

# A COMPARATIVE STUDY OF PRE-EFFORT SKILL AND SEVERAL HANDBALL PLAYERS (AGES 16-17)

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## ABSTRACT

*The first section included an introduction to research and discussed the researcher to the importance of performance skills in all sports, as well as for a handball game skills and dependence on the physical effort To master it, And the second section included a some topics that are directly related to the variables of the study, The third section included the research methodology, and he chose a research community Purposively by handball players at the National Center for Sports Talent Aged (16-17) years and the number of (20) players In this section The presentation of the mechanism of work and how the variables w As for the fourth section, the results were presented and discussed in terms of the researcher's scores in the main experiment, and after that the researcher reached a set of conclusions and recommendations presented in the fifth section. The most important conclusions were the use of tests that are close to playing conditions and competition when measuring physical characteristics And the skill of handball players and conduct similar research using different skills did not address the study and knowledge of the relationship between them and the handball effort. Ere chosen and the method of conducting the main experiment.*

## INTRODUCTION

The movement of scientific advancement included the development in the field of sports and this was reflected in the games, including the handball game, which quickly spread to contain technical skills varied and interesting to the viewer and can be considered as games that promote the spirit of cooperation and unify the effort to reach the high level of sports. Handball players are not only satisfied with functional changes and physical qualities, but also need other important requirements such as the basic skills of the game and all necessary and meaningful moves by the player according to the law of the game. Therefore, we see that the efforts of the trainers are focused in an attempt to develop these basic skills such as depression, correction, scrolling, etc., and according to the player's abilities and physical abilities and his status in the game and duties.

The performance of skill is a key factor in most sporting events and has an active role in the performance of the basic skills of handball. It enables the player to perform the motor duty and thus achieve its goal. The accuracy of the motor duty involves constriction of the muscles involved in performing this motor duty in a manner that ensures the performance of the motor duty smoothly and less. Effort, and skill performance reflects the ability of the individual to direct voluntary movements towards a specific goal as well as the accuracy of handling and correction in handball.

As well as the scientific progress in sports is overlapping with other sciences through which the achievement of high achievements, and as training is linked to the technical and physical aspects that lead to internal and external changes, the advancement of the level of sports players handball depends on how the player responded to these physical requirements, On the effectiveness of the performance of

the skill depends on the performance of the player and the outcome of the score in favor of a score, and as the handball needs high effort to perform complex skills, this will lead to changes that may affect the outcome of the game in terms of good performance or weak, Research the effectiveness of pre-and post-effort skillful performance so that trainers can train handball players well and appropriately for the purpose of engaging players in real competition.

## **MATERIALS AND METHODS**

### **Research Methodology:**

The researcher used the descriptive approach is one of the scientific methods in scientific research, which is a "study of the phenomenon or the treatment of a problem as it exists in the present for the purpose of diagnosis and detection aspects and identify the relations between its elements through the use of the tools of the objective to collect data and analyze and interpret the results"

### **Search community and sample:**

The researcher chose the sample in a deliberate manner, which included (20) players representing the specialized schools in Ammar (16-17) years.

### **Means of gathering information, tools and devices used in research:**

The researcher used a variety of means of assistance and suitable for the nature of work in this research. These

means help to collect and achieve research data, which facilitates the implementation of the work. Therefore, the researcher adopted the following means and tools:

- 1- Arab and foreign sources.
- 2 - International Information Network (Internet)
- 3 - Assistant Working Group
- 4 - Measurement Tape
- 5 - Medical Balance (Weight Scale) Type Cork / Korean Origin
- 6 - Handballs legal number (20) German origin,
- 7 - Four goals Iron, 60 x 60 cm, 8 whistle (2), stopwatch (2).

### **Field research procedures:**

In order to achieve the requirements of the research, the researcher to see a lot of different sources available on the subject of the research where the researchers reached the following tests:

First: The test of the Tabtba :

Test Name: Continuously test pulsed in multiple directions.

Objective of the test: measure the skill of the potter.

Tools used: five characters, stopwatch, handball.

Performance description: Four characters are shown in the ground in a rectangular place (5) meters long and 3 meters wide. The fifth person is positioned in the middle of the rectangle from the starting position. The player runs in two symmetrical circles and the work is performed three times continuously. ,

. Registration: Time is recorded in three sessions

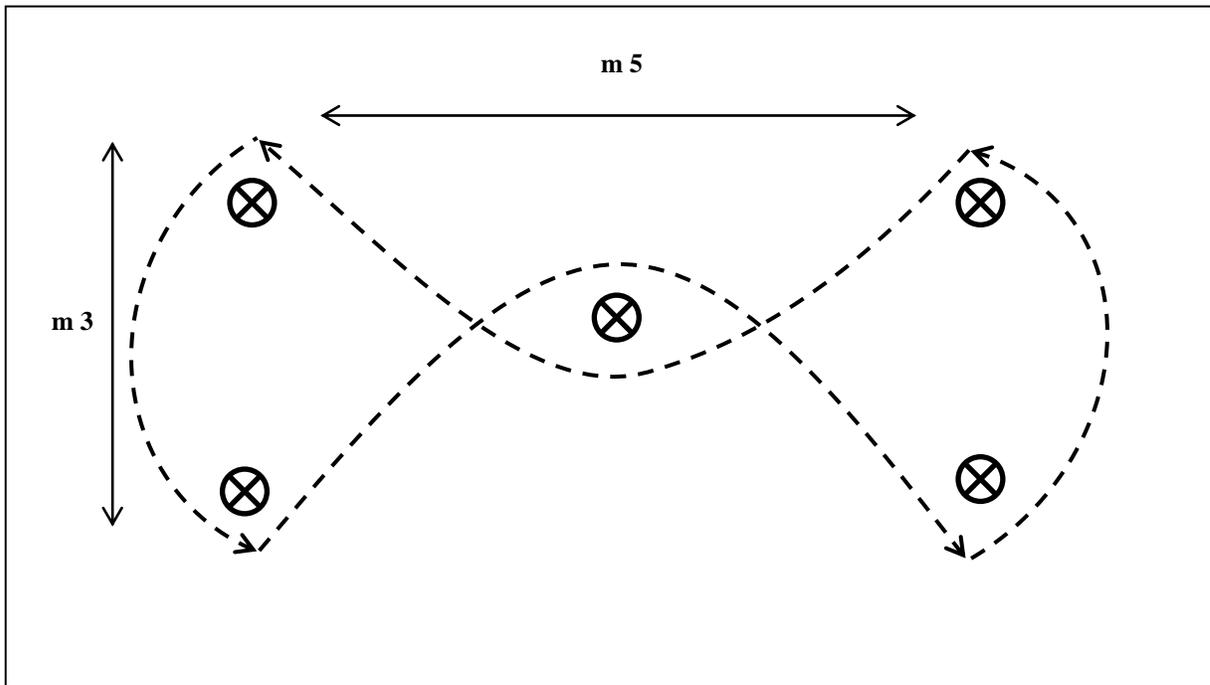


Figure (1) shows the trabecular test

II / Test correction of the base :

Purpose of the test: To measure the accuracy of the correction

Hand tools: handball, handball goal, four iron goals measuring 60 x 60 cm suspended at four goal angles, handball court, whistle

Performance description: The player stands behind the 7m line holding the ball in his hand and when giving instructions, the player points to the square targets at the corners of the legal goal respectively starting from the

upper right corner then the upper left corner then the lower right corner then the lower left corner and repeat the performance twice.

Test Management: A registrar who calls students' names and records the results.

Calculation of scores: A point is calculated for each correction within the allocated box and zero if the ball is out of the box and zero if the player moves the foot on which the base is based and zero if the throw is not executed within the legal time as shown in Figure (2).

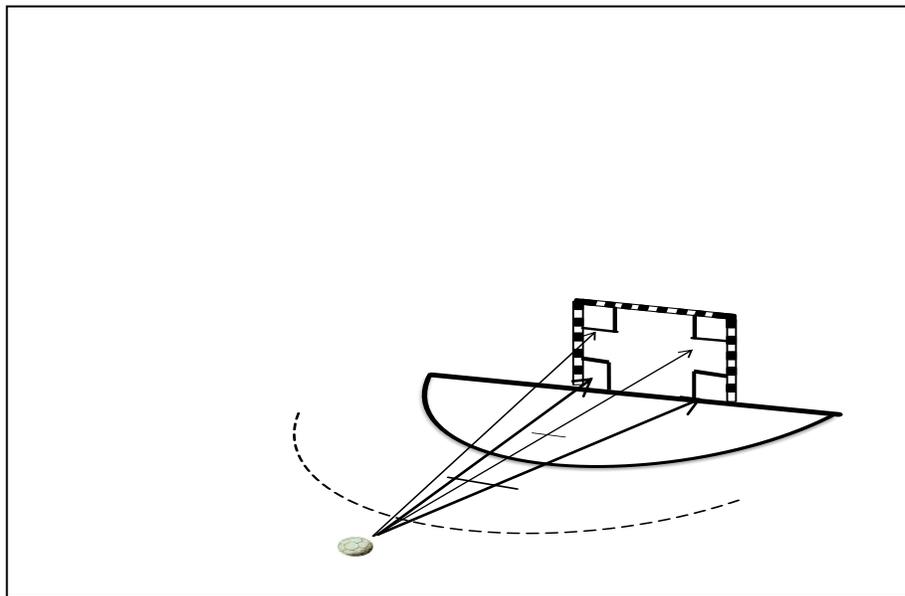


Figure (2) The correction test on the suspended squares in the target (60) cm × (60) cm of the base

**Exploration Experience**

The pilot experiment was conducted on a sample of (5) players representing specialized schools with ages (16-17) years. The aim was to identify the difficulties and obstacles that may face the researcher in the main experiment.

**:Main experience**

The researcher conducted the main experiment after he completed the research requirements in determining the most important tests used in the research and by reference to the literature of the game was determined the

performance of the tests where the tests were completed for the second full month and then re-test after the performance of the effort 2018/7/18

**:Statistical means**

The researcher used the statistical bag (spss) to process the data.

**RESULT AND DISCUSSION:**

View, analyze and discuss the results for the pre-and post-effort technical tests

Table (1) Shows the computational and standard deviations, the calculated T value, and the significance level for the tectonic tests and the accuracy of the correction on the target

The result	sig	t	P5	S-P	after voltage		Before voltage		Variables
					A	S	A	S	
moral	0.00	24.22	0.11	2.66	0.37	25.49	0.36	22.63	The Beatles
moral	0.00	11.84	0.16	1.89	0.51	3.45	0.50	5.40	Correction

The results show that there is no significant correlation between the performance of precision skill in the correction before and after the effort. Kamal and Hassanein confirm that accuracy requires a complete neuronal compatibility and control of the musculoskeletal system of the individual. In most cases, the use of physical exertion is at the expense of accuracy, This means that their availability together is a highly desirable exception (which is what we see in players who reach a physically and skillfully advanced level) ". The high voltage correlation with accuracy has proved to be vital and depends on significant gains and accuracy. Hand, we may not be exaggerating if we say this is a mcu N is strongly linked to the achievement of victory in the achievement of goals, the correction skill depends on this component to a high degree ". There is a high percentage of corrections fail to hit the goal, but some do not need to be blocked by a goalkeeper and the reason is not to perfect the correction because of high effort, which means dispersing the player and inability to perform the right skills required of him. The researcher attributed the lack of a significant correlation in the skill of Al-Tabtabah before and after the effort because the players "can not master the basic skills that characterize each effectiveness in the absence of the necessary physical qualities of the activity of the sport and the close correlation between the skill level and the special requirements in each activity"

#### CONCLUSIONS:

- There are significant differences between tests before the effort and after the effort of the skill Almtbbp handball
- There are significant differences between tests before the effort and after the effort of the skill of correction handball

#### Endorsement:

- Guided by the results of the current study to be used in the field of application of sports teams, especially in the development of training programs.
- Emphasize the use of tests that approach the conditions of play and competition when measuring the physical and skill characteristics of handball players.
- Conduct similar research using different skills did not address the study and knowledge of the relationship between the effort and handball.
- Conduct similar research on other sporting events.

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**ANNEX (1)**

Physical exertion before skill performance

The player stands at the starting line and when the whistler moves and moves from the first person to the second person and then back to the first person and then to the

third person and back to the first and so to the rest of the characters, and then jump on the barriers placed one foot alternating between the feet and then perform (10) batches and then running from point (A) to point (B) in the form of defensive follow-up back and forth and after performing the required skill test.

