

“ Summary of the Research “

Nowadays the world have a great progression. on a various fields of on life that mast of them were submitted under the scientific research which was considered as an ideal solution to a various of problems in different fields.

The planing Training consider as one of the fields that need a detailed study depending upon every study have been done, collecting facts, data and statistics for training in a specific period which cam make objectives.

So we must put in our mind and our consideration that arranging training execution in specific serial which was limited by a scientific foundation and principals for aims which lead to results consider as a green light for us to which every planner need.

Trained, sport leaders must recognized that any progression can not be completed without the ability of athletes and our way to ~~that~~ by review on planing training, objectives connection which specific to these phases must have the propriety in planing programs, so sport planing training means:- Goal setting, comparison, and choice between substitutes to gain objectives which regarded for it. Achieve by training plan, executed and to be follow, rearranged it to have an ideal achievement from training phase.

Directed or Dimension planing Hockey sport is the best solution to contract the long training and recure the defect and deficiency in various field by knowing the objectives and

limited it, and the specific contents of the Hockey which make construction of planing more practical and can applied by a fastest suitable results and which reflect on the capacity, progress performance for the best players in the competition during the connection of objectives particularly for the different levels steps, phases for the applied plan and that by using training program for one year at least constitute specific training executed and limited in different ways (physical- skills - planing).

The Researcher noticed from the training and planing operation in different fields for Hockey sport that training phases and objectives not only connected for sportier season, preparation, competition, Transition).

But also objectives with the specific period for Hockey, often finishing form two intervals of, preposition and competition), dismissed the Transition by its objectives and not using it by training period yearly instead of the longest Transition period for Hockey sport in comparison to any group activities.

From above conclusion, the researcher concluded and noticed that training executed during the Transition period by putting a restriction program particularly for this period to Hockey because its need for specific physical acquired, skills, acquired technical, highly trainer planing, contents, behaviors and ways which were a suitable for the transition period objectives to develop and progress some points which were discovered as a deficiency and weakness noticeable during the

competition period which was per- transition and already affect on some different points of the next season. So the Hockey players must began the preparation period of the next season without any decrease in any Changes or importance of same defect of its skills or weakness off. As it happened usually within the Hockey players by directed the training during the transition Period and its efficacy on some physical, Skills, planing change for hockey players.

The objectives of the research:-

- 1- Dimension Training during transition period towards achieve some physical changes, skills planing under research.
- 2- Recognized on the affect of direction of the training during the transition period on some physical changes. under research.
- 3- Recognized at the affect of training during the transition period on planing skills to hockey players.

Research Estimates:-

- 1- Directed the training from supposing program by its constituents particularly for applied during the transition period to affect on the physical changes and skills planing under research.
- 2- There are a differences in the pre- measurement and the post- measurement for the physical changes under research for the post- measure specially in the transition period.

- 3- There are a difference between the pro- measurement and post- measurement for the skills changes planing under research for the post- measure particularly in transition period.
- 4- The dereliction of the training during transition period affected on the achievement of the changes of the study by found a differences between the direction of the progress level in late season and the next season to achieve next season.

The plain of the Research :-

The researcher found that the experimental plain is the mest suitable plains at all to achieve the objectives of this research.

The sample of the Research:-

The experiment was done on the sample of (27) players from the first tem of the Hockey at sport police union club and which recorded at the Egyptian Hockey union for the sport season at 1997/1998.

Tools and Means of collecting the data:-

The researcher depended on the principals sources to collect the information and the data of the changes for the research, it was as follow :-

- 1- To examine the experts opinon by :
 - a- Making interview.
 - b- Personal sheet.

- 2- The isomer and connective study and research.
- 3- Colic Noticeable.
- 4- Application of physical, skills tests on all the players as a sample of research.
- 5- Application of the Situation tests of corner Knocking or kicking penalty Corner

The steps for achieve or executed the research:

- Pre - measure for the sample of the research in the program of transition period for the sport season 1997/ 1998 .
- Fixed the level of layers and limited all the contents and means of the training which helping in the construction of transition period program.
- Construct a suggestion training program for a transition period.
- Post - measure for the transition period.
- Collection, arrangement, table All the data.
- Statistics the data.

Conclusions:-

In the scope of the analysis to the statistics results on this research, the researcher had conclude the following:

- 1- There are a statistical difference between the pre- , - measure and the post- measure which cleanly Explain the positive efficacy of the transition period program which suggesting on the physical changes, plan skills to the post-measur .

- 2- We could recognized that, the effect of the direction of the training during the transition period on some physical changes particularly for the muscle capacity, bearing velocity under study.
- 3- By knowing the efficacy of direction of the training during the transition period on the plinking skills which make an example practically in the simulation of penalty corner in the games of Hockey players and its efficacy on the results of the gam.

Recommendations :-

According to this study of the statistic results and the conclusions, the researcher recommends the following:

- 1- The Importance of the restriction the physical objectives and planing skills particularly for a period and specific levels, for levels, for every training period to the sport season which by their connection which complete the followed subjective of pre- measure, the construction which suggesting a program for the transition period.
- 2- Consideration must be taken instead of training constituting as a paling of consecution a specific program for a transition period which was planing for sport season level.
- 3- Consideration by restriction the degree of tolerance of the training which make to developing some defects and weakness which already discovered (physical- skills- Planing) during the competition erode which have a

positive effect on the performance level to prepare and enter for preparation period of the next season in a good and preferable level than in the post season for the transition period.

- 4- Consideration was taken to make a periodic tests specifically for the top-former or after finishing the sport season to have the conclusion about the level from the applied several objectives, to be sure from the efficacy of the practical program which already applied .
- 5- It is very important to make a measurement, which can limit and restricted the particular objectives towards the training levels to achieve expective future objectives, to make the player reach to the best preferable level of skills facilities and preparation to the next sport season for the Transition period by higher level than the last season.



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**Effects of Direction Training During Transition
Period on Some of the Physical Variables and
Tactiek skills for Hockey Player**

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