



Introduction

Handball is one of the most collective and competitive games. depends mainly on scoring a large number of goals in the other rival during the time of the match. Thus the perfect skills of Handball work to achieve the main purpose of the game; scoring goals.

The skill of the aim is one of the basic and important offensive skill in Handball. All these skills may become useless unless they are correlated with scoring successful goals, which seem to be the final purpose of the whole attack.

The aim by the jump is one of the most important and common way used in matches. It can be divided into two important types; the aim by the jump forward and the aim by the jump not on these two types depend on the situation of the player in addition to the defending gaps.

The aim from the front of the goal. The area of the goal helps the player to get close to the goal. He can also delay his shoot just before his fall so that he can act actively according to the movement of the goal and goalkeeper.

The physical fitness in Handball means the performance of the basic and planning skills that the game requires. It also helps to improve learning new and complicated skills without feeling tired.

The muscular ability the muscular reach accordingly seems very important to handball. New way to improve the muscular ability has been used, since a short time, widely in different Athletic activities. It is the Plyometric way that depends on A exercises of the deep jump and the enemy and the partridge upon the graders and the overlap between the jump and the partridges (profound jumping, running, partridge above stadium, and

on the interference between jumping and partridge.

The Dynamic Performance requires thus several special skill each skill includes a number of movements. The Dynamic Analysis kinetic legalization is the most effective way to improve and develop performance. It requires determining the true mechanical performance of skill a definition of the kinetic performance and also repeating it several times until the dynamic shape becomes fixed, effective and influential the Dynamic Shape will be developed to improve the amount speed, distance and time with all that surround the performance.

Dynamics search in the rules of the attachments between the effect the muscles and different movements. It also searches in the terms that different powers. In order to make it easy to study Dynamics, it was divided into two parts; the Cinematic, cinema.

By using the Dynamic Analysis, we can know parts of the movement know the shape of the technical performance, determine the physical properties and precise the details of the performance in which effort is saved.

From all the preceding studies and researches, The Plyometric Training can be said to have been designed to achieve direct improvement muscular ability and so on the skillful and dynamic performance performance the skill and the dynamic kinetic performance in different activities. Handball is considered one of the collective games whether offensive or defensive aggressive or defensive. The aim by the jump for is considered of the important and well-known skills that can be done the front of the goal from in front of the area of the goal and from the corner center the annex. This skill is the main reason to win.

This what encouraged the scholar to use the Dynamic Analysis to know the perfect performance and distinction while doing such a shoot and while improving and developing the muscular ability. At the same time knowing the well-use of such improvements (development) while shooting during the aim and the notes which the scholar regards in the other coaches affirm that there is not enough time within the training to the aim by the jump forward. This field lacks studies that are connected to the aim by the jump proficiently forward in general and her coach hangs by development of the muscular reach by the dynamic variables verily this skill by special shelf.

It was a good trial from the scholar to know that the Plyometric Training is much more positive in improving the muscular ability and to know its effect on the ability of shooting and on the flying distance. The distance of the flying which appears from using the Dynamic Analysis. Thus the problem of this research can be summarized in being only a scientific trial that is directed to study the Plyometric Training to improve the muscular ability and its effect on some dynamic changes for skill of the aim by the jump forward in the handball.

-Why this research is important and Why we need it?

The Importance & The Need Of This Research:

The skill of the aim is considered one of the offensive skills in Handball, which the player may use in ending the attacking (defensive) plan of the match in benefit of his own team. The player can do this shoot by the right way that is characterized by power and speed. The player can do better in his game by knowing the most important and dynamic properties that affect his own practice (performance).

It also appears as a scientific addition in playing Handball. This lacks scientific information that is connected or related to the suit training to improve the muscular ability the aim by the jump and interfering relations with the dynamic properties. This addition may lead to a new blend of studies that can be done in this field.

-The Purpose of the Research:

Its purpose is to start a Plyometric training to improve the muscular ability and its effect on the following: -

- a) Developing the muscular ability in the aim by the jump
- b) Developing the dynamic varieties (changes) feel the dynamic variables for skill of the aim by the jump forward.

The Research Supposition:

There are statistical differences between the (prior) and follow-up measuring by using the Plyometric Training in improving the muscular ability produces the separations of a familiarity statistically between: dimensional and trial measurement by utilization of the trail Beleometry For development of the muscular reach.

There is a relation that is connected statistically between improving the muscular ability and improving the dynamic varieties in producing indicator coat hanger statistically between a development of the muscular reach you feel the dynamic variables for skill of the aim by the jump forward in the handball.

The Place &The Samples of the Research:

The sample has been chosen by the vertical way The intentional

(3 forward and 3 backward) from the perfect tournament players from excellent periodic player in Assuit City. There are 5 trials for each player.

Ways of Collecting the Information:

Tests Of the Muscular Ability:

- The tests of the vertical jump from steadiness the ability of a tow man.
- The tests of the wide jump from steadiness the ability of a tow man.
- Throwing a medical ball that weights 3kgs. From steadiness the ability o tow an arm.
- Throwing a handball from steadiness to the Fareast point the ability of tow an arm.
- Three right partridges the ability of a tow mans.
- Three left partridges the ability of a tow mans.

A experimentation's of the muscular reach the skill:

The extractions:

First: From The Plyometeriec Side:

The Plyometeriec Training has a positive effect in improving (developing) the Physical Variables that include (The vertical jump the ascription of the improvement was 12.4% - the wide jump the ascription of the improvement was 4% - a hatred was thrown medical and his lineage's Cant the improvement 50.5% - the partridges to the right and to the left the ascription of the improvement was 68.8%)

The Plyometeriec Training has a positive effect on developing the variable skills that include repair the ball of a hand let me go far away after a

distance the ascription of the improvement was in her 11.3%, and strength of the aim on the wall the ascription of the improvement was in I/she/you attained puberty 50%, plus the distance of the flying during aim where came and the ascription of the improvement by her to 6.1%

Using this way of training helps on developing the relationship (intercourse) between the (Physical level & the skill level) The level the and the bodily level.

The Plyometric Training share in achieving high height and distance horizontal and vertical and the gain rate to the foot movement in order to reach the high rate of performance The uttermost average move of the leg for the arrival to an average is being drowned out for performance.

The Dynamic Plyometric Training helps to increase the level The rates of the strength giving in short time.

Second: From The A side of the vital mechanics (Dynamic Analysis):

***Notes:**

The scholar shed light on some points in his research under the light of the purpose of the research and according to the place of the same These points are the following: -

It is very necessary to use the Plyometric Training in improving muscular ability and in developing the physical skills.

It is important to use this kind of training in the same way in the power works in order to make good use of the Dynamic Performance that we want to improve it.

It is important to use this kind of training in developing one's speed in all kinds of sport.

Makes the utilization strong who is the carrying out of the training. Biomechanics For development of the explosive reach for the man in sports of the advance in the activities, which require her performance for above power.

We can use this Plyometric Training in directing the powers in the suitable ways to encourage and to improve one's speed.

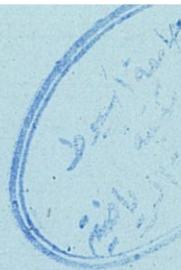
We should take well care during this training cause there will be much more risk on the player while he tries to do his uttermost depression.

The player must not go through these exercises unless he is active and ready after a good and powerful training.

We have to make good use of the exercises in which the Angular the cutter differs from 30,45,90,150. These angular are preferred while doing some exercises in order to achieve the Dynamic Performance that we want to achieve.



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**A training Program Plyometry to Power Muscles Appwading
And its Effect Dynamic Variables for
Shooting Jump in Had Ball**

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