

COMPARATIVE STUDY OF NEAR SHOOTING FROM JUMPING BY THE LEG (THE WEAK- THE STRONG-THE DOUBLE) AND ITS RELATIONSHIP WITH THE SHOOTING STRENGTH IN HANDBALL

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Abstract

Handball is considered one of the very fast games both in the ball passing or shooting it and as the number of goals is the borderline to end the game, shooting to the goal is purpose of the handball game, so the shooting skill is considered one of the most important basic skills and all the skills become useless unless unfinished by shooting the goal. The research aims to identify the differences between near shooting from jumping by the leg (weak, strong, double). As well as to identify the relationship between the near shooting from jumping by the leg (the weak- the strong -the double) and the strength of shooting of the players of the University of Baghdad and Al- Mustansiriya of handball and the participants in the championship of the Iraqi universities for the season 2013-2012. The research hypotheses included that there are a statistically significant differences between the shooting from jumping by the leg (the weak- the strong- the double) and in favor of a strong man. And there was a significant correlation between the shooting from jumping by the leg (the weak- the strong- the double) and in the favor of the strong leg, and the is a significant relationship between the shooting from jumping by the leg (the strong – the double) and the shooting strength and non-significant correlation relationship between the shooting from jumping by the weak leg and the shooting strength by the handball. The most important conclusions of the research is to achieve research hypotheses, and the adoption of the players on the strong leg in the shooting without the adoption of alternative options, such as using the weak leg in the shooting to get rid of the defensive positions which makes the loss of scoring opportunities during performing the skill of shooting is very unlikely.

KEYWORDS: Handball. Shooting. Weak. Strong. Double.

1. INTRODUCTION

The skill of shooting is considered one of the important motor skills in the sport of handball, as all movements of attack aimed at finishing shooting on an opponent's goal regardless of the form and the type of skilled performance. The shooting is the most important duties in the practice of handball and the result of whole game depend on the success of this skill. The development of handball sport in our dear country and reach out to a higher level requires study and research in solving the problems that hinder its development. Through the follow-up of researchers and research sources and their observations of many football matches Iraqi handball as they are specialized in the game, they noticed unavailability of sufficient information about the reality of the near shooting using the leg from jumping (the weak- the strong- the double) and its relationship with the shooting strength . As well as the focus only on the strong leg in performing the skill compared to developed regional and global levels, making it easier and reduces the defense of the player during shooting and then the attack fails. As well as the lack of studies and researches show the level of variation in the use of the leg (the weak- the strong-the double) in the shooting from jumping and its relationship with shooting strength.

From here comes the importance of research in doing a comparative study of the shooting from jumping by the leg (the weak-the strong-the double) and its relationship with the shooting strength. Thinking of researchers that weak balance of goals of our clubs and national our teams results from the lack of interest in the options of performance the shooting skill from jumping and optimal use of it due to the lack of training and rely only on a single type of jumping which make its defense easier and thus failing the attack and the loss of efforts to deliver the ball to this point and the study aimed to identify the differences between the near shooting from jumping by the leg (the weak-the strong-the double) of handball reel, as well as to identify the relationship between the near shooting from jumping by the leg (the weak-the strong-the double) and the strength of the shooting by handball , the researchers have assumed that there are statistically significant differences between the near shooting from jumping by the leg (the weak-the strong-the double) by handball as well as there are connectivity relationships between the near shooting from jumping by the leg (the weak-the strong- the double) and the strength of the shooting.

2. MATERIAL AND METHODS

The correct identification of the quality of the research to be going into determines the correct path for the success of the researcher and his research and this depends mainly on the basis of the nature of the problem and the objectives of the research, so the researchers chose a descriptive approach due to its suitability with the research problem and the extent of its application to the objectives and hypotheses.

The research sample: The correct choice for the research sample is from pedestals and important factors in the success of the work of the researcher by the application of steps or vocabularies of his research scientifically as " researcher chooses sample that represent the original community (according to the point of view of the researcher), which is studying honest representation." (15: 222) Therefore, the researchers chose the sample by the intentional way who are players of Baghdad University and the University of Mustansiriya of handball who are participating in Iraq's universities Championship in 2013-2012. The total number of research sample (22 players) after excluding goalkeepers and players who have not yet completed the skill of shooting to represent the proportion of (22.2%) of the total nine championship teams that participate in the championship.

The used tests:

1. Vertical jump test of stability: (16:62)

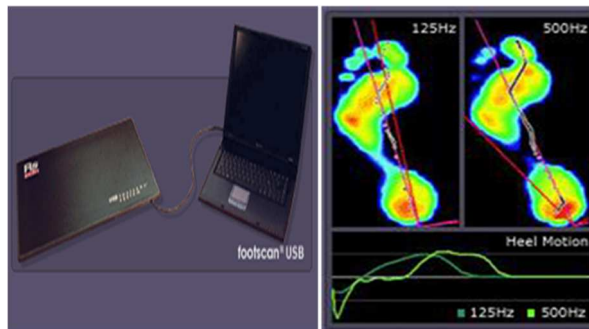


Image (1) scanner device (FOOT SCAN)

2. Test of ball throwing at full power on the goal: (16:62)



Image (2) radar (Radar)

2. RESULTS AND DISCUSSION

Table 1 shows the value of calculated (T) and tabular comparison between the shooting of jumping weak and strong legs
Strong man weak man

The strong leg		The weak leg		Arithmetic mean	Standard deviation	Value of calculated (t)	Value of tabulated (t)	Significance of differences
M	SD	M	SD					
1638	359.48	1054	112.37	584	255.61	2.28	2.16	Significant

Table 2 Shows the value of calculated and tabulated (T) for comparison between the shooting from the jump by the strong and double leg

The strong leg		The double leg		Arithmetic mean	Standard deviation	Value of calculated (t)	Value of tabulated (t)	Significance of differences
M	SD	M	SD					
1638	359.48	1588	357.74	50	65.52	0.763	2.16	significant

Table 3 Shows the value of calculated and tabulated (T) for comparison between the shooting from jumping by the weak and double leg.

The weak leg		The double leg		Arithmetic mean	Standard deviation	Value of calculated (t)	Value of tabulated (t)	Significance of differences
M	SD	M	SD					
1054	112.37	1588	357.74	534	236	2.26	2.16	significant

Through tables (1) (2) shows that the value of calculated (T) is greater than the tabulated value which indicates that a significant difference in favor of the strong leg jumping. The researchers attribute this to outweigh the shooting from jumping by the strong leg is normal because of the natural mechanism for using the opposite leg of the throwing arm which give a preparatory greater extent and helps to increase the power generated by the motor jumping and motor transport from the leg and the trunk and then shooting from the arm. This is confirmed by (Sareeh Abd Al- Karim) in that the aim of preparing for the shooting from jumping by the opposite leg man of the thrower arm as in handball is to increase the range of motion which helps to increase the speed and momentum of the body. (5: 162) and the adoption of the players on the strong leg in shooting , as well as the concentration of the trainers in their training units to perform the skill of shooting of the strong leg , which helps to develop it and then its superiority. Physiology scientists have confirmed that however, that part of the events have become involuntary and the motor system in the brain may be affected by these events as a result of the ongoing exercise and repetition motor sports so acquires a high degree of workmanship. (17: 149)

Through the table (3) shows that the value of calculated (T) is greater than the tabulated value which shows that a significant difference in favor of the double jump leg. Researchers attribute the superiority that the shooting from the double-jump easier on the player's performance compared with using a weak leg. In addition to feeling the player with the help of a strong leg to the weak one during the raising for shooting and gained two points, the first is the sense of failure of the weak leg's ability to provide adequate force to the lack of repeated use and focus on the exercises on the shooting from the jump, and the second point during performance and strength resulting from the pushing by the feet together that make it the preferred way in performance. As said (Yasser Dabour) in that "as the basic principles of training is their possession multiple types and from different modes of shooting." (18: 143) and this is the first assumption of the research hypothesis.

Table 4 shows the correlation between the shooting by the strong leg and the strength of shooting.

variables	Value of calculated correlation coefficient	Value of tabulated correlation coefficient	Significance
The strong leg Shooting strength	0.627	0.532	Significant

Table 5 shows the correlation between the shooting from the double-jump and the strength of shooting.

variables	Value of calculated correlation coefficient	Value of tabulated correlation coefficient	Significance
The weak leg Shooting strength	0.039	0.532	Not significant

Can be seen from the table (4) that there was a significant correlation between the shooting from jumping by the strong leg and strength of shooting, the researchers attribute it to the high-skill of members of the sample as a result of training and focusing on the strong leg during performance of the skill. (Mohammed Mahmoud) said that every grouped and individual game has basic skills and by which access to the performance of the game in the good form and required as the higher the technical performance of basic skills , increased the general level of the game, and achieving success will be associated with the good technical performance for any game was. Whenever the player was able to perform his complex and simple work that is required to be performed accurately and easily, a player become with a high-performance art. (16:63) (21: 3) and one of the skilled technical performance characteristics of the shooting from jumping with handball is full workmanship and the interaction and coordination between the movements groups covered by the skill such as speeding and strength in performance at same time and the proper time depending on the speed and movements of the defenders.

It is clear from the table (5) that there was a significant correlation between the shooting from jumping by the double leg and the strength of shooting, the researchers attribute that to the strength in the legs during performing the skill of shooting from the double jump. This is confirmed by (Dia Al-Khayiat and Nofal Al-Hayali) as mentioned about what the handball player should have as the physical abilities, including strength in being able to get the jump on the high balls, and scrolling or shooting on the goal from jumping, strength in throwing which enable him to shoot on goal, in addition to the physical strength of the player earn him self-confidence and the ability to face rival and resistance him. (7: 383) in addition to the possibility of concentrating the sample in using another type of jump from the usual to perform the skill of shooting and used to exploit the gaps and opportunities in the opponent's defenses. (Ahmed Orabi) said that in order to achieve effective shooting and achieve its objectives which is the goal should be characterized by the highest level of concentration for investment opportunities and speed to surprise the opponent and exploiting

defensive gaps and accuracy to ensure the success of the shooting in addition to the multiplicity of species and under different circumstances. (2: 42) and this is confirmed by (Ammar Darwesh) that he "shooting must be characterized by speed and surprise, strength and timing being on than readiness of the rival player by resampling the preparatory period, diversification, and the changing in the selection of shooting corners that fails the demarche of defenders in repelling the ball or goalkeeper." (9:36)

Table 6 shows the correlation between the shooting by the weak leg and shooting strength

variables	Value of calculated correlation coefficient	Value of tabulated correlation coefficient	Significance
The double leg Shooting strength	0.597	0.532	Significant

It is clear from the table (6) that there is non- significant correlation relationship between the shooting from jumping by the weak leg and the strength of the shooting , the researchers attribute it to the lack of using the weak leg in the performance of the shooting skill from jumping for many reasons, including the lack of urging the coaches to their athletes on training by using other types of shooting from jumping and dependence on the opposite leg in performing the skill making it easier to the defender to perform his defensive duty by reading the opponent thinking and anticipate his movement and then the right move and respond to an attack and failing the shooting process. It is noteworthy that (Ahmed Khamis, quoting from Mohammed Al- Walily) in that one of the elements of a successful defense is a good expectation and understanding the duties of the defender and proper timing in the opponent defense. (1:41) as organized and programmed training in a scientific way of the skill adds to the player other options in the implementation of his offensive duty. It is confirmed by (Laith Ibrahim, quoting from Saad Mohsin) in expert opinions regardless different sources of their scientific and practical culture that the training program will inevitably lead to the development of achievement, as it is built on a scientific basis in the organization of the training process and programmed under the supervision of trained professionals under good training conditions as place and time and the used tools. (4:98) In addition, the researchers believe the reason for not using them by the players due to the difficulty of skill and learning performance and habituation on them because they need a player has a different and distinct specifications, the strength of the jump and its height makes it easier for the player to perform skillfully High and mastery, as well as speed and strength in performance, making it difficult for the opponent's defenses in response to the shooting process. It can be seen clear differences in the level of performance between the player and another in the manner of execution and timing and vary depending on the nature of the performance of the shooting according to the specifications of each player and the center of the play centers. (19: 5)

4 CONCLUSION

1. Using the strong leg in the shooting from jumping more than the shooting from jumping by the weak leg.
2. Using the strong leg in shooting from jumping more than the double shooting
3. Using the shooting from the double jumping more than the shooting by the weak leg.
4. There is a significant correlation relationship between the shooting from jumping by the strong leg and the shooting strength
5. There is a correlation relationship between the double shooting and the shooting strength.
6. There is no correlation relationship between the shooting from jumping by the weak leg and the shooting strength.

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