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Original Article

The Effect of Coordination Training in Developing Some of the Skills of Women Handball Players in Sweden

Ali Faleh Salman

Ph.D in Sport Medicine and Director and Founder of the Global Council of Sport Science in Sweden

ABSTRACT

The all activities of sports in general depend on the skills of athlete's, but the skills in the interest of the team, the more team qualified in terms of skill whenever his chances of achieving positive results. The motor skills, which overlooked the trainers, are significantly related to capacities that have significant impact in the sense of maturity and consistency in neuromuscular work. We see that the harmonic capacity and their training did not take its share impact in training curricula in handball. Indeed, the importance of research in the study of the effect of exercise capacity skills of players handball and their impact on the development of skills development universe capacity one the chief in building motor skills and cannot be ignored when preparing the training programs of it increases the experience of player's and expected their perceptions of the response variables of the many at the time of the match. Thereby, we will work in our research to include a training program for the team NKIK girls born in 1997 for the training capabilities of the harmonic and to know the impact of level of development on skills development for the hand and to compared with the RP team players, who continued their training in accordance with the traditional training program. However, the aim our research was to identify the effect of exercise capacity in harmonic development of some of the basic skills in handball. We hypotheses if states that there is a significant difference in the morale of some basic skills in handball under study at the experimental group between pre and post tests and in favor of the post test. We studied also the significant differences in the morale of some basic skills in handball under study in a posteriori tests between the experimental and the control groups and in favor of the experimental group. The results analyzed and discussed by our researchers were able to reach a consensus that the training capacity has a positive impact in the development of some motor skills essential for handball practice. However the existence of significant differences between the results of the post tests for the control and experimental groups. The added rate of evolution taking place for members of the research sample in tests of skill between the pre and post tests in favor of the experimental group that was trained on the interoperability capacity.

Keywords: Coordination, skills, handball, developing

INTRODUCTION

The dilemma of training, which the owners of competence in researched, studied to find appropriate solutions; however we coaches face many problem training trying to decipher to develop and raise the level of achievement and achieve the goal of tournaments (12).

Thus, today we see that the athletic training has become not only focusing on loads of high physical performance or maximum load or near- maximum to develop the capacity of physical and tactical skill, but to sporting achievement in this day requires harnessing the efforts on the vocabulary of motor skills that must be met and take care and work on it accurately to achieve our ultimate desired goal of strategic planning,

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Address for correspondence:
Ali Faleh, Ph.D in Sport Medicine and Director and founder of the Global Council of Sport Science in Sweden.
E-mail: dr.alifaleh@gcss.se

a better access to high achievement at the international level in the global (4.21).

The all activities of sports in general depend on the skills of athlete's, but the skills in the interest of the team, the more team qualified in terms of skill whenever his chances of achieving positive results (9), since the skills of the difference derived from the individual skills score of the members of team, that's the basic building level of team depends on the performance of players (11.18).

The motor skills, which overlooked the trainers, are significantly related to capacities that have signifi- cant impact in the sense of maturity and consistency in neuromuscular work. We see that the harmonic capacity and their training did not take its share impact in training curricula in handball (13).

Indeed, the importance of research in the study of the effect of exercise capacity skills of players hand- ball and their impact on the development of skills development universe capacity one the chief in building motor skills and cannot be ignored when preparing the training programs of V*dilaaly* it increases the experience of player's and expected their perceptions of the response variables of the many at the time of the match (10).

Thereby, we will work in our research to include a training program for the team NKIK girls born in 1997 for the training capabilities of the harmonic and to know the impact of level of development on skills develop- ment for the hand and to compared with the RP team players, who continued their training in accordance with the traditional training program.

However, the aim our research was to identify the effect of exercise capacity in harmonic development of some of the basic skills in handball. We hypotheses if states that there is a significant difference in the morale of some basic skills in handball under study at the experimental group between pre and post tests and in favor of the post test. We studied also the significant differences in the morale of some basic skills in handball under study in a posteriori tests between the experimental and the control groups and in favor of the experimental group.

THE RESEARCH SAMPLE

In our research consisted of 30 players of the players Club (NKIK) and Club (RP) for handball was born in 1997 and by 15 players from each club, and the way the sample was selected purposively to the fact that the two teams close to the level and the order in the list of the league. To know the specificity of the sample in terms of good and selected over the allocation of second nature to the two sets of research, the researcher calculates the *coefficient of torsion* to measure the weight and height of the statement *Tjanassehma*, as shown in Table 1.

To learn equal groups in terms of variables skills and the lack of any bias in the selection of members of both groups the researcher used the t-test for independent samples to know the significance of differences be- tween the two groups, and this is him (Table 2) where the significance of differences for all tests at random and this shows equal the two groups and no difference between its members.

PROCEDURES SEARCH FIELD

Tests were conducted to tribal member's research sample of work by a team of 16-17/4/2013 days, where they were testing the experimental group Club (NKIK) on the first day and at the Hall (SPORT HALLEN) at six o'clock in the evening. On the second day of the control group were tested Club (RP) and the main hall of the club at six o'clock in the evening.

HOW TO IMPLEMENT THE EXPERIMENT

After performing tests on two groups of tribal research, we were made after the implementation of the experi- ment during times weekly training modules for each club by three training sessions per week for ten weeks. The training capacity has been used by the harmonic experimental group Club (NKIK) by the first 30 minutes of time each module, where it is applied exercises synergy diverse and different in this time period. The control group Club (RP) made implementation of the traditional training method for the same time period by three training sessions per week as well. After completion of the

Table 1: Shows the values of mean, median, standard deviation and coefficient of torsion of the sample to the variables height and weight

Variables	Arithmetic mean	Median	Standard deviation	Coefficient sprains
Length	168	170	3.74	1.6
Weight	56.83	58	2.47	1.42

Table 2: Shows the values of circles and standard deviations and the significance of the differences in the tests of tribal groups (control and experimental)

Statistical parameters tests	The control group		The experimental group		Value of *t*- test		Significance of differences
	Arithmetic mean	Standard deviation	Arithmetic mean	Standard deviation	Counted	Charted	
Consensus movement and scrolling reception	20.3	3.9	19.6	4.1	0.48	2.04	Random
Own speed	30.46	3.09	29.37	3.18	0.96		Random
Overall running	29.08	4.8	28.34	5.2	0.41		Random
Shooting's accuracy and strength	2.1	4.28	2.7	4.35	0.38		Random

training program conducted researcher posteriori tests of a sample of research and testing in the same style tribal.

RESULTS

Showing the Results of Tests of the Experimental Group and Analyzed

The results show the test of average differences between the two tests (4.26) and standard error (0.38) and the sum of squares of the differences (82), and after using the t-test for differences between pre and post tests amounted to (v) calculated (43.38), the largest of the tabular value of (1.76) below the level of error (0.05) and the degree of freedom (14), however this confirms the existence of significant differences between high pre and post tests and in favor of the post test.

About the test (own speed), the results show that the average differences between the two tests (5.94) and standard error (1.52) and the sum of squares of the differences (264.20), and after using the t-test for the difference between the pre and post tests amounted to (v) calculated (15.12), which is greater than the tabular value of (1.76) below the level of error (0.05) and the degree of freedom (14) and this confirms the existence of significant differences between high pre and post tests and in favor of the post test.

Concertinaing the test (running mass), the results show that the average differences between the two tests (6.78) and standard error (1.33) and the sum of squares of the differences (248.48), and after using the t- test for the difference between the pre and post tests amounted to (v) calculated (19.74), which is greater than the tabular value of (1.76). Below the level of error (0.05) and the degree of freedom (14) and this confirms the existence of significant differences between high pre and post tests and in favor of the post test.

Perhaps the test (power correction and accuracy), the results show that the average differences between the two tests (2.93) and standard error (0.42) and the sum of squares of the differences (54), and after using the t-test for the difference between the pre and post tests amounted to (v) calculated (26.99), the largest of the tabular value of (1.76) below the level of error (0.05) and the degree of freedom (14) and this confirms the existence of significant differences between high pre and post tests and in favor of the post test.

SHOWING THE RESULTS OF TESTS OF THE CONTROL GROUP AND ANALYZED

The results show the test (consensus motion scrolling and reception) that the average differences between the two tests (1.53) and standard error (4.69) and the sum of squares of the differences (34), and after using the t- test for differences between pre and post tests amounted to (v) calculated (1.26) which is smaller than the tabular value of $ (1.76) below the level of error (0.05) and the degree of freedom (14), and this explains the presence of random differences between pre and post tests.

The test (own speed), the results show that the average differences between the both tests (1.83) and standard error (3.17) and the sum of squares of the differences (66.24), and after using the t-test for the difference between the pre and post tests amounted to (v) calculated (2.23), which is greater than the tabular value of $ (1.76) below the level of error (0.05) and the degree of freedom (14) and this confirms the existence of a few significant differences between pre and post tests and in favor of the post test.

The test (running mass), the results show that the average differences between the two tests (2.38) and standard error (3.25) and the sum of squares of the

differences (62.18), and after using the t-test for the difference between the pre and post tests amounted to (v) calculated (2.83), the biggest of the tabular value of (1.76) below the level of error (0.05) and the degree of freedom (14) and this confirms the existence of a limited signif- icant differences between pre and post tests and in favor of the post test.

The test (power correction and accuracy), the results show that the average differences between the two tests (0.56) and standard error (3.08) and the sum of squares of the differences (28), and after using the t- test for the difference between the pre and post tests amounted to (v) calculated (0.70) which is smaller than the tabular value of (1.76) below the level of error (0.05) and the degree of freedom (14) this shows the presence of random differences between pre and post tests.

SHOWING THE RESULTS OF POST-TESTS FOR THE CONTROL AND EXPERIMENTAL GROUPS

Table 5 displays the results of the statistical tests of skills to members of the research sample for the control and experimental groups in the post-test. The results of the consensus of receiving and passing movement test for the control group shows that the arithmetic means reached (20.4) with a standard deviation (1.05). while, for the experimental group, the results show that the arithmetic mean was (24.2) with a standard deviation (0.39) and after the use of test (T) for independent samples, the value of the calculated (T) amounted (13.57) which is greater than the tabular value which reached (2.04) and under the error level (0.05) and freedom degree (29). This confirms the existence of

Table 3: The results of the statistical treatment of the sample tests (experimental group) between the post-test and tribal

Statistical parameters tests	The experimental group			Value of *t*- test		Significance of differences
	Average differences	Standard differences	Square differences	Counted	Charted	
Consensus movement and scrolling reception	4.26	0.38	82	43.38	1.76	Significant
Own speed	5.94	1.52	264.20	15.21		Significant
Overall running	6.78	1.33	248.48	19.74		Significant
Shooting's accuracy and strength	2.93	0.42	54	26.99		Significant

Table 4: The results of the statistical treatment of the sample tests (experimental group) between the post-test pre-test

Statistical parameters tests	The experimental group			Value of *t*- test		Significance of differences
	Average differences	Standard differences	Square differences	Counted	Charted	
Consensus movement and scrolling reception	1.53	4.69	34	1.26	1.76	Random
Own speed	1.83	3.17	66.24	2.23		Significant
Overall running	2.38	3.25	62.18	2.83		Significant
Shooting's accuracy and strength	0.56	3.08	28	0.70		Random

Table 5: Shows the values of the arithmetic means, the standard deviation and the significance of differences in the post tests of the control and experime groups

Statistical parameters tests	The control group		The experimental group		Value of *t*- test		Significance of differences
	Arithmetic mean	Standard deviation	Arithmetic mean	Standard deviation	Counted	Charted	
Consensus of receiving and passing movement	20.4	1.05	24.2	0.39	13.57	2.04	Significant
Own speed	28.05	1.94	23.48	1.59	7.61		Significant
Overall running	27.76	1.89	22.98	0.87	9.96		Significant
Shooting's accuracy and strength	2.12	1.12	4.51	0.96	6.45		Significant

significance differences between the two groups in favor of the group experimental.

As for the speed test results showed that the control group reached the arithmetic mean of (28.05) with a standard deviation equal (1.94), while the experimental group, the results show that the arithmetic mean was (23.48) with a standard deviation (1.59), and after the use of (t)-test for independent samples amounted to (v) the calculated (7.61), the largest of the tabular value of (2.04) below the level of error (0.05) and the degree of freedom (28), and this confirms the existence of significant differences between the two groups in favor of the experimental group.

As for the overall running test, the result of the control group showed that the arithmetic mean reached (27.76) with a standard deviation (1.89) while for the experimental group, the results show that the arithmetic mean reached (22.98) with a standard deviation (0.87). And after using the (T) test for independent samples, the calculated (T) amounted to (9.96), which is greater than the tabular value of (2.04) and under the error level of (0.05) and the freedom level degree of (28) and this confirms the existence of significant differences between the two groups in favor of the experimental group.

Either test of strength and accuracy of the correction has been shown that the results of the control group reached the arithmetic mean (2.12) with a standard deviation (1.12), while the experimental group, the results show that the arithmetic mean was (4.51) with a standard deviation (0.96), after using t-test for independent samples amounted to (v) the calculated (6.45), the largest of the tabular value of (2.04) below the level of error (0.05) and the degree of freedom (28), and this confirms the existence of significant differences between the two groups in favor of the experimental group.

DISCUSSION

Our results showed in through tables presented (6,5,3) of all tests for each consensus motion scrolling, reception and own speed, and running mass and the strength of the correction and accuracy, indeed showed tighter; the experimental group and there are significant differences between the two tests pre and post test and for the post-test as well as the existence of significant differences in test posttest between the control and experimental groups and in favor of the experimental group, also he found the development taking place in the experimental group is better than the control group, the researchers attribute the reason to the impact of exercise on the development of the harmonic capacity building basic skills in handball, as follows:

The evolution achievement in compatibility testing movement scrolling and reception in order to contain the training program for the experimental group on the training capacity harmonic that develop the speed of movement of the arms, where the exercises speed of response and connectivity locomotors movements within the rhythm of specified will lead to developed speed motor for the body and show through transmission of the body as a whole or in movements of upper limbs or lower) (1,12,17,24).

The speed test own Vengda has involved significantly and that the large number of exercises harmonic diverse, which included training curriculum for the experimental group (2,7,19), we find that the exercises running between the barriers and inhibitions different direction and height works to improve mobility vehicle with the implementation of additional duties (14 0.22), where he works on the nervous system to give orders quick and enforceable in different directions at the same time (11,15,20,23).

The word fidelity means the ability to direct movements Urdu by the individual toward a particular goal (8.16), and this requires high efficiency in the muscular and nervous system. Vadakkh require full control of voluntary muscles and directed towards a particular goal (2, 6, 13), also requires that it be contained nerve signals to the muscles of the nervous system Court directive (9, 16, 21, 23).

CONCLUSION

The results analyzed and discussed by our researchers were able to reach a consensus that the training capacity has a positive impact in the development of some motor skills essential for handball practice. However the existence of significant differences between the results of the post tests for the control and experimental groups. The added rate of evolution taking place for members of the research sample in tests of skill between the pre and post tests in favor of the experimental group that was trained on the interoperability capacity.

Therefore, we also recommend the introduce of training capacity and harmonic vocabulary prominently

within the training curriculum for handball teams, especially the teams younger age groups, because it is from the early kinetic qualities that contribute to the development of the nervous system of future children.

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