The effect of skill exercises in developing the accuracy of close scoring in handball players

Assait.Prof . Dr. Othman Adnan Al-Bayati
University of Al Mosul - College of Physical Education and Sports Sciences –Department of team player
Othman_ad@yahoo.com

Abstract

- The aim of the research is to explore the effect of the use of skilled exercises in the development of students' abilities in the accuracy of near handball scoring.
- There were statistically significant differences in the accuracy of the close scoring between the two experimental groups and for the experimental group that used the scoring method of stability (the 7-meter line).
- The study sample was chosen by the intentional method, which is "freely selected on the basis that it achieves the study objectives of the researcher (40) students of the second stage of the Faculty of Physical Education and Sports Sciences - Mosul University for the season (2016 - 2017) After the exclusion of students who were retarded from the exercises and tests and the number of (4) students, and the sample was divided into two experimental groups of each (18) students by lottery.

−Conclusions

In light of the research sample and the methodology used, and after presenting and discussing the results, the following conclusions can be drawn:

-The use of a proposed training program on a regular basis for a period of (9 weeks) at (3 times) per week is effective in increasing the ability of students to develop the accuracy of near scoring and accuracy of the 7 m (test) sample.
-There are significant differences between the tribal and remote tests and the experimental research groups and all the variables of research.
-There are significant differences in the remote tests for the benefit of the experimental group that applied the scoring near the line 7 meters and all the variables of the search.

−Recommendations

- work on finding other aids to develop other aspects of the basic skills of handball.
-Teachers must introduce the use of tools and assistive devices and take advantage of the reduction in the time of these devices in addition to the thrill of the whole process of education and training of the basic skills of the game.
Conduct similar studies on other sports activities.
Keywords: skill exercises; scoring; handball players.

1- Introduction and importance of research

The recent years have shown a special importance for sports education through the development of the lives of nations and peoples. This is an indication that "the great interest of specialists and researchers in developing the training process on a continuous basis in order to raise the level of sports and achieve achievements. Have a positive impact on investing the effort in time and that the science of sports training is one of the sciences that researchers in the field of physical education interested in the importance of the acquisition of the individual new motor skills with the least effort possible.

The different scoring areas (angles, forearm, center, line of the goal area) are a sequential sequence that complements each other, so each zone needs players who have high physical and skill characteristics. The most important factors that help to complete the scoring process in a positive way are the player's accuracy Scoring without this status will be scoring non-center and get a lot of failures in the injury goal, which causes waste of the efforts of the player who is the goal of the efforts of all players and thus will have a negative impact in the spirit of the team and morale, therefore, the accuracy of the importance of great importance or equal superiority Our other physical attributes, as well as mentioned, the researcher is the importance of his research in the use of exercises skill contribute to the development of the near-scoring accuracy in the second stage students hand reel, by focusing on exercises that serve and seek to develop the near-scoring accuracy and not to waste the team effort.

Progress in the handball game is a result of the development of all the skills of the game because the good skill performance leads to the best achievements and since scoring skill is a "significant" in the achievement of goals during the game and qualify the team to win so the exercise of training exercises that are of great importance In the acquisition of this skill and mastery by the research sample, the more the teacher and the trainer in the selection of good exercises the more proficiency of the skill is more successful and lead to positive results and by noting the researcher's weakness when performing the skill of scoring accuracy in the second grade students and attributed the researcher You do not practice the students of this game before and this requires a lot of practice in a scientific and accurate, which leads to their success in the process of scoring and achieve accuracy in scoring so the researcher decided to do this study in order to reach the correct and scientific approach to put him in the service of handball players.

Research Objective:

1- The aim of the research is to explore the effect of using skilled exercises in developing students' abilities in the accuracy of handball near-scoring.

2- Research procedures and methodology

2-1 Research Methodology

The nature of the problem to be studied is what determines the methodology of research, so the researcher used the experimental method for its suitability and the nature of the research.

2-2 Research Sample

The study sample was chosen by the intentional method, which is "freely selected on the basis that it achieves the study objectives of the researcher (40) students of the second stage of the Faculty of Physical Education and Sports Sciences, Mosul University for the season (2016-2017) After the exclusion of students who were retarded from the exercises and tests and the number of (4) students, and the sample was divided into two experimental groups of each (18) students by lottery.

2-3 Equivalence and homogeneity between the two research groups:

In order to achieve this, the researcher conducted the equivalence and homogeneity between the two research groups to adjust the variables of training age, height, weight and skill variables as shown in the table below.

Table (1)
Demonstrates homogeneity among the members of the research sample

Torsion coefficient	standard deviation	Arithmetic mean	Statistical variables / Variables
0,94	0,35	155.11	(year) Age
0,07−	5,39	55,48	(kg) the weight
0,34	0,079	1,68	(CM) Length

Table (1) shows that torsion values are limited to (± 1), indicating the homogeneity of the sample.

Table (2)
Demonstrates the equivalence of the sample members of the research

Significance of differences	value of (t)		The group 2		The group 1		Statistical variables / Variables
	* Table	Calculated	standard deviation	mean	standard deviation	mean	
Not significant	2,03	0,20	0,66	3,58	1,8	3,57	Near-motion scoring
Not significant		0,53	0,36	5,1	1,37	5,5	The near-stability score is 7 meters

The value of (t) of the table is at the level of significance (0.05) and the front of the degree of freedom (34). Table (2) shows that the calculated values (t) are less than the table.

2-4 Devices and tools used in the search

−Medical balance for weight measurement.

−Tape measure .

−Personalization .

− Handballs.

- Personal interviews.

Arab and foreign scientific sources .
- Field research
2-5 procedures
2-5-1 Experimental experiment

The researcher carried out an exploratory experiment with a group of students (5) and the technical tests which were nominated by the specialists.

They were excluded from the basic research procedures.

1- This experiment was carried out on 10/10/2017

Ensure the validity of the tools used .

2- Ensure the adequacy of tests and their understanding by the research sample.

3-Knowing the obstacles that the researcher may encounter while performing the tests.

4- Know the time taken to perform the tests

5-The results of the experiment resulted in the validity of the tools used, the suitability of the tests and the understanding of the sample.

2-5-2 Tribal Test

The pre-test was conducted on the individual sample of the research in two groups and with the assistance of the auxiliary team for one day, on 17/10/2017

2-5-3 Design of the training program
(questionnaire)

A training program was designed to be based on hardware and tools and presented to a group of experts in the field of sports training to express their opinion on the repetitions used in the program. This program included the development and skill of near correction.

2-5-4 Implementation of the training program

After the completion of the tribal test, the training program of the two research groups was started. The program was developed after studying the principles of sport training science. This program was implemented after a number of amendments were made to it.

The training program for the use of scoring exercises on the research sample and two training units was carried out every week for 12 weeks, 24 training units were implemented. During the implementation of each training unit, the two researchers observed the following:

- General warm-up to prepare all the muscles of the body for work and for all individuals.
- The need for special warm-up for the flexibility and tension of the working muscles before starting to perform basic exercises for each height by all members of the sample.
-The training curriculum consists of three intermediate courses and a rolling movement (1: 2).

−The time allotted for close-up accuracy training is about 20-30 minutes

-Implementation of the exercises on the students of the experimental group and according to the program subject.

−End the training exercises calm and relaxation.

-The research sample started with the implementation of the training program on 20/11/2017 and was completed on 22/1/2018.
-The sample was divided into two groups so that the proposed training program group and the control group would take their regular training.

−The training program consists of (12) weeks.

Training units were conducted in three days (Monday - Tuesday) each week.
-The program was carried out under the supervision of the researchers and a trained assistant staff.

2-5-5 Post-test

The post-test was carried out on the sample of the two groups and with the help of the auxiliary team. This was done on 22/1/2018 and in the same sequence of tests performed in the tribal test.

2- 6 Statistical means

(T-test) for computational differences tikretia and albaidi, 1996 230-)

350After the data were unloaded for the tribal and remote measurements, the statistical package (SPSS) was statistically treated.

3- Showing results:

3-1-1Present and discuss the results of the tribal and remote tests of the experimental and control groups In the accuracy of the scoring of the falls in front.

Table (3)

It shows the arithmetical averages, the standard deviations and the calculated and tabular value (t)

For the results of tribal and remote tests in the accuracy of near-forward scoring

Significance of differences	value of (t)		Post-test		Tribal test		Statistical variables / Aggregates
	* Table	Calculated	standard deviation	Mean	standard deviation	mean	
significant	2,12	*27,13	1,12	6,16	0,66	3,37	The experimental group
significant		*5,56	2,18	3,05	1,12	2,18	Control group

Morality at error rate (0.05) in front of freedom degree (17) *

Table (4)

It shows the arithmetical averages, the standard deviations and the calculated and tabular value (t) For the results of the tribal and remote tests in the accuracy of the scoring of the 7-meter throw

Significance of differences	value of (t)		Post-test		Tribal test		Statistical variables / Aggregates
	* Table	Calculated	standard deviation	Mean	standard deviation	mean	
significant	2,12	*11,66	1,8	6,66	1,17	4,66	The experimental group
significant		*4,50	0,22	5, 5	2,15	4,88	Control group

Morality at error rate (0.05) in front of freedom degree (17)*

Table (5)
It shows the arithmetical averages, the standard deviations and the calculated and tabular value (t)
For the results of the remote tests of the skill of near-forward scoring accuracy of the experimental and control experimental sample

value of (t) * Table	value of (t) Calculated	Post-test		Statistical variables / Aggregates
		standard deviation	mean	
2,03	*16,19	1,12	6,16	The experimental group
		2,18	3,05	Control group

Significant at error rate (0.05) in front of degree of freedom (34)

Table (6)
It shows the arithmetical averages, the standard deviations and the calculated and tabular value (t)
For the results of the remote tests for the skill of the accuracy of the scoring from the 7 meter drop for the experimental and control research sample

value of (t) * Table	value of (t) Calculated	Post-test		Statistical variables / Aggregates
		standard deviation	mean	
2,03	*5,36	1,8	6,66	The experimental group
		0,22	5,5	Control group

Significant at error rate (0.05) in front of degree of freedom (34)

3-1-2 Discussion of results

Through the results of the two tables (3, 4, 5, 6), the difference in the near-test scores in the experimental and control sample in the remote tests is attributed to the effect of the competitive exercises applied by the experimental group which contributed to improving the skill level This result was suitable for the exercises that were used by the researchers in his training program in order to develop the skillful performance of the skills in question. In addition, the training of students according to a principle of dynamic learning in the gradation was easy and difficult,(Schmidt, 2000) The goal of the educational and training process must be to have attempts of repetition and practice of exercises that serve the skill to be developed "(Schmidt, 2000, 63-64)

In the opinion of the researchers that the outcome of the game determines the number of goals scored by the team against another team and the skill of the correction in general and the relative is especially the boundary between winning and loss and this is consistent with the view (Aqaily, 2001) "that the skill of correction despite the multiplicity of problems and types of the most important thing in the game should lead With all accuracy and activity "
(Aqaily, 2001, 89)

The shorter the distance between the shooter and the target, the more " accurate the scoring and the target hit the 7-meter shot," he said. "The faster the numbers were, the more likely they were (return, 1998, 64).

4- Conclusions and recommendations:

4-1 Conclusion

In light of the research sample and the methodology used, and after presenting and discussing the results, the following conclusions can be drawn:

-The use of a proposed training program on a regular basis for a period of (12 weeks) (twice) per week is effective in increasing the ability of students to develop the accuracy of near scoring and accuracy of the 7 m (the sample of experimental research).

-There are significant differences between the tribal and remote tests and

−the experimental research groups and all the variables of research.

There are significant differences in the remote tests for the benefit of the experimental group that applied the scoring near the line 7 meters and all the variables of the search.

4-2 Recommendations

- work on finding other aids to develop other aspects of the basic skills of handball.

-Teachers must introduce the use of tools and assistive devices and take advantage of the reduction in the time of these devices in addition to the thrill of the whole process of education and training of the basic skills of the game.

Arab and foreign sources
Arab Sources:
1- Ismail, Saad Mohsen (1996): "The Effect of Training Methods for the Development of Explosive Power of Two Men and Arms in the Precision of Long Distance Correction in Handball", unpublished doctoral dissertation, Baghdad University, Faculty of Physical Education .
2- Al-Tikriti, Wadee Yassine and Al-Obaidi Hassan (1996): Statistical Applications in Physical Education Research, Dar Al-Ketub for Printing and Publishing, Mosul.
3- Zarzis, Mounir (1985): "Handball for All", I 2, Central Organization of University Books, Helwan University.
4- Al-Janabi, Abdul-Jabbar (1998): "Analysis of the relationship between the characteristics of the force-time curve of the stage of advancement and some biochemical variables and the accuracy of remote correction by jumping high in handball." PhD thesis, Faculty of Physical Education, Baghdad University.
5- Hassoun, Alwan (2009): "The Effect of Suggested Exercises on the Accuracy of Shooting for the Nakhin Group of Basketball", Research published in Al-Fath Magazine, No. 40, Faculty of Physical Education, Diyala University.
6- Al-Waili, Mohamed Tawfiq (1994): "Handball - Teaching Technic Training", Al Salam Press, Cairo.
7- Return, Ahmed Oreibi (1998): "Handball and Its Key Elements", 12 National Book House, Al Fateh University Publications, Tripoli, Great Jamahiriya.
8- Al-Aikli, Mohamed Mousa (2001): "The contribution of some physical and motor attributes to the level of performance of basic skills in handball, PhD thesis, Faculty of Physical Education, Baghdad University.
Foreign sources
9- Schmidt H. Richard and Graig A. Wrisberg(2000): Motor Learning and for performance. Second adition, Human kenitcs.

Intensity	Total performance time	Comfort groups	Number of aggregates	Repetition during performance time	Exercises used
Perfect performance * intensity	22,5	SC(30)	3	10 XSC(60)	Straightening the squares on the wall (diameter 70 cm) from a distance of 6 m from the base and after taking one step
		SC(30)	٣	10 XSC(60)	Exercise the same after taking 3 steps
		SC(30)	٣	10 XSC(60)	The first exercise itself but from a distance of 7 m after taking one step
		SC(30)	٣	10 XSC(60)	Correction on the boxes drawn in the upper corners of the goal drawn on the wall with a distance of (60 x 60 cm) From a distance of 7 m from the base after taking one step
		SC(30)	٣	10 XSC(60)	Pointing the squares in the lower corners of the goal on the wall with a distance of 60 x 60 cm from 7 m from the base one step to the right and the other to the left

The experts and specialists in the fields of sports training, measurement, evaluation and transit ball, in which the questionnaire forms were presented to them for selecting their tests, exercises, training curriculum and interviews done by the researcher

The names of the specialists	The scientific title	College Name	the University Name	Specialization	Basic skills	Technical tests	Training program
Dr Wahab Ghazi Hamoudi	professor	Physical education and sports sciences	Baghdad	Sports Training	*	*	*
Dr Ahmed Kazem al - Hakim	Assistant Professor	Physical education and sports sciences	Najaf	Measurement and Evaluation	*	*	*
Dr Ibrahim Jabber Al-Bahadli	Assistant Professor	Physical education and sports sciences	Baghdad	Sports Training	*	*	*
D. Ali Hussein Mohammed	Assistant Professor	Physical education and sports sciences	Najaf	Measurement and Evaluation	*	*	
Mr. .Ahmed Ad El Muttalib	assistant Lecturer	Physical education and sports sciences	Mosul	Measurement and evaluation	*	*	*
Mr. Solaf Hassan Hadi	assistant Lecturer	Ministry of Youth and Sports	Ministry of youth and sports	Management and Organization	*	*	