



The effect of a suggested educational field in developing the sense – motor perception and the index accuracy of performance some types of shooting for junior handball

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Abstract:

The effect of a suggested educational field in developing the sense- motor perception and the index accuracy of performance some types of shooting for junior handball.

Through the great importance of handball shooting specially in high level and to set up new generations and the great attention of the junior In a scientific way, This research tackles such problems, so the researchers selected carefully the variables that have great effect on shooting to develop its level to reach for the perfect performance and high level of shooting.

The researchers had found out the weakness in shooting performance for juniors and the level of shooting performance doesn't conform with the perfect level for juniors and that the direct attention of shooting through skilled exercises isn't enough to reach to the high performance without taking care of the mental and moving variable that are considered as a main motor for performance such as (the Sense-Motor perception and coordination) and this is the problem at least in our country and if there is any attention in these variables it is random.

The aims of study is set up a suggested educational field to develop the sense – motor perception and the index accuracy of performing some types of shooting junior handball and to know the effect of suggested educational field to develop the sense – motor perception and the index accuracy of performing some types of shooting junior handball.

The hypothesis is a positive effect of the suggested educational field in developing the sense – motor perception and there is a positive effect of the suggested educational field to develop the index accuracy of performing some types of shooting for junior handball.

Then he determined group of research with in the player of Babylon clubs in handball for junior about (14-16) ages and as (36) player after Exclude the goalkeepers of three clubs

The researcher choose AL Mathtiya club and AL Qasim club as a main sample for research , and they divided the players randomly an to two groups , the first one is experimental group contained (10) players, and the second group is contained (10) players who present (%55,6) from the total group.

They researchers analyzed their data by spss program and used the statistical means (mean, Std .Deviation, Levene test, paired- samples (t) test, Independent- sample (t) test)

The important conclusions are the education field has positive effect in developing the Sense - Motor perception and shooting performance of junior and This field of education has achieved batter development that traditional exercises done in Sense-Motor and conformity and shooting performance

Key wards: educational field, sense – motor perception

1-Introduction:

The handball is a team game that has many complex and progression Situations. Through these situations, the player can perform his motor performance in great accuracy. The sense – motor perception has a great importance in how the player deals with the ball or competitor player or playmate. Also to realize where, when and the strength of his performance. Thus, this game required to deal with the different situation of play in right timing and perception. As a result, the player must have acceptable limits for the sense – motor perception levels and this is very clear specially in shooting skill and its variable types during the difficult situation in playing for example shooting among defenders who close the goal and never give a chance for the player to see clearly.

The sense – motor perception has an active function to perform the skills correctly in the different parts of body because the perception depends on experience and information through the theoretical education and the practical practice, which lead to get good coordination. This skill is very important for the advance teams and it need high mental, physical and skilled features.

The aim of study is set up a suggested educational field to develop the sense – motor perception and the index accuracy of performing some types of shooting junior handball and to know the effect suggested educational field to develop the sense – motor perception and the index accuracy of performing some types of shooting junior handball.

The hypothesis is a positive effect of the suggested educational field develop the sense – motor perception and there is appositive effect of the suggested educational field to develop the index accuracy of performing some types of shooting for junior handball.

Therefore, this search is very important in setting up a suggested educational field to improve the sense – motor perception and index accuracy in performing some shooting types for junior handball.

2-Methodology

2 -1 Sample:

The sample of research represented by the team of AL Madhatiya club and AL Qasim club, and there were (20) player. As (10) players for each group and they were the experimental and control group of research.

Table (2-1)

Shows the equality and homogeneity between experimental and control group in the types of shooting skill

Tests	t- test	Sig.	Type of significance	F	Sig.
Shooting at moving ring	0.44	0.65	Insignificant	0.13	0.71
Reflexive pass to a rectangle (170*70) and blind fold player	0.29	0.76	Insignificant	0.28	0.59
The index accuracy of shooting from head level	0.25	0.8	Insignificant	3.55	0.07
The index accuracy of shooting from high jump	0.28	0.77	Insignificant	0.002	0.96
The index accuracy of shooting from front falling	0.08	0.93	Insignificant	1.3	0.26

2-2 The suggested educational field:

The researchers designed the suggested educational field that included two stations, the perception of direction station and the perception speed station. The time for each station is (35) minutes which included (7) exercises. Each exercises (5) minutes. To improve the perception and the performance of shooting.

2-3 Measurement of the variables (tests used):

2-3-1 shooting at moving ring: ⁽¹⁾



(Figure 1) perception of speed test

*The purpose of test: To measure the perception of speed

*The Devices and tools:

- Rope

1. Zahed muhsin kareem: education of field for developing the Sense-Motor perception and coordination in accordance with present of participant and its effect in shooting performance of junior hand ball, unpublished Master Thesis , College of Physical Education, University of Babylon, Iraq

- Ring
- Tape Measure
- Handball balls(5)

* Description of performance:

The player stands behind the shooting line at about (5m) from the shooting ring which hung with rope of (1.5) m, and it high from ground at about (1.5) m, and behind this ring, there is a square of (50*50) cm.

*Evaluation

- Give the player (5) attempts
- Shooting behind the line (5) meter
- Canceled attempt beyond the laboratory where the 8-meter line.
- If the ball entered inside the box directly or touched its borders and entered, giving players two degrees.
- If the ball touched, the boarders box and out of, the player giving one degree.
- If the ball shot out of the box, the player giving nothing.
- The full marks for accuracy is (10) degree
- The player shoot in (3) second from start.

2-3-2 Reflexive pass to a rectangle (170*70) and blind fold player test.



(Figure 2) perception of direction test

*The purpose of test: To measure the perception of direction

*The Devices and tools:

- Tape Measure
- Handball balls(5)
- Adhesive tape
- Band eyes.

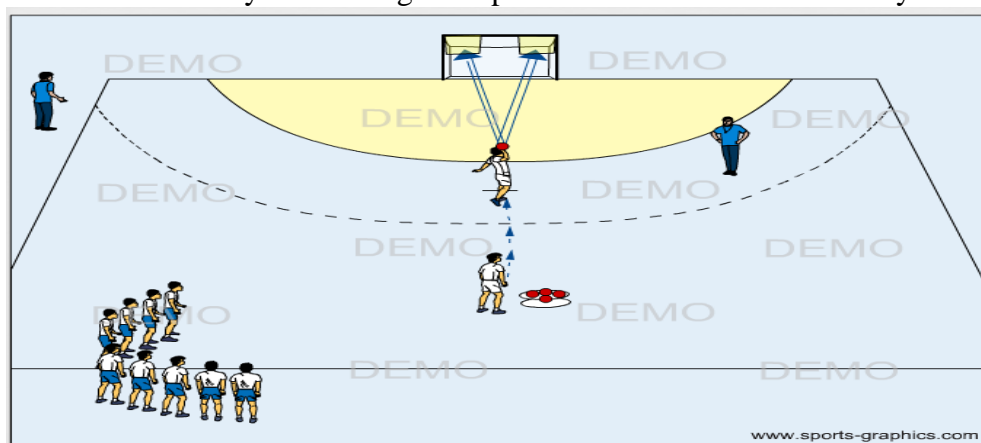
* Description of performance:

The player stands behind the shooting line at about (5m) from the shooting wall in which we have a rectangle of (170* 70) cm after seeing the a rectangle the player to be blind folded and after the shoot of a rectangle

*Evaluation

- Give the player (5) attempts
- Shooting behind the line (5) meter
- Canceled attempt beyond the player where the 8-meter line.
- If the ball shot out of the box, the player giving nothing.
- The full marks for accuracy is (zero) degree
- The degree depends on how the ball is near from the halfway line of rectangle.
- The player to be blindfold before each attempt.
- The mean to be counted for the five attempts.

2-3-3 Test index the accuracy of shooting from pivot and head level on accuracy boxes ⁽²⁾



(Figure 3) Shows Test of index the accuracy of shooting from head level on accuracy boxes.

*The purpose of test: measure index the accuracy of shooting from head level

*The Devices and tools:

- Handball court
- Boxes accuracy shooting (50*50) cm number (2) Installed in the upper corners of the goal.
- Handball balls (6).
- Sport radar device

* Description of performance:

After running the device (Sports Radar). The players' stands in front of goal behind the (8) meter line and the balls beside it, then take the ball and lead shooting (three balls on each box). As in Figure 2. The performance is in accordance with the following conditions:

- Give the player six attempts
- Shooting behind the line (8) meter
- Canceled attempt beyond the player where the 8-meter line.

1. Naji Mutashar Azzat: The effect of an teaching program according to the senses preferences for skills the shooting and passing and transfer the vertical learning and flip vertical effect in the handball for students, , unpublished Master Thesis , College of Physical Education, University of Babylon, Iraq

- If the ball entered inside the box directly or touched its borders and entered, giving players two degrees.
 - If the ball touched, the boarders box and out of, the player giving one degree.
 - If the ball shot out of the box, the player giving nothing.
 - The full marks for accuracy is (12) degree
 - We get the speed from (sport radar) device
- Calculation the index accuracy:
The index accuracy = Output performance (total the degrees of six attempt) / sum times of shooting attempt.
The measurement units (degree/second)

2-3-4 Test index the accuracy of shooting of high jump on accuracy boxes.

Same the last test conditions except the performance from (9) meter line.

2-3-5 Test index the accuracy of shooting of front falling on accuracy boxes.

Same the last test conditions except the performance from (7) meter line.

2-4 Research tools and assistive devices:

- 1- Skill tests
- 2- Sport radar device
- 3- Handball balls (10)
- 4- Accuracy boxes (50cm*50cm)
- 5- Handball court
- 6- Ring
- 7- Tape Measure
- 8- Adhesive tape
- 9- Band eyes

2-5 statistical means:

The researchers used statistical program (spss) to analyze the data research by number of means:

- 1- Mean
- 2- Stander deviation.
- 3- paired-samples (t) test
- 4- independent- samples(t) test
- 5- leven test

3 – Presentation and discussion of results:

Table (3-1)

Shows significant differences between pre-test and post-test of experimental group

tests	t test	Sig.	Type of significance
Shooting at moving ring	7.23	0.00	significant
Reflexive pass to a rectangle (170*70) and blind fold player	6.53	0.00	significant
The index accuracy of shooting from head level	10	0.00	significant
The index accuracy of shooting from high jump	8.3	0.00	significant
The index accuracy of shooting from front falling	12.6	0.00	significant

By analyzing, the table (3-1) note the significant differences between pre-test and post-test of experimental group in all skills because the significant values are less than (0.05).

Table (3-2)

Shows significant differences between pre-test and post-test of control group

Tests	t test	Sig.	Type of significance
Shooting at moving ring	2.3	0.15	Insignificant
Reflexive pass to a rectangle (170*70) and blind fold player	1.5	0.04	significant
The index accuracy of shooting from head level	3.7	0.00	significant
The index accuracy of shooting from high jump	5.52	0.00	significant
The index accuracy of shooting from front falling	4.93	0.00	significant

By analyzing, the table (3-2) note the significant differences between pre-test and post-test of control group in all skills because the significant values are less than (0.05),except the perception of speed test is insignificant values are more than (0.05)

By analyzing the two tables (3-1) and (3-2) showed that all the differences between the pre-test and post-test for the experimental and control groups are significant. The researchers attribute that to enough number of teaching units which carried out by the experimental and control groups, which contained influential exercises through the type and Repetition.

Table (3-3)

Shows significant differences between the experimental and control group in post-test

Tests	t test	Sig.	Type of significance
Shooting at moving ring	3.47	0.00	significant
Reflexive pass to a rectangle (170*70) and blind fold player	6.95	0.00	significant
The index accuracy of shooting from head level	3.63	0.00	significant
The index accuracy of shooting from high jump	5.12	0.00	significant
The index accuracy of shooting from front falling	4.24	0.00	significant

By analyzing, the table (3-3) note the significant differences between experimental and control group in post-test in all the skills and in favor of the experimental group because that significant values are less than (0.05).

The research's attributed significant differences to educational field which is includes choose basic exercises and appropriated to the players level.

These exercises are arranged and classified in to two educational stations after determining , the aim of each one , one of these stations is the perception of direct and the other one is perception of speed and each one has its own certain repetitions and rests which helps to achieve the aims of the educational unit . Another important point is the quietly of the exercises of the sense – motor perception of the educational field, which are connected with skilled performance of shooting which increases the ability of nervous system and reduces the mistakes of skilled performance .

Perception is very important in the stage of making decision appropriately with the motor situations and through its explanation for the sense information depending on prior experiences that saved in the memory.

The difficulty in making decision makes the player unable to deal with stimuli, which leads to wrong performance, and this is what Talha Hassam AL dean indicated (the speed and accuracy of making decision effect by the number of suitable response for the stimulants, which saved in memory)

Some of the exercise of the field depended on doing perception without seeing the motive or partial vision throng out putting. The bland eye or putting barrier in front of the player during the performance this is Schmidt and Weisberg indicated (the perception is bare process in which there is no need for motive at the perception moment)

4- Conclusion:

According to the results of the study and discussion , the researchers conclude following, that the educational field has positive effect in developing the sense-motor perception and its effect in shooting performance of junior and This field achieve batter development that traditional exercises done in Sense-Motor and shooting performance.

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