

The Effect Of A Skillful Training Curriculum On Developing Handball Shooting Skills For Young Players

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Abstract: *The handball game is one of the sports that is widely practiced and occupies a good position, as today it has become very beautiful and magnificent, it has made those practicing it the desire to express its rhythmic performance, it is a wonderful mix of many and different skills, whether it is offensive or defensive, it participates to appear with an artistic painting that crosses In it, women players are individually expressing their ability to master these skills in games, then appear more beautifully and more in a group kinetic rhythm that has artistic expressions that impress the audience, especially when the goals are scored with a high skill of accuracy and speed by the players, and the aiming skill and its different types are in football One hand of the offensive kinetic skills is the basis and column of offensive skill performance in the game, as all movements and skills finally end with aiming at the goal of the opposing team, because this skill is the final outcome of the outcome of the match, and on the other hand it is the level setting in this skill and its different types that are Through it, scoring points and identifying the winning and losing teams, the researcher used the experimental approach in the style of the experimental and control groups, while the research sample was represented by the players of the College of Physical Education and Sports Science / Diyala University team by handball, whose number is (10) players for the academic year 2018/2019, and the researcher reached a The proposed skill training curriculum significantly influences the development of shooting skill by handball.*

Keywords: *Training curriculum - skill approach - aiming skill – handball.*

1. INTRODUCTION:

Achieving good sport results at a high level has become the distinctive character of our current era, and this did not come out of nowhere. Rather, it came as a result of the use of knowledge and various sciences, as well as scientific research in the field of sports training, and therefore it has become necessary to follow sound scientific formulas in its approach to the process of sports training, In terms of its sufficiency and quality in sports, and in line with the development taking place in the countries of the world, which has become one of the priorities of modern societies to achieve advanced results sought by most countries, including Iraq, and the game of handball is one of the sports that is widely practiced and occupies a good position, as it has become today It is a wonderful mixture of many different skills, whether offensive or defensive, which participate to appear in a technical painting in which the players separately express their ability to master

these skills in matches, and then appear more beautiful and gentle in A group movement rhythm with its artistic expressions that impress the audience, especially when the goals are scored with high skill, accuracy and speed by the players, and the shooting skill and its various types are considered Handball is one of the offensive motor skills that is the basis and pillar of offensive skill performance in the game, as all movements and skills finally end with shooting at the opposing team's goal, and through the researcher's practice of the game playing and training and her continuous follow-up to the various tournaments, including the championship of Faculties of Physical Education and Sports Sciences for handball players . I noticed there is a weakness and a decrease in the level of shooting performance by jumping, and this is evident through the large number of failed attempts, the lack of successful attempts, and this is an indication of the weakness of the skillful training side of the players, and the lack of focus of coaches on correction in the training units, which confirms the lack of preparation of the correct scientific method, especially Skill preparation, including the skill of shooting by jumping, in order to raise their abilities in this skill in order to achieve optimal performance in various circumstances, especially as it is the skill through which it is possible to score goals and then win matches, and the goal of the research is to prepare a proposed training curriculum for the skill of shooting by jumping with handball for the players of the teams of the College of Physical Education and Science Sports / Diyala University for the academic year 2018/2019 and to know its impact on the members of the research sample.

2. RESEARCH METHODOLOGY AND FIELD PROCEDURES:

Research Methodology:

The researcher used the experimental approach with two groups, experimental and control, due to its suitability to the nature of the research.

Community and Sample Research:

The researcher chose the research sample in the deliberate manner represented by the two players elected by the College of Physical Education and Sports Sciences / Diyala University for the academic year 2018/2019, which amounted to (15) players. The goalkeeper of (2) was excluded due to their participation in the training skill of goalkeeping as well as excluding players (3) The reconnaissance experiment was conducted on them as well as they played defensive roles during the course of the match, so that the final number of individuals was (10) players who were divided into two experimental and control groups, each group included (5) players.

Devices, tools and means of collecting information:

Methods for gathering information:

Arab and foreign sources and references, a form for recording test results, an anthropometric registration form, tests and measurements.

Devices and tools used in the research:

Laptop, Sunny HD1080 video camera. Whistle. Sagging Stopwatch, adhesive tape, legal handball court, 10 legal handballs of Chinese origin.

Field research procedures:

Tests used in research:

Jump test:

The purpose of the test: the accuracy of the shot from the high jump.

Tools: (12) handball, a high jump device with a height of (150 cm) and the distance between the two posts is (2 m), a curtain made of fabric or strong wire completely covering the goal with (4) holes of each of them (60 cm x 60 cm) representing the four corners For the goal for accurate correction.

Method of performance: The player stands behind the starting line (according to the aiming hand) and directly in front of the vault device, holding the ball.

The player starts taking 2-3 steps, then leads a shot with a high jump to square (1) then to (2) then to (3) and finally to (4).

The performance is repeated 3 times, meaning 12 balls, three of them, into one of the four squares.

Rules: Take no more than three steps.

Scoring: A point is calculated from entering the ball into the box designated for the shot - zero is counted for the shot outside the square. - The result of a shot with more than three steps taken by the player (Al-Khayyat and Al-Hayali: 2001: 508) is not counted.

Pre-test:

The researcher conducted the pre-tests of the individuals, the research sample, in the hall of the martyr Mustafa Jawad in the College of Physical Education and Sports Sciences / Diyala University at ten o'clock in the morning on Sunday 3/2/2019. The fixation of all variables in terms of place, time and method has been taken into account in order to unify and prepare The same conditions or similar to them when conducting the post-tests.

The main experiment:

By acquainting the researcher with the available scientific resources and research, including them as much as possible, and after seeking the expertise of trainers and academics, she was able to develop his skills training curriculum for correction, as the curriculum included (24) training units divided into (8) weeks for a period of two months for the period from 10/2 / 2019 until 4/4/2019, the number of teaching units during one week reached (3) units, distributed over days (Sunday, Tuesday, and Thursday), and the time for one training unit reached (90) minutes divided into three sections, a preparatory section with a time of (15) minutes. And the head section (70) minutes divided into two parts (physical section) and its time (35) minutes and gradually decreases to (15) minutes, and (skill section) and its time (35) and gradually increases during the training units to reach (55) minutes, and finally a section Final and its time is (5) minutes. As for the time of shooting skill from the training unit, it is (15) minutes and up to (25) minutes.

Post -test:

The researcher conducted the post tests on the research sample on Sunday 7/4/2019. And this was in the hall of the martyr Mustafa Jawad in the College of Physical Education and Sports Sciences / Diyala University. The researcher intended to unify all the conditions in which the pre-tests were conducted in terms of time, place and the method used in the implementation of the test so that all the players were under the same conditions and participation. That is, fixing all the variables except for one variable, which is the independent variable.

3. RESULTS, ANALYZED AND DISCUSSED:

Table (1) shows the arithmetic mean, standard deviations, mean difference, standard deviation of differences, the calculated (t) value and the level of significance for the test, the jump shot skill of the experimental group.

Variables	Test	A	STD	A Differences	STD Difference	T	Significance
Jumping Aiming Skill	Pre-test	7.55	0.79	4.37-	1.83	8.77	Sign
	Post-test	10.73	0.85				

Table (2) shows the arithmetic mean, standard deviations, mean difference, standard deviation of differences, the calculated (t) value and the level of significance for the test, the jump shot skill of the control group

Variables	Test	A	STD	A Differences	STD Difference	T	Significance
Jumping Aiming Skill	Pre-test	7.00	0.75	1.62-	0.74	6.17	Sign
	Post-test	8.62	1.06				

Table (2) shows the arithmetic mean, standard deviations, mean difference, standard deviation of differences, the calculated (t) value and the level of significance for the test, the jump shot skill of the control group

Variables	Test	A	STD	T	Significance
Jumping Aiming Skill	Experimental	10.75	0.85	6.394	Sign
	control	8.62	1.06		

Through the results that appeared in Tables (1), (2) and (3), which included the arithmetic mean, standard deviations, and the error rate for the variable of shooting skill by jumping high with the hand ball for the experimental and control groups, it achieved its goal in knowing the effect of the educational units of the skill under investigation among the sample members. The results were in favor of the post-tests as well as the emergence of different development rates in training, and the researcher attributes this to several variables that contributed to this effect, including the implementation of requirements during the training unit through the adequacy of the units for skill and diversification in exercises, increasing iterative attempts and giving feedback as well as investing sufficient time and effort. And the appropriateness of the exercises among the sample members and this enabled the players to perform them without exception, and this is what was confirmed (Mufti: 1998: 199), “The choice of the trainer for exercises with gradual difficulty will increase the experience of the players.” The clarity of the general goal of the educational units and his harmony with the players. And their employability led to a clear improvement in performance and this is what (Fouad: 1989: 177) indicated that “the clarity of goals and their identification in behavioral images or specific performance levels are meaningful and Effectiveness, as well as that regular training or learning can lead to positive results and the latest changes in the training and educational process, and this means that the curriculum is what led to this development, and the researcher also attributes the reason for this to the fact that the training curriculum prepared by her has significantly affected The training process and the growth of physical fitness well and speed of movement and this corresponds to the distribution of the intense exercise method, which helps to develop these factors by increasing the number of

repetitions in the exercise, which in turn leads to gaining physical fitness and muscle strength for performance that helps to benefit from correcting errors from observing and comparing their performance. With the correct model, in order for the exercise to take its place in learning the skill, many iterative attempts must be made in order for the player to have an improvement in the skill and its mastery, and this is what was confirmed by Shmidt. (2006: 2000: Schmidt), and the researcher also attributes the development occurring among the members of the experimental group to the nature of the approach through the use of more modern exercises that help in developing the strength Muscular in the lower extremities, which generates a high explosive force towards the top and increases the ability of the athlete to utilize as much time as possible to take as much as possible during the period of flight and aim towards the target as well as the participation of a group of body muscles that have a relationship to motor performance, which leads to a reduction in the rate of early fatigue and this. What was confirmed by (Ibrahim: 1998: 198), "The new skill causes rapid fatigue for the trainee. Therefore, there must be repetitions in the skill or movement performance, but it is during short periods to ensure "comfort" and since the shooting skill is one of the basic offensive skills," which is one of the most important and which is. Players must master it, along with constant training and rest." (Internet: 2000).

4. CONCLUSIONS AND RECOMMENDATIONS

Through the results that emerged, the researcher concluded that the proposed skill training curriculum has a significant effect on developing the skill of shooting by jumping with handball among individuals of the research sample, in addition to the existence of statistically significant differences between the pre and post- tests of the experimental and control group and in favor of the dimensionality in the skill under discussion, and the existence of differences. Significant statistical significance between the two post-tests for the experimental and control groups and for the benefit of the experimental group in the skill under discussion, and the researcher recommends the necessity to generalize the vocabulary of the proposed skill curriculum to the Faculties of Physical Education to take advantage of its vocabulary in training student teams. The special curriculum that works to develop the levels of players when preparing their college teams, and emphasizes the stage of skill preparation when implementing the vocabulary of the training curriculum and for all skills, especially the skill of shooting of various kinds.

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