

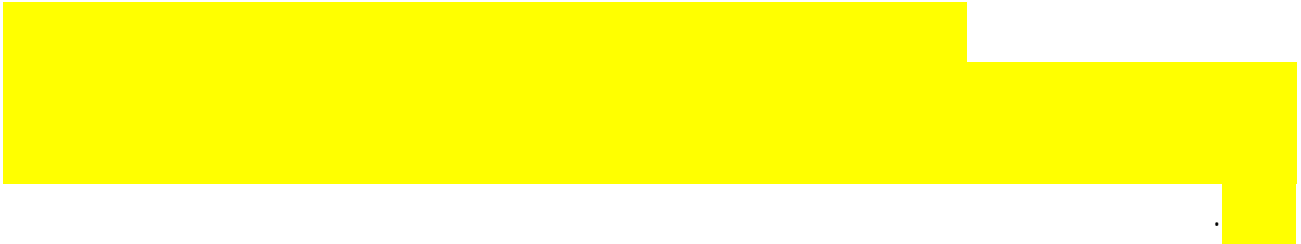
# تأثير تعريينات خاصة بالتثقيب في تطوير سرعة أداء التحركات الدفاعية بكرة اليد للشباب

تقدم به الباحثون

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## **Abstract**

### ***Exercises influence in the development of private Balttqil speed performance of defensive moves, handball Youth***

***Made by researchers***

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Focused research problem in the weakness evident in the movements of the feet and the speed of defensive moves, with the difference in Iraq, whether in posts to domestic or foreign, which appear in the slow coverage and attack the opponent during defense that Arti researchers use the exercises to develop speed of defensive moves, as well as a means of training assistance is weighting. For the purpose of this study to know the effect of weighting by using special exercises to develop speed performance of defensive moves (forward and backward, both sides) for youth handball. Therefore, the researcher used the experimental method as the appropriate methodology to solve the research problem, as well as selected research community who are players exert Club Shami Sports handball to the Premier League for the sports season 2009-2010, who are (14), after excluding the goalkeepers were the sample (12) has been divided into two sets of (6) players in the same group that they were the first group is the experimental group which trained Balttqil The second group is the control by practicing exercises and speed only this division were randomly assigned to the law of T independent samples. The researcher conducted a test speed of defensive moves back and forth and testing speed test of defensive moves, the two sides after the implementation of the training curriculum for 8 weeks, 3 units per week and after the completion of the vocabulary of the program has been testing me in the same conditions procedures tribal, and the statistical treatments were done using the (center arithmetic mean, standard deviation, the law of the samples interrelated T, T for independent samples). In light of the results obtained, the researcher to several conclusions from the most important of the following:

- 1 - contributed to speed training of defensive moves (forward and backward, both sides) in the evolution of the level of experimental and control groups.
- 2 - Training the best use of weighting in the development of rapid movements of both feet, the defense moves forward and backward.

The researcher recommended the following (the adoption of the exercises used in the study is a component of the training load (intensity, size, comfort) because of its speed advantage in the development of defensive movements of the feet