

How to Cite:

Abugneam, M. N. S., & Saleh, F. K. (2022). The effect of special exercises in developing some basic local skills. *International Journal of Health Sciences*, 6(S8), 5111–5117. <https://doi.org/10.53730/ijhs.v6nS8.13374>

The effect of special exercises in developing some basic local skills

Prof. Dr. Mohammed Naji Shaker Abugneam

University of Kufa/Faculty of Education for Girls / Department of Physical Education and Sports Sciences / Iraq

Lecturer. Fatima Karim Saleh

University of Kufa/Faculty of Education for Girls / Department of Physical Education and Sports Sciences / Iraq

Corresponding author email: fatimaalmuswe96@gmail.com

Abstract---The study aimed to: - Identifying the effect of a manufactured method in developing neuromuscular compatibility and performance for some physical abilities and basic skills in basketball. Preparing a manufactured method for developing neuromuscular compatibility and performance for some physical abilities, the basic skills in basketball. The researcher used the experimental method (designing two equal groups) appropriate to the nature of the problem. As for the sample of the research, it included the basketball players represented by the team of the College of Education for Girls, and the researcher prepared tests of basic skills, physical abilities, and neuromuscular compatibility necessary. Statistically using the program (spss) , While the results were presented and discussed in the fourth chapter, they showed significant differences between the pre- and post-test for the two groups (experimental - control) and in favor of the post-test, and the tests were in favor of the experimental group, The conclusions were 1- Using the proposed method saves the effort and time for the coach and the players in the training and development. 2- The special exercises using the manufactured training method helped the experimental group outperform the control group with all skills in basketball for the female players.

Keywords---special exercises, basic local skills, physical abilities.

Introduction

The person can get good information on how to develop his skills in developing his skills. Basketball court, basketball, graph, chart, training, training, training, training, coaching, professional training of coaches is a good fit to perform

business in a new stage for some of the playing abilities of the game of football and get to know information from the ground.

Scientific part

The researcher used the same one that the writer found while defining the same method that appears in the same table.

Find a sample

The research community was determined by the students of the College of Education for Girls, University of Kufa Academic Team (2021 / 2022), the number of players (30) players only, Department: two sets of longitudinal proteins for each group (15), and to know that the interaction coefficient in the variables (weightage)), as it was found that the skew coefficient is between (± 1), and this indicates the homogeneity of the research sample.

Manufactured training tool

The games page is designed in its original form, I found the first page in the games page and the model sheet. The idea was installed based on economics, and the training message was based on commercial foundations; a hollow iron base was installed to facilitate the formulation of the formula from the top of the bond, as well as bonding rings of various heights were installed on a pole with carriers, half a meter away from the pole. Different coloured rings of different diameters grace each other It starts with diameters (105), (95) and (45), the performance is through the balls from the rings, depending on the distance between the player and the medium, and the player is given alerts to perform through the whistle and give the ring colour, etc.

Search finished skill tests

These tests, which are samples of plants formulated, were used using research samples looking for looking for

First test: Shooting from behind the free-throw line (10) throws.

The second test is the correction test from the movement after performing the drum.

The third test: a new pilot test of overlapping on an area of (6) m.

The fourth test: was the long-handling test (power-handling staggered on the wall (10.5).

Physical exams

The first test: From a standing position, throw the medicine ball (3) kg in front of the hands from above the head.

The second test: - The front-leaning test (30 seconds).

The third test: The test ran 20m from the high start:

Field Research Procedures

Exploratory experience

The exploratory experiment was conducted on a sample of the original community other than the research sample, represented by (4) players, at 12:30 pm on Thursday, 3/3/2022, in the sports hall of the College of Education for Girls, Department of Physical Education and Sports Sciences, and this experiment is a practical training to stand accurately. On the negatives and avoiding them in the primary experience, and aims to:

1. Identify the difficulties and obstacles facing the researcher and the work team during the tests to overcome them.
2. Knowing the extent to which the assistant work team understands the details of the tests, how to implement them, and how to record the results of the tests.
3. Adequacy of the means and tools used.
4. The possibility of dealing with the sample members.
5. Knowing the suitability of the tests to the level of the research sample and the extent of their understanding and response to it.
6. Knowing the time allotted for performing the tests.
7. Knowing the time of each skill exercise used. And rest times between exercises, tribal exams

The researcher conducted the tribal tests of the research sample on 3/8/2022 on Tuesday in the Sports Hall of the College of Education for Girls, Department of Sports, before starting the curriculum of special exercises on the manufactured method, taking into account the appropriate place and time for performing the tests and the method of performing the tests.

Suggested skill exercises curriculum

The researcher prepared suggested skill exercises to develop some physical and skill skills. The researcher presented the suggested skill exercises to experts and specialists in the training process in the field of basketball. The proposed exercises curriculum includes the following:

The duration of the training curriculum is two months, and the number of units is (24), with three training units per week - the days of the training units (Sunday - Tuesday - Thursday).

1. The training program contains (24) exercises to develop quick attack skills.
2. The researcher used the skill part of the central part of the training unit allocated by the team coach.
3. The time of the skill side of the central part that the researcher exploited by giving compound exercises (the research variable) amounted to (30) minutes.
4. The training unit contains (3) weekly skill exercises.
5. The duration of each exercise is (9) minutes, and the rest periods between one exercise and another are (120) seconds.

Post-tests

The post-tests were conducted on the research sample on Wednesday, 25/5/2022, in the College of Education for Girls, Department of Sports sports hall.

Statistical means

The statistical program (spss) was used.

Results

Presentation, analysis and discussion of the results of the pre and post-tests of the experimental group in the skill variables.

Table (1)

It shows the arithmetic means, standard deviations, and the calculated and tabulated (t) values of the results of the pre and post-tests for the skill variables of the experimental group

Variables	Pre-test		Post-test		value (T) calculated	sig	Type indication
	mean	St. Deviation	mean	St. deviation			
Scoring from standing	3.68	0.57	6.97	1.21	5.38	0.000	Significant
Peaceful scoring	3.47	0.58	7.64	1.98	4.99	0.000	Significant
pectoral handling	10.37	2.28	16.36	2.89	5.69	0.000	Significant
long handling	9.65	2.55	15.64	3.65	5.14	0.000	Significant

By looking at the table (1), results that were presented indicate that there are statistically significant differences between the scores of the experimental group members between the results of the pre-and post-measurement of basketball skills, scoring stability, peaceful scoring, chest handling and long handling, and in favour of the post-test.

Presentation, analysis and discussion of the results of the pre and post-tests of the control group in the skill variables.

Table (2)

It shows the arithmetic means, standard deviations, and the calculated and tabulated (t) values of the results of the pre and post-tests for the skill variables of the control group.

Variables	Pre-test		Post-test		value (T) calculated	sig	Type indication
	mean	St. Deviation	mean	St. deviation			
Scoring from	3.42	0.49	5.57	1.08	3.58	0.000	Significant

standing							
Peaceful scoring	3.26	0.64	5.64	1.36	3.28	0.000	Significant
pectoral handling	10.12	2.11	14.63	2.45	5.25	0.000	Significant
long handling	9.14	2.31	13.14	3.39	4.65	0.000	Significant

By looking at Table (2), the results that were presented indicate that there are statistically significant differences between the scores of the members of the control group between the results of the pre-and post-measurement of basketball skills, stability scoring, peaceful scoring, chest handling and long handling, and in favour of the post-test. Presentation, analysis and discussion of the results of the pre and post-tests of the experimental group in the physical variables.

Table (3)

It shows the arithmetic means, standard deviations, and calculated and tabulated (t) values of the post-tests of the skill variables of the control and experimental groups.

Statistical parameters

Variables	control group		control group		value (T) calculated	sig	Type indication
	mean	St. Deviation	mean	St. deviation			
Scoring from standing	5.57	1.08	6.97	1.21	4.38	0.000	Significant
Peaceful scoring	5.64	1.36	7.64	1.98	4.71	0.000	Significant
pectoral handling	14.63	2.45	16.36	2.89	4.13	0.000	Significant
long handling	13.14	3.39	15.64	3.65	4.14	0.000	Significant

By looking at table (3) shows the results that were presented indicate that there are statistically significant differences between the scores of the experimental group and the control group between the results and the post-measurement of basketball skills (score from stability, peaceful scoring, chest handling and long handling) and in favour of the experimental group. Presentation and analysis of the results of the post-tests of the two experimental and control groups in the physical variables. Discussing the results of the pre and post-tests for the two groups and the results of the post-tests for the two groups for the skill and physical variables

Through what was presented in tables (1, 2, 3, 4) for the skill and physical tests, the results showed significant differences between the pre and post-tests in favour of the post-tests and the experimental and control groups. The researcher attributes the reason for the emergence of these differences in the control group to the fact that the curriculum followed by the teacher and what it contained repetitions, as well as the effect of the rest of the other practical lessons, led to the development of the level of students in the offensive skills under study.

The researcher returns as a result of this superiority to the practice of the experimental group special motor exercises, which included aid to develop those skills, in addition to the fact that the introduction of this method in its various forms within the educational and training units regularly and in a sufficient amount according to the requirements of the game or the effectiveness of practice is one of the means that contribute effectively to the development of These general and special skills, basic and martial movements, in order to reach the player to the best level in the skill performance of the game. On the other hand, the difficulty of some of the skills whose performance is to be developed requires the teacher to use or introduce aids or tools in the educational or training process, and since the skill and the physical, which is "a characteristic of the effectiveness of performance, where the learner develops some motor responses in a new motor organization, and here lies The importance of the training method that was used in developing the skill performance and accuracy of handling and scoring skills by focusing on the work of muscle groups related to skill and physical abilities, which provides economy in the effort exerted by the player and coach, as the use of aids during the performance of the unique exercises and the required skill tracks helped the students learn in The experimental group learned better than the control group, which learned the curriculum followed by the trainer, which includes an increase in repetitions with the colleague and the target and other usual exercises.

Conclusions

1. Using the proposed method saves effort and time for the coach and the players in the training and development.
2. The special exercises using the manufactured training method helped the experimental group outperform the control group with all skills in basketball for the female players.
3. The proposed device as an aid and the unique exercises effectively developed the required basketball abilities between the two groups, and the experimental group progressed.
4. The proposed method with special exercises helped the experimental group outperform the control group B for the players.

References

- Abu Al-Ela Abdel-Fattah and Muhammad Hassan Allawi: Physiology of Sports Training, 1st Edition, Cairo, Dar Al-Fikr Al-Arabi, 1988 AD.
- Abu Ela Ahmed Abdel Fattah; Sports training and physiological foundations: (Cairo, Arab Thought House, 1997).
- Bahaa Hassan Abdel-Amir: The effect of exercises using various training tools on the accuracy of shooting from jumping calculated by three points and the physical abilities of youth in basketball. Master's Thesis, University of Babylon. 2010
- Bashir Hammoudat (and others). Basketball Foundations and Principles, University of Mosul, University Press Directorate, 1985.
- Bastiossi Ahmed: Track and field races and competitions, Dar Al-Fikr Al-Arabi, Cairo, 1997.

- Bilal Khalaf Al-Sakrana, Modern Trends in Training, 1st Edition: (Amman, Dar Al-Maysara for Publishing and Distribution, 2011).
- Dr Wagdy Mostafa and Dr Mohamed Lotfy: The Scientific Foundations of Sports Training for Players and Coach, Egypt, Dar Al-Huda Publishing and Distribution, 2002
- Laila Zahran: The Scientific Foundations of Exercise and Technical Exercises: (House of Arab Thought, Cairo, 1997).
- Matveev L.A. Sports training rules. Translated by Qassem Hassan Hussein, Mosul: Al-Hikma Press, 1988 AD
- Muhammad Hassan Allawi; The Science of Sports Training, 10th Edition, Dar Al Maaref, Cairo, 1997
- Yahya Muhammad Salih; The effect of special muscle exercises on the level of performance in gymnastics, Journal of Studies and Research in Physical Education, Volume VI, Number One, Helwan University, 1982
- Yasser Muhammad Hassan Dabour; Modern Handball: Alexandria, Dar Al Maaref, 1997, p. 256.