



IMPACT OF THE USE OF EXERCISES TO REPELLING MOVEMENTS, ARM AND LEGS TO THE GOALKEEPER HANDBALL

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KEYWORDS :

RESEARCH PROBLEM

In the game of handball be the goalkeeper clearly quite a strong effect during the match and for the benefit of his team against the opposing team, considered Goalkeeper of the most difficult centers that need to be very high physical capabilities, especially all the elements of speed, the researchers are representing the Iraqi national team in handball and one of them in the goalkeeper center goalkeeper and the two others are in center midfield and the other in pivot center of the player (6- meter line) and to their experience and long follow-up excellent League matches have noticed that there are obvious weakness among goalkeepers these clubs where it was found that there a clear lack of value to the goalkeepers while performing Repelling skills against players corrigenda performed by attackers from the competition teams in the Premier League matches, as required by the researchers developed vocabulary training modules a focused to develop these two qualities tasks.

RESEARCH OBJECTIVES

1. Put vocabulary-training curriculum to develop the reaction speed and the speed of the kinetic response of the arms and legs to the goalkeepers Handball Teams Premier League clubs for the sports season 2017.2018-research sample.
2. Identifying the impact of vocabulary training curriculum in the development of reaction speed and the speed of the kinetic response of the arms and legs to the goalkeepers' handball research sample
3. Identify the differences between the pre and posttests to the experimental group in the variables under consideration.

RESEARCH HYPOTHESES

- 1- There are a positive vocabulary training curriculum influence the development of reaction speed and the kinetic response of the arms and legs to the goalkeepers in handball teams to Iraq the excellent clubs to sample individuals.
- 2- There are significant differences were statistically significant differences between the pre and posttests and for the benefit posteriori tests to the experimental group research sample.

Delimitation and limitation

Researcher depends on a study of the original sample composed of VNSGU Sports Club team for season 2017/2018.

Research experiment was performed in indoor club VNSGU sports hall, and the research period lasted from (15/08/2018).

Research methodology and procedures

That the nature of the problem are determined by the research methodology used, the researcher used the experimental approach for suitability to the nature of the problem, that the definition of the experimental approach as a deliberate change and acceptable to the conditions specified for the some incident and observation the resulting changes in the same incident and interpretation, Was selected sample by the researchers in the manner intentional, through goalkeepers VNSGU Sports Club registered lists of Union Center handball for the year 2013/2014 they are participants in the Iraqi Premier League Handball who represent 100% of the research community's (5) goalkeepers, the goalkeepers homogenous because they represent one level and representing the club.

Pre tests

The researchers conducted the pre-test on the Sabbath day on 15.08.2018. Skill tests for the experimental group in the internal chamber of VNSGU Sports Club/ the province of Sports Club.

Tools and equipment used in research and assistant teamwork, the researcher explained how to conduct the tests and display attempts, number and make sure to absorb educated the conditions tests.

The training curriculum that was used in the research Vocabulary was applied the experimental approach to individuals of the experimental group they are goalkeepers VNSGU Sports Club, a Special set exercise for research carried out according to the

Following:

- # Application for vocabulary Training curriculum (for two months)
- # The number of weeks (8 weeks)
- # The number of training units each week (4 units) for the implementation of the approach exercises
- # The number of training units (32 units) all the period of application of the approach.
- # It takes a training module (120 minutes).
- # Training curriculum is equal to the total time (3840 minutes).
- # the researchers relied on the application of Training curriculum used during and after completion of training modules.

Posttest

Posttest tests were conducted on Saturday, 05.08.2018 and under the same conditions in which the Pretest where he held the posttest for tests carried out.

Statistical means

1- Mean 2- Standard deviation 3- median 4- Sprains coefficient 5- Percentage 6- Coefficient of variation 7- Standard error 8- t - test (independent samples, between two mediums interrelated) Display and analysis of media, standard deviations, and physical tests used to search individuals the experimental group

After that was completed procedures for testing a posteriori in the period that have been identified by the team and the researchers trainer and with the help of assistant staff has been handling the research results statistically and so to get for these results values so that we can discuss these results in order to achieve the objectives and hypotheses of this research.