

## The Effect of a training course by using the competition exercises (similar to the real playing) in developing the skills of handing over and shooting for the youth players in handball)

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### Abstract:

There is no doubt that the required factors to guarantee the success of the training process are depending basically on the mechanism of preparing and arranging the training courses which are compatible with the scientific bases and suitable with the abilities of the player to lead him to the higher level generally . This task needs for the coach to seek for the best ways . Techniques and training methods when he set up the training courses that may perform the required achievement . From this point the problem of the research is hidden in the importance of developing the skills of handball for the youth players to get the higher level in the performance. The scientific progress plays an important role in supporting the training process by many ways to help the couch and the trainee in activating , accelerating and improving the performance to achieve the target from the training process and encouraging to use the modern ways and techniques in increasing an active participation as well as saving the effort and time to go along with the fast development in this game. The researchers noticed that the used trainings in the game are lacking the excitement and thrill which are considered the main motive to the higher performance , and in spite of that the game of handball is considered from the group games , they noticed that the used exercises are lacking to the soul of the group work in the players. They also concluded that the training course has a positive effect in improving the skills of handing over and shooting for the youth players and in according to the results , the researchers put a number of recommendations and the most impartment of them is to use the competing exercises (similar to the read match) in learning and training the basic skills in handball.

**Keywords:** training course, the competing exercises, the handing over and shooting.

## 1.Introduction :

The sport training became a science which is depending on scientific principles bases and in order to improve the training level and reach the higher standards , it is necessary to recognize these bases and know what is the up date in the field of training .In handball , the planned training in according to the scientific principles and bases plays an important role to arrive and lead the player to the active sport status (situation) at the end of the preparing period (the general and special) and keep it during the competition .

The big role which can contribute in developing skills and showing higher level in the performance is the using of the excitement and thrill exercises and from them the competition exercises . As Alawi mentioned that " the sport competition is an important and necessary motive in the training , the preparing and the participation of the player are related to his level to get the best in the competition , in according to this the competition training will be the best help to develop skills and abilities of the player . From this point the problem of the research is hidden in the importance of developing the skills of handball for the youth players to get the higher level in the performance. The scientific progress plays an important role in supporting the training process by many ways to help the couch and the trainee in activating , accelerating and improving the performance to achieve the target from the training process and encouraging to use the modern ways and techniques in increasing an active participation as well as saving the effort and time to go along with the fast development in this game .

The researchers noticed that the used trainings in the game are lacking the excitement and thrill which are considered the main motive to the higher performance , and in spite of that the game of handball is considered from the group games , they noticed that the used exercises are lacking to the soul of the group work in the players .

They also concluded that the training course has a positive effect in improving the skills of handing over and shooting for the youth players and in according to the results , the researchers put a number of recommendations and the most impartment of them is to use the competing exercises (similar to the read dame) in learning and training the basic skills in handball .

## 2.The procedures of the research :

The researcher used the experimental course because it is suitable to the nature of the research .

### 2.1. The sample of the research :

The sample is an important thing in the research and it should be chosen to be similar to the real society . So the researchers used the experimental course by designing the equivalent group (the experimental and standard) with the pre-post tests . The society of research was (30) youth players from Iraqi clubs who participated in the Iraqi tournament 2014/2015 which divided in to three samples (the sample of exploration group , the Army club (6) players) and (the sample of the experimental group (12) players) and (the sample of the standard group , karblaa club (12) players) . The table below shows the equivalent of changes for the research .

Table (1) shows the equivalent of the changes for research

| The Sign of differences | The counted value (t) | Standard group |       | Experimental group |       | Statistics changes |
|-------------------------|-----------------------|----------------|-------|--------------------|-------|--------------------|
|                         |                       | ±ع             | س-    | ±ع                 | س-    |                    |
| No significance         | 0,89                  | 0,45           | 18,75 | 0,85               | 19,00 | Handing over       |

|                    |      |      |       |      |       |          |
|--------------------|------|------|-------|------|-------|----------|
| No<br>significance | 0,62 | 0,62 | 29.25 | 1,24 | 29.50 | Shooting |
|--------------------|------|------|-------|------|-------|----------|

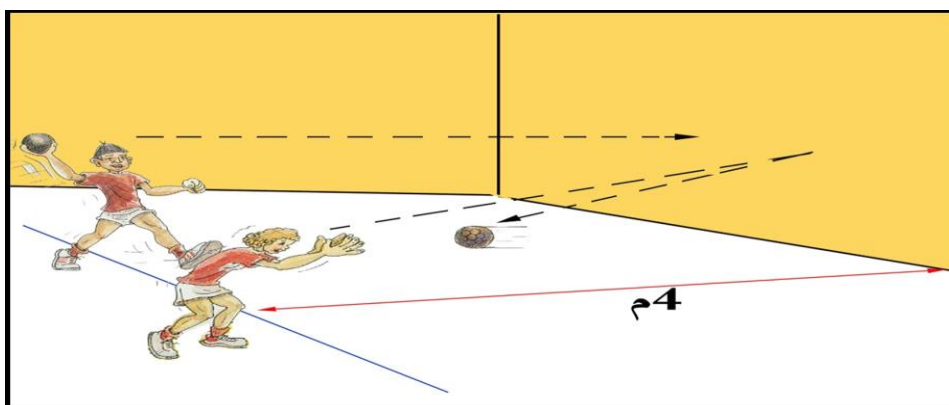
## 2.2. The tests :

The test is considered one of the most important technique in the scientific research in which we can gather the information to solve the problems that faced the scientific progress(1) .

### 2.2.1. The tests which were used in the research :

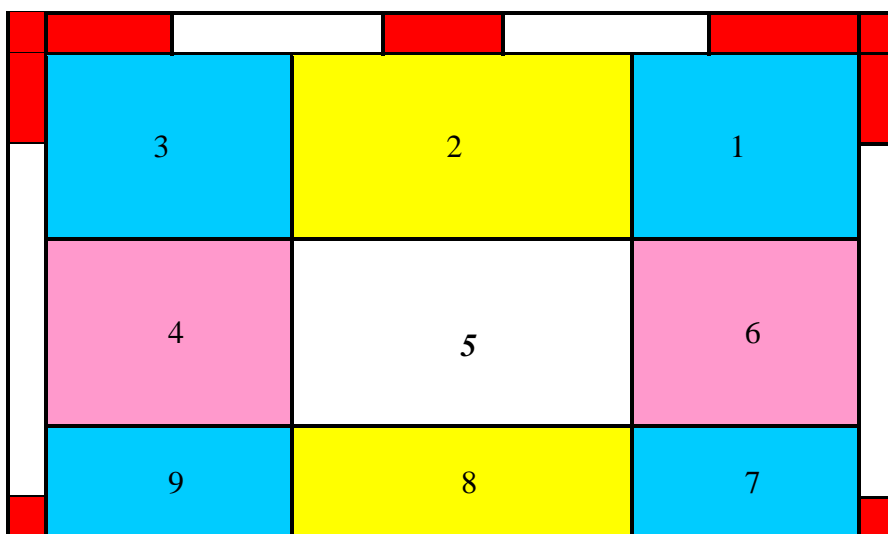
After knowing and recognizing the scientific references and sources , the researcher found that it is very important to define the tests carefully to achieve the aim of the research and in according to the requirements of research , they were :

- 1- The test of harmony and the fast handing over (1) . The target of the test : to measure the harmony and fast handing over :



Figure(1) shows the test of harmony and the fast handing over

- 2- The test of accuracy in shooting.  
The target of the test: to measure accuracy in shooting.



Figure(2) shows the accuracy in shooting.

### **2.3. The exploring experiment :**

In order to set up the planned tests according to scientific ways accurately . the researchers made an exploring study on a small sample and the experiment was done in 1-2-2015- Sunday to test the skills of handing over and shooting on(6) player from the Army club players , the experiment aimed to the following:

1. Define the compatibility of tests with the level of the sample player .
2. Know the ability of the work team .
3. Define the time required for all the test .
4. Make sure of the suitable place to make the tests .
5. To over come the mistakes and obstacles during the tests when waking the main experiment .

### **2.4. The pre-tests :**

After defining the suitable tests . The researchers made the pre-tests on the experimental group , the players of Dial club for youth on Monday 2/2/2015 at 4p.m in the closed hall in Dial province after setting all necessary conditions .

The pre-tests for the standard group were made on Tuesday 3/2/2015 in the closed Olympic hall in Karbala province at 4p.m . With the same conditions for the experimental group .

The researched explained the tests and the applications and gave the players a time to prepare and apply the items of the tests . After that the tests were done by the work team and recorded the scores for every test .

### **2.5. Applying the experimental course for competition exercises:**

In order to follow the scientific context and reach the best results as well as to achieve the targets of this research , the researchers pat a group of competition exercises depending on the scientific resources and the researches in the filed of training in handball as well as their experience in this concern . They showed a from contains the planning of the course on the experts of sport training and handball , and they followed the notes of those experts . The time of the training unit was (90minates) divided in to three parts , the preponing part (20minutes- 22.22% of the total time) , the main part (65minates-72.22% of the total time) and the final part (5 minutes-5.55% of the total time) . Here below some explanations about the applied experimental course on the members of the experimental group :

- The period of course was 8 weeks .
- The number of training units was 24 unit .
- The number of units in a week was 3 unit .
- The training days in a week were-Saturday-Monday-Wednesday .
- All units were starting at 4p.m in the afternoon.
- The training course started on Saturday 7/2/2015 and ended on Wednesday 1/4/2015 .
- The performing of the course items was done by the coach and supervised by the researchers .
- The training load was arranged by setting up the factors of size, intensity and the break (rest) . The researcher followed the ripple (swaying) in training load by using both training ways , (the low and high intensity) and the (repetition) way as well as using the supporting tools and devices in developing the training process.

## 2.6. The post tests :

After finishing the training course during the (8) weeks , the post tests were done on Friday 3/4/2015 at 4p.m on the experimental group and on Saturday 4/4/2015 at 4p.m . On the standard group .

The researcher followed the same procedures and condition of the pre-tests without any change .

## 2.7. The Statistics means (ways):

The researchers used the statistics means which were most compatible to the study , they used the statistic program (SPSS) to find and extract the following : (the counting middle , criterion , deviation , average of differences , the (t) test for the independent samples and the correlated samples) .

## 3- Display and discuss the results :

The table (2) shows the counting middles , the criterion deviations , the counted (t) and the sing of differences for the pre-test and post-tests for the experimental group :

| The Sign of differences | The value of the counted (t) | Poet-tests |       | Pre-tests |       | The tests The changes |
|-------------------------|------------------------------|------------|-------|-----------|-------|-----------------------|
|                         |                              | SD         | Mean  | SD        | Mean  |                       |
| significance            |                              | 1,50       | 23,08 | 0,85      | 19,00 | The handing over      |
| significance            |                              | 5,54       |       | 1,24      | 29.50 | The shooting          |

The value of (t) (2.20) at a freedom degree (11) and under the sign level(0.05) .

The researcher see that the reason is due to the used exercises in the training course for handing over and receiving were exciting psychologically and with soul of competing and challenge , so they were not boring for the plays and that what (Mohammed Jamiel) referred to (the using of exciting exercises in the training is considered an important factor to raise the psychological , physical technical level of the player to higher level .

The performing and the variety in repetition for the competition exercises will lead to control these skills and this is similar to what mentioned by (al-Basiti) that ' the circumstances of the training should be similar to the real match or higher that it in order to get the higher level and the coach should put the player in different shapes of training .

This was applied on the skill of shooting too , these exercises helped a lot in developing this skill whereas using the shooting exercises among the defenders by standing on one step or from the movement by using the space among the defenders achieved a good performance for the players in this skill . It is an important situation on shooting exercises in the modern handball , as (Muhsin) see that (The players should use the space among the defenders in a high speed because it was proved that shooting among the defenders achieve more success that over the wall of the defenders) .

The table (3) shows the counting middles , criterion deviations , the counted (t) value and the sign of differences of the post-tests for the standard group

| The Sign of differences | The counted (t)value | The post-tests |       | The pre-test |       | The tests The changes |
|-------------------------|----------------------|----------------|-------|--------------|-------|-----------------------|
|                         |                      | SD             | Mean  | SD           | Mean  |                       |
| significance            | 7,46                 | 0,67           | 20,50 | 0,45         | 18,75 | The handing           |

|              |      |      |       |      |       |              |
|--------------|------|------|-------|------|-------|--------------|
|              |      |      |       |      |       | over         |
| significance | 2,72 | 0,57 | 31.33 | 0,62 | 29.25 | The shooting |

The counted (t) (2.20) at freedom degree(11) under the sign level (0.05)

The researchers think that reason for sign of differences for the standard group is due to the skills which need to more repetitions during the training unit and that was available for the player in the standard group . The repetition of exercises has an important effect in developing the skills and leads to correct the movement performance to reach the best achievement .

The learning and training raise to higher level by repetition as well as realizing the correct method to reach the higher value or achievement . The table (t) shows : counting middles , criterion deviations , the counted (t) value and the sign of differences of the pre-tests for the standard and experimental groups :

| Sign of differences | The counted value(t) | Standard group |       | Experimental group |       | The tests The changes |
|---------------------|----------------------|----------------|-------|--------------------|-------|-----------------------|
|                     |                      | SD             | Mean  | SD                 | Mean  |                       |
| significance        | 5,42                 | 0,67           | 20,50 | 1,50               | 23,08 | The handing over      |
| significance        | 2,22                 | 0,57           | 31.33 | 5,54               | 35.25 | The shooting          |

The value (t) (2,07) at freedom degree (22) under the sign level (0.05) .

The researcher see that the reason for this difference is due to the items of the training course for experimental group which were differentiated by excitement and thrill and created the competition atmosphere among players .

They motive the player to double his effort to compete himself first and the other players second . The competition is considered a supporting factor which shows excitement in learning and training (Al-Jessmani) assures that (practicing the skill in a shape of competition is considered one of the ways to raise motive the trainee and it is from the important principles which make practicing the moving skills better in the training unit) .

The variety in performing the competition exercises in training units within the followed course to the experimental group which was very close to the real playing during the matches had the big role in the superiority of experimental group over the standard group .

Moreover , the important points which must be followed to make any success in any work is to pay more attention for the correct scientific planning . So here came the attention to the scientific planning to the used exercises in this research which made the gained development in the skills and this is compatible with (Al-Ali and shaghati) they see that (The planning in the field of physical education is one of the important scientific mean (way) which helps in setting up and arranging the programs related to the training process in order to reach the target sport level).

#### 4- Conclusion:

In according to the results which have been reached in this study , the researchers concluded that the prepared course which includes the competition exercises has a positive effect on the sample of the research . Also they concluded from the tests that there are

significant differences in all the changes of research in the skills of handing over and shooting in the pre-tests and post-tests and the benefit went to the post-tests for both , the experimental and standard groups .

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