively and significantly to the development of the skill of correction from the high jump, noting that we know the importance of this skill, which requires special physical capabilities and skills, so the results were logical for the effort made by members of this group to the duties assigned to them through the implementation of this The duties within the framework of the exercises for the daily training units, and the researcher believes that the shooting skill itself is a complex and basic skill in the game of handball and when working on developing this skill, especially from jumping up or forward, taking into account accuracy in its implementation as the logical outcome of performance, because aiming without accuracy is not A benefit from it, and accordingly, organizing such exercises serves the main purpose of it, which is how to shoot from the high jump with high accuracy, but it must be selected The exercises are based on complex objectives, well-studied quality, and degrees of difficulty corresponding to the level of the sample members, in addition to creating suspense situations and improving performance through devices and tools that were mainly designed to serve the goal and purposes of the research, and this statement applies to what was mentioned before (Jabbar Schnichen 1984). When he said, in order to develop the accuracy of the shooting skill, the requirements must be made difficult by increasing the difficulty of the neuromuscular-motor compatibility of this skill. (Schenichen: 1984: 70) Diaan Al-Khayyat and Nawfal Al-Hayali mention that "the basic principles that are important and must be observed during the training and educational process are the availability of assistive tools and devices Which works on the speed of learning through a sense of ability and self-confidence and in the development and development of performance in terms of movement and skill as well as the excitement associated with the player through performance with the presence of an auxiliary tool that has a positive and effective impact on the development of these basic skills. (Al-Khayyat: 2001: 436).

4. CONCLUSIONS AND RECOMMENDATIONS

Through the results that emerged, the researcher found that there were statistically significant differences in the test of the ball stroke between the experimental group and the control group in the pre and post measurements in favor of the experimental group, in addition to the emergence of statistically significant differences in the test of accuracy of shooting performance in handball between the experimental group and the control group In the two

measurements before and after and for the benefit of the experimental group, there was a clear and significant development for the members of the experimental group, which used special exercises in the ball puck tests and tested the accuracy of the correction performance in handball.

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