

# **Developing the special force and its impact in electrical muscle activity and performance of the skill Sallto forward of the floor mat for juniors**

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**2021**

## **Abstract**

The sport depends on the attribution of muscle power dramatically and in particular the movements of its skills for the speed and elaborating force for men and arms, which have a significant impact on improving the level of technical performance for many skills and evolving the required format and then the training process must then work on better use Methods, methods, methods and modern techniques and techniques for the development of the special muscle strength. Implementation of motor duty is providing clear and important signs of the possibility of nervous electrical muscle and economy with efficiency and energy saving. Technical performance for the skill The restriction of the straight forwarding on the ground movements. The aim of researching exercises for the development of special forces and men, and assumed researchers, presumed statistically significant differences between the results of tribal and diminishing tests in the variables of electric muscle activity and performing the skill of the front of the stress movements of the pilot and control groups. The researchers identified the search community They train at the Specialized Training Center to the Directorate of Youth and Sports (8) (8-13) players (11-13) years. The researchers have concluded the positive impact of special force exercises in improving the values of electrical activity indicators of measured muscles between the tribal and opposing groups of the experimental group and the benefit of the interview.( EMG) to detect the strengths and weaknesses associated with motor performance

## **1 - Definition of Research**

### **1-1 Introduction to research and importance:**

The growing development of the science of sports training and its applied importance made it necessary to search for roads, methods, methods and new techniques and techniques to keep pace with evolution. The performance in the sports field has made great progress over the past few years. The imagination is imaginative in the past, reaching high levels and achieving sports achievements. The exciting training (external pregnancy) affects the largest number of motor units working towards a skilled goal, modern playback requirements impose some changing attitudes due to the frequency of performance, which requires a type of physical characteristics that are suitable with the nature of the situation and the goal. Each kinetic skill with special physical capabilities with a positive impact on the performance level of that skill is sports activities It depends on muscle power and its players must be characterized by the physical and gym. The bonded for men and arms that have a significant impact on improving the level of technical performance for many skills, so the training process must work on the use of the best ways, methods, methods and modern technologies and technologies for the development of the special muscle strength, and the EMG is one of the modern means and technologies. The sports side is informative about the activity and nature of the human body. It is important through a statement of the importance of the special force of the players sport The effectiveness of an (EMG) is detected in the detection of electrical activity working in technical performance for the skill of the front and forward-minded pneumatic tool on the road and investment and development of various skills performance .

### **1- 2 Research problem:**

The muscle force is one of the most important physical qualities for the player, which enables it to perform or reduce the movements of the force, cut or install it. Straight on the roads of the land movements, which are basically one of the special requirements of the device within the second group of difficulty (B), which must be performed during the kinetic chain to get the player's requirement and to teach this skill and develop them in the right way Perform other skills with higher difficulties by adding or linking them with another movement so and in progress, the problem of research is reflected in several factors, including the weakness of special power and the lack of modern technologies and the lack of information on electricity activity and its response to the performance of training, which led to poor performance Technical for the skill of the front of the straight forwarding on the ground movements, and here The researchers have addressed this problem and develop solutions and scientific and practical processors by adopting electrical muscle activity variables and placing exercises for the special force to develop a Sallto forward aerobic skill on the ground movements..

### **1-3 Research objectives:**

- 1 - Preparation of exercises for the development of the special force of two legs the research sample.
- 2 - Identify the impact of the development of the special strength of legs in electrical muscle activity and performance a straight of the skill Sallto forward of the floor mat.

### **1-4 Research hypotheses:**

1. The presence of statistically significant differences between the results of tribal and diminishing tests in the variables of electrical muscle activity and performance of the skill of the front, straight forward on the routes of the land movements of the experimental and control groups
2. There are statistically significant differences between the experimental and control groups in the results of dimensional tests in the variables of electric musculoskeletal and performance of a straightforward-stricken aerobic skill on the ground movements between the two groups

### **1-5 Research fields:**

- 1-5-1 The human field / players of the artistic Gymnastic of the Union in Dhi Qar.
- 1-5-2 Spatial area: The training center of the Union of JMC in Dhi Qar Governorate.
- 1-5-2 Time / for the period from 5/11/2019 until 4/1/2020.

## **2 - Research approach and field procedures:**

### **2-1 Research curriculum;**

The researchers used the experimental curriculum (designed equal combinations).

### **2-2 Sample OF Research:**

The researchers identified the research community with an outstanding jewelry players who train at the Specialized Training Center of the Directorate of Youth and Sports (8). 8-13 years old (11-13) years. Search, as there is no other training center for the same level of players as well as for ages itself, and the researchers adopted the draw method divided into two groups (experimental and control). (Table 1)

**Table (1) The sample homogeneity shows in research variables**

variables	measurement	Mean	Std. Deviation	Skewness
<b>Length</b>	cm	133.833	1.602	-0.041
<b>Weight</b>	Kg	32.666	1.632	0.383
<b>Age</b>	year	12.333	0.816	-0.857
<b>Training years</b>	year	4.500	0.547	0.000

(1) All values of the torsion transactions in the research variables ranged from (0.857 and 0.383), which is limited between (3 + and 3.3), indicating the distribution of sample discounts in these variables and to avoid Factors affecting the results of the experiment, researchers made parity between the experimental and control groups in the search variables, which explains a table (2)

**Table (2)**

**The equivalence of the two groups shows the research variables**

variables		measurement	Control group		Experimental Group		T value	Sig. (2-tailed)
			Mean	Std. Deviation	Mean	Std. Deviation		
Electrical activity The rocky muscle right mounts	<b>peak</b>	M/V	<b>695.32</b>	<b>144.56</b>	<b>584.21</b>	<b>52.77</b>	<b>1.44</b>	<b>0.199</b>
	<b>space</b>	M/V/sec	<b>210.76</b>	<b>19.82</b>	<b>197.31</b>	<b>18.55</b>	<b>0.99</b>	<b>0.360</b>
	<b>time</b>	M/sec	<b>0.56</b>	<b>0.03</b>	<b>0.70</b>	<b>0.09</b>	<b>1.05</b>	<b>0.334</b>
Electrical activity The straight muscle is left mounts	<b>peak</b>	M/V	<b>584.75</b>	<b>77.14</b>	<b>497.75</b>	<b>44.45</b>	<b>1.95</b>	<b>0.099</b>
	<b>space</b>	M/V/sec	<b>215.26</b>	<b>18.61</b>	<b>198.94</b>	<b>19.13</b>	<b>1.22</b>	<b>0.268</b>
	<b>time</b>	M/V	<b>0.63</b>	<b>0.02</b>	<b>0.70</b>	<b>0.09</b>	<b>1.52</b>	<b>0.179</b>
Electrical activity The Gynecological right muscle	<b>peak</b>	M/V	<b>756.41</b>	<b>139</b>	<b>683.12</b>	<b>31.00</b>	<b>1.16</b>	<b>0.290</b>
	<b>space</b>	M/V/sec	<b>187.64</b>	<b>16.00</b>	<b>152.77</b>	<b>33.00</b>	<b>1.92</b>	<b>0.103</b>
	<b>time</b>	M/V	<b>0.65</b>	<b>0.03</b>	<b>0.55</b>	<b>0.09</b>	<b>1.69</b>	<b>0.141</b>
Electrical activity The Gynecological left muscle	<b>peak</b>	M/V	<b>754.45</b>	<b>128</b>	<b>541.33</b>	<b>44.54</b>	<b>1.18</b>	<b>0.282</b>
	<b>space</b>	M/V/sec	<b>0.63</b>	<b>0.03</b>	<b>0.71</b>	<b>0.08</b>	<b>1.64</b>	<b>0.152</b>
	<b>time</b>	M/V	<b>5.398</b>	<b>0.264</b>	<b>4.921</b>	<b>0.9</b>	<b>1.02</b>	<b>0.347</b>
Skill test	<b>degree</b>	<b>5.398</b>	<b>0.264</b>	<b>4.921</b>	<b>0.9</b>	<b>1.02</b>	<b>0.347</b>	

## **2.3 Means of collection information:**

### 2-3-1 Personal interviews:

The researchers conduct personal interviews with some specialists in the field of sports and sports training (appendix 1) to take advantage of their views regarding discussions.

### 2.3.2 Scientific observation:

The scientific observation researchers used as a means of collecting information by viewing and stocked (CD).

### 2.3.3 Arab and foreign sources.

### 2.3.4 International Information Network (Internet).

### 2-3-5 tests and measurement.

## **2-4 Search tools and equipment:**

Machine (EMG) for measuring electrical activity - metal measurement tape - medical balance - Sufficient your gym diverse in fish and size - Holder Tri-DVD - Flash RAM (1) Capacity (4G) - Electronic Stopwatch - Electronic Calculator - Whistle - Desktop - Laptop with accessories - Magnesium - Video Camera Type (Sony) - Photographic Camera Type (Panasonic) - Legal ground movements.

## **2-5 Measurements and tests used in Research:**

### **2-.5.-1 Measurements of length, weight, age and training age**

### **2-5-2 The vertical jump test of stability (2.91:1987)**

- Purpose of testing: Measuring indicators of electric muscle activity for muscles specified in men by exposing muscle for the required effort.

- **Tools and Supplies:** Meter Electric Meter (EMG) with Bluetooth Device and Special Plug, Belt Installing Device around Waist, Flexible Floor Reduction.

#### **- Test Description:**

- The player stands ready for performance dependent on the paid, which gets the muscles of the man, by establishing his arms behind the body, with a view to accreditation as possible to push the two men without helping the arms to complete the jump process.

- After installing an (EMG) on the player's waist and linking sensory streams on the muscles to be measured, starts with vertical deposit from stability after giving his ear to obtain a clear signal from the device.

- The laboratory is given two attempts and the degree of laboratory is the rate of attempts.

## **2-6 The skilled test on the equipment of the land movements:**

The researchers conducted a skilled sample test. The three grades are the player.

## **2-7 exploratory experience:**

The researchers conducted a survey on Sunday, 30/10/2019,

Weights and sample lengths for homogeneity purposes.

Ensure the availability and resumption of devices and tools used to research.

Identify time taken and appropriate arrangement for tests and measurement.

Selecting some exercises given in the curriculum and the extent to which they are suitable for sample research.

The experience has achieved its target and the best number of duplicates, which allows the player, to master exercise according to the difficulty of each exercise and also to identify the average performance time as well as identifying many problems that can object to the major experience.

## **2-8 Field research procedures:**

### **2.8.1 Tribal tests:**

The tribal tests of the bonded force for men and skill performance were held on 7/10/2019 at 9 am at the training center of Dhi Qar.

### **2.8.2 The main experience:**

The first training unit was held on 14/10/2019.

Exercises were carried out at the beginning of the main section after warm-up.

The total number of training units (24) units are units per week.

Put the training intensity for each exercise on the basis of one maximum repetition per player.

Exercise ripper (1: 3: 2003) within one month

### 2-8-3 Dimensional tests:

The dimensional tests were held on 4/1/2020 at the training center in Dhi Qar province of the experimental and control groups and the same circumstances where tribal tests were conducted.

### 2-9 Statistical means:

For the purpose of processing data obtained by researchers, they used the statistical program SPSS VER 23.

### 3- View and discussion results:

#### 3-1 Displays and analyze the results of the tests of the electrical activity indicator of the straight-right and right-facing muscle of the tribal and pas of the experimental and control group

Table (3)

The calculations, standard deviations and value (SIG) are shown to the indicator of the electrical activity of the straight and right-facing muscle of the tribal and pas of the experimental and control groups.

Muscle			UINET M	Tribal tests		Pas test t		T value	Sig. (2- tailed)
				Mean	Std. Deviation	Mean	Std. Deviation		
Experimental Group	Electrical activity The rocky muscle right mounts	peak	M/V	695.32	144.56	795.32	14.56	1.44	0.011
		space	M/V/sec	210.76	19.82	310.76	6.82	6.248	0.008
		time	M/sec	0.56	0.03	0.53	0.03	4.475	0.021
	Electrical activity The straight muscle is left mounts	peak	M/V	584.75	77.14	684.57	44.14	5.272	0.013
		space	M/V/sec	215.26	18.61	315.26	8.61	22.648	0.000
		time	M/V	0.63	0.02	0.53	0.02	3.841	0.031
Control group	Electrical activity The Gynecologic al right muscle	peak	M/V	584.21	52.77	684.21	52.77	1.614	0.204
		space	M/V/sec	197.31	18.55	297.31	6.55	1.426	0.249
		time	M/V	0.70	0.09	0.80	0.125	3.534	0.038
	Electrical activity The Gynecologic al left muscle	peak	M/V	497.75	33.45	597.75	33.45	3.022	0.056
		space	M/V/sec	198.94	19.13	298.94	6.13	8.576	0.003
		time	M/V	0.70	0.09	0.66	0.005	5.485	0.011

The results displayed in Table (3) show the experimental group in the Summit and Survey variables and time for the muscular activity of the right and left-facing muscle activity (3.841,22.648,5.272,4.475,248,472), as evaluated (SIG) is a smaller level of significance (0.05), indicating significant differences between the results of these tribal and diminish variables, and the results presented in the same table have appeared to be calculated for the control of the electric muscle activity of the control group (time for the muscle Right, Summit, Size, Time for the left of the left incident) reached (8.567,3022,3.534, 5.485), it also appears that the SIG values are smaller than the signal level (0.05), indicating a significant difference between the results of these variables Tribal and Papalism, and the benefit of dimensional tests, while the value (T) of the Summit (Summit and Survey is for the left-hand muscle activity) (1.426,1.614), as evidenced by SIG (0.05) indicated that there are no differences Moral.

**3.2 Displays and analyze the results of the electrical activity tests of the Gynecological Brutal right-left leg muscle and opponents of the opponent and backup of the experimental and control groups.**

**Table (4)**

**The calculations, standard deviations and value (SIG) are shown to the electrical activity indicator of the right and right-wild-proof of the tribal and pas of both experimental and control groups.**

Muscle			UINET M	Tribal tests		Pas test t		T value	Sig. (2- tailed)
				Mean	Std. Deviation	Mean	Std. Deviation		
Experimental Group	Electrical activity The Gynecologic al Brutal right muscle	peak	M/V	765.41	139	865.41	138.84	5.824	0.01
		space	M/V/sec	187.64	16	287.64	15.76	4.632	0.018
		time	M/sec	0.56	0.03	0.55	0.03	3.628	0.036
	Electrical activity The Gynecologic al Brutal left muscle	peak	M/V	754.45	128	854.45	127.62	7.216	0.005
		space	M/V/sec	174.73	9.00	274.43	8.64	6.834	0.006
		time	M/V	0.63	0.03	0.53	0.07	3.458	0.041
Control group	Electrical activity The Gynecologic al Brutal right muscle	peak	M/V	683.12	31.00	783.12	31.05	4.184	0.025
		space	M/V/sec	152.77	32.68	252.12	13.05	2.846	0.065
		time	M/V	0.73	0.09	0.66	0.06	2.782	0.068
	Electrical activity The Gynecologic al Brutal left muscle	peak	M/V	541.33	45	641.33	44.54	0.947	0.413
		space	M/V/sec	147.06	22.24	247.06	8.24	6.265	0.008
		time	M/V	0.71	0.08	0.66	0.015	1.274	0.212



The results displayed in Table (4) show the experimental group in the Summit and Survey Variables and the Secretary-General of the Right and Daytime Organization of the Yemeni and the right-wild muscle (3.458,843,7.216,3.628,4.632.524). (SIG) is all accompanied by a smaller level of sign (0.05), indicating significant differences between the results of these tribal and diminish variables and favorable tests, and the results displayed in the table below the control of the control group of the electric muscle activity variables The right brutal (Summit, Survey and Time) reached a row (2.782,2.846,4.148) and the facilities (6.265) for the control group), and the SIG values are smaller than the level (0.05), indicating a significant difference Between the results of these tribal and diminish variables, and the favor of dimensional tests, while the value (T) of the Summit (Summit and Time) for the left -ut-left brutal muscle (1.274.0.974) also appeared that the SIG values are greater than the level of sign (0.05) indicating There are no significant differences.

**3-3 Displays and analyze the results of the electoral activity indicator of the straight and left-facing muscle of the interrelationship of the experimental and control groups.**

**Table (5)**

**The calculations, standard deviations and value (SIG) are shown to the indicator of the electrical activity of the straight and right-facing muscle of the interrelationship of the two experimental and control groups.**

Muscle		UINET M	Experimental Group Pas test		Control group Pas test		T value	Sig
			Mean	Std. Deviation	Mean	Std. Deviation		
Electrical activity The rocky muscle right mounts	peak	M/V	795.32	14.56	864.21	52.77	4.06	0.06
	space	M/V/sec	310.76	6.82	297.31	6.55	2.84	0.029
	time	M/sec	0.53	0.13	0.88	0.125	3.96	0.007
Electrical activity The rocky muscle left mounts	peak	M/V	684.57	44.14	597.75	33.45	3.13	0.020
	space	M/V/sec	315.26	8.61	298.94	6.13	3.09	0.021
	time	M/V	0.53	0.02	0.66	0.005	12.61	0.000

The results displayed in table (5) are calculated in the calculated values in the volumes of muscle activity of the straight-on-step muscle activity (12.61,3.09,3.13.3.96 ,2,84, ,4.06), the value (SIG) is all attached From the level of sign (0.05), indicating a significant difference between experimental and control groups and the benefit of the experimental group.

**3-4 Displays and analyzes the results of the tests of the electrical activity indicator of the left and right-wild legal leg muscle of the interrelationship of the experimental and control groups.**

**Table (6)**

**The calculations, standard deviations and value (SIG) are shown to the electrical activity indicator of the right and right-left brutal and visualized muscle of the two experimental and control groups.**

Muscle		UINET M	Experimental Group Pas test		Control group Pas test		T value	Sig
			Mean	Std. Deviation	Mean	Std. Deviation		
Electrical activity The Gynecologic al Brutal right muscle	peak	M/V	865.41	138.84	783.12	31.05	3.31	0.016
	space	M/V/sec	278.64	15.76	252.12	13.05	3.47	0.013
	time	M/sec	0.55	0.03	0.66	0.06	3.28	0.016
Electrical activity The Gynecologic al Brutal left muscle	peak	M/V	854.45	127.62	641.33	44.54	8.13	0.000
	space	M/V/sec	274.43	8.64	247.06	8.24	4.58	0.003
	time	M/V	0.53	0.07	0.66	0.015	3.63	0.011

The results displayed in table (6) are calculated in the calculated values in the voluntary muscular activity variables of the twenty twins ( 3.63,4.58,8.13,3.28,3.47,3.31 ), the value (SIG) is all attached From the level of sign (0.05), indicating a significant difference between experimental and control groups and the benefit of the experimental group.

**3-5 Displays and analyze the results of the technical performance level for the skill of the front of the front and back-end to the tribal and pas test of the experimental and control groups.**

**Table (7)**

**The calculations, standard deviations and value (SIG) are shown to test technical performance for the skill of a straight for the Sallto forward tribal and pas test of the experimental and control groups.**

Groups	Tribal tests Sallto forward		Pas test Sallto forward		T value	Sig
	Mean	Std. Deviation	Mean	Std. Deviation		
Experimental Group	5.398	0.297	9.561	0.453	16.42	0.000
Control group	4.921	0.900	7.992	0.482	4.841	0.002

The results displayed in table (7) shows the calculated values at the experimental performance level (16.42), as the value of the SIG is smaller than the level of sign (0.05), indicating a significant difference between tribal and pas test For the benefit of the interviewer, while calculated values (T) at the level of performance of the control group (4.841: 1988) also emerged as a smaller value (0.05), which indicates a significant difference between tribal and dimensions and benefit

**3-6 Displays and analyze the results of the technical performance level for the skill of the front of the Sallto straightforward pneumatic in the interest of the experimental and control groups.**

**Table (8)**

**The calculations, standard deviations and value (SIG) are shown to test the technical performance of the straight Sallto forward -structured peer skill in the two experimental and control groups.**

Skill	pasl tests Experimental Group		Pas test Control group		T value	Sig
	Mean	Std. Deviation	Mean	Std. Deviation		
Sallto forward	9.561	0.453	7.992	0.482	4.74	0.000

The results displayed in Table (8) shows the calculated values at the level of skill performance (4.74), and the SIG value is smaller than the significant level (0.05), indicating a significant difference between the experimental and control groups and the benefit of the group Experimental.

**3-7 Discussion results.**

The results shown in tables (3.4) show significant differences between the results of the experimental and control groups in the results of tribal and venture tests in the indicators of the electric muscle activity of the straight-right leg muscle, the right and right-wild tests, and the results displayed in table (5.6) There are statistically significant differences between the results of the experimental and control groups in the results of the distance tests in the indicators of the electric muscular activity of the left-handing leg of the left and right and right-wild legitimacy, the benefit of the experimental tests and the benefit of the experimental group, and the results presented in table 7 showed statistically significant differences between The results of tribal and pas tests in technical performance for the skill of the front and front of the front and self-selection. Group In the indicators of electric muscle as well as technical performance of both groups to the effective impact of physical exercises and researchers, with regard to the control group, those exercises have contributed to the development of force and therefore contributed to the development of the technical performance under discussion, where studies have proven a direct relationship between sports results The level of growth of the muscle strength of the JMC (4,54). This is regarded as a result of

the positive impact of special force exercises, which is consistent with the motor track for the skill, led to a significant improvement in muscle strength and the events of better adaptations contributed effectively to the development of muscle work. The President responsible for motor duty, making them a producer of movement with the highest strength and less time, as using these exercises improve muscle work and move it towards increasing the output of muscle strength instant pay, where the force is improved as a result of increased energy in the muscle and this is confirmed by the planning of electrical activity, And (Ibrahim Shehata 2003) indicates that special exercises are used to develop and develop the correct performance of motor skill for the sport of your gym and These special exercises are similar to basic technical performance) (3,26). The use of special force exercises is compatible and fitted with the age phase of the search sample shares in directing and developing muscular work according to the requirements of the skilled performance by employing the largest possible units as possible to help the player in concentration of the strengthening and reducing payment time and thus increasing the output of muscle power to serve a goal. The skill of a skill of a straightforward, Qasim Hassan, 1998 ") can be used for some special exercises in the development of capacity as the laces and muscles are strengthened to build capacity") (1,325) and the ability to overcome the forms of resistors. Different facing your body player, especially the basic resistance of the body weight, the nature of the mechanical performance of these exercises in terms of the dynamic performance of its correct performance and the relationship between the tensile and the re-focus in the central and decentralization is born improvement in the maximum vertical payment force took a positive performance where training and default is a "capacity. The muscle to produce a force in the lowest time after its inverse movement for the direction of the basic movement required to be implemented. "(5:13: 1999).

#### **4.- Conclusions and Recommendations**

##### **4-1 Conclusions**

- 1- The results showed the positive impact of special force exercises in improving the values of electrical activity indicators of measured muscles between the tribal and pas of the experimental group and the benefit of the interview.
- 2- The results showed a significant difference in the values of indicators of electrical activity for measured muscles between tribal and pas testing for the control group and the benefit of the interview.
- 3- Private force exercises showed it an effective and effective means of developing the capabilities of the player in accordance with performance requirements.

4- The training program has been positive in improving technical performance for the skill of the fragmented straight forward-minded.

5- The results showed that improvement in the values of electrical activity indicators for measured muscles was positive to improve the level of skill performance.

#### **4-2 Recommendations**

1- Emphasize the inclusion of training units on the exercises of the kinetic skill type.

2- Using modern techniques (EMG muscle activity measurement device) to detect the strengths and weaknesses associated with motor performance.

3- Direct and guidance of trainers using quantitative qualitative exercises according to the principle of progressive lifting in training to ensure the correct progressive progress at the levels of players.

4- Direct trainers for studies and research serving the training process and the development of the skillful performance of the player

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5. Naji Asaad: Athletics Bulletin,: " International Federation of Athletics", Regional Development Center, Cairo, Twenty-Function, 1999.

**(appendix 1)**

**Personal interviews**

1- Prof. Firas Hassan: Your Gym / Faculty of Physical Education and Sports Sciences - Basra University.

2 - Prof. Dr. Laith Mohammed: Joint / Faculty of Physical Education and Sports Sciences - University of Basra.

3- Prof. Dr. Haidar Abdel Razzaq: Sports Training / Faculty of Physical Education and Sports Sciences - Al Basra University.

4- Dr. Qusay Mohammed: Sports training / Faculty of Physical Education and Sports Sciences - University of Basra.

5-Prof. Dr. Aqeel Hassan: Sports Training / Faculty of Physical Education and Sports Sciences - Basra University.

**Arbitrators**

1- Dr.Firas Hassan Abdul Hussein. / - Basra University.

2- Dr. Ghazi gesture./ Basra University

3-Dr. Shehab Ahmed Kazem. /Basra University

4- Asist-tech Habib Lamy.

5- Asist- tech Mustafa Sultan.

(appendix 2)

Model for training unit

Special strength exercises

First Week / First Training Unit

Number of Players: 4

Training Unit Time:

30-35 m Application Time Exercise

Special Preparation :

intensity 85%

Objective: special force Development

Exercise	Time Exercise	Groups repetitions	Comfort between the groups	Comfort between the Exercise and others	Total exercise time
Jump to pass higher barriers (40 cm, number 6, and 60 cm interfaces) with red withdrawal of the knees	9 sec	5	23 sec	3-5 m	375 sec
The long jump by (5)	8 sec	4	25 sec	3-5 m	312 sec
(Standing position) high jump for hand in hand	6 sec	5	20 sec	3-5 m	310 sec
The sigh of sighs threw the two men and then the jump high in feet	10 sec	4	25 sec	3-5 m	320 sec
The mutual incident for men with 3 invoices for each legs	7 sec	5	20 sec	3-5 m	315 sec
Three steps were run over three layers of jumping box and then jump from above 120 cm height	10sec	4	30 sec	3-5 m	340 sec