



RESEARCH ARTICLE

THE EFFECT OF MARITAL SKILL EXERCISES ON DEVELOPING THE ELEMENT OF ENDURANCE OF PERFORMANCE AMONG WOMEN WRESTLING PLAYERS

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ABSTRACT

Background: The success of the training process and the achievement of its goals represented in the player reaching the highest level and achievement in the practicing activity has become an indication of the coach's understanding of the player's various abilities and capabilities, whether skillful or physical, and how to benefit from the skills of the coach and the player **Aim:** The research aims to find out the effect of marital skills exercises on developing the performance endurance component of women wrestling players. **Methods:** The researchers used the experimental method due to its relevance to the nature of the research. **Results:** The proposed training program for the experimental group had a positive effect on the performance endurance component of women wrestling players. **Conclusion:** The necessity of forming the training load for each player separately and according to the player's capabilities, meaning that upgrading the load depends on playing alone and not on the team

INTRODUCTION

The success of the training process and the achievement of its goals represented in the player reaching the highest level and achievement in the practicing activity has become an indication of the coach's understanding of the player's various abilities and capabilities, whether skillful or physical, and how to benefit from the skills of the coach and the player. Modern sports training is educational and educational processes that include the upbringing and preparation of players, players and teams Sports training through planning, leadership and implementation in order to achieve the highest levels in sport, practice and maintain it for the longest possible period. Sports training according to biological and physiological development is nothing but training for energy sources of all kinds, and the trainer's ability to release these potential energies (3:12), (14:33). Wrestling achieves the balanced growth of body parts and gains its practitioners the ability to use all the body's muscles and apparatus efficiently, as wrestling works to develop physical fitness components and improve the efficiency of physiological devices through the effort made when implementing offensive and defensive skills and counterattack skills, as it requires the introduction and implementation of these complex skills. With a competitor, the wrestler exerts a high physical effort depending on the abilities and competencies of the wrestler's training condition. (6:32)

Wrestling matches are contested between two competitors of equal weight and the Sunni stage, each trying to control his opponent and showing his high training efficiency in order to win, and this can only be achieved through the scientific method and standing on the strengths and weaknesses of the training programs, and wrestling includes two types in the Olympic program They are Roman wrestling and freestyle wrestling. "Massad Ali" (2001) sees that the technique of wrestling consists of grabs, defenses, and throws that the wrestler uses to achieve victory by touching the shoulders or points on the opponent. It is considered as the weapons that the wrestler uses to outperform the opponent. The technique is related to other aspects of preparation such as the physical, psychological and written preparation of the wrestler. (5:156). The sport of wrestling has recently been exposed in the world to a lot of scientific development of the various aspects of the players, especially the training programs applied to them, which led to a change in the methods and methods of training simulating with other sporting activities. Performance among female wrestling players.

Research objective: The research aims to find out the effect of marital skills exercises on developing the performance endurance component of women wrestling players

Research Hypotheses

- 1- There are statistically significant differences between the averages of the pre and post measurements of the experimental group in the physical variables

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(performance tolerance) under investigation in the direction of the dimensional measurement.

- J There are statistically significant differences between the averages of the pre and post measurements of the control group in the physical variables (performance tolerance) under investigation in the direction of the dimensional measurement.
- J There are differences between the mean of the two dimensional measures of the experimental and control groups in the physical variables (carrying performance) under investigation in the direction of the experimental group.
- J There are improvement rates between the pre and post measurements of the experimental and control groups in the physical variables (performance tolerance) under investigation.

Glossaries

Duos Exercises: They are the exercises that an individual performs with or with a colleague, whether those exercises are performed on devices or with or without tools. (1:130)

Research Procedure:

The researchers used the experimental method due to its relevance to the nature of the research. The research sample was deliberately chosen from the female wrestling players in the team of the Faculty of Physical Education, Minia University, and registered in the Egyptian Federation for the Sports Festival 2020/2021 AD, and the sample size was (24) players and (8) players were chosen randomly, they are the strength of the basic sample and (8) are the strength The control sample and (8) players are the mainstay of the exploratory sample, where the main research group has undergone the proposed program. The two researchers calculated the validity and consistency of scientific transactions in the period from 8/21/2020 AD to 8/25/2020 AD. The researchers conducted the exploratory study from 8/21/2020 AD to 8/25/2020 AD on a sample consisting of (8) eight players from the research community and outside the original sample, and its goal was to experiment with data collection tools to find out the extent of the players 'understanding of these tools.

Pre-measurements were made in the research variables "growth rates, physical variables" for the experimental research group from 28/8/2020 AD to 8/30/2020 AD, and the researcher took care to apply these measurements to all members of the research sample in a standardized way. The implementation of the training program took (12) weeks, and the implementation was carried out in the period from 9/5/2020 AD to 5/12/2020 AD by (3) units per week, i.e. (60) units throughout the period of implementing the program, where the unit time ranged between (70): 90 BC). After completing the application of the program, the two researchers conducted the dimensional measurements of the experimental research group in the physical variables under investigation in the period from 12/8/2020 AD to 11/12/2020 AD, with the same conditions that were followed in the pre-measurement. It is evident that there are statistically significant differences between the pre and post measurements of the experimental group in the physical variables under investigation and in the direction of

the post measurement, as all the error probability values are less than the significance level 0.05. The researchers attribute this progress in performance to the effect of applying the training program with marital exercises in order to improve physical fitness and mobility, and this is consistent with what was indicated by "Attiyat Muhammad Khattab and others" (2006) that marital exercise aims to develop various physical characteristics such as muscle strength, endurance, flexibility, agility and balance. On the other hand, it aims to raise strength and repair physical defects.

Conclusions

- J The proposed training program for the experimental group had a positive effect on the performance endurance component of women wrestling players.
- J The necessity of forming the training load for each player separately and according to the player's capabilities, meaning that upgrading the load depends on playing alone and not on the team.

Recommendations

- J The researcher recommends applying the proposed training program when training female wrestling players.
- J Attention must be paid to the technical points affecting the performance when training the skill or correcting common errors.

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