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EFFECT OF COMPOUND EXERCISES ON SOME OF MOTOR ABILITIES OF HANDBALL PLAYERS IN BASRA EDUCATION

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Abstract:
Handball game is one of the differences that are very popular at the local and international levels of the great mix of artistic performance and rapid rhythm, which impresses the audience, especially when scoring goals, and that preparing training curricula according to the scientific foundations used in sports training for the sake Upgrading the level of physical performance depends heavily on the development of motor capabilities as the basis that the preparation and building the player is proper The motor by the trainers and does not cross the importance of special elements of the capabilities of the special kinetic, and from here the urgent need for this research appeared and his idea of preparing exercises, from here the researcher decided to put a training program using complex exercises in some of the biotic capabilities of handball players to raise Basra, and the research aims to the effect of complex exercises In some of the motor capabilities of handball players to raise Basra, the two experimental and control groups In the dimensional tests and in all research variables, the research hypothesis is the presence of significant significance between the results of the tribal and remote tests of the experimental group and in favor of the dimensional tests in the variables under study. As for the research methodology, the researcher used the experimental approach and the researcher identified the research Sam The hand of (18) players, and after obtaining the results, it was statistically addressed and the following conclusions were reached: The effectiveness of the proposed training program achieved positive results in developing some of the biotic capabilities of handball players to raise Basra for the experimental group and in the post test.

Keywords: compound exercises; motor abilities; handball.

1-1 INTRODUCTION RESEARCH AND IMPORTANCE:

Handball game is one of the differences that are very popular at the local and international levels because of the great mix of artistic performance and rapid rhythm, which impresses the audience, especially when scoring goals with high skill of accuracy in prepared and prepared plans to enable players to perform well And the nature of physical performance in this game distinguishes it from the rest of the games in terms of small playground, speed and accuracy, so some basic requirements represented by some physical, motor, skill, and special plans are highlighted. Preparing training curricula according to the scientific foundations used in sports training in order to raise the level of physical performance greatly depends on the development of physical and motor capabilities as the basis on which the preparation is based and build the player properly, and it is known that all training programs must be built to achieve comprehensive development of capabilities Physical and motor required to perform the sports activity practiced by the player, and this requires the sports coach to see all the scientific information that contributes to reaching sports activity to the distinguished level. An improvement at the level of motor abilities , which constitutes the broad base of the skill and plans of handball. Therefore, the researchers and specialists in the field of sports took on continuous research on means of raising the level of players' performance to the extent that exceeds their capabilities with the aim of achieving the required level and reaching advanced positions. Handball game is one of the activities that are characterized by excitement and suspense and occupies an advanced position among the games that are competing with continental, Ompia, internationally and locally competing, as it developed a huge manner of its origins, even from legal and technical aspects. In return, this development requires general planning in the field of sports training, so it is no longer The appearance of players and distinguished teams, the coincidence or the natural talent, but it has become one of the basic products for scientific planning, the training directed towards developing the physical, physiological and skillful capabilities of youth gradually to reach high sports levels. The researcher believes that the use of exercises that are similar in their movements, composition, requirements and attitudes towards working with them movements that lead

during competition, legalizing loads and taking into account individual differences, especially on handball youth, to fulfill the requirements of the game in the light of modern amendments. International rules from 2017 AD until now. So the importance of researching is the effect of complex exercises in some motor abilities capabilities for handball players to raise Basra.

1-2 Research problem:

Handball game is one of the games whose players are characterized by special physical and skill capabilities and specifications, and in order to achieve high and advanced performance levels, those concerned had to develop training programs in proportion to the performance specifications of this event, and a remarkable development has occurred on the handball game, especially in the speed of playing. The result of some amendments in the game law starting from 2005 to the World Cup in Egypt 2021, so coaches must develop the level of physical and skill performance for players in order to suit the amendments that came in the game law along with the modern methods and training methods used and the speed of hospitalization that help in carrying out the loads Additional training that will raise the capabilities and capabilities of the players. The preparation of the handball player has become physically and motor and using modern training means to reach the higher levels of the most important factors for the success of the sports teams and that the handball game is one of the team sports that depends primarily on the explosive strength and the distinctive strength of the two men, arms, grace and balance And compatibility, and although the biotic capabilities preparation may be provided in most international teams, but it is still below the level of ambition for sports teams, as it needs to use methods, methods, methods and modern means that develop motor abilities capabilities in all games, especially the handball game that needs to be prepared by motor abilities capabilities With it and due to the researcher's field experience in the field of sports training, as they are previously handball players, the researcher did not find a training curriculum based on a scientific basis that raises the level motor abilities capabilities by the coaches and does not cross the importance of special elements of the capabilities In preparing exercises. From here, researcher decided to develop a training program using complex exercises in some of motor abilities capabilities for handball players to raise Basra.

1-3 Research Aims:

Research aims to identify:

1- Make the effect of complex exercises on some motor abilities capabilities for handball players to Basra education.

2- Identify the effect of complex exercises on some motor abilities capabilities for handball players to raise Basra education.

3- Identify the differences between the experimental groups and the control in the dimensional tests and in all research variables.

1-4 Research Hypotheses:

1- The presence of statistically significant differences between the results of the tribal and post-testing tests of the group controlled in the variables under study.

2- The presence of significant significance differences between the results of the tribal and post-test of the experimental group and in favor of the dimensional tests in the variables under study.

3- The presence of statistically significant differences between the post-test between the two controlled and experimental groups in the variables under study.

1-5 Research fields:

1-5-1 Human field: A sample of the Basra education team players with a handball

1-5-2 spatial field: Sports Activity Hall in the Basra Education Directorate

1-5-3 Time field: from 30/1/2022 to 24/3/2022.

2--RESEARCH APPROACH AND FIELD PROCEDURES:

2-1 Research curriculum:

Researcher used the experimental curriculum (using the design of equal groups with two tribal and post- tests) due to its compatibility and the nature of the problem for the purpose of reaching the results, as "experimental research is a deliberate and seized change of the specific conditions of a specific incident and note the changes resulting in this same incident and its interpretation (Amer Ibrahim: 1993).

2-2 Research Sample:

Choice of the research community is closely related to the goals that the researcher sets for their research, so "the goals that the researcher sets for his research and the procedures he uses will determine the nature of the sample that he will choose." (Raysan Khreibet:: 1988) The research sample was chosen from Basra raising players with a hand (20) players and they were chosen in the intentional way, and they were randomly divided using the lottery and after the lottery they put the owners of individual numbers in the set group and marital numbers in the experimental group and by (8) players For each group, thus the sample ratio has become (80%) of the original community.

2-3 Research Tools & Devices:

Data collection means

1- Note.

2- The interview.

3- The questionnaire.

4- Motor abilities tests.

Used devices and tools:

- The measurement bar (1) with a length of (30) meters.
- Adhesive tapes in different colors
Plastic people - 20.
- Electronic calculator (1) type (Citizen) made (Japanese).
- ACER (LAP TOP).
- Medical balls with a weight of (800) g number 10.
A handball field with legal dimensions.
- A 20 kg iron bar with iron tablets with different weights.
Weight measurement sensor (1).
- Hours of stopping time for the nearest 1/100 of the second number (6).
(16) Rug.
Square measuring (40 cm -40 cm) number (4).

2-4 Field procedures:

2-4-1 Exploratory Experience of Motor Abilities Tests:

Exploratory experience is one of the most important procedures recommended by scientific research experts for the purpose of obtaining accurate results, which is "an initial experimental study carried out by the researcher on a small sample, before his research in order to test the methods of research and his tools" (Wajih Mahjoub : 2002), the trainer was directed And with the help of the assistant team at seven in the evening on Tuesday (15/1/2022) by conducting an exploratory experience on (2) players from the Al –fitat club from Basra Sports Club team with a handball, the aim of this experience was the goal of this experience.
Ensure the validity of the devices and tools used.
Preparing the assistant team and understanding the workflow.
- Ensure the ease of applying the tests and its suitability to the sample level.
- The extent of the players 'response and their interaction with the tests and the extent of their suitability for them.
- Determine the time required to implement the tests.
-Knowing the obstacles that may appear and avoid errors.

2-5-1 detailed specifications of Motor abilities tests:

1- The vertical jump test of stability. (Louay Ghanem: 2010)
2- Test of the medical ball throw (3 kg). (Muhammad Hassan and Muhammad Nasruddin: 1982)
3- Sitting from the slavery from placing the knees bending the maximum number for a period of 10 seconds. (Muhammad Hassan and Muhammad Nasruddin: 1994)
4- Test an enemy of 20 m from a moving start. (Mowaffaq Asaad: 2009)
5- Test (Running of 25 x 8). (Ahmed Khamis and Jamil Qasim: 2011)
6- Fitness test. (Baler: 2007)
7- Test the numbered circles. (Muhammad Subhi: 2004)
8- Standing test on walking. (Ali Salloum: 2004)

2-6 Main Experience:

2-6-1 Tribal Tests:

The researcher with the assistant work team conducted tribal tests after completing the distribution of orders to receive opinions, questionnaire forms and the proposed training program for people with specialization, after conducting reconnaissance at a day, as it included motor abilities and in light of what the experts have identified and those with specialists. 25-26/1/2022) on the research sample in the sports activity hall.

2-6-2 Training Program:

After completing the implementation of the tribal test, the implementation of the training curriculum was started, as the curriculum after reviewing the principles of sports training and applied this curriculum after conducting a number of disadvantages on it and benefiting from the observations of experts in the field of athletic training science, the training curriculum was designed and presented to a set of from The experts, this curriculum included the development of motor abilities side, as the researcher divided the research sample into two groups, as the first group was trained using the curriculum prepared by the researcher, while the group controlled on its traditional context by the coach, the training curriculum of the experimental group contained On (24) training units and by three training units per week, i.e. for two months and in the form of two intermediate sessions and with a degree of pregnancy (3: 1), (18) an exercise aimed mainly at racist development of the explosive force of the arms and the two men and the strength that is characterized by the speed of the abdomen and transitional speed and tolerance Speed, agility, compatibility and balance, and they were distributed in a consistent manner during the implementation of the training units in order to implement the curriculum during the main section, and aphids were applied. I glow according to the method of training and in the way of high -severity training and low intensity and the rate of work (3: 1) If each training unit contains three exercises in the form of a consistent exercise in which the typical training is formed during the application of performance and in proportion to the capabilities and capabilities of the experimental research sample and the training units are implemented from The period (30/1/2022 until 24/3/2022).

2-6-3 POST- Tests:

The post-test has been conducted on the research sample, after completing the implementation of the training curriculum in order to determine the level of motor abilities variables that the research sample reached for two days (27-28/3/2022) and the same context used in the tribal test.

2-7 Statistical means:

The statistical program (SPSS) was used by computer to extract what comes:

3- View and Analysis of the Results of Motor Abilities Capabilities of Control Group:

3-1- View and analysis of the results of the tribal and post- motor abilities test for control group:

Table (1)

Shows statistical attractions of the tribal and post- tests for the education.

Verbal / Statistical	Tribal – Test		Post-test		T collected	indication	M/U
	M	S	M	S			
explosive power of the two leg	39.25	3.99	40.38	4.07	1.47	0.185	CM
explosive power of arms	4.75	0.43	4.94	0.33	1.13	0.294	CM
strength of the speed of the stem	12.87	2.23	13.00	1.92	0.36	0.732	NO
strength of the arms is distinguished	8.87	0.99	9.12	0.64	1.00	0.351	NO
Transitional speed	4.54	0.44	4.40	0.45	1.16	0.285	SCE
Speed	42.23	1.31	41.82	1.12	2.24	0.060	SCE
Agility	8.12	0.32	7.97	0.12	2.21	0.063	SCE
Compatibility	6.86	0.33	6.76	0.44	1.82	0.112	SCE
Balance	5.75	0.29	5.42	0.44	2.04	0.081	SCE

*** Moral at a level less than (0.05)**

It is clear through table (1) that the calculation and standard deviation of tribal and dimensional tests and for the group controls in the biotic variables, as the mathematical milieu and normative warrants, respectively, reached the tribal tests of the vertical jump test of stability that measures the variable (the explosive force of the two men) (39.25) (3.99) (3.99) As for the dimensional tests, as the mathematical medium and standard deviation in a row reached (40.38) (4.07), the calculated value (T) reached (1.47), and through its observation of the value of the significant significance (0.185), unnecessary differences have emerged. As for the test of the medical rhythm test, a decoration (3 kg) with two hands from the sitting position on the chair, which measures the variable (the explosive force of the arms) for tribal tests, the mathematical medium and the standard deviation, respectively (4.75) (0.43), reached, and for the dimensional tests, it reached the mathematical medium And the standard deviation in a row (4.94) (0.33), and the value of (T) calculated (1.33) and through its observation of the value of the significant significance (0.294), non -moral differences appeared It is also evident to the testing test of the slavery from placing the knees bending the maximum number for a period of 10 seconds, which measures the variable (the strength of the speed of the abdominal muscles) for tribal tests. The arithmetic medium and the standard deviation, respectively (13.00) (1.92), and the calculated (T) value (0.36) and through its observation of the value of the significant significance (0.732) appeared non -moral differences. It is also evident to the tester of the tilted flatness of the arms, which measures the variable (the strength of the speed of the arms) for the tribal tests. The value of (T) calculated (1.00), and through its observation of the value of the significant significance (0.351), the non -moral differences appeared. As for the test, an enemy of 20 m from a moving start, which measures the variable (transitional speed) of tribal tests, the mathematical medium and standard deviation, respectively (4.54) (0.44). The value of (T) calculated (1.16) and through its observation of the value of the significant significance (0.285), non -moral differences appeared. It is seen in the test (zik-zak run 25 x 8), which measures a variable (tolerance of the two men). (1.12) calculated value (T) reached (2.24), and through its observation of the value

of the significant significance (0.060), there were none -moral differences. As for the fitness test, which measures the variable (fitness), the mathematical medium and the standard deviation, respectively, reached tribal tests (8.12) (0.32). The calculated (2.21), and by noticing the value of the significant significance (0.063), there were none -moral differences As for the test of the numbered circles, which measures the variable (measuring compatibility between the eye and the two men) for tribal tests, the mathematical medium and the standard deviation, respectively (6.86) (0.33), reached the dimensional tests, as the calculation and standard deviation in a row reached (6.76) (0.44) The value of (T) calculated (1.82) and through its observation of the value of the significant significance (0.112), which appeared disgraceful differences As for the standing test on the comb that measures the variable (measuring the fixed balance) of the tribal tests, the mathematical medium and the standard deviation in a row (5.75) (0.29) reached. The value of (T) calculated (2.04), and through its observation of the value of the significant significance (0.081), there were none -moral differences.

3-2 Viewing, analyzing and discussing the results of Motor Abilities capabilities of the experimental group:

3-2-1 Display, analysis and discussion of the results of the tribal and post –test Motor Abilities Capabilities of the experimental group:

Table (2)
Shows statistical attractions of the tribal and post tests for Abilities Capabilities of the experimental group

Verbal / Statistical	Tribal – Test		Post-test		T collected	indication	M/U
	M	S	M	S			
explosive power of the two leg	40.12	2.10	43.50	0.92	5.97	0.001	CM
explosive power of arms	4.78	0.45	5.06	0.58	3.70	0.008	CM
strength of the speed of t stem	13.75	0.88	15.87	0.64	7.20	0.000	NO
strength of the arms is distinguished	9.00	0.75	11.37	1.18	6.33	0.000	NO
Transitional speed	4.69	0.51	4.43	0.46	3.03	0.019	SCE
Speed	41.84	1.53	40.52	1.39	8.03	0.000	SCE
Agility	8.09	0.42	7.64	0.38	3.43	0.011	SCE
Compatibility	6.61	0.43	5.65	0.44	7.29	0.000	SCE
Balance	5.46	0.28	4.79	0.32	6.61	0.000	SCE

*** Moral at a level less than (0.05)**

It is clear through table (2) that the mathematical medium and the standard deviation of tribal and dimensional tests and for the experimental group in the biotic variables, as the mathematical milieu and normative warrants, respectively, reached the tribal tests to test the pressure test from lying on the flat to raise the maximum weight that measures the variable (the explosive force of the two men) (40.12) (2.10). As for the test of the medical rhythm test (3 kg) with two hands from the sitting position on the chair, which measures the variable (the explosive force of the arms) for tribal tests, the mathematical medium and the standard deviation, respectively (4.78) (0.45), reached, and for the dimensional tests, it reached the mathematical medium And the standard deviation in a row (5.06) (0.58), and the value of (T) calculated (3.70) and through its observation of the value of the significant significance (0.008), moral differences appeared. It is also evident to the testing test of the slavery from placing the knees bending the maximum number for a period of 10 seconds, which measures a variable (the strength of the speed of the abdominal muscles) for tribal tests. The mathematical milieu and standard deviation, respectively (15.87) (0.64), and the calculated (T) value (7.20) and through its observation of the value of the significant significance (0,000), moral differences appeared. It is also evident to the tester of the tilted arms that measures the variable (the speed of the speed of the arms) of the tribal tests. The

value of (T) calculated (6.33), and through its observation of the value of the significant significance (0,000), moral differences appeared. As for the test, an enemy of 20 m from a moving start, which measures the variable (transitional speed) of tribal tests, the mathematical medium and the standard deviation, respectively (4.69) (0.51), reached. The value of (T) calculated (3.03) and through its observation of the value of the significant significance (0.019), moral differences appeared. As for the test (zik-zak 25 x 8), which measures a variable (carcasses for the two men), the mathematical medium and the standard deviation, respectively, reached tribal tests (41.84) (1.53). (1.39) calculated value (T) reached (8.03), and through its observation of the value of the significant significance (0,000), moral differences appeared. As for the fitness test, which measures the variable (fitness), the mathematical medium and the standard deviation, respectively, reached tribal tests (8.09) (0.42). The calculated (5.23), and through its observation of the value of the significant significance (0.011), moral differences appeared. As for the test of the numbered circles, which measures a variable (measuring compatibility between the eye and the two men) for tribal tests, the mathematical medium and the standard deviation, respectively (6.61) (0.43), reached the dimensional tests, as for the dimensional tests, the mathematical medium and the standard deviation in a row (5.65) (0.44) reached (0.44) The value of (T) calculated (7.29) and through its observation of the value of the significant significance (0,000), moral differences appeared. As for the standing test on the comb that measures the variable (measuring the fixed balance) of tribal tests, the mathematical medium and the standard deviation, respectively (5.46) (0.28), reached. The value of (T) calculated (6.61), and through its observation of the value of the significant significance (0,000), moral differences appeared.

3-2-2 Discussion of the results of physical capabilities of the tribal and post- tests for two research groups:

Through presentation of Table No. (2), the results of the biographic tests consisting of the tribal and post -test of the experimental group have been shown that there are moral differences between all Motor Abilities tests between the tribal and post testing and in favor of the post -test and the researcher attributes that the training has worked to develop players' ability to improve Their performance and then the results of this improvement appear in the teams that appeared in the results of the tribal and post tests and for the benefit of the dimension, as the organized and based training is based on scientific foundations in giving a physical pregnancy that contains the intensity, size and comfort that is competing with players 'capabilities works to develop the capabilities of their vital devices and the various functions that And make it and the changes that occur to them and thus their performance .As (Hamdi & Muhammad) states, "The sports training process is an educational process that is subject to the scientific style that depends on scientific laws and aims to prepare the athlete in full preparation in all respects and push it to reach high levels through the use of physical pregnancy" (Hamdi Abdel Moneim: 1999) . (Al -Lami) asserts that "planning sports training is a necessary and effective means to ensure the permanent progress of the sports level" (Abdullah Al -Lami: 2004) Also, the period in which the research sample was subjected to training was sufficient to create this development, which indicates that the training of the experimental group was scientifically organized and suitable for players 'capabilities, which led to the level of their performance better .As the researcher attributes this to the complex exercises on which the training curriculum for the development of biotic capabilities and offensive skills in the field of handball, as the training "must be comprehensive and its goal is to develop and develop all biotic capabilities and offensive, motor and psychological skills in a balanced manner with the necessity of focusing on special and comprehensive exercises to build a base Good essential to develop athlete because it maintains a longer period and improves motor compatibility and helps to strengthen and build the body in an integrated manner. (Hara: 1975) .This comes by giving adequate attention to the daily curricula in choosing appropriate exercises and enough time to train and develop them in different methods, as "it is not possible to obtain a high achievement level of performance unless the player has all the physical elements and advanced vital devices (Mohamed Sobhi: 1987) .The comprehensive, organized and balanced scientific training for players in physical and skill capabilities will be able to develop individual capabilities for players through the correct scientific selection according to the scientific foundations to facilitate the process of training, shortening effort, time, expenditures, and achieving levels that will qualify them to the highest levels of handball. .When discussing the explosive force of the two men and arms, the morals also showed the effectiveness of the training program prepared by the researcher, who relied on his performance on the scientific foundations and the basics of designing the training program, and this appears through the results of this group as the program prepared in the performance of the physical players and their upgrading, which is extremely important to Handball player, and this is evident in the results of (the explosive strength of the two men and the arms), in which a great development occurred in the ability of the two muscles to the legs and arms on the results of the strength as a result of taking into account when preparing the training program to develop muscle groups and thus "appears in the extent of the possibility of athletic body in paying its body Or parts of it in the move movements for the front, the highest and the backward. (Mohamed Reda: 2008) And the vertical jump represents the player's ability to aim at a goal, whether from setting alone by goal or shooting in front of the defensive lines Different, and accordingly, the researcher finds that the development that the exercises showed in the results of the explosive force tests of the muscles of the men and the arms were large, which indicates the effect of muscle groups with the exercises used by them, as well With what the scientific sources mentioned and what experts specialized in the field of sports training, where the exercises were given in an organized manner, which led to an increase in the individual's ability as a result of the exercise performance, and therefore this led to the printing of the body systems on the optimal performance of these exercises, by provoking all or most fibers One muscle, by increasing nerve stimuli, the number of muscle fibers shared in the contract increases. (Muhammad Subhi: 1987)

researcher attributes the moral difference to the sitting test from the slavery that measures the distinctive force of the speed of the abdominal muscles to the effectiveness of the exercises that were used by the research group and was focusing on its performance strongly and at the same time, that is, the lack of negligence of the required speed in performance, and here it confirms (Shehata & Berqal) that it must be the increase In strength without sacrificing speed, and increasing speed without sacrificing strength, but rather must pay attention to the two grades together, which shows its importance in various sports activities (Muhammad Ibrahim & Muhammad Jaber: 1995), and the effectiveness of exercises has an effective impact on the development that occurred in the strength of the speed of the abdominal muscles, This indicates that the training doses of the element of the force that are characterized by speed have positively affected the results of the players and their capabilities on aiming, jumping, or defense movements ..... Etc.

It is clear to us by analyzing the moral data of the differences and in favor of the post -test (the tested of the arms bending and extending them from the pose for a period of 10 seconds). This indicates that the vocabulary of the training curriculum executed by the coach and the prepared by the researcher and under the supervision of the researcher himself and with the help of the work team, as the researcher attributes this development in the strength of the speed of the muscles of the arms to the special exercises used in the curriculum that were prepared on a scientific basis in order to affect the working muscles and use The optimal and correct for the different weights, repetitions and appropriate rest periods, and these results are consistent with the findings of previous research in the field of developing the distinctive force of the speed of the muscles of the arms, including the study of the success of Salman (Najah Salman: 2000), where he emphasized, "The development in the strength that is characterized by speed is due to the use of weights and that It is an essential means of developing muscle strength of all kinds, and weightlifting can be directed by certain muscle groups to cause development in them, as the exercises in which the increase in intensity has led to this development.

researcher believes that this development is due to the accuracy of the special exercises used in the training curriculum, which directly affected the muscular nervous system, and therefore, when training, to develop the force that is distinguished by the speed of the muscles of the arms, it must be taken into consideration the quality of the distinctive force with the speed to be developed and this is confirmed (Abu Al -Ala & Ahmed Nasr Religion) that "the strength that is characterized by speed means the ability of the muscular system to produce a fast force, which requires a degree of consensus in combining the capacity of the speed recipe in one component, and the distinctive force is related to the speed with activities that require a strong and fast movement at the same time, such as jumping games and throwing in its various types Including handball "(Abu Al -Ela Ahmed & Ahmed Nasr El -Din: 1993). The influence of the food compounds used by the researcher on members of this group contributed to the achievement of the ability to achieve a good result in (testing the arms bending and extending them from the placement position for a period during (10 seconds) in the post test among members of this group. As well as the test of the running of 30 m from the start of the bird that aims to measure the transitional speed of the experimental group, it appeared that there is a significant significance between the tribal and post -tests. This development happened despite the different methods used to develop the transitional speed that were followed by the experimental group. The researcher attributes this development that the training curriculum used has contributed effectively to developing the transitional speed of handball players, as well as to the use of speed training at the beginning of the training unit (as the basis for speed training is the appropriate state of the stirring of the central nervous system, and this is done by effectiveness Running with the organization of rest periods well after each repetition and between the groups) (Muhammad Subhi &Ahmed Kisra: 1998) This development also attributes to (the use of exercises to develop the explosive force, especially the muscles of the lower limbs, as these exercises helped to develop strength and speed, especially when increasing the speed and lack of resistance, which develops transitional speed). (Issam Abdel -Khaleq: 1994). Accordingly, these combined factors led to an increase in the effect of the training curriculum to develop the capacity of the transitional speed of the research sample, as organized training results in an increase in the ability of the individual's performance as a result of performing physical exercises for several days or weeks, meaning that the effect of physical exercises stimulates the muscle cells to print, and that Be more economical in the performance of the intensity of work) (Edington, D.W & Edgerton, V.R.: 1976:)

3-3 Display, analysis and discussion of the results of post -test Motor Abilities capabilities between two controlled and experimental groups:

3-3-1 Display, analysis and discussion of the results of Motor Abilities tests between two controlled and experimental groups:

Table (3) shows statistical attractions of post -_test Motor Abilities of two controlled and experimental groups

Verbal / Statistical	Control group		Experimental Group		T collected	indication	M/U
	M	S	M	S			
explosive power of two leg	40.38	4.07	43.50	0.92	2.12	0.053	CM
explosive power of arms	4.94	0.33	5.06	0.58	0.50	0.062	CM

- strength of -speed of - stem	**13.00**	**1.92**	**15.87**	**0.64**	**4.00**	**0.001**	**NO**
-strength of - arms is distinguished	**9.12**	**0.64**	**11.37**	**1.18**	**4.72**	**0.000**	**NO**
Transitional speed	**4.40**	**0.45**	**4.43**	**0.46**	**0.13**	**0.901**	**SCE**
Speed	**41.82**	**1.12**	**40.52**	**1.39**	**2.05**	**0.060**	**SCE**
Agility	**7.97**	**0.12**	**7.64**	**0.38**	**2.32**	**0.036**	**SCE**
Compatibility	**6.76**	**0.44**	**5.65**	**0.44**	**5.03**	**0.000**	**SCE**
Balance	**5.42**	**0.44**	**4.79**	**0.32**	**3.25**	**0.006**	**SCE**

*** Moral at a level less than (0.05)**

It is clear from table (3) that the mathematical milieu and the standard deviation of the dimensional tests and the two control and experimental groups in the biotic capabilities. , While the mathematical medium and the standard deviation of the experimental group of this test, respectively (45.50) (0.92), reached the value of the calculated (2.12) and through its observation of the value of the significant significance (0.053), non -moral differences appeared in favor of the experimental total. As for the test of a medical hatching (3 kg) with two hands from the sitting position on the chair, which measures the variable (the explosive power of the arms) of the dimensional tests of the control group, as the mathematical medium and the standard deviation, respectively (4.94) (0.33), reached the calculation and the standard deviation of the group Experimental for this consecutive consequences (5.06) (0.58), and the calculated (T) value (0.50) and through its observation of the value of the significant significance (0.622), non -moral differences appeared in favor of the experimental total. As for the seating test of the slavery from placing the knees bending the maximum number for a period during 10 seconds, which measures the variable (the strength of the speed of the abdominal muscles) for the dimensional tests of the control group, the computational medium and the standard deviation, respectively (13.00) (1.93), reached the mathematical medium and deviation. For experimental group of this consecutive consequences (15.87) (0.64), and the value of (T) calculated (4.00) and through its observation of the value of the significant significance (0.001), moral differences appeared in favor of the experimental total. It is also evident to the tester of the tilted flatness of the arms, which measures the variable (the strength of the speed of the arms) of the tribal tests. The value of (T) calculated (4.72) and through its observation of the value of the significant significance (0,000), moral differences appeared in favor of the experimental total. As for the test of a 20 -meter enemy from a moving start, which measures the variable (transitional speed) of the dimensional tests of the control group, the mathematical medium and the standard deviation of the succession (4.40) (0.45) reached, while the arithmetic medium and the standard deviation of the experimental group of this test, respectively (4.43) (0.46) The calculated value (T) reached (0.13), and through its observation of the value of the significant significance (0.901), non -moral differences appeared in favor of the experimental total. As for the test (zik-zak 25 x 8), which measures a variable (carcasses for the two men) for the dimensional tests of the control group, the mathematical medium and the standard consecutive deviation (41.82) (1.13) (1.13) reached, while the arithmetic medium and the standard deviation of the experimental group of this test, respectively (40.52) (1.40), and the calculated value of (2.05), and through its observation of the value of the significant significance (0.060), appeared non -moral differences in favor of the experimental total. As for the fitness test that measures (fitness measurement) for the remote tests of the control group, the mathematical medium and the standard deviation, respectively (7.97) (0.12), reached the calculation and the standard deviation of the experimental group of this test, respectively (7.64) (0.38), and the value of (t) collected (2.32), and through its observation of the value of the significant significance (0.036), moral differences appeared in favor of the experimental total. As for the test of the numbered circles, which measures (measuring the compatibility between the eye and the legs) for the dimensional tests of the control group, the mathematical medium and the standard deviation, respectively (6.76) (0.44), reached, while the arithmetic medium and the standard deviation of the experimental group of this test, respectively (5.65) (0.44 The value of (T) calculated (5.03) and through its observation of the value of the significant significance (0,000), moral differences appeared in favor of the experimental total. As for the standing test on the comb that measures (fixed balance) of the dimensional tests of the control group, the mathematical medium and the standard deviation, respectively (5.42) (0.44), reached, while the arithmetic medium and the standard deviation of the experimental group of this test, respectively (4.79) (0.32) and reached The value of (T) calculated (3.25), and through its observation of the value of the significant significance (0.006), moral differences have emerged in favor of the experimental total. Through Table (3), it shows that the differences were moral in all

Motor Abilities capabilities. The researcher attributes the reasons for the fact that the curriculum used by the researcher was more effective compared to the curriculum applied by the team coach, as the researcher applied the curriculum through the method of low -severity and high -severity training. Researcher sees (the variables that are based on the construction state of that curriculum represented by

1- Interest or working hours.
2- The number of repetitions and groups in the training unit.
3- The duration of the rest.
4- The type of activity practiced during the rest period (positive- negative- mixed).
5- Training periods per week. (Fox & Mathews: 1974)

As well as other reasons, the researcher used the method of low -severity and high -intensity training, which mainly works to develop biotic capabilities. One of the other reasons is that the program prepared for the experimental group took into account the distribution of strictness and periods of work and comfort as well as regularity in training and repetition as well to allow the player to perform the exercise.

4- CONCLUSIONS & RECOMMENDATIONS

4-1 Conclusions:

In light of the results of the research and within the limits of the sample on which the study was conducted, as well as statistical treatment, the researcher reached the following conclusions:

1- The proposed training program has achieved positive results in developing some Motor Abilities capabilities for handball players.
2- The training program is prepared by the trainer achieved slight results in developing some of Motor Abilities capabilities of handball players.
3- The experimental group has made significant significance in physical changes (the explosive force of the men and the arms and the distinctive force of the speed of the muscles of the abdomen, arms, and transitional speed, carrying speed, agility, compatibility and balance).

4-2 Recommendations:-

1- Focusing to use complex exercises during the training units of age groups and in the shapes that suit them.
2- Administrative bodies in clubs and sports institutions must give adequate attention to age groups by providing devices and tools used to implement training units and everything that the trainer needs.
3- Paying attention to Motor Abilities capabilities because of its positive impact on the skill performance well.
4- The researcher is recommended to conduct more research on this topic to study the effect of such exercises on the biotic capabilities in the young or young women in the various training season periods.
5- Conducting similar studies using other types of vehicle exercises on other capabilities and in different and specialized age groups.

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Appendix (1)
Sample of Training units

Private preparation stage								
month	**first**	**date**			**30/1/2022**			
week	**first**	**time**			**35 minutes total time**			
Training unit number	**first**	**Aim of unit**			**Developing the explosive strength of the men and grace**			
unite parts	Type of exercise	Practice time	repetition	groups	rest between repetition	rest between groups	Total Time	Severity
Main part **Physical practice**	**Practice 1**	**10 sec**	**8**	**2**	**30 sec**	**120 sec**	**11.40 min**	**80%**
	Practice 2	**10 sec**	**8**	**2**	**30 sec**	**120 sec**	**11.40 min**	
	Practice 3	**10 sec**	**8**	**2**	**30 sec**	**120 sec**	**11.40 min**	

Employment strength exercises with fit:
1- The player jumps on contraindications with a height of 40 cm, and then he concentrates between three people.
2- The player jumps the right leg 20 cm, then goes back, then jumping with both feet, which prevent 50 cm high, and then the left foot on a barrier, and then return the performance of the zik-zak..
3- The player jumps by glowing the two men on the numbered circles, and then he concentrates among the signs.