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A Training Program For The Development Of Some Visual Capacity To Contribute To Improve The Level Of Performance Of Some Basketball Skills

**Within the research to obtain the degree of Doctor of
Philosophy in Physical Education**

By

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Introduction and research problem

Raced many researchers in the field of sports to address the many areas Some of them eat searching side Physiological and some of them addressed the importance of physical attributes and their relationship to performance and others have tried to identify the positive impact of the physical characteristics and their impact on various aspects of both the function and psychological health and still researchers work hard through scientific research and studies on the supply of trained various theories and solutions to help them and contribute to solve a lot of problems to which they are exposed .

Each team sport the mother of individual skills and basic principles through which performance as good required, the higher the level of performance of the skills and the basic principles rose therefore the level of the overall performance of her, and in the sport of basketball means Bastalah principles and basic skills set of systems and methods of transition and movement reel and without the ball

He adds both Mohamed Mahmoud, Mohamed Sobhi (1995 m) to the sport of basketball activities that rely on technical skills as an important base for the skill level and progress the team's success depends on the master players of different skills.

It also sees Mustafa Zaidan and Jamal Ramadan (2004) that the basic skills in basketball is divided into basic skills Individual offensive (caught the ball - to control the ball - passing and receiving - Interviewing - correction - movements feet offensive - movements traps) and individual skills defensive (pause prepare defense - defensive movements of the feet - Defensive place - Distance defense - defense against formula - defense against corrected - defense against cutter - cut passes - the collection defensive rebounding).

And looking sports scientists permanently and continuously about the ways of training the modern order optimization athletic performance and gain a competitive advantage, and training visual unrestricted one of these techniques in the field of sports, and the training visual is a recurring series of exercises eye in order to improve the functions and capabilities of Visual Basic.

And visual exercises are part of sports training programs, overall, good vision and eye muscle movement with a focus capabilities help improve athletic performance

And emphasizes Hitzeman SA, Beckerman SA" (1993) that rely on the visual system during athletic performance is one of the more uses in any activity because the vision affect the ability or the efficiency of sports in the performance requirements for the sport, has made some researchers to study the relationship between skill and vision, and most of the attempts of researchers headed towards determining the vision optical

necessary for the different sports and determine whether the vision of athletes differ from non-athletes, and these attempts Although incomplete, but they suggested that some of the vision optical important for performance in sports specific, and the vision visual for athletes differ from non-athletes, and yet there is little research that supports the hypothesis that the vision optical athletes can be improved with training visual, and that this improvement in capacity optical athletes will affect the improvement of athletic performance as there is a need to do attempts to research further to answer the many questions associated with the relationship between vision and visual sport.

Through the above and then inform the researcher on the many references and scientific studies which dealt with research and study capacity optical and training visual in various activities, as well as an interview researcher for many of the coaches sport of basketball, and some experts in the field of training of teachers and specialists have been conducting dialogues with them and also through researcher in the field of training and field training in basketball, has noted researcher :

That most of the studies that have been conducted to study the visual capabilities and ways to improve them and them contented themselves with varying visual or training capacity at the level of optical performance, and within the limits of science researcher without exposure to learn visual capabilities contribute to the improvement of Samson perform some skills in basketball .

Hence crystallized the problem of this study, which were represented in the absence of such studies, specialized in sport of basketball in particular and in the field of sports in general, and that helps coach or existing process teaching the knowledge capacity optical develop and which contribute to the improved level of disease of skills different .

This prompted the researcher to address this problem the study and researcher hopes through what will findings of this research contribute to an active role in the preparation of programs and basketball players access to an appropriate solution to this problem .

So researcher suggests a study entitled :

A training program for the development of some visual capacity to contribute to improve the performance of some basketball skills .

-The importance of research: The Importance of Research

We find that the main objective of the process of sports training is accessible to the highest levels in the specialty or activity, and in spite of the progress that has reached sports training in recent times, we find that it has become unable to continue in this continuous progress to meet the requirements of the sports competition quest for improved performance skills and tactical athlete's ... Etc .

Search does not end in particular have athletes who are seeking to improve their performance in any way possible in the hope of obtaining advanced centers and by increasing their abilities .

Through readings of the researcher and his interest in studying visual capabilities and visual training in various activities have coined the importance of this study in the following points :

- The Scientific Importance

-Find an attempt to identify visual capabilities associated with the sport of basketball .

-Returns the scientific importance of this research in enriching the knowledge and scientific have coaches, players and workers in the field of sports training in general and in the field of basketball training especially knowing optic capacity to contribute in improving the performance of some basketball skills .

-Returns the importance of scientific research to show the importance of visual capabilities in the process of preparing for the athletes and try to overcome the difficulties faced by the players to improve the level of performance of some basketball skills .

-The applied Importance

Applied is important in the following points :

-To draw the attention of trained visual capacity to know which works to save effort and time economy in the process of preparing the players .

-According to the results of this study to identify the visual capacity to contribute to improve the performance of some basketball skills .

-The Aim of Research

-The research aims to design a training program for the development of some visual capacity to contribute to improve the performance of some basketball skills .

Through :

-To identify the visual capacity of the sample under investigation .

-Identify the level of performance skills under discussion .

-Hypotheses Search :

-There are significant differences between pre and post measurements and for dimensional measurement in visual capacity of the sample under investigation .

-There are significant differences between pre and post measurements and for dimensional measurement in the level of performance skills of the sample under investigation .

-Research procedures :

-Research Methodology

-Descriptive approach

The researcher used the descriptive method using the survey method in order to reach visual capacity to contribute to the development of the basic skills of basketball under discussion .

-Experimental approach

The researcher used the experimental method to suit the nature of the research using experimental design for one group to identify the impact of the program to some capacity optical contribute to the development of some basketball skills, which relies on the measurement (pre - posttest) capacity optical under research and measurement (pre - posttest) for basketball skills under discussion .

-Sample search

The researcher selected sample way intentional of basketball players under 18 years old and enrolled Union Egyptian basketball as the volume of the sample (20) player Promise (10) players to sample reconnaissance and the volume of the sample total and numbered (30 .(

-Methods and data collection tools

The researcher used multiple methods and a variety of data collection, including commensurate with the nature of the research and the data to be obtained .

-The conditions required in the tools and methods of data collection .

-That meet scientific standards

-Ease of use and the possibility of execution

-Easy to interpret the data available, compiled

-Classification tools and methods of data collection - :

The researcher classification tools and means of data collection, according to the mechanisms of action within the search as follows - :

-Forms

-Data registration form for each member of the sample facility (1)

-Form skill performance analysis facility (2) .

-References and previous studies - :

The researcher surveyed for references and studies and scientific research which are available to him in the field of basketball and number (20) and reference to learn the skills of basketball

-The tests used in the search .

-Skill tests basketball skills under discussion. Attachment (3) .

-Tests correction

-Test the free throw

-Test the front correction

-Test peaceful correction

- Scrolling and tests, but
- Testing the Echo Wall
- Follow-up tests
- Continuous follow-up test
- Capacity optical tests under discussion. Attachment (4)
- Reaction time test .
- Test optical sleep (blinking rate, eye-opening time period) .
- Testing of optical trackpad
- Peripheral vision test .
- Precision optical test access .
- Test the perception of the field of vision .
- Tools used in the research - :
- Device rest meter to measure the length of the body "in centimeters " .
- Balance of Medical standard .
- -tape measure: "Surface ."
- -Stopwatch: to calculate the time "per second " .
- -Recycle balls .
- Graphics and paper .
- Gang for the eyes .
- Basket of balls numbered .
- Number 4 stick colored on both sides .

-Selection of assistants

Hired a group of researcher's assistants (5) members represented in the coaches, teachers, assistants and teachers at the Faculty of Physical Education, Banha University .

Has been working meetings with them to explain the idea and purpose of the search and the nature of the role assigned to him every individual in the search, as well as providing them with information which enables them to answer various questions and inquiries facility (5) .

-Surveys

Due to the nature of this study, the researcher make more of an exploratory study, so as to discover the negatives that can be treated before starting the implementation of the baseline study .

-Basic experience

After that, the researcher exploratory studies and the outcome of the results of the study was conducted on a sample of core (20) player of the basketball players registered the Egyptian Federation of Basketball basic study was carried out as follows - :

The researcher studied the basic on Monday, 1/12/2012 to Friday, 01/25/2013. Where the researcher applying visual program .

-Statistical treatments: Used Statistical Coefficient

The researcher used in the treatment of statistical sample data of the following statistical methods :

- SMA
- Standard deviation
- Sprains
- Correlation (Pearson)
- T-test
- The difference between Ncesptin

-Conclusions and recommendations

-Conclusions :

Within the limits of the results that have been reached and the light of the discussion researcher concluded the following :

- Visual exercises contributed to improve the performance of the visual capabilities of a sample under study .
- Visual exercises contributed to improve the performance of the basic skills of a sample under study .
- Contribute to the visual training improve the requirements for the technical performance of the defensive and offensive skills of basketball players as they differ from individual to individual so requires trained individually .

-Recommendations :

In light of the results of the study, and in the scope and limits of the sample which have been, according to the conclusions reached by the researcher recommends the following :

- The application of visual exercises under discussion within the modules .
- Need to focus on activating the role of visual exercises to improve basketball skills in general .
- Interest in using visual exercises because of its meaningful and effective impact in the development of the skill level of performance, particularly in the main part of the daily training unit and consistent with the nature of the objectives and requirements of this part .
- Follow the scientific method when choosing or designing visual exercises taking into account the suitability of the nature and the characteristics and needs of basketball players and is training individually and in accordance with the principle of individual differences between players .
- The need for the availability of offers sports programs for athletes individually for basketball players according to their position on the pitch .
- Further studies addressing the impact of visual exercises in other sports and on different samples as well as on the contribution ratios sense of vision in those sports activities and the extent of affected by visual and relationship to the level of sport-specific skills .
- The establishment of a special laboratory measurements inside the optical coefficient of Physical Education colleges