

# The effect of training with (educational - training) methods in developing the skillful performance of boxers

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## Abstract

*The Dissertation seasons five chapters*

*The first chapter seasons:*

*Enclosed on the introduction & the importance of the research which focuses on applying certain things after arranging them in accordance with basic Boxing skills that considered as one of the important sport games tackled by scientific progress movement. That depends on various primary tests which shows the readiness of the sample for educational and training work and in this we can set up a work plan coping with different levels of sample individuals.*

*The problem lies in:*

*There was a randomness in education and training process through following classical unplanned scientific methods which make boxers cease training process. This will lead to waste time and efforts of both the player and the coach. Ultimately , the expected goals set in the curriculum can't be achieved and this will lead to resentment of the boxers.*

*Research goals: The search at:*

*- Recognize the effect of(Educational – Training) a system usinig proficient style in prepving beginners boxers startiig fram Education stages till engagement in boxing competition for ages (13-14) year:*

*The researcher assumptions the following:*

*The Educational – Training system morally affects in developing sample performance in eeach research stage*

*The second chapter seasons:*

*-Similar theoretical studies:*

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*This chapter includes several aspects, as the meaning of the system and its stages , motive learning , the factors that affect in education process , the goals of motive learning , the notion of proficient education , the work demands in proficient system , the psychological side , the notion of sport training and how to select juniors in boxing and skills setting up( basic positions of boxing) which are readiness stand, feet movements, left & right punches and its defenses .*

*The third chapter seasons:*

*Research systematicness and its field procedures:*

*The researcher used empirical curriculum to solve research problem since it is fit to it. The researcher chose the society of beginners boxers in Al-Rafidaen Sport Club in Al-Qadissiyah province. They were 12 boxers with ages (13-14)years. The researcher conducted his surveillance experiments on a sample of research community who are five of the beginners boxers Through this experiments time is recognized and the assistant team of the main work have been identified to avoid the mistakes and place suitability where work conducted and making sure of devices used.*

*-Presenting , analyzing and discussing results.*

*This chapter includes presenting, analyzing and discussing results to fulfill research goals and hypothesis.*

*The more important recommendations and conclusions:*

*The more important conclusions: After handling results with statistical methods, the researcher deduced the following conclusions:*

*-Educational approach prepared for motive skills has great effect on the process of motive skills learning.*

*-The proficient style has a great role in individuals' reaching to high level of perfectness .This comes from the role of medial tests used in proficient style.*

*-Training approach has its active role in achieving the principle of developing motion, physical, psychological situation skills for sample individuals.*

*Recommendations:*

*The researcher recommends the following , depending on his results:*

*- The necessity of generalizing this system which prepared by the researcher to develop beginners boxers performance.*

*- The necessity of using principle of proficient style in teaching boxing skills.*

*- The necessity of using standard levels which are concluded by the researcher with the sample's individuals (juniors(*

- *Paying attention to psychological side(motivation) which has an important effect on continuing performance and diligence in training.*

*Key words : training with (educational - training) , the skillful performance of boxers*

## **I. Introduction**

This practical experience in the direction of developing teaching and training methods and thus developing the individual's skill and physical competence in order to be able to achieve sports achievement and boxing is a sport that includes many motor skills that require a high degree of accuracy and mastery to achieve the goal and being a good model for individual games that Its players are characterized by many different abilities and permanent readiness and that it has a large stock in terms of the physical and educational condition of the individual and requires a high ability of physical attributes to maintain the efficiency of performance during the time of the rounds as the skills in boxing are divided into several sections (straight, kidnapping, extraction, defense and counter-punching) and the fact that the research sample From the Cubs category, the study focused on the skill of straight punching and its defenses, as it is one of the most important punches and the most widely used in matches, especially for beginners. For the stage of sports training specialized in the field of boxing and based on what Provided of the importance of a straight punch, the specialists should develop this punch technically and physically, given that the training process is a comprehensive process that contains these components that the training process must not neglect any of these components because of its direct impact on the process of achieving the athletic achievement of the boxers and that the training process Which the athlete exercises requires comprehensive preparation that does not require physical attributes only, but includes all the components that we have already mentioned, and this leads to the qualification of the boxer to implement the skills to perform better to achieve the required achievement. Aspects, due to its great impact in achieving the sporting achievement, and the actual need arose for the process of preparing this system consisting of several curricula (educational-training) in the mastery method for the purpose of reaching achievement through this process and this work will be set for each of the different stages, whether educational Or training a different approach to the basic curriculum through a change in the training load, according to the educational and training level of junior boxers It is important to consider sports training as an educational process with an individual character, as it takes into account individual differences. This system is characterized by continuing educational and training work through the use of the mastery method that works on individual numbers in good numbers by dividing individuals into three levels (good, middle, and weak) and communicating the middle and weak groups. To individuals who are good at reaching the highest level of sports, hence the importance of research lies in setting a line of work that ensures keeping up with the different levels in the sample so that all training possibilities are dealt with through setting a (educational - training) system, which makes this study a systematic guide for trainers.

Research problem:

Through the field observation of the researcher, it was found that there is a randomness in the process of education and training by following most of the trainers to methods that were not scientifically planned to ensure them to improve the teaching of motor skills and develop them in a way that ensures achievement for each individual individual and this randomness in the education process makes the boxers break in Training stages, and thus the curricula developed are not appropriate to the levels through the process of dropping out of training and thus all boxers are subject to one approach and this contradicts the principle of individual learning and training in the sense that the curriculum is not based on the ability of the player and this will lead to wasting time and effort by the player and the coach and thus not achieving The desired objectives of the established curricula, which will lead to the complaining of many boxers, so it is necessary to develop a complete educational curriculum system in the mastery method that contains a lot of intermediate tests to know the level of the player, and this ensures change and multiplicity according to the development of the phased level, where the absence of such a system is observed in the arenas Iraqi training in boxing, so the researcher decided to go into this problem for the purpose of standing on The process of preparing boxers from the stage of education until entering the stage of competition, thus serving the player and coach to reach the athletic competition by ensuring the comprehensive development of physical, skill and psychological performance.

research aim:

-Knowing the effect of the (educational - training) system with the mastery method in preparing junior boxers from the stage of education until entering the competition in boxing for ages (13-14) years.

Research hypotheses:

The (educational - training) system affects morally and positively the development of performance of the research sample in each of its stages.

## **II Research Methodology**

The researcher chose the experimental approach by designing the one group, as it is the appropriate approach to solve the research problem.

### **Research community and samples**

The research community has been identified, and they are the beginners of Al-Rafidain Sports Club in Al-Diwaniya Governorate, who are (20) players ages (13-14) who have not previously learned the skill performance in boxing.

### **Research Tools**

To provide a set of devices and tools necessary for the purpose of using them to solve the problem, whatever those tools, and to make sure that these tools are suitable for research to achieve

hypotheses. In fact, the researcher used the devices, tools and means that helped the researcher to conduct his research, as follows:

Boxing Gloves (24) - Manual Boxing Shield for the trainer (6) - Wall cushion (4) - Stopwatch (2) - Video camera (1) - Chair without seat (1) - Medical ball weigh ( 2 kg) - Boxing bags of different sizes, number (3) - legal circuit, number (1) - rope number (6) - a ruler to measure flexibility.

**The Testes**

**Measured variables:**

Stand by pause with the move, the performance of the left straight punch of the head and torso and its defenses, the performance of the punch, the right straight of the head and the torso and its defenses, boxing with the opponent to record the correct punches and defenses.

**Applied Test**

The researcher worked on expanding the physical base for beginners boxers by taking the first period of the educational curriculum. General physical fitness for beginners boxers, reinforcing that with the skills to be taught that took simple things from work, I took (20%) of the time of the main section of the educational unit and physical work taking a percentage (80%) of the main department's time, and this work continued for three weeks. After this period, the work was with the skills to be taught by (45%) and general physical exercises at (55%). This work continued for three weeks, after which the educational work began to escalate The physical form will be in the least form until it reaches (25%) and (75%) in terms of skill. This work lasted for a period of one week, and with this work, a physical base acquisition for beginners boxers in the general form and a skilled performance is represented in the mastery method and the educational curriculum was made up of (28) educational units, for a period of (7) weeks, at the rate of (4) educational units per week, at a time of (40) minutes.

**III. Results and discussed**

View and discuss search results:

Shows the calculated and significant (F) value for the pre and post tests for the four tests					
Skills	Sum of squares (SS)	df	Mean squares (MS)	Calculated (F)	Tabulated (Sig.)
Pause stand with move	275.33	2	137.70	459.99	sig
Perform the left straight punch of the head and torso and its defenses	330.500	2	177.398	390.537	sig

Right swipe the head, the torso, and its defenses	340.290	2	177.789	912.22	sig
Boxing with fellow to score the right punches and defenses	332.908	2	187.454	852.134	sig

:Discussion of the results of the pause test and the movements of the feet test

That there are significant differences between the tribal and post-tests in the skill of the stand-by skill and the movements of the feet and in the interest of the post-tests and this means that there is an evolution in the level of the sample individuals according to the educational method and the researcher believes that the reason for this is due to the sample from beginners to boxing and any new learning will add information about them Performance and this is explained by the degree of each individual, as it is evident through that development in the performance of the skill to be learned in the first post-test, and this was confirmed by many experts and specialists in the sports field, where (Talha and others, 2006) confirm that (when beginning to learn a new sport skill for a group From the beginners, there will be different degrees between the learners during the first days, there are those who take a long time, and there are those who can do so quickly, and there are those who take time to swing between the previous two types. Therefore, these individual differences between the learners must be faced by setting curricula that suit the capabilities and preparations of the educated individuals. To get them to the good level, and from here the researcher worked to provide assistance to group members (middle, and weak) by increasing the reinforcement units for the exercises themselves The educational curriculum, i.e., with more time and this was done through the use of feedback, where through that if knowledge of the results leads to a process of improving performance and it became clear after this process, that is, after the end of the units prescribed for the skill of pause to prepare and move that there is a great development in skill performance and degree of mastery and the researcher attributes the reason for that The development of individuals at the level (the middle, and the weak) of the additional time through the reinforcement units in which the sample was exposed to the same exercises laid down in the educational curriculum but with more repetitions and this led to the development of the level of individuals each according to his position in the first post-test, then during that time (reinforcement) he reached all Individuals have reached the level of proficiency in the educational aspect with the skill of pause to prepare and move, and this level exceeds the educational level in the first post-test, and this is confirmed by (Zaid Al-Huwaidi, 2004) that (the results of the inter-tests can be used to enhance the learning of students who have mastered the skill and identify the errors that occurred without access Individuals to the stage of mastery and to take scientific procedures and methods to address weakness by allocating additional time for their education).

That there are significant differences between the pre and post test in the left and right straight punch test for the head and trunk, and for the benefit of the dimensional tests, and this means that there is an evolution in the level of the individuals of the sample in varying proportions, so it became clear that there are three levels of learning (good - medium - weak), and this was evident by the level of performance The boxing skill for well-educated individuals, but this development is not perfect for all members of the sample. It was at different levels, so good individuals relative to their peers performed better than others, but not with perfection. As for the middle individuals, they developed skillful performance, but not at the level of good people. This also was evident in Weak individuals The researcher worked to strengthen individuals at the two levels (the middle, and the weak) by increasing the educational units established for the same educational curriculum exercises for good individuals for boxing skill performance and the researcher conducted a second intermediate test for all individuals. There was a variation in the skill performance with straight punches, but this variation decreases as a result The development in the skill level of the sample members, especially (the middle and the weak), and this is due to the effectiveness of ASLO B mastered learning when applying the curriculum prepared with the exercises themselves, but the individuals (the middle, and the weak) were distinguished by the development of the skill level of boxing as a result of the increase in the educational units for the reinforcement of the members of the two groups (the middle, and the weak). During the great interaction between good individuals and less individuals (middle, and weak) this made these good individuals an opportunity to enhance their learning and it also creates opportunities for lower-level individuals to improve their tools and this is confirmed by (Khion, 2002) that it (investment of good in performance for the purpose of helping The other) After that, the researcher worked on a third intermediate test for the left straight head and torso, which showed that the members of the sample all developed with skillful performance at a rate of (80%) or more. (Medium, Weak) to a good level of skill in boxing performance and gives more time to learners who have not reached the stage of mastery and each according to his abilities and educational level In the skillful performance of the skill to be learned in boxing and this is due to the role of the system by sponsoring the player to develop his individual performance in the process of teaching individuals the basic skills of boxing through the reinforcement of the middle and weak groups and the arrival of those groups to a good level of skill performance, which through this system can know the progress of Teaching the boxer in an objective manner subject to modern scientific foundations in the player's acquisition of basic skills in boxing and all these reasons led to the development of the skilled performance of all members of the sample, as they have experience, they have acquired this great experience through more repetition of one exercise and confirmation of the correction process and their access to a high stage of performance Good skills and their access to good performance with their good peers at the same time that they arrived and this extra time for exercises made individuals have the ability to focus, pay attention and confirm teaching skills that are required of them to learn in the mastery method and this came also through the development of learning skill with individuals and increasing motivation and desire to reach individuals Those who have reached the stage of mastery and this is what was confirmed by (Muhammad Awda Al-Remao J, 1994) states that (the growth and development of each learner's ability to solve problems and encourage self-evaluation and the motivation to learn) must be nurtured.

There are significant differences between the pre-test and post-test for boxing with a colleague and for the benefit of post-tests, but not with the required thing in terms of proficiency style. The researcher attributes the reason for this to the difficulty of the skill test (boxing with the colleague) compared to the tests mentioned above, as this test consists of a set of basic skills intertwined with Some of them are in terms of application and this test cannot be performed successfully by junior boxers because it contains a fast and previously unknown mechanism for the beginner individual and thus there is a reservation by the boxers and then a performance delay and sudden fear of the competitor appears as a result of a lack of experience in similar play style to this The test and then the boxer is in a state of mental fatigue as a result of sudden wisdom, which leads to lack of mastery of this test in a way that guarantees access to a high stage of good performance, and it must take into account the different playing conditions during the fight for each competitor by following that system that requires the ability to focus Attention to competitor's movements, which is to demonstrate the ability of boxers to achieve this test by following similar methods of true competition It is the training boxing and get used to it to achieve the desired goal.

#### **IV. Conclusions and recommendations**

##### **Conclusion**

Through the above presented results and the researcher's analysis and discussion of these results, he reached the following conclusions:

-That the (educational - training) system, with the mastery method, has an effective impact on the process of achieving learning and developing performance for boxers.

-The educational curriculum designed for motor skills has a major impact on the process of learning motor skills.

-The training curriculum had an effective impact in achieving the principle of development of the motor and physical skills and the psychological state of the individuals in the sample.

-That the mastery learning method has a major role in the process of individuals reaching a high level of mastery and this is due to the role of educational units approved in the mastery method.

-That intermediate (intra) tests during the training stages have an effective role in determining the individual's skill and physical level.

-That the skill tests in the (semi-competitive) training stage have an effective role in achieving the principle of good performance and getting used to the true spirit of competition, which has affected the good performance of the sample members.

- Setting levels for physical and skill tests has an effective role in the process of individuals achieving good performance results.

### Recommendations

Through what has been concluded, the researcher recommends the following recommendations:

- The necessity of the uncles of this system that the researcher prepared in developing performance for junior boxers.
- The necessity of using the principle of mastering method in teaching and developing boxing skills in an organized manner on the basis of the actual time of education and training to enhance learning of motor skills in boxing and training them.
- The necessity of using the standard levels reached by the researcher on the members of the research sample (cubs).
- The necessity to use the inter-tests during the education and training process because of its great role in knowing the individual's skill and physical level.
- The necessity of using motivation tests (the psychological aspect) to know the ability of boxers to continue the educational and training work.
- Conducting studies and other research in masterful style on other skills in boxing (kidnapping, and taking off).

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