The Effect of Special Vital Exercises to Force the Opposing Team to Commit Mistakes and Legal Irregularities in Handball

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Abstract

That the multiplicity of skills and plans offensive individual and collective handball players was also accompanied by the development of defensive aspects, which led researchers to use and experimenting methods that are highly influential on the performance of individual defense and collective and offensive, so the importance of research by finding some exercises, The ball directly, but also affect the competitor and push him to commit errors and legal irregularities to benefit from the contribution studied in the increase of penalties and progressive suspension cases . In this case, the problem of research was not to exploit the imposition of individual and individual punishments imposed by the law, but to limit the interest in directing the players not to make these irregularities and mistakes to avoid penalties. Therefore, exercises were put in place for forcing the players of the opposing team to commit violations and legal errors. The effect of some exercises in forcing the opposing team players to commit mistakes and legal irregularities the researchers hypothesized that there were significant differences between the tribal and remote tests of the two groups and for the benefit of the remote tests. There were also significant differences between the tests of the two groups of research and for the experimental group. The researchers used the experimental method. The research community was determined by the players of the Karbala University team for the academic year 2011/2012 and for the Karbala youth handball players for the handball at the age of 18-20 years. A sample of (30) players from this society were selected and divided equally into two control groups. The results came in favor of the experimental group, and the researchers concluded that the special exercises used were of interest to the players in forcing the opposing team to commit legal errors and irregularities. This type of exercise has a great positive impact on the outcome of the game and thus achievement especially for players of age groups. The researchers recommended that trainers adopt this type of exercise in their training and use it for younger age groups, which are likely to have greater results because they are less aware of the law and its applications.

Keywords: Vital exercises, force, opposing team, commit mistakes and legal irregularities.

Introduction

That the progress of sport in all societies has become equally important evolution of other aspects of life, such as the economic and social aspect of the importance of building the human integrated from the physical and mental aspects and this is confirmed by modern scientific studies, and the development of sports in a society indicates the degree of advancement of that society was This is evident in all ages and in all countries.

There is no doubt that the practice of mass sports, including handball, is a great interest, which led to the development of this game through research and analysis of all its related to the tactical and skill of the game, and that the search led to a remarkable leap in the side of individual and collective preparation of the player. This was the result of the development of the training process, which has become aimed at the rehabilitation and development of the level of performance of the athlete who is exposed to training programs in accordance with modern scientific methods, had to be renewed in the training process for the player on the basis of scientific thought and this was through scientific research accurate and
contemporary for that Wraith in the skill and plan.

The multiplicity of individual and collective offensive skills and plans of handball players was also accompanied by the evolution of defense, prompting researchers to explore new ways to be highly effective in individual, collective and offensive defense performance.

That the handball is the same as any other group game, in the case of continuous competition between the offensive situation and the defensive situation and try each of them to desire to excel in the other in this confrontation using all elements of physical training and skill, planning and others, but according to the researchers that they are interested in this game For the various training of most trainers and the follow-up of scientific research, it was stated that there was no interest in exploiting the provisions of the law of individual and individual penalties to be used in the game, but only to guide the players not to make these irregularities and mistakes to avoid penalties.

This in mind, the researchers put the view exercises push or force the players of the opposing team to commit violations of legal errors and to take advantage of the sanctions imposed on them, demarche of researchers in supplying this game based on some ideas and trends in modern game development level in Iraq, God willing.

Successful plans require sportsman self-work and creative ability based on good behavior and innovation, and generally prefer to learn in terms of the schematic to begin to learn the defensive aspects due to the reasons of machines.[1]

Hence, the importance of research in the creation of some skill and tactical exercises that not only lead to the cutting of the ball directly, but also affect the competitor and lead him to commit mistakes and legal irregularities, allowing the team to take advantage of some tactical positions resulting from these errors and violations as well as the studied contribution to the increase penalties. The escalation on the opposing team to serve the plans set and make the most of those mistakes.

Research Methodology

The researchers chose the experimental approach because it is the most appropriate approach to the goal of research. [2]

Society and the Research Sample

After the researchers identified the research community in the players of the Karbala University team for the academic year 2011-2012, and the players of the Karbala Youth Forum for handball, ages 18-20 years (56) players, a sample of (30) players from this society was selected in random selection using the lot, this sample represents 34% of the research community, and they were divided equally into two control groups. The researchers performed homogeneity and equivalence of the two groups in physical measurements (height weight training age) as well as other search variables as in Table (1) and (2).

![Figure 1: Explains community and sample research](image-url)
Table 1: Shows the homogeneity among the research sample members in weight, length and age of training

<table>
<thead>
<tr>
<th>Variables</th>
<th>Units</th>
<th>Mean</th>
<th>Median</th>
<th>STD.EV.</th>
<th>Skewness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight</td>
<td>KG</td>
<td>300.52</td>
<td>600.54</td>
<td>80.7</td>
<td>88.0</td>
</tr>
<tr>
<td>Tall</td>
<td>Cm</td>
<td>2.175</td>
<td>6.174</td>
<td>25.4</td>
<td>41.0</td>
</tr>
<tr>
<td>Training age</td>
<td>Year</td>
<td>2.2</td>
<td>1.2</td>
<td>90.3</td>
<td>77.0</td>
</tr>
</tbody>
</table>

All values of the torsion coefficient for the variables (length, weight, training age) range from ± 1, indicating that all members of the sample are homogeneous with length, weight and age of training.

Table 2: Shows the parity between the experimental and control groups in length, weight, errors and legal irregularities

<table>
<thead>
<tr>
<th>Variables</th>
<th>Experimental group</th>
<th>Control group</th>
<th>(t)calc</th>
<th>(t)tabular</th>
<th>(t)</th>
<th>Significant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tall</td>
<td>Mean: 175</td>
<td>Mean: 8.170</td>
<td></td>
<td>2.1</td>
<td>2.23</td>
<td>Non Sig.</td>
</tr>
<tr>
<td>Weight</td>
<td>STD.EV: 6.3</td>
<td>STD.EV: 9.5</td>
<td></td>
<td>2.12</td>
<td>2.06</td>
<td>Non Sig.</td>
</tr>
<tr>
<td>Legal errors and irregularities</td>
<td>3</td>
<td>6.2</td>
<td>1.85</td>
<td>0.29</td>
<td>2.306</td>
<td>Non Sig.</td>
</tr>
</tbody>
</table>

*Under the level of significance (0.05), degrees of freedom (28).

**Research Tools**

Search tools are among the most important aspects to be considered. Research tools are the basic means upon which the researcher must rely in order to reach the results to be achieved. [3] The researchers used the following:

- Note the two types (subjective, technical).
- Test and Measurement.
- Information collection form.
- Chinese P4 Calculator (1).
- Whistle (1).
- Stopwatch (1).
- Hand balls number (4).
- Handball field.

**Pilot Study**

The exploratory experiment is one of the most important necessary procedures undertaken by the researcher before conducting the final or main experiment in order to test the research methods and tools and to indicate the requirements of accurate and correct work without difficulties.

The exploratory experiment is a practical training for the researcher to stand for the negatives that he encounters during the test in order to avoid them in the future. [4]

The researchers conducted their exploratory experiment on Thursday (20/11/2011) on a sample selected from the research community of (10) players, and at the Youth Stadium.

**The Aim of the Pilot Study is**

- Ensure that the devices and tools used are adequate.
- Ensure the extent of the possibility of implementation of the experiment by the members of the sample.
- Finding the scientific weight of the candidate tests (honesty, stability, objectivity).
- Ensure the efficiency of the working team, how to organize their work, and the organization of instructions and instructions, presentation and feedback and timing and dimensions, and the formulation of administrative formulas for the control of the implementation of work.

**Pretest**

After completion of the procedures that qualify for the basic experiment and under the same circumstances during which the pilot experiment was conducted, the researchers started the basic experiment on the members of the research sample.

The tribal test was conducted in the hall of the Faculty of Physical Education, Karbala University on Tuesday, 92/11/2011.

**Training Program**

The researchers prepared a special training curriculum to develop the subject of the study, distributed to 27 training units at 3 units per week. The exercise time ranged between 37-55 minutes from the main part of the training module.

The course lasted for 9 weeks while the control group took the usual approach assigned by the coach.

**Posttest**

After completing the training course, the researchers conducted a post-test of the research sample on Thursday, 3/2/1220.

The researchers prepared in advance the same conditions as the tribal test in terms of
time, place, and test tools and with the help of the auxiliary team itself.

Results and Discussion

View, Analyze and Discuss Test Result

Table 3: Shows the results of the legal errors and irregularities and the calculated tabular (t) value of the experimental and control groups

<table>
<thead>
<tr>
<th>Groups</th>
<th>Pretest</th>
<th>Posttest</th>
<th>(t)calculate</th>
<th>(t)tabulate</th>
<th>Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>STD.EV.</td>
<td>Mean</td>
<td>STD.EV.</td>
<td></td>
</tr>
<tr>
<td>Experimental</td>
<td>3</td>
<td>2.45</td>
<td>7.2</td>
<td>4.21</td>
<td>2.776</td>
</tr>
<tr>
<td>Control</td>
<td>2.6</td>
<td>1.85</td>
<td>2.8</td>
<td>2.71</td>
<td>0.34</td>
</tr>
</tbody>
</table>

* Under the level of significance (0.05) and degree of freedom (14)

Table (3) shows the results of the legal errors and irregularities of the experimental and control groups. The results of the arithmetical mean and the standard deviation of the test of the experimental group (3) and (2.45) for the test (7.2) and (4.21) for the purpose of knowing the significance of the differences between the two tests (4) and below the level of significance (0.05), indicating significant differences in favor of the post-test. The results of the arithmetic mean and deviation In the control test of the control group, it was (2.6) and (1.85) and for the post test (2.8) and (2.71), either the value (T) calculated to determine the significance of the differences between the tribal and the remote test, which reached (0.34) With a degree of freedom (4) and below the level of significance (0.05), indicating that there are no significant differences in the tribal and remote tests. For the purpose of comparing the results of the two tests of the two groups in the commission of errors and legal irregularities, the test (t) between two independent samples to know the significance of the differences between them and as shown in Table (4).

Table 4: Showing the results of the commission of errors and legal irregularities

<table>
<thead>
<tr>
<th>Groups</th>
<th>Posttest</th>
<th>(t)calculate</th>
<th>(t)tabulate</th>
<th>Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>STD.EV.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Experimental</td>
<td>7.2</td>
<td>4.21</td>
<td>4.78</td>
<td>2.306</td>
</tr>
<tr>
<td>Control</td>
<td>2.8</td>
<td>2.71</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Under the level of significance (0.05) and the degree of freedom (28)

The value of the test (T) calculated (4.78), which is greater than the value of the scale of (2.306) and the degree of freedom (8) and below the level (0.05), indicating that there are significant differences in the post-test and for the benefit of the experimental group, which returned the best impact to force the opposing team to make mistakes and legal irregularities because their arithmetic mean was greater than the control group. In discussing the results of the research presented in Table (3) for the tribal and remote tests of the two groups, there was a significant difference in forcing the team to commit mistakes and legal violations of the experimental group, while this difference did not appear in the control group. Which is clearly explained by Table (4) with the emergence of significant difference for the benefit of the experimental group, and this is what confirms the existence of problem achieves research hypotheses. What has been used in the method of training is based on the principle of forcing the opposing team to make mistakes and legal irregularities, and this certainly depends on important aspects, including aspects related to the skill and plan, as well as related to the skill and plan as well as psychological and physical health of the player, in addition to that time of the game Which is one of the important things in pushing players to make mistakes and legal irregularities, as the time of play between the two teams, especially in the last minutes,[5,6] may be a negative indicator affects and destabilizes the players and cause legal errors, which affects the Consciousness play and thus affect the results of the game. So the preparation of the players from the physical and psychological aspects and skill depends largely on the development of physical capabilities associated with the
psychological aspects.[7] The ability of the players to overcome the remaining time of the game using the psychological exercises used in the training program in the current research has identified more than half of their chances of winning, especially when competing with the competing team within the same level of preparatory public and private.[8] The use of psychological skills with exercise is not only the time of competition is very important for their association with their achievements during the exercise and also during the competition in sports. Sources the more the use of these psychological skills by athletes before the competition, the more likely that they consider themselves successful not only before the competition, but also during competition.[9]

Figure 2: Explain the results of the pretests and the value (t) calculated between the two groups in the commission of errors and legal irregularities

Conclusion

Through statistical treatments, the researchers reached the following conclusions:

- The special exercises used are of interest to the players in forcing the opposing team to commit legal errors and irregularities.
- This type of exercise has a great positive impact on the outcome of the game, and then achievement, especially for players of age groups.
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References

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