Abstract

The effect of specific exercises on some physical components and the efficiency of the skill performance of reverse body lift for wrestlers

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The research has noted that most Greco-Roman wrestlers do not perform the movement of the reverse lift in the matches effectively. This is because the training process on this movement is repeated by the player. And this is not enough to advance the Efficiency of its physical performance and skill. And also the used training programs does not include Specific exercises for that skill. So the aim of the current research is to develop specific exercises to know its effect on some physical components of the skill of reverse body lift for wrestlers, and also its effect on the Efficiency of the skill performance of reverse body lift for wrestlers. For achieving this research used the experimental method by designing- pre and post- two groups, one is experimental and the other is controlled. The sample of the research included 24 wrestlers, 6 wrestlers For exploratory Studies, 30 wrestler for main study that is divided randomly in two equally groups, experimental and controlled groups, both of them are 12 wrestlers. The study reached at the following results: The special suggested exercises leads to great development in the Efficiency of physical elements which is connected with “reverse body lift” movements that is characterized by maximum strength, flexibility and agility, The special suggested exercises leads to great development in the efficiency of technical performance of “reverse body lift” movement for wrestlers, and The superiority of the experimental group on the controlled group in the level of explosive strength, maximum strength, flexibility, and agility, and also the technical performance Efficiency of the “reverse body lift” movement.

Keywords:

(Specific exercises, reverse body lift, efficiency of the skill performance)