The effect of special exercises to develop the explosive power and the achievement of lifting the net for the players of Diyala Club for weightlifting youth category

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Abstract

Sports training aims to raise the level of achievement and that the remarkable achievements in various sports came as a result of using modern training methods and methods based on scientific foundations that enabled athletes to reach the highest level in sports tournaments, as well as developing the physical characteristics of the players, and as the coach of the Diyala Sports Club for weightlifting, a weakness was observed in the achievement of the netter lift among young weightlifters in Diyala Governorate due to the weakness in the explosive strength of the muscles as a result of the trainers' distance and lack of interest in using different exercises from the usual, so the researcher sees through his modest and simple experience, he developed special exercises different from the classic training. The exercises prepared by the researcher contributed to the development of the explosive power of the youth weightlifting players in the net lift, in addition to achieving the training mechanism on the curriculum different from the classic exercises in developing the explosive strength of the players.

Keywords: exercises, explosive power, netter, Diyala club, weightlifting, youth.

1- Literature review

1-1 Introduction:

The use of unfamiliar training curricula for the purpose of making a qualitative leap in the development of achievement as well as the development of the physical qualities of the players, and the physical qualities of great interest in the design of the training curriculum in addition to the skill, planning and psychological preparation as they constitute great goals in the preparation and preparation of physical preparation for all sports. Explosive power is one of the most important physical attributes to achieve achievement in explosive power sports, such as weight lifting and others, Strengths of power lifters. The importance of the research in developing the explosive power of the explosive groups working in the effectiveness of the netter lift in determining the sports center during the competitions, and that the use of maximum force in order to overcome the weight and achieve achievement by using the Muscles of the arms, chest and shoulder muscles to achieve this effectiveness in the sport of weightlifting. This study is directed to the process of developing explosive power by using different basic exercises and less or less assistance by the trainers, and if they are used in the exercises, they are not subject to the scientific foundations by some of the trainers. The weakness of achievement and technical performance to raise the netter is one of the well-known and proven cases in the field and scientifically, as it was observed on the extent of the players' participation in local tournaments, and the weakness in achievement from the 's point of view is caused by a failure in one of the workers or both together (explosive force or from motor performance) requires working on developing the explosive researcher power of the explosive groups working in this event, so the researcher adopted by developing auxiliary exercises that can be performed at a maximum training intensity level, taking into account individual differences.

1-2 research problem

The research problem identifies the presence of a weakness in the achievement in the netter lift of the weightlifting players, the youth category, for the effectiveness of weightlifting (the netter lift) in Diyala Club, which is the result of a weakness in the explosive power first and the lack of optimal investment in the physical characteristics of the athletes, second and third, this weakness in the muscles working and assisting as a result of the trainers' distance from using exercises different from the usual or their lack of use, then limiting the training to one exercise only, which is the exercise of raising the net for competitions. To develop forces and achieve the net lift for youth weightlifting competitions

1-3 Research Objectives

1. Preparing special exercises for explosive power for young weightlifters.
2. Recognizing the effect of special exercises to develop the explosive power of young weightlifters.

1-4 Force search

1. There are statistically significant differences between the pre and post test in the level of explosive power and the preference among these differences in favor of the post test.

1-5 Research Areas
The human field: the players of Diyala Club / Baquba branch for weightlifting, the youth category, numbering 5 weightlifters.

The time range from (12/25/2020 to 4/30/1202).

Spatial the domain: Weightlifting Reviews hall In Diyala Sports Club.

2- Research methodology and field procedures:

2-1 Research Methodology:
The researcher used the experimental method with the experimental and control groups for its suitability with the nature of the research problem.

2-1 Research Sample:
The research sample consisted of (5) five weightlifters of youth weightlifting players belonging to the Diyala Governorate team, and they exercised in the Diyala Sports Club Hall for weightlifting under the supervision of the coach, and they were chosen in a deliberate way.

2-3 Devices and tools used in the research:

<table>
<thead>
<tr>
<th>NS</th>
<th>Equipment and tools used</th>
<th>the number</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Iron flanges (bar)</td>
<td>4</td>
</tr>
<tr>
<td>4</td>
<td>Iron dumbbells</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>elastic belt</td>
<td>3</td>
</tr>
<tr>
<td>6</td>
<td>higher headrest</td>
<td>1</td>
</tr>
<tr>
<td>7</td>
<td>Computer (p4) dell</td>
<td>1</td>
</tr>
<tr>
<td>8</td>
<td>A mobile phone with a Galaxy camera</td>
<td>1</td>
</tr>
<tr>
<td>9</td>
<td>electronic scale</td>
<td>1</td>
</tr>
<tr>
<td>10</td>
<td>Record recording notes and test results</td>
<td>1</td>
</tr>
</tbody>
</table>

Executing exercises and tests

<table>
<thead>
<tr>
<th>NS</th>
<th>Exercise name</th>
<th>Target</th>
<th>performance description</th>
<th>Recording method</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Bryce sitting in front of me</td>
<td>Measurement of the explosive forces of the shoulders</td>
<td>The player sits on the bench, holds the weight, a narrow opening of 20 cm. Performs the exercise sitting on the back</td>
<td>Three attempts are given</td>
</tr>
<tr>
<td>2</td>
<td>Bing press exercise higher</td>
<td>Measurement of the explosive force of the chest and arms</td>
<td>The player sleeps on the platform of the head higher, leading to a hole of 60 cm. Sleeping on the back</td>
<td>Three attempts are given</td>
</tr>
<tr>
<td>3</td>
<td>Bing press exercise in three positions, descending the lip on the chest, opening 50 cm between the arms</td>
<td>Measuring the explosive power of the chest and arms muscles</td>
<td>The player lies on the bench and then lowers the bar on the chest in three different positions</td>
<td>Two attempts are given for the difficulty of the exercise</td>
</tr>
<tr>
<td>4</td>
<td>The exercise of pulling the weight from the ground to the top with a player sleeping on his chest from the bench</td>
<td>Measurement of the pull force of the weight of the earth's gravity</td>
<td>The player sits on the bench on his chest and then pulls the weight from the ground up, in contrast to the bing press</td>
<td>Two attempts are given</td>
</tr>
<tr>
<td>5</td>
<td>Spreading a seated dumbbell to the sides and front</td>
<td>Shoulder muscle measurement</td>
<td>The player sits on the bench holding the dumbbell, then raises the arms straight to the side and forward</td>
<td>Two attempts are given</td>
</tr>
<tr>
<td>6</td>
<td>Spread the arms to the side with the elastic band</td>
<td>Measure the muscles of the shoulder and arms</td>
<td>The player sits on the bench with the rubber band attached to the floor Raising and spreading the arms up and to the side and the player grasping the grip of the rubber band</td>
<td>Give one try</td>
</tr>
</tbody>
</table>
Table (3)

<table>
<thead>
<tr>
<th></th>
<th>Medium Keel Bar Workout</th>
<th>Measuring the strength of the muscles of the front arms biceps</th>
<th>The player sits holding the lip, a medium hole of 20 cm, lifting the weight with the arms to the level of the chest</th>
<th>Two attempts are given</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Inverted Keel Iron Exercise</td>
<td>Measuring the strength of the muscles of the back arms, forearm, triceps</td>
<td>The player sits on the bench, lifting the weight of the player, a narrow opening of 10 cm, bending the elbow back and then lifting up</td>
<td>Give one try</td>
</tr>
</tbody>
</table>

2-4 exploratory experiment

The exploratory experiment was carried out on (25/21/2020) the exploratory experiment was conducted inside the weightlifting hall in Diyala Sports Club on two young weightlifting players due to the absence of trained individuals more than the number of the research sample, that is, from outside the research sample to ensure from the safety of the tools and the gymnasium and the length of time it takes for training to implement the training curriculum.

2-5 tribal tests

The tribal tests on the effectiveness of (the nitro lift) were conducted on the members of the research sample on (27/12/2020) at exactly four o’clock in the afternoon in the weightlifting hall in Diyala Sports Club. Then three attempts were given to each member of the sample and it was done under the supervision of the researcher and with the help of the trainer and in the presence of the assistant work team. The following procedures were taken:
1. Explain what is required of the members of the research sample, as well as the members of the assistant team.
2. A full warm-up process with the help of the assistant work team.
3. Installing the sequence of players from the members of the research sample through the registration form for special competitions for weightlifting players, the youth category.
4. Giving three attempts to each player in the research sample.
5. Separate the results of the research sample members from the lift registration form and record them in a research form.
6. Giving the player an opportunity to increase the weight and rise up to the maximum muscular strength for him, under the supervision of the coach and researcher.

2-6 the mechanism for implementing the training curriculum

- The implementation of the training curriculum takes two months and two months and includes (16) training units.
- The experimental group begins implementing the training curriculum under the supervision of the researcher and with the help of the specialized trainer, at a rate of 3-4 exercises per training unit.
- The training date for the experimental group will be on Saturdays and Wednesdays of each week, and the curriculum started from (1/1/1202) to (7/3/1202) for a period of two months.

Special exercises were introduced into the training unit for the players for one hour, and the exercises gradually began from light to upward, according to the explosive power, because these exercises are new to the players.

2-7 Training Unit:

After the preparation of the new exercises and placing them in the training curriculum, they were presented to the experts and specialists in this practice and expressed their opinions and suggestions about the suitability of the exercises for the players. They were included in the curriculum defined by the researcher, and the training curriculum was implemented after some special tests. The duration of the training is set for one hour and is divided into three sections

2-8 Post-tests:

Post-tests were conducted for the sample members (the experimental group) after the application of the training curriculum from (9/3/1202) in the weightlifting hall in Diyala Sports Club, and taking all preventive measures against the Corona virus, protective masks and using protective rubber gloves throughout the implementation of the curriculum. Experimental and thanks and appreciation to the players for bearing this responsibility for the completion of this approach and their cooperation with the researcher, and all appropriate conditions for the pre-test were taken into account and implemented as much as possible, in the presence of the assistant work team as well as the competent trainer and under the supervision of the researcher

2-9 Statistical means

The researcher used the statistical package (spss) to process the results of the tests under study.

3-1 Presentation and analysis of the arithmetic mean and standard deviation of the experimental group in the explosive power tests of some exercises
It shows the arithmetic means, standard deviations, the calculated and tabular (t) value, and the significance of the differences between the pre-test and the post-test in the test of achievement of the neuter lift for the members of the experimental research sample.

<table>
<thead>
<tr>
<th>the test</th>
<th>pretest</th>
<th></th>
<th>post test</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>s</td>
<td>p</td>
<td>s</td>
<td>p</td>
</tr>
<tr>
<td>Bing Press is great</td>
<td>0.843</td>
<td>0.120</td>
<td>0.904</td>
<td>0.164</td>
</tr>
<tr>
<td>Iron Keel in front of me</td>
<td>1.148</td>
<td>0.157</td>
<td>9.656</td>
<td>0.331</td>
</tr>
</tbody>
</table>

The tabular t value is (2,145) at the significance level of (0.05) the degree of freedom (t) tests.
1. In the Bing Press exercise test with a narrow opening, the arithmetic mean values for the pre-test were (31,703) and the standard deviation was (0.173), while the arithmetic mean values for the post-test were (1,794), and the standard deviation was (0.2595).
2. In the nitro lift exercise test, the arithmetic mean in the pre-test reached (0.843) and with a standard deviation of (0.120), and the results in the post-test for the arithmetic mean were (0.904) and with a standard deviation (0.164).
3. In the Iron exercise test, the results in the pre-test were the mean (1.148) and the standard deviation (0.331).
4. We note through the arithmetic means and standard deviations that there are significant differences between the pre and post tests and in favor of the post tests.

The reinforces this moral difference in statistical significance, as a result of the training curriculum prepared by the researcher and in favor of the post-test, and this is consistent researcher with what was mentioned (Muftí, 1994) that the player reaches the skill performance and achieve automatic achievement through constant repetition in training. From Table No. (6) it shows in the test for nitrous elevation for the experimental group, the significant differences in the results in favor of the post-test, as the calculated (t) value amounted to (4,483) while the tabular (t) value was (2,145) at the level of significance (0.05) and in front of the degree of Freedom (8), and since the calculated (t) value is greater than the tabular (t), this indicates the significant differences between the pre- and post-tests of the experimental research sample members and in favor of the post-test. This is attributed to the effect of training on stomach exercises by the researcher, which led to the development of the power of all muscles, such as the muscles of the arms, shoulders and chest muscles during the time period of the experiment, which led to stimulating and improving the explosive power of the muscles working in the netter lift exercise for the players. This is supported by (Mohammed, 2008) that “the trainers should pay attention to training and improving the level of strength through various unusual exercises because they help the kinetic ability on which it depends in achieving achievement in a large way...... Improving the explosive strength led to improved achievement,)). From all of this, we find that the objectives and hypotheses of the research have been achieved, as the differences in achievement appeared in the lifting of the netter for the players of weightlifting players, the youth category, the sample of the research and in favor of the post-test, and it confirms that (Jamil, 1990) that the Russian coach is interested in the auxiliary exercises of others. Ordinary and different from the exercises that players practice in tournaments to stimulate and develop explosive power and achievement in lifts.

Conclusions
After the statistical treatments and discussion of the results, the researcher concluded the following:
1. The exercises of the training curriculum prepared by the researcher contributed to the development of the explosive power of weightlifters, the youth category, in the net lift.
2. The training mechanism achieved a different approach to the classic exercises in developing the explosive strength of the players.
3. The results of the post-test are superior to the pretest for the players of the experimental group.
4. The results of the post-test showed the effectiveness of the training curriculum exercises in developing the players’ achievement.

Recommendations
In light of the results that have been reached, the researcher recommends the following:
1. Using different approaches to the usual exercise to stimulate the working muscles.
2. The necessity of paying attention to a different approach during the general physical preparation period from time to time.
3. Benefiting from the current study and studying the use of exercises within different curricula from the norm in order to give the muscles an opportunity to prepare for growth and develop explosive forces.
4. Generalizing the results of this study to physical strength trainers, as well as special needs trainers who practice nitro lift.

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