THE EFFECT OF EXERCISES WITH A VARIETY OF SCHEDULING TRAINING VOLUME ON THE DEVELOPMENT OF SOME PHYSICAL ABILITIES THE SNATCHING LIFT OF YOUNG PLAYERS

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ABSTRACT

The purpose of this paper is to preparing exercises, scheduling the diversity of the training volume in terms of the development of mathematical results and numbers, where there is a necessity to change towards new requirements, which calls for building a codified program to suit this progress, which constitutes the basic and important factor for the athlete to achieve his goals in reaching the required achievement and the goal of the research. Preparation and identification Diversity exercises scheduling the size of training in developing some physical abilities by lifting the snatch for young players. The researcher used the experimental method by pre-and post-test for the experimental and control groups, and the research community was determined for the snatch players weighing (70 kg) for the players of clubs (Al-Kadhimiya Sports Club, Amana Baghdad Sports Club, army Sports Club, alshorta Sports Club, Al-Arabi Sports Club). The number of (10) players for the training season 2021 The research sample was selected in a comprehensive inventory method, and the sample was divided into two groups, the experimental group and the control group, with (5) players for each group. The diversity of scheduling the training volume was applied to the experimental group for a period of eight weeks, with three training units per week, and they used the SPSS statistical package to process the data and obtain the results. Including the researcher reached the most important conclusions that exercises with a variety of scheduling training volume have a positive impact in developing some physical abilities by raising the snatching among young players.

Keywords: scheduling variety of training volume, physical abilities, and snatch lift.

I. INTRODUCTION

The great achievements of athletes in international races and world championships and the high levels they reached with their high sporting performance, and the great development and progress of the wheel of sports development and progress in all sporting forums, are nothing but a product of the sound and correct scientific application of the principles and foundations of sports training and the optimal use of methods and methods. The various and different types of training, and since most sports activities and events depend on physical abilities as it is one of the most important basic elements associated with the achievement indicator, and in the context of this aspect, the preparation of the training program requires relying on the scientific method in planning and building by relying on the scientific foundations of sports training to obtain physical adaptation. The right track for the athlete’s body, to achieve the maximum possible benefit from the development and physical adaptation of the athlete’s body and to find the best and closest path to reach achievement. Hence the importance of the research in trying to employ the role of sports training and training methods by varying the scheduling of training volume in developing some physical abilities by raising the kidnapping among young players and raising the level to accomplish.

Research problem:

Various sporting events give great importance to the development of physical abilities and are devoted to exercises a large area in the training program despite the difference of these activities in the quantity and type of exercises used in the training program according to the practice and motor performance of these events, because the researcher is one of the specialists in the effectiveness of weightlifting, he noticed a decline in some physical abilities, Therefore, exercises have been prepared to diversify the scheduling of training volumes in terms of the

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development of sports results and numbers, where there is a need to change towards new requirements, which calls for building a codified program to match this progress on the one hand, and the change and development of previous programs on the other hand, which constitutes the main and important factor for the athlete to reach achieving its goals in reaching the desired achievement.

**Research Objective:**

- Preparing exercises with a variety of scheduling the volume of the training in developing some physical abilities by lifting the snatch for young players

- Recognizing exercises that vary in scheduling the volume of the training in developing some physical abilities by lifting the snatching among young players

**Research Hypotheses:**

- Training with a variety of scheduling training volumes had a positive effect on developing some physical abilities by raising the snatch of young players.

**Research Fields:**

- Human field: Youth snatch lift players (70 kg) for the 2021 sports season
- Time field: (16/1/2021) to (15/3/2021)
- Spatial field: Sports Hall of Al-Kadhimiya Sports Club / Baghdad Governorate.

**II. RESEARCH METHODOLOGY AND FIELD PROCEDURES:**

**Research Methodology:**

The researcher used the experimental method with the pre and post-test of the experimental group and the control group to suit the nature of the research.

**Community and Sample Research:**

The research community was identified, and the research community was determined for the players of the kidnapping lift weight (70 kg) for the players of the clubs (Al-Kadhimiya Sports Club, Amana Baghdad Sports Club, army Sports Club, alshorta Sports Club, Al-Arabi Sports Club), which numbered (10) players for the training season 2021. The sample was divided into two groups, the experimental group and the control group, with (5) players for each group.

**Field Research Procedures:**

**Procedures for homogeneity and equivalence of the sample, and the results were:**

Table (1) shows the homogeneity of the sample

<table>
<thead>
<tr>
<th>Variables</th>
<th>Measuring Unit</th>
<th>Mean</th>
<th>Mediator</th>
<th>Std. Deviations</th>
<th>Skewness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Length</td>
<td>Cm</td>
<td>172.13</td>
<td>172</td>
<td>3.043</td>
<td>0.853</td>
</tr>
<tr>
<td>Mass</td>
<td>Kg</td>
<td>72.62</td>
<td>70.51</td>
<td>8.632</td>
<td>1.674</td>
</tr>
<tr>
<td>Age</td>
<td>Year</td>
<td>18.91</td>
<td>18</td>
<td>0.765</td>
<td>0.442</td>
</tr>
</tbody>
</table>

Table (2): shows the arithmetic means, standard deviations, the calculated (t) value and the significance of the differences in the investigated tests between the experimental and control groups in the pre-test.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Measuring Unit</th>
<th>Experimental</th>
<th>Control</th>
<th>T Value</th>
<th>Sig Level</th>
<th>Sig Type</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Mean</td>
<td>Mean</td>
<td>Std. Deviations</td>
<td>Std. Deviations</td>
<td></td>
</tr>
<tr>
<td>Explosive force</td>
<td></td>
<td>2.381</td>
<td>2.121</td>
<td>0.432</td>
<td>0.753</td>
<td>1.964</td>
</tr>
</tbody>
</table>

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Below the significance level ≤ 0.05 and below the degree of freedom of 8

Means and tools used in the research:

Note: Tests and measurements - A device for measuring height and weight - Iron bar with iron discs of different weights, (4) bars and (4) set irons, a medical ball weighing (3 kg) and (2) electronic time clocks.

Tests used:

- The explosive power of the two legs (Abdul Karim Mahmoud: 2007) \(^{(1)}\)
- The explosive power of the two arms (Muhammad SobhiHassanein: 2006) \(^{(2)}\)
- The rapid strength of the arms (James Edcliffe: 2005) \(^{(3)}\)
- Achievement lift the snatching (Mukhtar Salem: 2000) \(^{(4)}\)

Pre-tests:
The pre-tests were conducted on the sports hall of Al-Kadhimiya Sports Club / Baghdad Governorate on Saturday 16/1/2021.

The exercises used in the research:


- The duration of the exercises is set in weeks: (8) weeks.
- Total number of training units: (24) training units.
- Number of weekly training units: (3) units.
- Weekly training days: (Sunday - Tuesday - Thursday).
- The training method used: the high-intensity interval training method.

Post-tests:

After completing the implementation of the special exercises within the prescribed period, then conducting the research tests on Monday 15/3/2021. The researcher took into account the provision of conditions similar to the tribal tests in terms of (Time, place, tools used and the method of conducting the tests).

Statistical methods:
The search data was processed through the Statistical Package for the Social Sciences (SPSS).

Presentation, analysis and discussion of the results:

Presentation and analysis of the results of the pre and post-tests in the physical abilities and achievement of the experimental group and their discussion:

Table (3) shows the arithmetic means, standard, and deviations differences, and the calculated (t) value between the pre and post-tests of the experimental group in physical abilities and achievement of the snatch lift.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Pre-test</th>
<th>post-tests</th>
<th>deviations</th>
<th>T value</th>
<th>Sig</th>
<th>Sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Explosive power of the two legs</td>
<td>8.230</td>
<td>7.181</td>
<td>0.632</td>
<td>1.742</td>
<td>0.631</td>
<td>Non sig</td>
</tr>
<tr>
<td>The arms</td>
<td>9.221</td>
<td>8.781</td>
<td>0.842</td>
<td>2.641</td>
<td>0.542</td>
<td>Non sig</td>
</tr>
<tr>
<td>The rapid strength of the arms</td>
<td>0.265</td>
<td>0.631</td>
<td>0.864</td>
<td>0.874</td>
<td>Non sig</td>
<td></td>
</tr>
</tbody>
</table>
Table (4) shows the arithmetic means, standard deviations, mean differences, deviations of differences, and the calculated (t) value between the pre and post-tests of the control group in physical abilities and achievement of the snatch lift.

Presentation and analysis of the results of the pre and post-tests, the physical abilities and achievement of the control group, and their discussion

Table (5) shows the arithmetic means, standard deviations, and the (t) value calculated between the post-tests in the physical abilities and the hijacking height in question for the control and experimental groups.

Presentation, analysis and discussion of the results of the post-tests in the physical abilities and achievement in question for the control and experimental groups:

Table (5) shows the arithmetic means, standard deviations, and the (t) value calculated between the post-tests in the physical abilities and the hijacking height in question for the control and experimental groups.
III. DISCUSS THE RESULTS:

It is evident from the results of Tables (3, 4) that there are significant differences for the research variables between the pre and post-tests for the two research groups and in favor of the post-test. On the boxes of various heights, the explosive ability was developed, which is one of the basic capabilities in the effectiveness of weights for snatching lift, as there was no delay between the process of eccentric contraction and central contraction, the amount of work done under this case is translated by flexible energy released in the muscle during stretching (Grossly, 1999) (5), meaning that individuals who are distinguished by muscular strength can score high marks, as muscular strength here is the basis of the player’s work on which he depends in achieving achievement, and that any lack of muscular strength results in fatigue and rapid muscular fatigue, and strength is the main component of most sports activities (Akla Suleiman Houry: 2006) (6).

Also, curricula that are based on sound scientific organization and foundations result in an increase in the individual’s performance ability as a result of performing physical exercises for several days and weeks, by imprinting the body’s organs on the optimal performance of those exercises. In other words, the effect of physical exercises stimulates muscle cells to normalize and be more economic performance of work intensity (Edington: 2009) (7). The scheduling of exercises and methods between intensity and comfort are the basis of work for the training program, which helps to develop the physical capabilities of effectiveness related to muscular strength for the legs and arms, and its effective role in developing and achieving athletic achievement for the snatching lift, and the researcher attributes this to the effect of the exercises used in the training program Which helped in developing the muscular strength of the legs and improving the performance of the explosive power of the muscles of the legs as a result of the use of some exercises for the development of the explosive strength of the muscles working on jumping and jumping, and that such exercises depend on lengthening the muscle and then shortening it, which generates high explosive power that the high quality of exercises that increase the effect Training and direct linking to high jumps after landing, and that the landing stage in such jumps acts as a preparatory section for high jumping, as it forces the strong and severe contraction of the muscles (Harrah: 1990) (8), which led to the development of the explosive power of the muscles of the arms, as it was carefully prepared using Medical weights and balls using medical balls to develop the explosive power of the muscles of the arms Eyes.

Conclusions and recommendations:

- The results showed the development of physical abilities between the pre and post measurements through exercises with a variety of scheduling training volumes for the players of the experimental group and in favor of the dimensional measurement.
- The results showed a development between the pre and post measurements in the achievement of the snatching lift with weights for the players of the experimental group and in favor of the dimensional measurement.

Recommendations:

- Attention to the development of physical abilities because of their direct impact on the development of achievement in the effectiveness of weightlifting.
- Conducting similar studies on the other groups and for both sexes in the effectiveness of weight lifting.

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### Appendix (1)

**Training unit template**

<table>
<thead>
<tr>
<th>Week</th>
<th>training unit</th>
<th>distance in meters</th>
<th>intensity %</th>
<th>iterations (times)</th>
<th>Rest time between repetition s</th>
</tr>
</thead>
</table>
| **First week** | **1**  - front half squat  
  - Quarter Squat Jump  
  Throwing a medicine ball weighing 3 kg  
  Kidnapped sitting from low chairs | | 80% | 10 | Return pulse 130 Pulse/minute |
|            | **2**  - Throwing a medicine ball weighing 4 kg  
  - Full back squat (knee bent down, then get up)  
  - classic (normal) was snatched from the floor | | 85% | 10 | Return pulse 130 Pulse/minute |
|            | **3**  - Throwing a medicine ball weighing 5 kg  
  - snatched from the high chairs  
  - Seated snatch from the hink (hanging from below the knee) | | 90% | 10 | Return pulse 130 Pulse/minute |