

Effect of Flexibility Training on Improving Some Motor Abilities and Performance in High Jump 12-14 Years Old

**Dr .Ansam Khazaal Jabbar / anssam.kazal@uobasrah.edu.iq
College of Physical Education and Sports Sciences
Basrah University**

Abstract:

importance of this research lies in the use of appropriate training that enhances motor skills, particularly flexibility training that accompanies performance and other motor skills, to enhance the performance of high jumpers and achieve the desired results. The research problem was The achievements made in the high jump are not fulfilling the ambitions, and the achievements that have begun to progress upward. The reason for this is that the focus on motor abilities is weak compared to the physical level. Therefore, choosing the appropriate training that focuses on the motor aspect enhances the desired level. Therefore, flexibility training, by which we mean flexibility training with varied exercises, is of great importance in raising the motor abilities required in the long jump event and may help address the research problem. The research objective was to identify the effect of flexibility training in raising the level of some motor abilities and achievement in the high jump for those aged 12-14 years. Accordingly, the conclusions were Flexibility training is one of the successful training exercises in raising the level of some motor abilities and achievement in the high jump for those aged 12-14 years. It was recommended adopt flexibility training as one of the successful exercises in raising the level of some motor abilities and achievement in the high jump for those aged 12-14 years.

Keywords: Flexible Training, Motor Abilities, Achievement in High Jump.

Research Definition

1-1 Introduction to the research and its importance:

Planning based on logical and scientific thinking helps to improve and progress in all fields because it is a factor that helps to put the names in their proper and purposeful position, through which the planned goal can be achieved, and this includes the educational, social, sports, and other important aspects for humans.

In the field of sports, proper planning plays an important and essential factor in building an athlete in terms of training, which helps in integrating the necessary qualities, whether physical or motor, in achieving sports achievement in various sports.

Here, it becomes clear to us for each sports game that has physical and motor requirements that help to make sports achievement. One of these sports is the athletics games, including the high jump, which is one of the sports with suspense and excitement in the event of obtaining the advanced achievements. Which requires training planning for this event, and needs highly flexible training, that is, high training with flexibility for the necessary joints in the crossbar of all the joints of the body and the largest of the trunk, which needs exercises that elevate this physical ability and reflect it on the motor abilities.

Flexible training is "one of the exercises that focus on improving the range of motion and flexibility in muscles and joints, for examples of this training are yoga and ballistic exercises, which reduce the risk of injury and raise the level of athletic performance and increase physical fitness" (Internet, 2025: 2).

(Diana Ghassan Abdel-Muslim,2023) believes that the term motor abilities "is used to denote the performance competence of basic motor skills and skills associated with a specific sports activity ,it has many components (compatibility , agility , accuracy , balance)" (Diana, 2023 : 35)

(Hosnia Koloufi, Muhammad Haddada, 2020) believed motor abilities as "playing an essential role in practicing various motor activities that considered the cornerstone from which the individual begins to start towards practice and then excellence and achievement. Motor abilities represent a known system that can be divided into physical abilities and consensual abilities, where physical abilities include endurance, strength, agility, speed and flexibility, while motor abilities also include speed, neuromuscular compatibility, under the pressure of throwing and motor accuracy "(Hosnia, Muhammad, 2020:43)