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THE EFFECT OF THE CALENDER EXERCISES USING THE TOOLS ON SOME AL BIOKINMATIC ACCURACY SCORING BASKETBALL VARIABLES

Assist Prof. Dr. Muataz Khleel Ibrahim
Al-Mustansiriya University / College of Basic Education
mots_30.edbs@uomustansiriyah.edu.iq

ABSTRACT

The research aims to, identify Values some al biomkinmatic variables to perform Scoring skill, and the development of corrective exercises using the tools ,, know the effect of the calendar exercises using the tools in some al biomkinmatic accuracy scoring basketball variables, the researchers used the experimental method is designed with one group Two measures (pre and post) as one of the most appropriate approaches to achieve the objectives of the research has included research players youth electricity youth club basketball totaling 10 players as it has been excluded) 2) players because they used the left hand and the dimensions of (1) another player because he did not participate in Sister Bar therefore became a research sample E 4) players, then the researchers an experimental design was this design the introduction of the experimental factor (for some calendar using the tools exercises (then the researchers conducted a tribal selection of the sample using three machines and imaging to perform the skill transmitter which was to identify and diagnose errors through compared with the global model. in light of these mistakes the researchers put some exercises calendar using the tools and means of assistance and took the implementation of these exercises (8) weeks by 3 units per week, where swallowing total units exercises calendar (24) units and the roof of a time (28 0) minutes. After completing the application of the calendar exercises the researchers conducted a fermentation posttest taking into account the same conditions in which conducted the pre-test was the researchers used statistical methods the following: the arithmetic mean, standard deviation, and the percentage and the coefficient of variation and the coefficient of simple correlation (Pearson) and the coefficient of self-honesty and t-test sample associated with using Statistical bag (spss)

The researchers concluded a set of conclusions, including:

0The use of utilities used (calendar widget to put the feet. Throw basketball hands, the target height gradient loop) achieved its objectives and goals which are designed for all created by taking advantage of them to improve al biomkinmatic variables in the technical performance of the skill scoring basketball.

0The use of the calendar exercise has a positive effect in improving the accuracy and most of scoring al biomkinmatic variables in basketball.

Chapter One:

1-provided research and its importance:

The development of the sport in recent times is not by chance, but was the result of a lot of efforts and money and put them efforts in various fields of science concerned with sport in general service and sports in particular science al biomkinmatic is one of science, which had a significant and direct impact in the evaluation of motor track sports movements and this in

turn leads to the sports movement, access to a good performance in terms of power, speed, accuracy, and this is what he wants both the player and coach alike.

This development included a basketball game, which saw the last two decades in the development and widespread remarkable all over the world so that they promised one of the most popular sports in the world.

There is still a popular game of basketball is growing day after day, whether at the level of practitioners of the game or its viewers beauty of the art of performance of motor skills and methods of the game heroes, plans and strategies they use to take breathtaking and enjoy each exercise and I watch because of the excitement and fun starting from the three-point attempts to elaborate through the long scoring to points to make these considerations make basketball game a fun sport is characterized by a basketball game.

So that we can detect errors thrown performed by players in minutes when doing their skill scoring we use the knowledge al biomkinmatic through which we can do develop the foundations that are commensurate with the motor performance and reduce errors for the direction to apply the optimal performance of the skill to get out the best images through the player's performance analysis computer automated using modern software so that we can lay hands on the weaknesses in the performance of the skill of the transmitter and move away from the style of self-evaluation based on personal observation by the naked eye because they can monitor all stages of the movement.

Hence the importance of research in the study shows some of al biomkinmatic variables that have the foundation role in the skill of scoring which seeks researchers from which to Thinking formation of the most prominent al biomkinmatic variables upon which we depend to raise the level of technical performance and the accuracy of the skill of scoring through the training process.

2-1research problem:

The skill of scoring one of the few skills that have the specificity of major importance for the rest of the other skills lies this privacy that scoring is one of the effective offensive skills and is the key to winning and excellence so must the number of players hate basketball to master this skill of its own leader to make points and thus make win it through the modest experience of researchers in this field and meeting some game experts and coaches in clubs basketball in Baghdad and attending some training modules for players division clubs first of the researchers observed the presence of obvious weakness in the technical performance of this skill and this in turn led To me twice as fast as the necessary force to move into the yard of the opposing team. That prompted researchers to find a way to resolve this problem by some exercises using the calendar tools.

We are thinking of researchers that will lead to a higher level of skill scoring and increase the level of accuracy of this skill by evaluating some variables al biomkinmatic skill scoring as well as finding the perfect angles lead to the sophistication level of this skill and easy access players to achieve the feat, which is the goal of every athlete.

1-3 goals Search:

•Identify the values of some variables al biomkinmatic to perform the skill scoring basketball.

•Develop corrective exercises using the tools

•Knowledge of the effect of the calendar using some tools to help in some exercises al biomkinmatic accuracy scoring basketball variables

1-4 presumably Search:

• exercises a positive calendar effect in improving some mistakes Elkinmetekih values for the stages of artistic performance in the skill of scoring basketball 0

• There are significant sign if i cant differences between the pre and post tests of the sample in the variables in question (for some alkinmatekyh precision scoring variables basketball .

1-5 areas of research:

•the human sphere: players Karkh club for youth basketball.

•Spatial field: Al-Karkh stadium club basketball

•Temporal area: from (06/01/2018) until (05/26/2019)

Chapter two:

The research methodology is the approach taken by the researcher to determine the steps to his research and from which he can reach a solution
the problem .

And choose the appropriate approach to discuss the problem is one of the important steps for research and success, the problem of current research requires the application Design approach so the researchers used the experimental method with the poisoning of two tests per group (pre and post) as one of the most suitable approaches to achieve the goals of research. It is the only approach that real research can real test in their own cause-effect relationships or, and represents the most honest approach to solve many scientific problems. As well as its contribution to the advancement of scientific research in the humanities, which, including Sports Science(2, 2001.123)

2-.2 Research community and appointed:

Based on the phenomenon or problem thrown chosen by the researchers has identified his research community as it has been selected research in a deliberate and of my players youth Karkh club basketball and Of community (8) players The process of selection of the sample is one of the key steps to collect data and information and that the sample is the model for the focus of the work which is the alternative society in which Represented a real representation and honest, have been excluded (2) players because they used the left hand and two to Go together with the nature of the test and removal of (1) another player because he did not participate in the posttest and (1) player because he did not abide by units of training, and thus became The sample is composed (4) Between so that the researchers must choose a sample which sees it represent the original society, which is examined by honest representation (167,200.9)

As the more rested researchers choose to sample his research to sound scientific basis as to achieve satisfactory results.

2-3 variables Search :

• independent variable: some calendar using utilities exercises.

• two variables followers: Some variables alkinmatekh stages to perform the technical skill scoring basketball.

2-4 Elkinmetekih variables that have been studied and described in detail in Table (1)

Table (1) shows the variables al biomkinmatic

Conditions	Symbol variable	Elkinmetekih variables	Camera
Main stage / Put the ball hit (the ball)	1ang	Inclination angle of the forearm to the level of the culprit with the arm aimed at	Cam b
	2ang	Inclination angle of the shoulder strap	Cam b
	3ang	Tilt angle of the arm aimed at the perpetrator in percentage level	Cam b
	4ang	Tilt angle of the arm to the front level	Cam a
	5ang	Milan angle of the body to the level of the culprit	Cam b
	6ang	Angle between the wrist and forearm bones axis longitudinal arm designed	Cam b
	7ang	Angle of the elbow joint efforts of the arm	Cam b
	8ang	Shoulder joint efforts of the arm angle	Cam b
	dis.1	The vertical distance between the top of the high reach of the ball and scoring ring any position to meet a football goal	Cam a,c
	dis.2	Height of the weight of the body mass center	Cam a,b
	dis.3	The distance between the imaginary line down from the center of the ball and point the weight of the mass center of the head of the lateral level	Cam b
	dis.4	The distance between the imaginary line down from the center of the ball and the point of gravity center of the head of the mass front level	Cam a,c
	spe.1	Angular velocity of the arm of the shoulder joint efforts	Cam a
	spe.2	Speed Peripheral helped by scoring hatred of the movement generated corner of the shoulder joint	Cam a
	spe.3	Speed corner of the arm from the elbow joint efforts	Cam a,b
	spe.4	Vertical velocity of the center of gravity body mass	Cam a
	spe.5	Horizontal speed of the center of gravity body mass	Cam a

2-5 exercises used in the calendar units:

• Exercise Ball site.

• Exercise locate the ball height

• Exercise lifting the ball and Maintained

• Exercise scoring consistency

• Exercise throw the ball from a certain distance

- Exercise scoring of movement (jumping)
- Exercise scoring from outside the area (3 points)
- Exercise scoring peaceful
- Exercise scoring from anywhere within the area (2 points)
- Exercise handling and movement of goal scoring
- Exercise scoring of the winding movement through handling with colleague
- Exercise scoring offensive and follow-up

2-6 devices and tools used in the search:

Equipment and tools are the means thrown researcher out can solve his problem whatever those tools (data devices) samples, which vary according to the research problem or goals, and the ability of researchers in the use of devices available and sophistication using the appropriate tools will give weight and value for consideration.

2-6-1alojhzh used in the research are:

- Type imaging machine (sony hd) (2) and camera type (Panasonic) number (1)
- computer (dell)
- electronic calculator hand type (casio) Japanese making.
- Printer device type (canon)
- Editing device.
- Number of electric generator (1)

2.6.2 Tools Search:

- Basketball Stadium.
- Number of balls basket 10
- Network suit Basketball
- iron tube variable length (2)
- lumbar cord length (12 meters)
- Draw a length of one meter scale (2)
- reflective signs for the light to clarify the joints of the body points
- Tripod number (3)
- Electricity division number (3)
- Number of video (6)
- CD (12)
- wooden ruler Mitroahd length
- Various colors and adhesive tape.
- Label colored adhesive.
- Baskets to collect the balls number (3)
- tape measure (30) meters.
- tape measure (5) meters.
- Recording calendar grades form.
- Piece calendar to put the feet

2-7 exploratory experience:

The researchers to conduct exploratory experiment on the number of players who do not participate in the main experiment on
(03/07/2018) basketball club Karkh sports stadium and where the use of three imaging machines after taking the observations and opinions of gentlemen experts and specialists in the field of al biokinmatek The objective of this experiment is:

- Identify the number of professional staff assistance and the extent of the application of the necessary work procedures team with high accuracy and efficiency
- the validity of family photography and awareness films used
- Determine the final location of the camera and the focus of the lens height and distance from the skill point scoring so as to ensure comprehensive coverage of the field loco motor.
- the suitability of the pitch, tools, and suitability for field research procedures.
- Identify the distribution of attempts repeatability and the time it takes.
- difficulties and problems that you may encounter researcher

2-8 experimental design:

Things that should researchers do before making his experience choosing an experimental design suitable to choose the validity of the results derived from the research hypotheses.
The empirical research is to prove hypotheses through experimentation. This means that the hypothesis requires proof of (design of experiment (or (careful planning of the process of proving hypotheses) Vllathbat hypotheses through experimentation the researcher needs to be designed for an integrated process of experimentation procedures. (198,2000,12)
On this basis, the researchers used the experimental design and the introduction of the experimental factor for some calendar exercises
Using the tools to help the research sample.

2.9 Field research procedures:

2.9.1 A tribal choice:

The researchers filmed the research sample consisting of players Club Karkh Youth basketball on Wednesday (12.04.2018) at nine o'clock in the morning, with the researchers and with the help of the team installed three cameras on tripods has placed first and second imaging on both sides of the machine player one who performs the skill of scoring on the back line of the stadium and in a specific place, which is just about the focus of the imaging equal distance which is (6.20 m) and height (1.20 m) from the surface of the ground. the third camera has placed against the player who performs the skill of scoring on the other side of the stadium is just the focus of photography blobs machine Specific performance skill (20.30 m) and at the same focus first and second come. The scale was filmed for drawing a length of 1 m in the place of performance of the skill point scoring basketball.

2.9.2 main experience:

After the researchers ended the tribal choice for the accuracy of the skill of scoring and photographed all of them research sample all, the researcher conducted the main experiment on Wednesday, a brief summary (26.12.2018), the researchers conducted Elkinmeteki stages of

the technical performance of the skill scoring analysis was to identify and diagnose errors and through a review of scientific sources the analysis Elkinmeteki four players classified as globally as a model to compare sample research and in order to reach the most accurate results to solve the problem and achieve the goals of the research, the researcher developed some exercises using calendar tools and aids style gradient in the high scoring ring, Which was obtained from the scientific survey of a group of sources and personal interviews conducted by the researcher brains of some coaches a game of basketball.

The researchers draw upon the contents of the calendar when pumping exercises to the principles of science al biokinmatek sports kinesiology and sports science training. And science related to the study of research as well as the expertise of trainers and take advantage of them. Implementation of the calendar exercises took 8 weeks of (3) units in a week, and took the educational unit (20 minutes) and took the total units exercise calendar (280 minutes) usually proves training time to improve the technical performance of the training technique is based in part determine the technical performance training time on difficulty practitioner activity.

Through units for the first three calendar exercises were used tools and means of assistance also comes.

The first calendar unit exercises included the following exercises:

• First Exercise: duration (7) d feet to correct the situation by placing a piece of cloth installed in the place of performance scoring skill shown on where to put the feet.

• Second Exercise: duration (12) to correct d throw the ball to the top by using a stick to throw the ball accurately.

The unit exercises calendar second term thrown (20m) It became through which Elkinmetekih errors corrected using the player's body stick suspension ball.

The unit exercises the third calendar It became following:

• First Exercise: a 4 (d) to re-second exercise in the unit exercises calendar first.

• Exercise II: duration (16) d re-unit second exercises

The researchers used the style of the gradient up loop scoring in the units remaining calendar exercise of (21) unit calendar, was split scoring area into three equal longitudinally sections in units week (second, third, fourth and three episodic sections in units week (V, VI and VII) The calendar units in the eighth week It became scoring area is divided into three sections lengthwise and three episodic sections together and exercises used in this calendar units.

2-10-dimensional selection:.

Was conducted posttest on the research sample On Sunday (03.03.2019) at nine in the morning, after the end of the period of application modules The curriculum has been the researchers creating the same conditions in which the pre-test with respect to a team assistant work, time, place and the devices used were all in the implementation of the test..

2-11 rack column for the loop scoring heights fabricated:

Designed researchers a legal column to ring the target height variable that contains seven holes and the distance between the hole and another of 2.5 cm and the distance between the last hole the upper edge of the column is the same distance between the holes as it begins with the slightest height of which (83.3 cm), and ends with the highest height of a (3:05) cm contains

Ahmed columns on the cog wheels with arm help keep the lack of movement and also provided two rings Steady until down and the top of the column from the side.

2-12 statistical methods:

The researcher used the program (spss) in statistical data for research variables processing.

Chapter three

3. Display No data returned analyzed and discussed:

3-View results Elkinmetekih variables in a position to hit the ball (the ball) and analysis:

Table(2) shows the circles calculation values and standard deviations and value (t) calculated Tabulated between the two measurements and tribal Elieda in al biokinmateih variables in a position to hit the ball

Variables	measuring unit	Measurement of tribal		Telemetric		Value (t) calculated	Statistical significance
		Arithmetic mean	standard deviation	Arithmetic mean	standard deviation		
ang.1	degree	27.039	15.034	19.797	3.559	0.880	Insignificant
ang.2	degree	20.024	10.880	36.797	10.231	3.288	Spiritual
ang.3	degree	34.241	13.266	23.283	4.792	1.469	Insignificant
ang.4	degree	27.952	16.439	24.656	5.973	0.430	Insignificant
ang.5	degree	11.573	5.627	23.020	7.222	3.656	Spiritual
ang.6	degree	122.030	79.630	164.337	5.511	1.006	insignificant
ang.7	degree	129.002	17.294	157.113	10.590	6.106	Spiritual
ang.8	degree	103.924	28.055	131.055	5.625	2.124	insignificant
dis.1	Meter	2.399	0.166	2.540	0.087	1.471	insignificant
dis.2	Meter	1.143	0.185	1.192	0.072	0.411	insignificant
dis.3	Meter	0.372	0.118	0.248	0.030	2.283	insignificant
dis.4	Meter	0.155	0.249	0.190	0.091	0.396	insignificant
spe.1	Degree/second	541.593	194.335	519.985	238.862	0.137	insignificant
spe.2	Degree/second	6.210	0.562	16.551	0.241	37. 337	Spiritual
spe.3	Degree/second	376.501	228.321	461.639	116.384	1.052	insignificant
spe.4	Cm/second	0.497	0.327	0.698	0.323	3.362	Spiritual
spe.5	Cm/second	0.626	0.317	0.454	0.245	1.051	insignificant

Value (t) Tabulated (2.353) at the level (0.05) and the degree of freedom (4-1 = 3)

It is clear from Table(2) that the value of (Arithmetic mean) tribal variable (ang.1) Of (27.039) and the value of (standard deviation) 15.034)) and the value of(Arithmetic mean) dimensional (19.797) and the value of (standard deviation) (3.559) and value (t) calculated (0.880) which is smaller than the value of (t) Tabulated, which indicates the existence of a difference was not significant between the two measurements pre and post.

The value of (Arithmetic mean) tribal variable (ang.2) 20.024)) and the value of(standard deviation) (10.880) and the value of (Arithmetic mean) (36.797) dimensional value (standard deviation) (10.231) and reached the value of (t) calculated (3.288) which is greater than value (t) Tabulated, which indicates the presence of a significant difference between the two measurements of tribal and Posttest and for dimensional measurement.

The value of (Arithmetic mean) tribal variable (ang.3) (34.241) and the value of(standard deviation) (13.266) and telemetric (23.283) and the value of (standard deviation) (4.792) and the

value of (t) calculated (1.469) which is smaller than the value of (t) Tabulated which shows a difference was not significant between the two measurements pre and post.
The value of the (Arithmetic mean) tribal variable (ang.4) amounted to (27.952) and the value of (standard deviation) (16.439) was telemetric
The summit (Arithmetic mean) (24.656) and the value of (standard deviation) (5.973) and the value of (t) calculated (0.430) which is less than the value of (t) Tabulated which indicates that there is no significant difference between the two measurements pre and post is clear from the table (2) The value of (Arithmetic mean) tribal variable (ang.5) (11.573) and the value of(standard deviation) (5.627) and telemetric (23.020) and the value of(standard deviation) (7.222) and the value of (t) calculated (3.656), which Larger value (t) Tabulated indicating the existence of a significant difference between the two measurements pre and post in favor of telemetric.
Of the table (2) The value of (Arithmetic mean) tribal variable (ang.6) (122.030) and the value of (standard deviation) (79.630) and telemetric (164.337) and the value of (standard deviation) (5.511) and the value of (t) calculated (1.006), which of value (t) Tabulated, which indicates the existence of a difference was not significant between the two measurements pre and post.
Of the table (2) The value of (Arithmetic mean) tribal variable (ang.7) (129.002) and the value of (standard deviation) (17.294) and telemetric (157.113) and the value of (standard deviation) (10.590) and the value of (t) calculated (6.106), which Larger value (t) Tabulated, which indicates the presence of a significant difference between the two measurements pre and post in favor of the dimensional measurement.
Of the table (2) The value of (Arithmetic mean) tribal variable (ang.8) (103.924) and the value of (standard deviation) (28.055) and telemetric (131.055) and the value of (standard deviation) (5.625) and the value of (t) calculated (2.124), which of value (t) Tabulated, which indicates the existence of a difference was not significant between the two measurements pre and post.
It turns from a table (2) the results of some distance values in the value of (Arithmetic mean) variable (dis.1) (2.399) and the value of (standard deviation) (0.166) and the telemetric (2.540) and the value of (standard deviation) (0.087) and value (t) calculated (1.471) smaller than the awareness of the value of (t) Tabulated, which indicates the existence of a difference was not significant between the two measurements pre and post.
The value of (Arithmetic mean) variable (dis.2) (1.143) and the value of (standard deviation) (0.185) and the telemetric (1.192) and the value of (standard deviation) (0.072) and the value of (t) calculated (0.411) which is less than the value of (t) Tabulated which indicates that there is no significant difference between the two measurements pre and post.
The variable (3dis.) The value of (Arithmetic mean) (0.372) and the value of (standard deviation) (0.118) and the telemetric (0.248) and the value of (standard deviation) (0.030) and the value of (t) calculated (2.283) which is less than the value of (t) Tabulated which shows a difference was not significant between the two measurements pre and post.
The variable (4dis.) The value of (Arithmetic mean) (0.155) and the value of (standard deviation) (0.249) and the telemetric (0.190) and the value of (standard deviation) (0.091) and the value of (t) calculated (0.396) which is less than the value of (t) Tabulated which indicates that there is no significant difference between the two measurements pre and post.
Also shown in the table (2) the results of speed variables where the value of (Arithmetic mean) to measure the tribal variable (spe.1) (541.593) d / sec and the value of (standard deviation)

(194.335) and telemetric value of(Arithmetic mean) (519.985) d / sec and the value of (standard deviation) (238.862)

The value of (t) calculated (0.137) which is less than the value of (t) Tabulated This indicates that there is no significant difference between the two measurements pre and post.

While the value of (Arithmetic mean) variable (spe2.) (6.210) d / sec and the value of (standard deviation) (0.562) and telemetric value of (Arithmetic mean) (16.551) d / sec and the value of (standard deviation) (0.241) and the value of (t) calculated (37 . 337) which is of value (t) Tabulated this indicates that there is a significant difference between the two measurements pre and post in favor of the dimensional measurement.

While the value of (Arithmetic mean) variable (spe3.) (376.501) d / sec and the value of (standard deviation) (228.321) and telemetric value of (Arithmetic mean) (461.639) d / sec and the value of (standard deviation) (116.384) and the value of (t) calculated (1.052) which is less than the value of (t) Tabulated this shows a difference was not significant between the two measurements pre and post.

While the value of (Arithmetic mean) variable (spe4.) (0.497) d / sec and the value of (standard deviation) (0.327) and telemetric value of (Arithmetic mean) (0.698) d / sec and the value of (standard deviation) (0.323) and the value of (t) calculated (3.362) which is less than the value of (t) Tabulated this indicates that there is a significant difference between the two measurements pre and post in favor of telemetric.

While the value of (Arithmetic mean) variable (spe5.) (0.626) d / sec and the value of (standard deviation) (0.317) and telemetric value of (Arithmetic mean) (0.454) d / sec and the value of (standard deviation) (0.245) and the value of (t) calculated (1.051) which is less than the value of (t) Tabulated this indicates that there is a difference between the two measurements Garmanoa pre and post.

3.2 Elkinmetekih discuss the results of the variables in the development of scoring:

When discussing the results of variables and angles contained in Table 2, which shows tribal measurements and dimensionality of the sample after the completion of any calendar application exercises using the means of assistance is clear that there is an improvement of the research sample in the dimensional measurement.

It attributes the researchers to the causes of these moral differences in favor of telemetric thrown achieved in the variables all except the tilt angle of the arm to the front-level variable due to the effectiveness of the calendar exercises developed by researchers (201,2005.16), which has been a target to improve the performance of the corners and make them as much as possible given approaching the goal of the situation as well as logical and objective gradient to be included in the height of the goal to improve the performance of the skill of scoring in basketball ring and through the use of some teaching aids as well as sensory information any application feedback vocabulary is a true scientific and thoughtful through segmentation skill scoring m A ultimately led to the achievement of the mechanical requirements wedge was used in this technique, based on most of the views that confirmed the validity of its use of them. The best training methods to guide the ball to the learner mistakes and correct him with repeating the correct performance of the advanced professional level (187.2014,18).

The guidance and direction for errors during the training situation are working to correct endocrine responses, which helps to learn and master the skill speed.

Sports education methods for any artistic performance based in the sports field on the coach's ability and potential personal in the technical performance of the application or rely on the outstanding players in the technical performance and can not reach the high achievement in any sport without relying on tools, utilities, based on the mechanical fundamentals correct technical performance now, as the involvement of the largest possible number of training and knowledge tools in the sports field, based on the improvement of the level and development component and transferred to a new technical condition reflected on the general level of sport (145,2011.5).

It peaks in the variable (ang.2) which represents the inclination angle of the shoulder strap well note improvement over the value of the global Balonmozj middle arithmetic (36.75) degree from (20.024) to (36.797), due to the researchers that improved high-scoring point of the ball and extending arm towards while scoring the ball and extending to the body as much as possible because the more the position of the ball rose during the player needed hit D arm and raise the shoulder of the arm designed, in order to reach the ball to the correct position. This is the player in the right situation, extending back to the Imam quickly to strengthen undershoot with the consideration of even higher body does not bend from the middle (134.2009.3).

As for the variable (ang.5), which represents the corner of Milan's body to the lateral level, there is a good improvement compared to the global Balonmozj that the value of the middle arithmetic (33.543) degree where the improvement in the arithmetic mean of the research sample of (values (11.573 degrees (23.020) the researchers see this I leukoderma helps the player on the following:

- Maintain body balance
- Increase the detailed opening angle of the shoulder, which helps the player hit the ball from a higher altitude.
- Facilitate the tide between the arm to the front foot.
- Janie hit the ball back and a little, which leads to more turnover and greater power for the ball when hit, and thus increase the speed, when a large forearm strongly affects the ball and we observe this through the change in the speed and direction of the ball (88.2015,7).

As well as with respect to the variable (ang.7), which represents a basin attached to the arm aiming angle note there is a good improvement between the two measurements pre and post after the implementation of the calendar exercises on the research sample of (129.002) degrees to (157.113) degrees relative by the global model which the value of the middle arithmetic (164.608) degree, explain the researchers improved this variable to promise the existence of tension arm designed during the scoring of the ball, and have to throw it stronger and also guide the ball to the ring scoring accuracy, is not the body is straight, as well as arm aimed at the moment of scoring the ball (212.2003,17).

As for the variable (spe.2) which represents a speed oceanic helped by scoring hatred of the movement generated corner of the shoulder joint, and there is a good improvement in the sample after applying the calendar exercises compared by the global model which is the middle of the arithmetic value (47.211) m / s from (6.210) m / s to (16.551) m / s.

Explain the researchers that through improved variables (ang.7) and (ang.8) which represent a detailed angle of attachment and the shoulder of the arm aimed at pumping throwing the ball because their value in the telemetric were more than it shows open more to the angles and this will be the length of a half-ring diameter arm aimed at the moment to throw the ball longer than Comparison with tribal increases in the speed of the peripheral helped by the equation al mechanical:

Speed peripheral = angular velocity × radius ring

Noting in the equation there is a direct correlation between speed and peripheral radius ring any more the length of the diameter of a half-ring arm designed, increasing the value of the speed of the ocean helped, ie the speed peripheral

Forearm movement increases with the vertical displacement of the body from the focal point, relying on the size of the movement by accelerating Aasad and the large diameter half of the rotation of the arm aimed at (10187.2008),

With regard to the two variables (spe.4) Who represents the vertical velocity of the center of body mass, good shows improvement in the research sample through the measured global model that the value of the middle arithmetic (0.625) cm / s and (0.357) cm / s, from (0.497) cm / s to (0.698) cm / s, explain the researchers to improve the situation variables maximum bend of speed because generated by the speed of the movement of the body parts during the first preparatory stage leading to the acquisition of the body the outcome of the velocity of the horizontal speed and vertical, which is an input to the performance of the second phase through which convert part of the angular velocity to the vertical direction, a vertical velocity so the maximum On Remote knee joint is very important for basketball players because they are complementary to the stage and have a significant impact in the transfer of power from the first to the second phase in the preliminary phase of the process if the true timing and the path of dynamic appropriate for the benefit of performance achieving the goal of the movement (203,2004,13) also maximum flexion knee joint has a major role in the transmission of the development of the preparatory fun to complete the likely access to put scoring ball and here amount of motor generated moves from the preparatory position to potential energy (absorption phase) which is converted into kinetic energy to benefit from the response ground reaction after the act of payment its output of the situation Preparatory development came through the proper performance repeat to put the body (176,2005,16).

3-3 show the results of scoring and analysis accuracy:

Table(3) shows the values of (o) (p) and value (t) calculated Tabulated between the two measurements of tribal and dimensional accuracy of the test scoring

Variables	measuring unit	Measurement of tribal		Telemetric		Value (t) calculated	Statistical significance
		Arithmetic mean	standard deviation	Arithmetic mean	standard deviation		
Scr.	**Number**	0.800	0.316	1.675	0.236	3.554	Spiritual

Value (t) Tabulated (2.353) at the level (0.05) and the degree of freedom of the Imam (4-1 = 3)
Can be seen from Table 3 result (s) tribal accuracy scoring value) 0.800) and (p) (0.316) and the value of (x) dimensional of (1.675) and (p) (0.236) and the value of (t) calculated the amount of value (3.554) which is greater than the value of (t) Tabulated which shows no significant differences between the two measures and tribal dimensional in favor of telemetric.

3-4 discuss the results of scoring accuracy:
Through the presentation and analysis of the results table (3) own scoring accuracy in basketball note developed a clear analogy compared to tribal researchers attribute this to the effect of the calendar exercises thrown included training modules as well as
Teaching aids and devices used and utilities during the application of the calendar exercises as well as a gradient up ring scoring which contributed to raising the performance of the accuracy of the skill of scoring as well as the correct motor paths required and adopted by the researchers as a result of what was famished by imaging the tribal process where the researchers analyzed Kinmeteki to test the skill of scoring tribal for the research sample through which they have been identified technical performance errors by reference to scientific sources and global model (233,2003,17).
As well as the progress essentially mechanical to achieve precision lies in how the proper handling of the stages of the technical performance of the skill of scoring which have an effective role to perform full skill successfully and effectively (the parties involved in the performance of work with the rest of the body parts of a series of links (and the last link will be free movement and work to translate everything that happens in the rest of the links variables serving performance) (122,2002,6).
With this player movement in the performance of the skill of scoring on the right and underbody work with the body parts of the mechanical unit sequential motor track are links to each and every one is affected by their last and its engine is the speed weights arms and power to push the feet of the ground as a reaction to the Earth's gravity and transport motor between the parts of the body and its work is a skill performance technique good as the movement's performance and accuracy of the degree of correction are closely related to one another and each other complement the accuracy of what the degree of correction accuracy is an indicator of the accuracy of the successful motor performance and sound and distinguish between the motor performance and good performance is good (156,2001,2).
We note through the results tables for the variables Elkinmetekih body shows that the sample mastered the correct technique through the calendar using aids and tools used exercises. As well as by observing your table results accurately the performance of the skill of scoring shows us that improving results Elkinmetekih variables of the body and master the correct technique has led to the development of the performance of the skill of scoring, comes precision as a result of mastery of technical movements (technically) and the progress it can be developed through training (116.2001, 8), as advised by following the use of different devices and tools sizes and weights to adjust the movement to reach the optimum accuracy required in performance as well as the use of hardware and tools specific to reach the precision and bridge the distance and

increase the target or increase the distance and minimize the size of the target when you are working on the development of precision size (189.2 00,12).

Through all the above it is clear that the effectiveness of the calendar exercises using utilities in the experiment has helped to improve the research sample Elkinmetekih body variables and the development of precision in the performance of the skill of scoring through.

Chapter Fourth

4. Conclusions and Recommendations

4.1 Conclusions:

In the light of the objectives and hypotheses in the research sample used and the limits of reliance on research and statistical analysis of the data results have been reached the following conclusions:

• indicators to improve al biokinmatetic variables selected all the technical performance of the skill scoring emerged and this is what the tests showed posteriori .

• improve some variables such as transmission using the calendar exercise performance accuracy

• The use of utilities has achieved its objectives and targets, which are designed for it by taking advantage of them to improve the accuracy of scoring

• Use the calendar exercises with the tools and means of assistance has a positive impact on the improvement of the motor helped track the performance of the skill of scoring.

• The use of tools and aids used (piece Calendar to put the feet while scoring in basketball, has achieved its objectives and goals that are designed for it from an imbalance take advantage of them to improve al biokinmatetic variables in the technical performance of the skill scoring basketball.

•. Some variables can be developed without the use of calendars with all the repetition of such horizontal and vertical velocity of the center of gravity body mass.

• Exercise calendar showed some right through the opportunities given to the player up practice in the exercise and touch the weaknesses and strengths of them and the exclusion of the wrong movements, motor skill signs.

4.2 Recommendations:

In the light of what the researchers begged conclusions recommended the following:

Proceeding from discussion and possible results deduced from the statistical analysis of the data puts the researcher the following recommendations:

• the need to use the calendar exercises (under study (in the technical performance of the skill scoring basketball correction, so as to their importance and their ability to give players a better perception of the dynamic performance of the skill depending on the requirements of mechanical foundations.

• the need to adopt a logical and objective gradient in the correct skill scoring basketball precision through the fragmentation of this skill to its stages or divisions develop preparedness and end, scoring process which leads to better results for the process of training through brain compatibility requirements and mechanical foundations.

• emphasize the proper mechanical requirements for angles corners body joints involved parts performance in order to achieve better accuracy in scoring basketball.
• the need to adopt the mechanical foundations for the achievement of the performance scoring basketball accuracy element, through the proper handling of the status of the body by adjusting the relevant parts of the performance and the impact on the functioning of the track ball line.
• the introduction of special scientific trainers courses to introduce them to the importance of science al biomechanics mechanical and correct conditions associated with the basic game of basketball skills.
• emphasis on the containment of educational curricula or training on the best teaching aids as well as hardware, tools and exercises calendar to fit in with educational situations or different training and help to convey meanings and ideas to clarify and install the process of cognition and increase players experience.
• emphasize the importance of the use of modern equipment in the imaging and analysis to see errors occurring in motor tracks the technical performance of the basic skills of the game of basketball.

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