Disparate training and its impact on the development of speed-strength of the arms and its relationship to performance skills of boxers clubs Diwaniyah weight (56) kg

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ABSTRACT

The boxing is one of the sports that contain many and varied skills that need a qualities of physical capacities to achieve success and characterized by a high degree of sophistication through which it can achieve high levels of boxers that is done through the development of training operations. Boxer actually needs to perform a diverse and fast and is associated with the strength of muscle for the boxers, which requires them more effort during the tour and through the above demonstrated. The importance of research in the knowledge of the evolution of speed-strength of the arms -style contrasting and then finding a relationship between them and the performance skills in addition to this study working to provide boxers , specialists and trainers were made on the side of the training and development of methods of modern training , as it represents the research community boxers of Diwaniyah clubs province (18) boxer for a class of applicants weighing 56 kg and then was selected sample randomly (16) boxer was divided the sample into two experimental and control groups by (8) boxers the results of the study on the training differential has developed a speed-strength of the arms and thus affected the performance skills goal fists and correct defenses and researchers attribute these developments as a result of the training goal of diversity according to load training and in line with the ability of the boxers that they were the exercises that trains boxers out similar to the nature of the performance , as the training is based on a scientific basis is true especially during the real play is the basis of building physical attributes and researchers believe that it whenever they have evolved trait whenever the development of performance skills boxing on the duration of the three rounds and thus You can get the largest possible number of points.

***Keywords*:** Disparate training, speed-strength, skills of boxers, performance skills boxing.

1. Introduction

The boxing is one of the sports that contain many and varied skills that need qualities of physical capacities to achieve success and characterized by a high degree of sophistication through which it can achieve high levels of boxers that is done through the development of training operations. Boxer actually needs to perform a diverse and fast and is associated with the strength of muscle for the boxers which requires them more effort during the tour and through the above demonstrated. However, this study aims to identify the effect of training in the development of the speed-strength of Diwaniyah clubs young boxers weighing 56 kg. Moreover, to find the relationship between the speed-strength and performance skills among Diwaniyah clubs young boxers weighing 56 kg.

Disparate training concept is (A method of training is to reach a maximum degree of efficiency through the use of strength in ways that differentiated and opposite in direction within the module or within a range of exercise). speed-strength is "The ability of the muscular and nervous system to overcome the resistance or external resistors, the highest speed possible muscle contractility. Performance boxing skills: (Aims performance boxing skills to acquire and master motor skills and install special applied by the boxer during the competition to reach the high levels of sporting activity in practice and in the boxing stage is to acquire and master boxer basic psychomotor skills in boxing.

2. Methodology

The experimental method was chosen for its suitability to the nature of the research problem solving.

2.1 *Subject*:

Researchers have identified their research community who are young boxers of Diwaniyah clubs 2013/2014 season totaling (16) boxer for weight (56) kg were selected randomly sample's (12) boxer has been divided into two groups.

(Table 1)
Shows mean , standard deviations and coefficient of variation of the experimental group

Variables	Measurement units	mean	standard deviations	coefficient of variation
Length	cm	157.6	6,239	3.958%
Training age	Month	10.8	1.686	15.611%
Speed strength of arms	Sec.	1.183	0.138	11.665%
Skills performance	Degree	3.898	0.588	3.898%

2.2 *Measurements and tests*:

1. Test speed-strength of arms muscles strength.

Bend and extending the arms test from lying position (10) seconds

The purpose of the test is to measuring the speed-strength of the arms muscles.

-Tools used: a colleague to count the number of times the crease and tide, stopwatch, record Form.

Description of performance: from lying position taking body good situation right and touching the chest while bending your arms fully extended and arms full.

Date: Number of times the crease and tide in (10) seconds.

2. Boxing with colleagues test:

Purpose test: measuring the level of performance.

Tools used: stopwatch hand - boxing gloves number (4) - Legal boxing ring - a form arbitration - a whistle to start the round and end - bar color (red - blue)

Description of performance:

Boxers all standing in the corner allocated to it and when you hear the go-ahead by the ruling center-competition begins to perform various punches and defend for a period of three rounds and a time (three minutes)

Date: record of the boxer point for each correct and wounding a proper defense during the bout.

2.3 *Training curriculum*:

After completion of the tests was to begin applying training curriculum for the experimental research group, as this curriculum was developed after reviewing the principles of sports training and theories were applied after making some amendments to it. It has been implemented approach your training on disparate experimental research sample by three training units per week, which implements (24) and unit training throughout the training period as follows: The experimental group carried out the training curriculum according to your way of training exercises on the variation research sample and the number (6) boxers.

2.4 *Statistical analysis*:

*Statistical bag (SPSS) was used to treat the following :

-The mean .

-Standard deviation .

-T-test for correlated samples .

-Multi-correlations

* The use of the program (Microsoft Office Excel 2003) to treat the following operations :

Coefficient of variation - the percentage.

3. Results and Discussion

Showing the results of before and after tests the research variables (speed-strength of the arms, and performance skills boxing) and analyzed.

(Table 2)
Shows mean, standard deviations and the value of (T) the calculated and significance of the research variables (speed-strength of the arms, and performance skills boxing) for the experimental group

Variables		Pre test		Post test		T	Significance
		mean	standard deviations	mean	standard deviations		
Speed strength of arms		6.5	1.04	9.16	1.16	12.64	Significant
Race with colleague	Correct box	8.5	1.04	13.33	0.81	29	Significant
	Faults box	5.83	0.75	8.67	1.32	3.78	Significant

Showing the results of before and after tests the research variables (speed-strength of the arms, and performance skills boxing boxing with a colleague) and analyzed.

(Table 3)
Shows mean, standard deviations and the value of (T) the calculated and significance of the research variables (speed-strength of the arms, and performance skills boxing, boxing with a colleague) for the experimental group

Variables		Pre test		Post test		T	Significance
		mean	standard deviations	mean	standard deviations		
Speed strength of arms		5.83	1.16	7.5	1.04	7.90	Significant
Race with colleague	Correct box	7.83	1.16	12.5	1.88	7	Significant
	Faults box	5.66	1.03	7.67	1.36	3.16	Significant

(Table 4)
Shows mean, standard deviations and the value of (T) the calculated and significance of the research variables (speed-strength of the arms, and performance skills boxing, boxing with a colleague) for the experimental group and the control group

Variables		Experimental group post test		control group- post test		T	Significance
		mean	standard deviations	mean	standard deviations		
Speed strength of arms		9.16	1.16	7.5	1.04	4.65	Significant
Race with colleague	Correct box	13.33	0.81	12.5	1.88	6.77	Significant
	Faults box	8.67	1.32	7.67	1.36	3.44	Significant

(Table 5)
Shows the value of calculated and spreadsheet (R) and the significance of the correlation of research variables

Variables	Correlation type	R	Significance	Differences between Correlation type	Significance
Speed strength of arms of boxes	simple	0.646	0.00001	1.312	Random
Speed strength of arms of defenses	simple	0.55	0.12		

Through the display and analysis of the table (3) show that the control group had evolved by comparing a posteriori tests and pre-tests this self-evident as the sample practiced training method. The exercises that similar to real play for the development of physical attributes in boxing is the basis upon which the performance skills of the boxers condition that is seen through his style of play boxer rival and tactics and lies we believe the importance of this status clearly and accurately through a real performer, coupled with high accuracy of performance and speed. As for the table (6) has been shown that the experimental group had evolved in the post tests as a result of the variation of training and load training (high and low), according to physical characteristic and in line with the capacity of boxers that they were the exercises that have been trained boxers them according to the nature of the performance of any to suit the work performance Boxing real reason for the existence of these exercises, which have been codified in the form on the boxers and in a manner far from the boredom faced by boxers in the traditional exercises.

4. Conclusion

Researchers found that there is a positive effect of contrasting style training in the level of speed-strength of the arms and skillful performance (punches and defenses correct). In addition they discover that an experimental group was obtain an advantage in training to develop the physical capacity of boxers. Moreover, evolution that happened to the experimental group at the level of the variables was the result of training curriculum by disparate training. Finally, there is a positive relationship between capacity and studied variables (correct punches and defenses) to two experimental and control groups.

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