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Using an educational method according to special exercises to perform the skill of bow and develop flexibility for cub wrestlers in Iraq

Mohammed Khalid Awad, Khulood Juma Qasim, Shaima Habib Ali

University of Baghdad, Faculty of Physical Education and Sport Sciences, Iraq

mohamed.k@cope.uobaghdad.edu.iq, kholoud.j@cope.uobaghdad.edu.iq,
Shaima.H@cope.uobaghdad.edu.iq

Abstract.

creating unique exercises utilizing a teaching approach that works with the research sample, determining how special exercises affect the development of torso flexibility, and determining how special exercises affect the development of bow ability. Activate the search The results of the pre- and post-tests for the control and experimental research groups show a statistically significant association that is favoring the post-test in the development of bow skill performance Using the experimental technique, the researcher set up one group and gave them two tests (pre and post) based on scientific theories that made sense for the topic at hand. Forty adolescent wrestlers from the Adhamiya Club in the Baghdad Governorate were recognized by the researcher. The researcher selected, at a ratio of 20, an age group consisting of only those between the ages of 12 and 14. 50% are wrestlers of the research's initial population. In terms of gathering data, the researcher employed the intended approach—the stretcher. Because the created educational technique is simple to use and produces accurate numerical results, the researchers came to the conclusion that it has demonstrated its potential to increase the flexibility of the thoracic muscles. The study suggests that sports clubs incorporate instructional techniques into their training programs.

Keywords. Teaching aid, Special exercises, Bow skill, Flexibility, Gladiators

Introduction

The scientific revolution that the world is experiencing today has left its clear effects on the totality of human life, earning it its wide development and providing it with great prospects and on various fields and the need for studies and research in various sciences that have a direct relationship to raising the level of sports performance, especially in the recent period of time, and the use of educational means is one of the most important basic pillars in the game of wrestling as these means contribute to raising the level of the wrestler and refining his physical and skill capabilities, Countries knew the importance of the game of wrestling in its two parts (free and Romanian), as countries paid a lot of attention to international participations as they invest many medals that struggle and compete in achieving them and in our Iraqi country the game of wrestling is characterized by a distinct place

Crystallized in that the skill of the bow of the basic and very important skills in wrestling, and the researcher is one of the players of the Iraqi team previously and followed many local, Arab and international championships in which our wrestlers participated and local training to teach young wrestlers, Note that the success rate of these skills is weak and through personal interviews the researcher concluded that there is a weakness in the level of flexibility and its indicator is the inability of the wrestler to perform this skill, so the researcher resorted to designing an educational tool to help avoid this problem and test new training methods for this purpose. There is a statistically significant relationship between the results of the pre- and post-tests of the control and experimental research groups in developing the performance of the bow skill and in favor of the post-test.

Methods

The human field is a sample of the wrestlers of the Adhamiya Club cubs and the spatial field in the hall of the Adhamiya Club in Baghdad and the time field on 4/6/2022 until 27/8/2022

Previous studies:

Faeq Qasim Team Study 2004

PhD thesis (the effect of a proposed training curriculum for the development of some special physical qualities and their relationship to the level of performance of some throwing grabs (kidnapping) in Roman wrestling) The study aimed to prepare a proposed training curriculum for the development of some special physical qualities and their relationship to the level of performance of some throwing grabs (kidnapping) and the extent of the impact of the proposed training curriculum in the development of some special physical qualities and the level of performance of some throwing grabs (kidnapping) and the relationship between some The physical characteristics of the level of some throwing catches (kidnapping) and the researcher used the experimental method on one equivalent group to implement research procedures before and after. He concluded that the proposed training curriculum had an effective impact on the development of the physical qualities of the performance under study. The statistical results also showed that there are significant differences between the pre- and post-tests and in favor of the post-test of the research sample after conducting the experiment, and a clear development appeared in the level of technical performance of the throwing handles.

(Ali J. A. Study 2013) Master's Thesis "The effect of some training aids in developing the technical performance of some over-the-chest throwing handles for wrestlers aged (16-17) years"

The study aimed to prepare special exercises using some auxiliary training methods to develop the technical performance of some over-the-chest throwing handles for wrestlers and to identify the impact of development in the use of some training methods to help develop the technical performance of some over-the-chest throwing handles for wrestlers.

The researcher used the experimental approach in the experimental and control group method to implement the research procedures before and after. He came to conclusions, including that the proposed special exercises have a positive impact on the development of the technical performance of some over-the-chest throwing handles for wrestlers and that the auxiliary training methods have a positive impact on the development of technical and motor performance of wrestling players. Other skills or in other sporting events, and the use of the proposed special exercises in developing the technical performance of some over-the-chest throwers for wrestlers.

Method and tools:

The researcher used the experimental approach by organizing one group with two tests (before and after) according to scientific foundations that suit the research problem, as the researcher identified the community wrestlers cubs in the Adhamiya Club in Baghdad province, where it included 40 wrestlers and the researcher chose them the age group confined between (12-14) years and by 20 wrestlers and represents 50% of the original community of the research, either in the aspect of data collection, the researcher used the designed means (carrier) shown in Appendices, a Swiss ball that contains a belt fixed in the back by linking the firm of the abdominal area and the method of performance: from a standing position, the player bends back and tries to throw his body back and do the process of arching the back and touching the ground with the hand and standing on the hand and return to the primary position and the scientific foundations were conducted for it in both honesty, stability and objectivity and display the final statistical features of each test, which were as follows

1- Test for spinal flexibility

Purpose of the test: - Measurement of the posterior elasticity of the spine.

Tools: - Tape measure divided in centimeters.

Performance specifications: - From the prone position, the palms intertwined above the back fixed the lower end by a colleague, the tester slowly lifts the trunk back to the maximum extent he can and hold for (2 seconds)

Conditions:-

- Three attempts are given.
- Give a minute rest between each attempt.
- Performance specifications are taken into account.

Sign up:-

The course is measured from the bottom of the chin to the ground level by measuring tape, so that the tape is in a vertical position on the ground and in front of the head tested during the measurement, provided that the zero is in contact with the ground, recording the best attempts.

2- Bridge test (bridge or back arch)

Purpose of the test: - Measurement of spinal flexibility. Used tools: - tape measure, rug, chalk.

Organization: - Lying on the back with the legs bent and the feet close to the hip with the hands placed on the sides of the head, provided that the fingers are facing towards the heels.

Performance description: - At the signal, the laboratory works to raise the entire trunk to the top with the arms and legs extended to make the back arch in the range that it can.

Measurement method: - The distance between the nearest point from the inside between the palms and heels is determined and these two points are indicated with chalk and then the distance between them is measured by a tape measure, and this distance is an indicator to measure the flexibility of the spine

Note/- Elbows and knees should not be bent while performing the back arch.

- The laboratory performs two attempts and takes the best attempt.

And try these tests on the survey sample, and then apply them on the wrestling mat

Field Research Procedures:

Results and discussion

The first training unit was conducted on Sunday, 4/6/2022, and the last training unit on Sunday, 13/8/2022, the researcher adopted the educational exercises prepared by him, as the

researcher prepared the exercises according to the skill performance and the kinetic path required by the skill. Some matters were addressed after discussing it with experts to reach the best formula for work and come up with the curriculum in a way that achieves the goals for which it was set and the experience was The main for a period of (11) weeks Through the experience of the researcher, it was found that most of the changes resulting from education usually occur during the first period of the program within (9-14) weeks)) and within the period of special preparation The total time is (120 minutes) for the training unit, i.e. (two hours) per day and the total time during the week is (four hours), i.e. (240 d) per week and the total time of (11 weeks) is (2640 d) is (44 hours). The time of application of the training program took (eleven weeks) and at a rate of (two units) training per week are days (Friday, Monday). The time of each training unit (ranging from twenty to twenty-five minutes) and the total training units during two and a half months is (twenty-one training units) the total time is (525) minutes, i.e. the exercises of the aid. Taking into account the individual differences between the players and their special physical and motor abilities, using the opinions of experts in the science of sports training and wrestling. The time used by the researcher in the main section of the trainer's curriculum, which was (from 20 to 25 minutes) and the exercises of the training program were special to develop performance flexibility at the beginning of the main section of the main curriculum of the trainer, and the exercises were similar to the kinetic paths of the skill that is under study. The researcher was only responsible for his training program specified in a time (20-25 minutes) only, as he stands by without interfering with the training work and is not responsible for the trainer's curriculum, The trainer was also responsible for physical exercises, educational exercises and the closing section of the experimental and control groups. In the exercises of his training program, the researcher used different forms of exercises and using the educational aid to achieve the research objective. After that, these exercises are applied to one player after another, and in the case of applying the exercises in one group, taking into account giving breaks between one exercise and another, according to the performance time, it will be practiced.

Statistical Methods The researcher used the statistical bag (SPSS) to extract values

And recording the data in the data dump form and the means of collecting information were represented in, the international information network Internet, observation and experimentation, tests and measurements, personal interviews, the assistant work team, and after processing the results and presenting them in the tables, the researcher reached to achieve access to the research objectives

Presentation and analysis of the results of the physical tests before and after the research sample: The researcher used statistical means of data in the experimental group of variables that were used in the research to find out the real difference as the results built in the table below were reached:

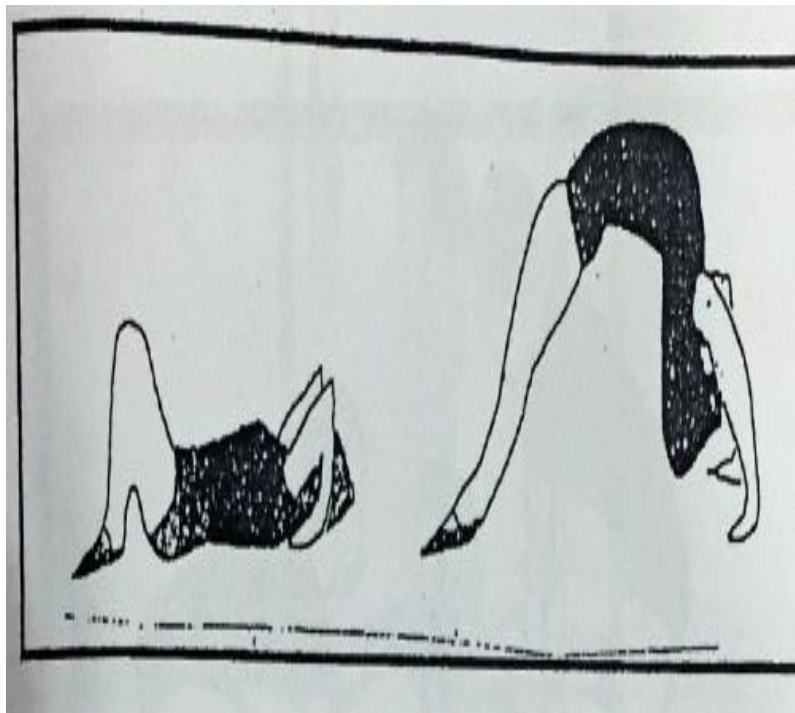
Table (1)

Significance	Sig	T Calculated	Post-test		Pre-test		Variables
			B	S	B	S	
Moral	0,00	16.71	12.13	63.57	12.94	59.30	Arc of the back
Moral	0,00	21.35	4.98	41.30	5.36	36.50	Flexibility of the spine

Supplements



First Test (1)



First Test (2)



(Carrier) teaching aids

shows the arithmetic means and standard deviations of the physical research variables before and after the experimental group and the calculated value of (T). Through Table (1), the following results of the research variables in the research sample appeared to us, which is in the sequence of the test (bridge), where the arithmetic mean in the pre-test reached (59.30) and a standard deviation (12.94) and the arithmetic mean of the post-test reached (63.57) and a standard deviation of (12.13) and the calculated T value (16.71), which indicates a significant difference between the results of the pre- and post-tests and in favor of the result of the post-test . And that the value of the arithmetic mean of the test (flexibility of the spine) in the pre-test reached (36.50) and standard deviation (5.36) and the arithmetic mean of the post-test (41.30) and standard deviation (4.98) and the value of T calculated (21.35), which indicates a significant difference between the results of the pre- and post-tests and in favor of the result of the post-test.

Statistical Methods: The researcher used the statistical bag (SPSS) to extract the values

Means of collecting information:

- 1- Arab and foreign references and sources.
- 2- Internet Information Network.
- 3- Tests and measurements.
- 4- Assistant Team

Devices and tools used:

- Data dump form.
- Sling
- Wrestling mat.

Discussion

Through what emerged from the results, we show the link of the great and moral relationship that binds the element of flexibility because the fact that flexibility "plays an effective role in various sports movements after taking into account the nature of motor performance, where the range of movement varies from effectiveness or sports game to another game." (Mufti Ibrahim Hamada, 1998: 152). The skills researched by the researcher distinguishes their performance by strength and speed as physical qualities and high flexibility as a kinetic element. When the integration of these qualities occurs with the control of skill performance, success becomes the share of these skills because "many sports events must be characterized by sufficient flexibility so that it can perform difficult and high-quality skills" (Mohamed Ibrahim Shehata, 1995: 110). The researcher was keen to prepare exercises for flexibility codified because "the increase in flexibility from the normal limit would lead to a negative impact on motor performance" (Wadih Yassin and Hajjar, Yassin Taha Muhammad Ali: 62). Also, flexibility may reflect negatively on performance through "the body taking the wrong positions and affecting some other components" (Muhammad Sobhi Hassanein, 1995: 342). The development of flexibility in the game of wrestling requires upgrading the elasticity of the muscles and ligaments of the joints involved in the performance along with other physical and motor qualities. The stretching system increases the range of motion in addition to the ability of the joints to withstand heavy loads, as flexibility develops and increases as a result of training daily, The wrestlers must practice it daily so that they can get the possibility of balance bridge wrestling (bowling) because of the effective impact in the development of flexibility of the spine and the main muscles working on it, especially the sacral spinal muscle, which plays an important role in saving the wrestler from losing the fight when the development of neck flexibility, the curvature that determines the emergence of the force generated by the abdomen abdominal muscles, which represents the same condition for the appropriate achievement of the thoracic protrusion during the placement of the bend in the bridge (arch) The neck area can afford the addition that special flexibility exercises should take the distinctive shape of the wrestler's movements and grips and that their choice should be according to the range of motion of the joints. Flexibility exercises can be performed with a colleague or with puppets or with devices and tools, as well as through Swedish exercises (Hamdan Rahim Al-Kubaisi, 2010: 169-170).

Conclusion

He concluded that the designed educational method has proven its capabilities in developing the flexibility of the trunk muscles, as this method is characterized by ease of application to it as well as gives an honest digital result. The researcher recommends the introduction of educational aids within the training curricula of sports clubs because of the positive and effective results in the development of special flexibility and the development of performance skill bow without fear or hesitation by the player and thus improve the level of performance. The researchers recommend conducting studies in the creation of means that serve and develop the game of wrestling.

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