

The effect of special exercises using aids in learning the Arabian salto backward stretched off on vault for men artistic gymnastics

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Abstract

The research aims to prepare special exercises using assessments equipments to teach the Altsukahira stretched(to) skill on the vault table in the artistic gymnastics mens devices and aids to learn the skill and to identify the impact of these exercises and the researchers used the experimental approach to design the one group with pre and post testing, either the research sample consisted of (6) Players from Baghdad, Al-Karkh, at the Youth Challenge Forum, in Emaar (13-16), and they were chosen in an intentional way, and they represent 80% of the parent community. After obtaining the results and statistically treating them, the researchers reached some conclusions and recommendations. The researchers concluded that the auxiliary devices are highly efficient in learning the skill of Arabic with his heart an open background on the jumping device in the technical gymnastics for men. The researchers recommend using a mini trampoline device to learn skills with a higher difficulty The platform to jump and warm up on is in the preparatory part of the daily training unit in order to raise their physical fitness, as well as the use of a mini-trampoline in learning high-difficulty skills on the ground movement rug machine. And in learning some skills on pain Parallel and low-minded as an aid device in the kidnapping for handstand and skill performance.

Keywords: special exercises, Altsukahira, artistic gymnastics

1- Introduction

Most of the coaches in the countries of the world are heading to individual and team games, to develop new methods in training processes to reach the level of their players to the top in their sports competitions, whether by following exercises or using public tools and special assistive devices. To teach part of its own or complex skills to facilitate the learning process. Also, all the means, devices and alternative tools that depend on the kinesthetic perception of parts of the body or the whole of it being placed in a vacuum and the weight of the tool or its texture and size, etc. It deals with mainly kinetic or physical duties. Trampoline and Jumping Ladders (1:53) And the game of artistic gymnastics for men is one of the individual games that require special auxiliary tools and devices to learn the basic and compound skills that are performed on more than one axis of the body, as it contains six devices and each device has a set of basic skills and complex skills, so it needs a large number of The tools that are common between them and special auxiliary devices for each device, and the jumping horse is the fourth device in the arrangement of the technical gymnastics equipment for men and the only device in which the player must perform two jumps, each of a group, of his five groups. As for his skills, each one has value and degree on Its basis is evaluated and the skills of the jump platform are divided into five movement groups, the number of which is (106) A skill and according to the division of international law, and the skill of the Arabic skill with its heart is an airy open back, it is among the leaps of the second group, which carries the sequence (270) and its value (3.6), which is a key to higher difficulties than here came the importance of research in learning this skill in order to enable training for more difficult skills And in which he competes in tournaments such as the Arabian skill, his heart is an air open back with

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half or a full lap. And one of the researchers was a certified trainer from the Iraqi Central Association for Gymnastics, and through his participation in several gymnastics tournaments and watching the players on the jump platform device, he noticed the tendency of most players to perform the Arabic skill with an open back airy heart and the Arabic skill followed by an airy heart, meaning these two skills are almost essential for every player being A starting point, and the performance of most of the players for the skill in question is not at the required level due to the failure to perform the Arabic skill and pushing to the top with a correct movement path, which gives the player the appropriate height to perform the other skill It is the skill of the open back air heart, the ball air core and the drop because the direction of movement is backward, which causes instability and balance in the landing, which causes the fall, which causes the opponent to perform the degree of performance and is caused by the failure to perform the skill at the required level with its correct movement path, which prompted researchers to use Several auxiliary tools that are effective in the training process and are effective, and they are a mini-trampoline device instead of a legal glove and a sponge carpet a height of (1) meters instead of a jump platform and several sponge strips each one with a height of 20 cm arranged in heights above the main jumping platform and the sponge hole for landing and developing a special approach for the use of auxiliary tools for the purpose Learn the Arabic skill jump with his air heart open back on your jump platform The research aims to prepare special exercises in learning Arabic skill with an open back air heart on the device of the jumping platform in your artistic gymnastics for men. And to recognize the effect of special exercises using aids in learning the Arabic skill with his open back air heart on the device of the jumping platform in your artistic gymnastics for men.

It also imposed statistically significant differences between the pre and post test for the research group in learning the skill of Arabic with his open back air heart on the jumping platform device in your artistic gymnastics for men.

2- Measures

The researchers used the experimental approach due to its suitability to the nature of the research and its objectives using the method of pre and post measurement by designing a single group, as the experimental approach is more appropriate with the research problem “because it allows direct and accurate observation and is the most adequate means in reaching knowledge” (7: 79).

The selection of the research sample is one of the problems facing researchers, especially the gymnastics game, which is characterized by a long-term training life and the multiplicity of its devices and the skills performed on these devices, which makes it difficult for the researcher to choose the sample unless this sample represents the original community in which he is studying an honest representation. It included (6) players from Baghdad Al-Karkh in the Challenge Youth Forum, ages (16-13), and they were deliberately chosen, and they represent (80)% of the original community, and the following table shows the data for the research sample and table (1) shows that.

Table No. (1)

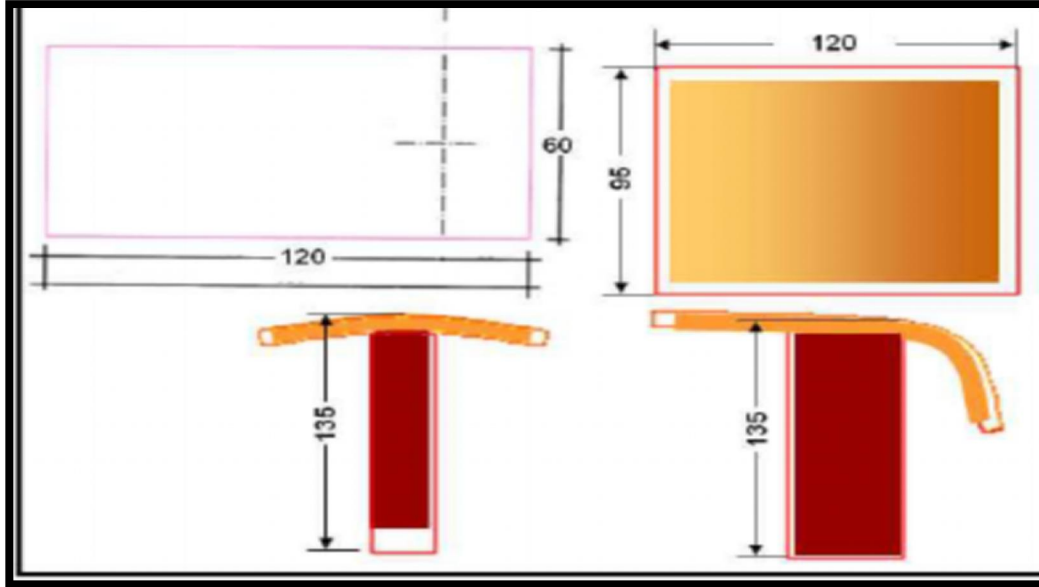
shows the homogeneity of the research sample in the values of the arithmetic mean, standard deviations, and the skew coefficient in height, weight, and training age

Coefficient of torsion	standard deviations	mean	n	measruing unit	Variables
.000	.548	8.50	6	year	training age
.395	8.438	51.00	6	kg	weight
.793	6.218	161.67	6	cm	height

The study variables were determined by learning the Arabic skill with his open back air heart on the vaulting platform device in your artistic gymnastics for men.

Jumping platform device (5: 94)

The platform jumping device is the fourth device in series for men's devices. The platform height is (135 cm). The length of the platform is (120 cm) and its width (95 cm), as shown in the following figure.



Description of exercises on the jump platform device: - The player must perform one jump in all tournaments except for the Final Jumping Championship, where he must display two jumps from two different sets of jumping pad groups, and in a different second flight position.

The kinematic totals for the jump platform are: (5: 96)

M 1. Front somersault leaps on the hands and yamashita

M 2. Leap with $\frac{1}{4}$ or laps in first flight stage (Tsukahara and Kazamatsu)

M3. The entry jumps from the rearward movement of the randof in the second flight stage.

M4. Jumping entry from the movement of the randof with turning in the first flying stage, and forward flying the second flying stage.

M. 5. The entry of the Sherbo in the first flight.

Auxiliary device: the device used as a mini-trampoline.

A modified device for the vaulting platform device, which is smaller than a large square or circular trampoline (1 square meter), except that the shape of this device is designed in a way that matches the jump platform in shape. Its height is different from each side so that it is (30) cm from one side and (20) cm from the other side, in order for the player to jump off the run. (28: 2)

The aim of using a trampoline machine

- Assisting the player in performing skills in terms of safety
- Giving a jump to the player to facilitate the performance of skills with the correct technique

- To not distract the player's thinking and focus when performing the skill technique

After implementing two educational units (introductory) on the Arabic skill with an open back air heart, the researchers conducted a pre-test, From the proximity run the player wakes the skill in question with an emphasis on the players on the Arabian skill movement with an open back air flip.

Special gymnastic exercises were prepared after reviewing the scientific sources as well as educational programs, providing an opportunity to help collect a set of educational exercises.

The researchers prepared a sample of the exercises that contained (12) exercises.

- The duration of the implementation of the program took (5) weeks and the exercises were within three educational units per week during the days (Saturday, Monday, and Wednesday), thus the number of educational units reached (15) educational units.

- The time for one training unit for a trainer is (150) minutes, and the time for training on the mini-trampoline assistant and the jump platform device is (35) minutes of the total time for one educational unit.

- The educational program was applied according to the method of training with repetitions and gradations from easy to difficult and in a manner compatible with the capabilities of the players.

The post-test was performed in the Arabic skill with its heart an open back air, and the test was in the same conditions in which the pre-tests were conducted and the skill score was calculated. The arbitration is also conducted in the internal championships of the Iraqi Association for Gymnastics. The test was recorded with a phone camera and then presented to four experts.

The skill has been evaluated with the agreement of the members of the jury so that the final degree of skill is an open degree, which is (all the contents of the degree from 1 - technical performance 2 - group score 3 - degree of movement difficulty 4- deduction from the degree of performance) that is, as it is judged in internal tournaments And the researcher has used four arbitrators accredited to the Iraqi Association for Ethnicity as a committee to evaluate the players' skill and through the laptop screen for testing, A special evaluation form was used in which the score of the four judges, as well as the degree of dismissal judgment, which is considered a measure of the grades of the four judges, was used. To find out the degree of homogeneity of the referees 'scores and according to the legal differences stipulated in the International Arbitration Law for your statute, then the dismissal judgment strikes the highest and lowest score and combines the two intermediate degrees and divides by (2) to extract the final player's score.

SPSS was used for the purpose of reaching results that achieve the research objectives.

3-Results

Table (3)

Show the mean, standard deviations, and skew coefficient

Coefficient of torsion	standard deviations	mean	N	test	Variables
0.313	58.45.	9.917	6	The pretest	Arabic skill with an open back air flip
-0.686	37.64.	11.417		Post test	

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Through the arithmetic circles and standard deviations, it is clear that there is progress in the performance of the skill in question, since the development of performance by almost two degrees is a great development and progress in the game of gymnastics as the players in the internal and external tournaments compete for devices in tenths of a degree and this progress is an inevitable result through the use of devices And the correct tools and curriculum for the coach in the training units with the players.

Table (4)

It shows the mean difference, standard deviations, and the calculated t value

Differences	sig	(t) Calculated	Difference of means	df	skill
moral	0.002	-5.809	-1.5000-	5	The pretest
					Post test

4- Discussion

The difference was significant between the pre and post tests in the Arabic skill with its open back air heart and in favor of the post test, and since the researchers were keen to unify all the variables to which the research group is exposed, this difference is due to the use of special exercises using devices and tools to suit the performance of the skill in question. The players feel the change in the tools used from the routine and the legal, because in the stages of learning these skills, the player needs to feel safe when performing, especially that this skill is waged from a background situation.

That is, the performance is very difficult, such as the one who does not see the things that made the players feel safe and gave them confidence to perform without fear, and that the use of educational aids has an effective role in achieving good performance and reaching major long and short-term goals and it gives impetus to motivate the athlete to perform skills. The gymnastics, in spite of the difficulty of the Arabic skill with an open airy heart, but the use of devices and tools made it easy for the training process and made it possible to teach them to the players. And to perform the skill easier and with great impulsion. In addition, the mini-trampoline used was given to the players more time at altitude to perform the skill and help the players in performing the skill with a good movement path and not descending their center of gravity to perform the skill at height and smoothness, so that they could perform successful attempts and achieve successful repetitions that enable them to memorize the correct and appropriate movement path for the skill in question. Sponge hole. It is considered one of the effective auxiliaries that give the player a wide scope to perform a lot of high-difficulty motor skills, especially those related to ground movements and various landings from the gymnastics equipment as well as the skills on the jump platform (4: 155). It is considered great in the gymnastics game and it achieves a clear difference between the two tests for the research group. The researchers attribute this to the devices and tools used and the great development of the research sample as "there are many methods that use an alternative to direct training to learn motor and complex skills" (8: 189) Also, "the assistive devices contribute to discovering the nature of work on the various gymnastics equipment and help in gradual learning from a large base of support to the base on which the movement is to

be performed. Time during training "(9:24). With this result, the two researchers achieved the goal of learning Arabic skill with an open back airy heart on the jump platform in your artistic gymnastics for men.

5- Conclusions

The researchers concluded

- The assistive devices are highly efficient because they carry the number of repetitions by the players during the search period.

- The use of auxiliary tools helps in learning the skill of Arabic with his air heart open back on the jumping platform in your artistic gymnastics for men.

Researchers recommend the following:

The use of a mini-trampoline device to teach higher-difficulty skills on the jumping platform and to warm up on it in the preparatory part of the daily training unit in order to increase their fitness.

- The use of the mini-trampoline device in teaching high-difficulty skills on the ground movement mat device, and in teaching some skills on the parallel and low-height block as an auxiliary device in the process of kidnapping to stand on the hands and perform skills.

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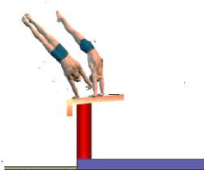
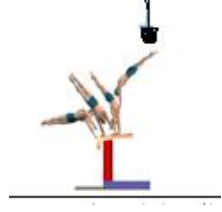
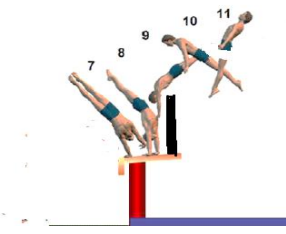
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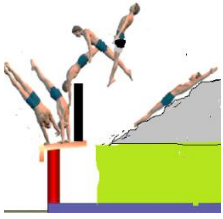
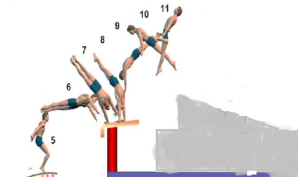
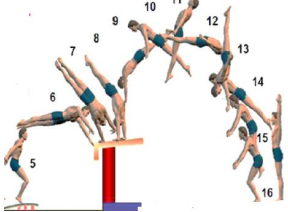
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Accessory (1)

Exercises used on a trampoline, mat and sponge pit

		Exercise
	<p>A complete explanation of the skill and its division into two main parts, with an emphasis on the main movement keys and points of error that the player commits during the performance.</p>	1
	<p>The first part, which is to benefit from the mini-trampoline device, to get enough flight in the first upgrade, which is to push with the two legs and receive the platform correctly</p>	2
	<p>The same as the previous unit with an emphasis on the second Tabaran when performing the Arabic, which is represented by the push by the hands and the emphasis on the live rise to the top</p>	3
	<p>The same exercise for the third training unit with a 2.5-meter sponge attached to a rope directly above the platform, and the player is asked to touch it with his legs when the second flight</p>	4
	<p>The same exercise for the third training unit, the rectangular sponge tape is placed over the horse at a height of 1 meter and the player is asked to cross it by pushing with both hands with full force to obtain a good height</p>	5
	<p>The same as the fifth training unit, with an emphasis on trying to integrate the landing on the back and on the sponge mat that is 1 meter high</p>	6

		
	<p>Same as the fourth unit with the landing on the back and performing the back straight roll</p>	<p>7</p>
	<p>Run as fast as possible with the performance of the stroller with an open back air force with the lifting of the carpet landing in the sponge hole and keeping the sponge installed at the top of the platform at a height of 2 with the rope and stressing the player to hit the sponge before performing the back flip</p>	<p>8</p>
	<p>The same unit 8 training and the emphasis on landing t inside the sponge hole with the planks placed at the same height as the legal</p>	<p>9</p>
	<p>The same as the ninth training unit and trying to perform the skill outside the sponge hole</p>	<p>10</p>
	<p>Emphasize the correct stages of full skill performance with landing on the legs</p>	<p>11</p>
	<p>Perform the skill of Arabic with his heart full open back air</p>	<p>12</p>