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A training program for the development of a compound some special physical qualities in the light of its share in scoring in hockey

Research presented within the requirements for obtaining a PhD degree in
physical education

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- Find the problem and its significance :

We see today an evolution in the level of physical and technical support for the sport of hockey at the global level and was clearly demonstrated in the 2012 London Olympics, which he must work to keep up with this development, and is the sport of hockey sports, which is characterized by the ongoing work with the change in speed and power performance, which requires many physical abilities, which the player had to be on the effectiveness of performance for a long period without a decline in the level of technical and physical abilities, and in a hockey game is the overall performance of the players is an important factor to win. It did not come Sdva but comes through training based on scientific grounds according to standardized training programs .

Considered hockey sports that require possession of high levels of physical attributes and skills so the player can perform the duties of skill and tactical designate them throughout the 70 minutes into the game, so we must attention to focus on the training of the players physically and Mharria and Khttiya to become in their power to reach athletic levels high through exercises applied on the development of basic motor characteristics of the player and to maintain its level, so a user can start his or her family of Maha different kinetic successfully. (1: 4)

To get the players to the highest technical level, it was agreed everyone involved Sharky (1991), Blito Pouletto (1991), it should develop the physical abilities of the players using the ways and means of training varied not only exercises inside the stadium, but also beyond where that adjustment Comprehensive physical capacities does not stop at training exercises ball but used for the development of muscle strength aimed at the development of muscle strength in operating performance skills, which constitute the main objective of the stage, according to your numbers ratios contribution to the performance skills. (111: 72), (107: 64)

And refers to the safety of 1986 that the process of the development of special physical qualities are closely linked to the process of the development of motor skills, the individual will not be able to master this sport motor skills essential to the type of sporting activity practiced in the case of lack of the physical characteristics of this type. (44: 8)

The scoring in the sport of hockey skills that need to be continuous training and technique special players who practice it should be these exercises according to the technical performance of the movements related skill. As the scoring skills of critical skills through which resolved as a result of the games which is very Every coach and player. The Barre researcher that due to the speed of the transition in attitudes offensive taken it the right place and escape from the controls to a goal skills are scoring in hockey need more power, speed and focus Hence writes Find important in the study and use of certain training methods different hockey players to develop the ability to scoring and I hope that this research contributes to serious contribution in overcoming many of the dilemmas of the field for image clarity imam of coaches and players and those

interested in this area in connection with the scientific facts related to athletic training .

-The goal of research :

-The development of some special physical qualities in the light of the proportion of its contribution to the scoring in hockey skills through :

-To identify the contribution ratios physical attributes in scoring skills under discussion .

-Understand the impact of the program compound in the development of some special physical qualities under discussion

-The impact of the development of physical attributes special skills in scoring in hockey under discussion .

-Research hypotheses :

-Contribution rates vary in the skills of physical attributes scoring in Hockey

-There are significant differences between pre and post measurement in some level of physical abilities in question for the benefit of dimensional measurement .

-There are significant differences between pre and post measurement in the level of skills of scoring under discussion for the benefit of dimensional measurement .

-Research procedures :

-Research Methodology :

-Descriptive approach

The researcher used the descriptive approach in order to reach a physical attributes to contribute to the scoring skills of variables under consideration .

-Experimental method

The researcher used the experimental method and its relevance to the nature of the research using experimental design for one set .

-The research community

Included on the research community (20) as a player representative for the national team of Oman Hockey chosen way intentional .

-Sample search

-Sample Survey Research

Was selected sample survey of a random way intentional national team players Omani hockey has reached the size of the sample (18) as a player in order to determine the percentage contribution of physical attributes in scoring skills under discussion

-Experimental research sample

The research sample was chosen the way of national team players Omani hockey has reached the size of the experimental sample (12) as a player and a table (4) characterization of the community and the research sample .

-Tools and methods of data collection

-The means of data collection

The researcher used in collecting data and information related to this research the following means :

- Analysis of some of the games
- A survey of Reference
- A survey of reference for scoring skills
- A survey of reference for the physical characteristics
- Data collection forms :

The researcher prepared the following forms :

- Registration Form growth rates and physical and skill tests for the homogeneity of the study sample facility (8)
- Registration Form and the results of physical tests of skill before and after sample collection for exploratory research and exploratory and experimental facility (9)
- Registration form of personal data for each player and where: Player - Length
- Weight - chronological age - old training facility (10).
- Research variables

View from above were able to researcher according to a survey of reference and studies, research and analysis of the matches in the hockey game researcher was able to stabilize the research variables own physical characteristics and scoring skills

- Physical variables
 - Speed-strength of the arms
 - Speed-strength of two men
 - Speed the transition
 - Fitness
 - Flexibility
 - Periodic respiratory endurance
 - Muscle strength
 - Variables scoring skills
 - Hit the ball
 - Push the ball
 - Beating Bkhalaf Tennis
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- Tests used in research
 - Tests physical attributes selected .
 - Skills tests under discussion

-Tools and equipment used in the research :

Summoned the application of the training program applicable to the processing of a set of instruments and tools for the purpose of measurement and training, namely :

- Balance of medical standards for measuring the weight of the nearest (kg .(
- Scale Length Rest meter to measure the total length of the body to the nearest (cm .(
- Stop Watch stopwatch to measure time to the nearest (1.0) of a second .

- Dynamo Lemaitre .
- Free weights starting from different Wazzan (5-10 kilograms) .
- Pulleys weights weight 10:20:15 kg .
- Wooden boxes divided into different lengths .
- Balls Medical 3.4.5 kilo weights .
- Benchmarks - ropes .
- Plastic cones - flexible barriers - wooden beams - Swedish seats .
- Ropes - Medical balls - acetic rubber .
- Jeter weights to the hands and legs of various weights 1.5-2.00-2.5 kg .

-Test helpers :

I hired a researcher number 6 of assistants who trust in scientific honesty and serious in their assistance and service to the research and the researcher, despite volunteering, has been defined aspects of the study and its objectives in terms of the measurement requirements, and the usefulness

Findings from this training program, has been the use of each other also in the process of making the experience of studying the basic measurements and processing tools and imaging devices and determine the roles of each of them .

-Steps to implement the study :

-Measurements for determining the physical attributes to contribute to the performance level of the skills of the scoring in the period under discussion on Monday, 01.07.2013 to the day of Wednesday, 4/7/2013 AD .

-Logical analysis of the slope to determine the physical attributes to contribute to the scoring skills .

-View and analyze the contribution of physical attributes to choose physical attributes most closely associated with the composite variables of the training program :

-A set of physical exercises for each of the ability of physical abilities according to the proportions of each to contribute to the skill of scoring under discussion

-Surveys

Researcher conducted surveys in the period from 07/06/2013 till 12/08/2013

-The first exploratory study :

This study aimed to determine the appropriate weight of the legs and forearms (Aljtr) used in the development of physical abilities own under discussion :"

-The second exploratory study

This study aimed to determine the most appropriate elevations of the funds and the distances between them for training under study :

-The third exploratory study

This study aimed to determine the weights used in weightlifting weights training in the implementation period of the initiation period and used in the implementation of the training program in the year compound exercises speed motor

-Fourth exploratory study

This study aimed to determine the resistance of rubber cords

Was codified elastic cords according to distance along the tensile cord and that are commensurate with the thickness and length of the rope

-Scoping study five :

Rationing exercise, which included the proposed program is to determine degrees of training load during the performance of those preparing for the physical exercise can even load the proper formation of the players. The selection of these exercises in conformity with the nature of hockey

-Procedures for the implementation of the study :

-Measurements Tribe

The researcher conducting measurements own tribal variables under the experimental research sample as follows

Has been testing the ability of muscle of the arms and legs and speed as a measure tribal Thursday 20/02/2014 M to Friday, 21.02.2014 AD .

The researcher points out that he has been measuring some elements of physical researcher finds that the training program composite effect may occur where a Fitness

-The application of the training program

Been applied to the training program on the research sample collector Sultan Qaboos Sports in Oman during the period of the day Sunday, 23.02.2014 to the day of Thursday, 17/04/2014 for a period of 8 weeks, connected by three training modules week days (Allahadd, and Tuesday, and Thursday (

-Dimensional measurements

After the completion of the period of application of the training program, the researcher conducting dimensional measurements conducted in the same order Aalkassat tribal Zilk on Friday and Saturday Moafaqan 18.19 / 4/2014 AD

-Statistical treatments

-The arithmetic average .

-Standard deviation .

-Coefficient of torsion .

-The correlation coefficient for Ebarson .

-The correlation matrix for the Mini Saberman .

-Logical analysis of the slope .

-Percentage of improvement .

- Conclusions and recommendations

-Conclusions

Based on what has been deduced from theoretical studies and measurements and tests used in the study and in the limits of the study sample characteristics and its questions and hypotheses and possibilities, and in the light of the objectives of the study, tools and equipment used, and through the collection of accurate information, and based on scientific procedures followed

in the same vein, and depending on the results of the method EMI could be reached the following conclusions :

- For contributing to the physical characteristics :

- The presence of a significant correlation between some of the physical attributes and the performance of some of the skills of scoring in hockey under discussion

- The proportion of the contribution of physical attributes in the performance of a good batting skills, which confirms the effectiveness of these qualities in terms of performance skills were :

- Push the ball

- Speed-strength of the arms 33.4

- Speed-strength of the two men 29.2

- Speed 22.7

- Fitness 13.6

- Hit the ball

- Speed-strength of the arms 34.6

- Speed-strength of the two men 28.3

- Speed 22.2

- Fitness 13.3

- Hit the ball Bkhalaf Tennis

- Speed-strength of the arms 32.0

- Speed-strength of the two men 24.6

- Speed 25.1

- Fitness 14.2

- For the proposed training program :

- The proposed training program led to the development of physical attributes, "speed-strength and speed and agility

- Resulted in the proposed training program to improve the level of performance skills scoring under discussion

- The results showed that reached the importance of training methods heavily (Aljeter for Saeidin and legs, acetic rubber) in the development of physical abilities and skills for the condition to be used for exercises similar to the performance of the skill and be designed in a safe and exciting for the players ‘

- Recommendations :

Depending on the data and information that will enable the researcher reached and guided by the conclusions and, in the framework of the limits of the results of the study recommends the following :

- For contributing to the physical characteristics :

- Taking into account the contribution of physical attributes ratios in basic skills when developing training programs in Hockey

- Determine the percentage contribution of special physical qualities in other basic skills

- For the training program :

-The use of composite training program using weights and Albulomiti when planning development programs, physical attributes and skill with hockey players .

-The use of exercises similar to the performance of the skill training means using heavily to improve

The performance level of skills in hockey .

-The use of special tests that have undergone scientific transactions (honesty - consistency) .

-Attention to develop training programs codified especially on a sound scientific basis for the development of special physical qualities because of its positive impact on the progress and clear the level of performance of the scoring in Hockey

-The need to continue training for the physical attributes during the competitions to ensure continued improvement in the level of performance skills of the players .

-Directing the results of this study and the proposed training program and implemented steps to train workers in the field hockey in sports clubs to take advantage of these results.

-Provide tools and devices taking into account the safety and security factors and growth characteristics and individual differences between players .

-Innovation and modern means of training for the development of the physical and the skill level of the players.