

Impact Exercises By means Auditory in development Performance Al-Mahari I have players The Center Specialized in The continent early hand

M.M. Duaa Alaa Manea¹, Prof. Dr. Jabbar Ali Jabbar¹

¹College of Physical Education and Sport Science, University of Thi-Qar, Thi-Qar, 64001,Iraq

Email ID : Dr.jabbarsport@utq.edu.iq , Duaa9959@gmail.com

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ABSTRACT

The development of training curricula has forced coaches to pay attention to the fine details of technical performance requirements by accurately analyzing that performance and which of those details can enhance and strengthen their team and thus win the competition. Given that To get closer Levels in Capabilities Physical And the skills between the difference, becomes the focus on factors Most effectiveness order necessary, like to improve response players For stimulants Auditory occasion, And he is what maybe Achieve it via development Skill aspect They have. And it is considered Offensive skills And defensive from Elements Basic in ball hand, Hence, the importance of the research emerges, which is represented in preparing exercises using various means. Auditory In development Skill performance Among handball players, through the follow-up of the researcher and the supervisor, as well as the assistance of experts and specialists, the level of local handball teams is represented by a weak presence in defensive and offensive performance. This may be due to Lack of diversification in the use of multiple means (including audio) in training Handball player's footwork is an important and necessary factor in correct and accurate performance in various playing situations.

The aim of the research was to prepare special exercises. By audio means In development Skill performance The players of the center specialize in handball in Dhi Qar.

The research sample represented Dhi Qar Governorate Specialized Center Handball Players for the year (2024-2025)

The research work extended over the period from 15/10/2023 until 1/10/2024 All tests and exercises were applied in the hall of the specialized center in Dhi Qar Governorate. The researcher used the experimental method with two groups, control and experimental, to solve her problem. Therefore, the researcher determined her research community in the intentional way, which is the players of the specialized centers for handball in Dhi Qar, aged (15-17), numbering (20) players. The researcher used a comprehensive census of the research community, as the sample represented 100% of the community. The sample was divided randomly by lot equally into two groups (experimental and control), with (10) players for each group. The researcher conducted homogeneity and equivalence on the research sample, as the researcher manufactured a device audio Works in random sequence to develop Skill performance The research sample was using the device through exercises prepared by the researcher and applied to the experimental research sample, for 12 weeks and three training units per week. The researcher used the high and low intensity interval training method, and the training load was formed within the week (2-1). After that, the data was unloaded, tabulated, and statistical operations were performed on it, through which the research objectives were achieved. At the end of the work, the researcher concluded a set of conclusions, including: Exercises using audio means led to development in the defensive and offensive skill variables of the research sample.

Keywords: *audio aids - Alaa Al-Mahari - handball*

1. INTRODUCTION

The development taking place in the field of sports at the present time has become an important part of the interest of researchers and specialists in this field, and the status that the sports aspect has reached among other sciences has shed light greatly on looking at every part of the work and in this Context, duty Evolution in Curricula Training on Coaches the focus on the details minute For requirements performance Technical, from during analysis performance accurately And specify factors that maybe that Contribute in to improve performance team And strengthening Opportunities Winning In competition. Given that To get closer Levels in Capabilities Physical And the skills between the difference, becomes the focus on factors Most effectiveness order necessary, like to improve response players For stimulants Auditory occasion, And he is what maybe Achieve it via development Skill aspect They have. .

And it is considered Offensive skills And defensive from Elements Basic in ball hand, where Enable The player from Absorption and storage stages performance The kinetic And summon it in the time appropriate, with ability on diversification Methods Implement it According to For requirements The position.as Help This is amazing Skills on Perform more beautifully, whether She was Signs specific pre or Changes Surprise in progress play, Which Enhances from speed Accuracy performance Skills offensive And defensive, And makes team more capacity on superiority in Competition. All of this is done quickly and purposefully in a way that suits changing situations and the ability to correct, change or modify the new situation, in addition to correcting the motor behavior program in an ideal way. This is often done through motor control and adjustment processes (i.e. it depends on...A To receive information).

here is no doubt In it The use of training aids greatly helps in enhancing the training process, as these aids play a major role in developing the players' skills and performing exercises that are difficult to implement without these devices and aids. It contains It simulates the requirements of handball, as well as the excitement and challenge it provides, working to achieve the desired goals. Hence, the importance of the research emerges, which is represented in preparing exercises using various means. Auditory In development Skill performance Handball players have

1-2 Research problem:-

Through the follow-up of the researcher and the supervisor, as well as the assistance of experts and specialists, the level of local handball teams, which is represented by a weak presence in the effectiveness of performance. Al-Mahari For players Whether on the defensive or offensive side Which can be attributed to several factors, including: Lack of diversification in the use of multiple means (including audio) in training Handball player's footwork is an important and necessary factor in correct and accurate performance in various playing situations.

Which prompted the researcher And To study this problem, which is based on Use of the auditory side Therefore, the effectiveness of the Skill performance It will be based on the performance of the motor duty with the speed and accuracy required for successful performance.

1-3 Research objectives:-

1-Preparing special exercises By audio means In development Skill performance The players of the center specialize in handball in Dhi Qar.

2-Preparing and manufacturing some tools Auditory To develop Skill performance of handball players in Dhi Qar.

1-4 Research hypotheses:-

1- The presence of significant differences Statistics Between the pre-tests And the dimension In favor of the post-tests of the control and experimental groups

2- There are statistically significant differences in the post-tests of the control and experimental groups in favor of the experimental group.

3- There are statistically significant differences in the post-tests of the control and experimental groups in favor of the experimental group.

1-5 Research areas :-

1-5-1 Human domain:-

Dhi Qar Governorate Specialized Center for Youth Handball Players For the year (2024-2025)

1-5-2 Time frame :- 15/10/2023 to 1/10/2024

1-5-3 Spatial domain :- Specialized Center Halls Handball in Dhi Qar Governorate.

2. RESEARCH METHODOLOGY AND FIELD PROCEDURES

2-1 Research methodology:

The choice of the appropriate approach depends on the nature of the problem. so We try to choose the best methods for the solution and that "the most important thing that distinguishes precise scientific activity is the use of the experimental method."¹ Experimental research is also considered a dependent variable that is controlled by the specific conditions of a particular event and observing and interpreting the resulting changes in this same event.² Where used Tresearcher And The experimental method with two groups, control and experimental, to solve his problem

2-2 Research community and sample

Determining the sample is considered one of the important matters in scientific research, so determine Tresearcher And Research community A Intentionally and they are Players of specialized handball centers in Dhi

¹Wajih Mahjoub: Scientific Research Methods and Approaches, 2nd ed., Baghdad, Dar Al-Hikma for Printing and Publishing, 1993, p. 33.

²Muhammad Labib and Muhammad Munir: Educational Research - Its Origins - Methods, Cairo, Alam Al-Kutub, 1983, p. 102.

QarAt ages(17-15)The number of them is (20) player,The researcher used a comprehensive census of the research community, where the sample represented 100% of the community, andIt was dividedSamplerandomlyBy lotteryEqually divided into two groups (experimental and control) with a rate of (10) Player for eachgroup ,From research groups.

Sample homogeneity

To demonstrate the homogeneity of the research sample members, the variables of height, weight, and training age were measured.and research variablesFor the pre-test of the two groups, as they are related to the research variables under study, by extracting the coefficient difference

Table (1)

It shows the homogeneity of the research sample.

T	Variables	Lon lines Measurement	The middle Arithmetic	deviationS tandard	Factors difference
1	the age	month	201.6	9.79	4.85%
2	height	poison	166.6	7.65	4.59%
3	mass	kg	61.3	6.44	10.50%
4	Training age	month	31,200	4.93	15.83%
5	straight tap	second	3.38	0.55	16,272
6	High jump shooting	degree	4.7	0.92	19,574
7	Two-way firewall	number	7.9	1.97	24,936
8	Defensive movements forward and backward	second	11.82	1.06	8,967

***All coefficient values difference It was less than (30%), which indicates the homogeneity of the sample in the above variables.**

Sample equivalence

He did Tresearcher And Sample equivalence using the test (t.test) for independent samples of the pre-test results in the two groups in order to control for variables that change in the experiment. The starting point is the same for both groups, and the results showed random differences between the two groups through comparison.(t)The calculatedwith (Sig) for each of the paragraphs.

Table (2)

Shows resultsSample equivalence inTeststribal tribalismAnd the value of (t) calculated for the total Control and experimental figs

T	Variables	Lon liness Measurement	The officer		empiricism		value(t) calculated	Sig	significance Statistics
			S	+A	S	+A			
1	straight tap	second	3,293	0,527	3,473	587	0.721	0.48	Non-moral
2	High jump shooting	degree	4,600	1,074	4,800	0.788	0.474	0.641	Non-moral

3	Two-way firewall	number	8,200	0.632	7,600	2,756	0.671	0.511	Non-moral
4	Defensive movements forward and backward	second	12,004	0.898	11,654	1,238	0.723	0.479	Non-moral

* The table shows (2) That valuesThe significance levels were higher than the significance level (0.05) for all research variables.Thus, the differences are insignificant between the two research groups, which achieves equivalence between them.

2-3 Information gathering methods and tools The devices used in the research

2-3-1 Information collection methods

Arabic and foreign sources and references.

Internet of information

Questionnaire.

Testing and measurement.

The interview.

Note.

2-3-2 Tools and equipment usedIn research.

Research tools are the means through which the researcher can collect data and solve the problem to achieve the research objectives, regardless of the data, samples, and devices used by those tools.³Therefore, the researcher used all the tools she needed.Handball court legal dimensions

Random audio cue device (colors, referee's whistle, crowd applause, crowd sounds)

Handballs Colorful number20.

4 colorful fitness balls

Wheezyat Type (FOX) Number (4).

Hours Timing number (4).

Laptop HP.

Measuring tape.

Colored adhesive tapes

Weight scale

Indicators Colorful Multiple sizes

Multiple height barriers

Colorful hoops

Floor stairs

2-4- Field research procedures

2-4-1 Manufacturing the random sounds device For trainees.

This device also aims to design an interactive system that helps trainers perform exercises by randomly turning on lights in conjunction with specific sounds for each exercise. These sounds are stored on a playback unit.MP3 format with the ability to add or edit audio files using a flash memory. This system offers an innovative solution for trainers to organize exercises in an interactive and personalized manner, while enhancing the trainee experience through audio guidance and dynamic lighting.

3. OBJECTIVES :

1. Organizing exercises:

- Set custom lighting and sounds for each workout based on your trainer's settings.

2. Dynamic interaction:

- Combine random lighting with sounds to increase engagement and effectiveness in training.

3. Flexibility in preparation:

- Provides the ability to add and modify sounds via flash memory to meet different requirements.

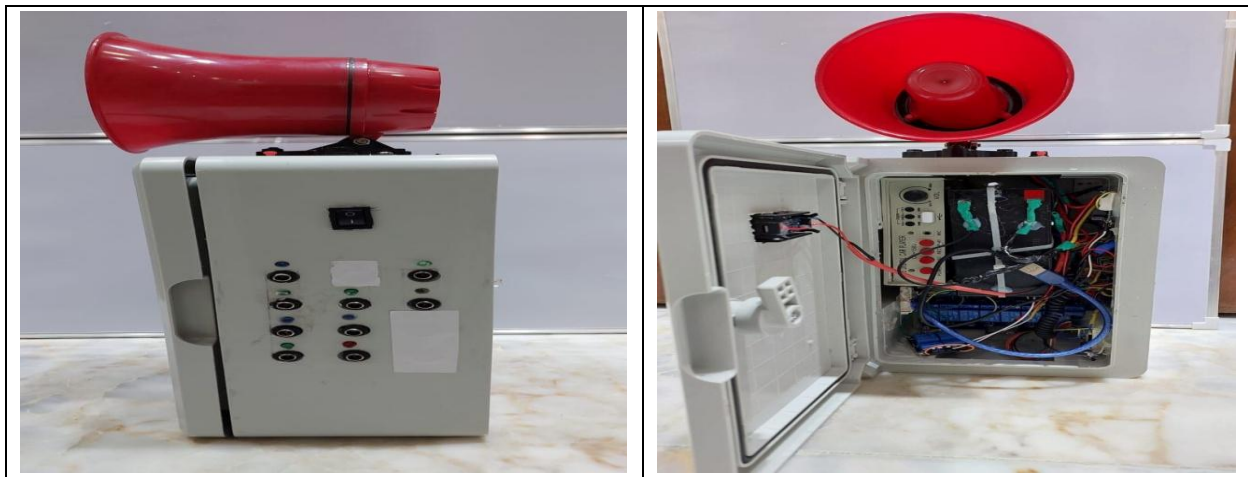
4. Voice guidance:

- Play alert sounds or exercise instructions to increase focus and motivate trainees.
- Audio files stored in the unit are played.MP3 for each exercise.
- The ability to download sounds via flash memory to customize the system according to the trainer's needs.
- Link audio playback with lights to provide a comprehensive training experience.

Conclusion :

This system is a simple and effective example of controlling lamps in a random and organized manner using ESP32 is flexible and easy to modify to meet a variety of requirements. It can be developed in the future to add more intelligent features, such as remote control or interaction with the surrounding environment, expanding its range of applications.(

The final shape of the device



2-4-2 Testing procedures :

2-4-2-1 Identify tests that measure skill performance

First test: High jump shooting accuracy

Purpose of the test : High jump shooting accuracy.

Tools : bounce device High Placed at a height Each player's height is equal to the lift. High arms + curtain to put on Curtain jumping device to close the goal with Two squares, each 40 poison Like the upper corners of the goal.

Planning and distribution of tools :

Arms : Forearms are distributed as follows: A forearm stands inside the circle (B) with a ball on his palm. His hand and next to it are 9 other balls, 2 of them are behind a square of squares. in the goal

Performance method : The player stands at the starting line - the goal corners are closed, the player runs towards The forearm in circle (A) picks up the ball from his hand and continues moving within the limits of Three steps and then he jumps high to shoot over the crossbar into the box. Open should be taken into accountanyThe squares when the player starts moving.

- After shooting, the player returns to the starting line to repeat the process until all ten balls are used up.

Rules :- The shot must be taken within the 3 legal steps from the moment the ball is received.

Registration :- One point is given for each correct pass inside the open square.

- The shooting score is canceled. In If the player commits a legal violation (3 steps - 3 seconds).

The score is cancelled when the ball is bounced.

Second test : dribbling a distance of 22 m in a straight line

Purpose of the test : Bouncing speed measurement

Tools : Legal handball court, Handball

Planning and distribution of tools :

Forearms: One forearm holding the ball.

Performance method : The player stands on the 6m line.

Behind the forearm. When the starting signal is given, the The player picks up the ball from the forearm and then does Bouncing Until he reaches the finish line.

Rules :- The attempt will be repeated in case of any legal error.

Registration : Time is calculated to the nearest second.

The third test : Two-way fire wall test

Purpose of the test : Measuring a player's ability to repeatedly perform the defensive blocking skill at the same rate. In more than one defensive position.

Tools : handball court legal, Two handballs are suspended from two posts at a height of 260 cm (this can be less than) Height for juniors and women, Masking tape, tape measure, stopwatch.

Performance Specifications :

A mark is placed with tape on the 6-meter line. The goalposts are placed on the line. 9 meters, or 8 meters, so that the two hanging balls are perpendicular to the 9 line, Or the 8 meters, and Y erased D The 6-meter line, the distance between them is three meters, and the point is The beginning is in the middle.

The tester stands above the mark on the 6-meter line, and when given the start signal (Auditory) moves forward Y Direct one of the balls to bounce up to perform a wall skill. Defensive block where he touches the hanging ball with both hands, then drops to the ground and returns Back to back to the mark drawn on the 6-meter line, to move forward in the direction of the ball The other one jumps up to perform a defensive block skill so that he touches the hanging ball. With both hands, then he lands on the ground and returns back with his back to the mark drawn on the line 6 meters. Repeat the exercise as many times as possible for 15 seconds.

Performance conditions :

- 1- Every time the examiner jumps to perform a defensive block, he must touch the ball. With both hands.
- 2- Each time the tester must start from the mark drawn above the line. The 6 meters.
- 3- The test subject must repeat the test until he is given a signal that the test time has ended.
- 4- The movement of the tester is exactly the same as the movement of the defense to block the balls shot at him. Goal jump, especially arm shape The distance between them, the hands, and the direction of the palms Hands forward to face the ball
- 5- A Y Performance that violates the above conditions will not be counted. The attempt is within the number made by the tester. Within the specified time for the test.

Recording scores : The tester records the number of correct attempts. He did it during the 15 seconds period allotted for the test.

Note : The same test as above can be used with: Add a third ball three meters away to make the distance There are three meters between the balls, so the tester must touch the three balls. In this case, another (sticky) mark is added on the 6-meter line, the distance Performance. 150 cm between it and the first mark.

The fourth test : Defensive movements forward and backward ⁴

⁴- Kamal Al-Din Abd Al-Rahman Darwish and others: The previously mentioned source.. 2002 AD, p. 159

Purpose of the test : Measuring the speed of defensive movements to the side, forward with a slope, and backward with a slope.

Tools : Handball court, tape measure, tape measure, stopwatch.

Performance specifications : Draw six marks on the six-meter line with masking tape.(2,3, 5, 11 distanceBetween every two marksthreemeters and five(2, 4, 6, 8, 10)Signs the lab stops atThe markNumber one and when giving the start signalVisualHe is movingForwardBy mileFor the markNumber two then back to backFor the marknumberthreeThen the fourAndAnd so on until he arrivesThe markNumber 11 then the lab doesBackOnce again to repeat the performance as a beginnerWith the mark11 arrivalsFor the markNumber one using the same movesDefensive Forwardleaning forward and backward

Performance conditions :

1-The player's movement is completely similar to the defense's movements in terms of movement. The legs move sideways, forwards and backwards at an angle, and the arms and hands.

2- The drawn marks must be reached.And touch itWith feet, move as shown in the figure.

3- Any performance that violates the above conditions will not be counted.Correct

Recording grades:

Calculates the time it takes to travel the distance there and back.

2-4-3 Trade Mistress Exploratory:-

After the most important tests were determined, the researcher conducted the exploratory experiment on a sample of (4) players who were chosen by lottery from the research sample. With the help of the support team, the exploratory experiment was conducted on Friday, May 24, 2024, and its goal was the following:

Verify the suitability of the tests for the sample individuals and their ease of application.

Verifying the validity of the devices and tools used in the research.

Verify the support staff's understanding and competence in performing measurements, tests, and recording results.

Knowing the time required to run the tests.

2-5 Main experience:

2-5-1 Pre-tests of the research sample

◀ Pre-tests were conducted on the research sample, which numbered (20) players, on Friday, corresponding to 31/5/2024

◀ The researcher took into account the circumstances related to the tests in terms of time, place, tools used, method of implementation, and support team in order to work on providing them in the post-tests.

2-5-2 Main experiment (exercise application)

He didTresearcherAndWith special exercise numbers Within the framework of the training curriculum in its main section for the special preparation stage based on the exploratory experiments that he carried out, taking into account the available capabilities and the general level of the research sample, basing its preparation on the scientific foundations of sports training and on some scientific sources and references, in addition to the help and consultation of the supervisor. The training curriculum focused on comprehensiveness in developing defensive and offensive performance.

The training curriculum was applied on the day (Saturday)Corresponding to 1/6/2024Until the day (Sunday)Corresponding to 9/1/2024 The experimental group underwent training sessions under the direct supervision of the team coach. With help researcherAnd

The exercises included audio aids.

Continue the experiment for12AsI vomited3 training units per week (Saturday - Monday - Wednesday) within the main section of the curriculum

The researcher's exercises took (50) minutes from the main section of the training unit.

The researcher adopted the high-intensity interval training method.Low intensity period

He didTresearcherAndBy following the undulation in the training loadFor exercises within the training curriculum during the weekly training session(1:2)

2-5-3 Test The distant

After that Completion of the application of the research exercises over eight weeks, Post-tests were conducted for the research sample .,The group Control and experimental day Thurs day corres ponding 5/9/2024 The researcher followed the same

conditions and procedures for the pre-tests in terms of location, time, tests used, their sequence, tools used, and support team to ensure that no changes occurred that might affect the research results.

Statistical methods :

Use Tresearcher And The bag Statistics SPSS for statistical processing Where he used the following means:

Arithmetic mean

Standard deviation

The mediator

Coefficient of skewness

t.test

The percentageandAnd

Chapter Four

4. PRESENTATION, ANALYSIS AND DISCUSSION OF RESULTS TESTS :

4-1 Show results of differences between Tests (tribal-Dimensional) for the group Experimental test of skill performance Under investigation :

Table (3)

Shows the results of the differences between the tests . Tribalism Dimension and value (t) calculated for the total Experimental

T		Lon liness	tribal		The distant		value(t) calculated		Statistical significance
	Variables	Measurement						Sig	
			S	+A	S	+A			
1	straight tap	second	3,473	587	1,400	253	9,982	0,000	moral
2	High jump shooting	degree	4,800	0.788	7,600	0.966	8,573	0,000	moral
3	Two-way firewall	number	7,600	2,756	10,900	0.737	4,107	0,003	moral
4	Defensive movements forward and backward	second	11,654	1,238	9,461	0.847	4,432	0,002	moral

*Moral at the significance level $\leq (0.05)$

Table No. (3) Shows the value of the arithmetic means, standard deviation and the value of (t) Calculated and valued at Sig and know the type of significance for the experimental group For defensive and offensive performance Where was The value of the straight tap in the pre-test was (3.473) and the standard deviation was (0.587) As for the post-test, the arithmetic mean value was (1,400) with a standard deviation of 0.253 and the value reached (t) The calculated value is 9,982. (sig) (0.000) This indicates the significance of the differences in favor of the post-test. As for shooting from the high jump in the pre-test, the arithmetic mean was (4.800) with a standard deviation of (0.788), while the value of the arithmetic mean in the post-test was (7.600) with a standard deviation of (0.966). The value reached (t) calculated 8,573 and value (Sig) (0.000) This indicates the significance of the differences in favor of Test The distant In the two-way wall of resistance in the pre-test, the arithmetic mean value was (7,600) and a standard deviation of (2,756). As for the post-test, the arithmetic mean value was (10,900) and a standard deviation of (0,737), and the value was (t) The calculated value is (4,107) and the value is (sig) (0.003) This indicates the significance of the differences in favor of the post-test. The tests of defensive movements forward and backward in the pre-test had an arithmetic mean value of (11,654) and a standard deviation of (1,238). As for the post-test, the arithmetic mean value was (9,461) and a standard deviation of (0,847). The value of (t) The calculated value is (4,432) (sig) (0.002) This indicates the significance of the differences in favor of the post-test.

4-4-1 Discussion of the results A For tests (tribalism Dimensionality) for skill performance For the group And empiricism.

The test results showed significant differences between The two test tribal and posterior In skill performance For the benefit of Test Dimensional, and these differences are due to the fact that the variables that were addressed There is the researcher And With the exercises that were applied through The machine manufactured and the exercises used By the researcher And And T The experimental group members performed it in the main section of the training units, and it showed a positive impact on the development of Skillful performance in attack and defense, as it was To use Training methods have a positive impact on increasing the desire and motivation of players to practice and maintain exercises, as these methods are new inputs into their training curriculum. The researcher agrees with what Abdul Khaliq (1999) said: "The coach must be responsible for developing his players with all types of skillful and tactical movements and work on developing the types of individual aspects that each individual possesses. After a deep study and analysis, he must emphasize during training that each one of them practice them and be creative in them to serve his team."⁵⁾, as was the type of exercises selected that included There is the researcher And In the training curriculum, which was prepared in a manner consistent with the type of training methods, the specificity of the training was also taken into account in line with the requirements of the training stage, which is the special preparation period. The researcher believes that this helps to develop the defensive player's ability to deal correctly with the player who has the ball, to determine his movement and to prevent him from performing movements in dangerous places that are exploited by the attacking player to shoot at the goal away from defensive monitoring. The researcher agrees with the opinion of Wernervik (1977): "A defense that performs its functions in a good way leads to the transmission of a strong psychological effect that covers all stages of the game, and the defense performs a valuable service, which is the inability of the attacker to hit the goal through it. We also find that the defense has positive duties, which are to take possession of the ball and carry out a counterattack."⁶⁾.

4-5 Display the results of the differences between the tests (tribal- Dimensional) for the group The control of defensive and offensive performance Under investigation :

Table (4)

Shows the results of the differences between the tests. Tribalism Dimension and value (t) calculated for the total The controlling party

T	Variables	Unit of measurement	tribal		The distant		value(t) calculated	Sig	Statistical significance
			S	+A	S	+A			
1	straight tap	second	3,293	0,527	2,396	0,594	3,355	0,008	moral
2	High jump shooting	degree	4,600	1,074	5,400	0.843	2,228	0,053	Non-moral
3	Two-way firewall	number	8,200	0.632	9,000	1,054	1,922	0,087	Non-moral
4	Defensive moves	second	12,004	0.898	10,862	0.766	2,328	0,045	moral
	forward and backward								

*Moral at the significance level $\leq (0.05)$

Table No. (4) Shows the value of the arithmetic means, standard deviation and the value of (t) Calculated and valued at Sig and know the type of significance for the group Officer For defensive and offensive performance Where was the

5Essam Abdel Khaleq: Sports Training Theories-Applications (Cairo, Dar Al-Maaref, 1994), p. 239.

(6) Wernervik (et al.): Handball Practice, translated by Kamal Abdel Hamid, Cairo, Dar Al-Maaref, 1977, p. 123

value? **straight tap** In the pre-test, the arithmetic mean value was (3.293) and the standard deviation was (0,527) As for the post-test, the arithmetic mean value was (2.396) with a standard deviation (0,594) and the value reached (tThe calculated value is (3,355) and the value is (sig) (0008) This indicates the significance of the differences in favor of the post-test. As for shooting from the high jump in the pre-test, the arithmetic mean was (4.600) with a standard deviation of (1.074), while the value of the arithmetic mean in the post-test was (5.400) with a standard deviation of (0.843). The value reached (t) calculated 2,228) and value (Sig) (0,053) This indicates that nonSignificance of differences In the two-way wall of resistance in the pre-test, the arithmetic mean value was (8,200) and a standard deviation of (0,632). As for the post-test, the arithmetic mean value was (9,000) and a standard deviation of (1,054), and the value was (tThe calculated value is (1,922) and the value is (sig) (0,087) This indicates that the differences are not significant. The tests of defensive movements forward and backward in the pre-test had an arithmetic mean value of (12.004) and a standard deviation of (0.898), while in the post-test the arithmetic mean value was (10.862) and a standard deviation of (0.766), and the value reached (tThe calculated value is (2,328) sig) (0,045) This indicates that the differences are not significant.

4-5-1 Discussion of the results A For tests (tribalism Dimensionality) For defensive and offensive performance For the group And the Officer.

The test results are shown in the table (4) There are significant differences in Only two tests Pre- and post-tests were in favor of the post-tests for the control group, while the results showed The remaining tests showed no significant differences and the change was small compared to the experimental group. The researcher attributes this to the fact that this happens as a result of using traditional and non-diverse training and not using devices or tools that are compatible with the development that has occurred. We also see that most players feel bored when performing defensive exercises and always tend towards offensive performance accompanied by the ball and do not focus on defensive performance, despite the fact that most specialists say that defensive performance is best when the team focuses on winning. The researcher agrees with what was indicated by (Abdul Jawad 1977) "Coaches must give more importance to defense than they give to attack, and the reason for that is that when the team improves defense and possession of the ball, it can attack steadily and quickly, so that it deprives the opposing team of the opportunity to quickly return and organize its ranks."⁷⁾.

4-6 Display the results of the differences between the tests (Dimensionality- Dimensional) for the group Control and experimental figs for defensive and offensive performance Under investigation :

Table (5) Shows the results of the differences between the tests. Dimensionality And the value of (t) calculated for the total Control and experimental figs

T	Variables	lonliness	The officer		empiricism		value(t) calculated	Sig	Statistical significance
		Measurement							
			S	+A	S	+A			
1	straight tap	second	2,396	0,594	1,400	253	4,876	0,000	moral
2	High jump shooting	degree	5,400	0.843	7,600	0.966	5,425	0,000	moral
3	Two-way firewall	number	9,000	1,054	10,900	0.737	4,670	0,000	moral
4	Defensive movements forward and backward	second	10,862	0.766	9,461	0.847	3,878	0,001	moral

* Moral at the significance level $\leq (0.05)$

Table No. (5) Shows the value of the arithmetic means, standard deviation and the value of (t) The accountant and the value (the Sig) And knowing the type of significance of the group for the total fig the Control and experimental in the two post-tests-After me For defensive and offensive skill performance Where was the value? **straight tap** In the post-test of the

control group, the arithmetic mean (2,396(with standard deviation)0,594) As for the arithmetic mean value in the post-test for the experimental group (1,400) and a deviant behavior0253)The value reached (t) calculated4,876) and value (Sig) (0,000This indicates the significance of the differences in favor ofTestThe distantFor the experimental group.. As for shooting from the high jump in the post-test for the control group, the arithmetic mean (5,400(with standard deviation)0.843) As for the arithmetic mean value in the post-test for the experimental group (7,600) and a deviant behavior0.966)The value reached (t) calculated5,425) and value (Sig) (0,000This indicates the significance of the differences in favor ofTestThe distantFor the experimental group . And in the two-way wall in the post-test for the control group the arithmetic mean (9,000(with standard deviation)1,054) As for the arithmetic mean value in the post-test for the experimental group (10,900) and a deviant behavior 0.737)The value reached (t) calculated4,670) and value (Sig) (0,000This indicates the significance of the differences in favor ofTestThe distantFor the experimental group. And the tests of defensive movements forward and backward in the post-test for the control group, the arithmetic mean value was (10,862) and a standard deviation of (0.766) As for the post-test for the experimental group, the arithmetic mean value was (9,461(with a standard deviation)0.847) and the value reached (t(calculated)3,878) and value (sig) (0,001)This indicates the significance of the differences in favor ofTestThe distantFor the experimental group.

4-5-1 Discussion of the resultsPost-testsDimensionality) For defensive and offensive performanceFor the groupControl and experimental figs.

It appears from the display in Table No. (5)toThe results of the differences on the presence of significant differences in Tests between the experimental and control groups in favor of the experimental group inTestsTheir dimension, and this is whatTatzwa Al-BahethAndUntilSkill performanceAffected by the independent variableUsingAudio exercisesAnd device manufacturingBy the researcherAndTo be doneUse itIn the experimental group curriculum, through special exercises included according to the literature of sports training science during the special preparation period, consisting of three training units.weekly According to correct scientific foundations with the help of the supervisor and the cooperation of the sample, the result of the development of abilities was clear among the individuals of the research sample, as the offensive performance represented by the straight tapping developed. By observing the results and the performance time, we see that there is a clear improvement in the result of the post-test for the experimental group. This confirms the importance of the exercises used and their benefit in developing the skill aspect, as the tapping is considered an effective weapon for the player to use at several times during the match.

The researcher believes that the reason for this development is the connection of the exercises to the research topic.This is what was confirmed by (OWEN 1975) that "repeating the skill exercise as many times as possible with positive rest periods provides a sufficient opportunity for the player to master the skill and perform it well, because intensive exercises on compound skills and repeating them correctly help to perform them properly during play."⁸⁾Likewise, Muhammad Hassan Alawi (1992) said, "During the training units, we must make the important points of the motor skill that we must pay great attention to completely clear in the player's mind, and he must make the utmost effort in trying to control and correct them."⁹⁾

As for shooting from a high jump, the researcher noticed, through the results of the post-tests between the two groups, that there was a clear development for the experimental group, as the exercises set by the researcher contributed to having a positive effect. Shooting is one of the decisive skills for the team, and the team that has players who are good at shooting from a jump has several solutions because this type of shooting forces the defenders to come forward.This is consistent with what was stated by (Hamoudi Essam, 2008) "that accuracy in scoring is of great importance and the handball player must possess it, as the main goal in his game is the accuracy of hitting the target. He must also focus during training on different types of shooting with high accuracy so that the player is not surprised by the situations that may arise during the game, which may require him to shoot from critical positions or narrow spaces."⁽¹⁰⁾.It also destabilizes the opposing team's defenses, which is confirmed by (Mohammed Abdel Rahim) so "The jump shot is one of the most effective offensive weapons because the defense is characterized by close contact, harassment, and constant attempts to disperse the ball from the attacker. The jump shot must be combined with deception, speed, and accuracy."⁽¹¹⁾

Two-way firewall he blocking wall is one of the important defensive skills that limits the danger of the opposing team,

(8(QWEN AND CLARK. N BEGINNERS GUIDE TO SOCER RUNING AND COUCHING. PELHEN BOOK, ITD LONDON, 1975, p.13

(9) Muhammad Hassan Alawi: Sports Training Science, 2nd ed. (Egypt, Dar Al-Maaref, 1992), p. 270

(¹⁰)Hamoudi Issam Naaman; The effect of speed endurance exercises in developing some physical and motor abilities and offensive skills among handball players aged (16–17) Year: (Unpublished doctoral thesis, University of Baghdad, College of Physical Education, 2008) p. 64.

¹¹ Mohamed Abdel Rahim Ismail: The basics of offensive skills and tactics in basketball, Maaref Establishment, Alexandria Mosque, 2003, p. 90. pg. 1812

especially if there is a danger from the opposing team in the back line and has players throughout the list, as the blocking wall is considered an important weapon for the defending team, and this is what the researcher worked on, as there was interest when setting the exercises used in the experiment in this aspect, as well as working on controlling performance, as the defender must be careful and not rush quickly and make defensive movements to obstruct the shot unless he knows the attacking player's intention, whether he intends to pass, shoot or bypass the defense, as this move is considered one of the individual and collective movements at the same time, as the defender can create a blocking wall alone by extending his arms with a small opening between them, and in another case the adjacent defender can create a double wall next to the first defender. Yasser Dabour divided the obstruction of the shot into two directions ⁽¹²⁾:

Defending a shot from the back line: This is done by meeting the attacking player outside the 9-meter area, focusing on the shooting arm, or creating a blocking wall with both hands or one hand.

Defending on a shot from the front line: The attacker must jump into the penalty area by applying strong pressure on his torso and preventing him from turning and pivoting.

Defensive movements forward and backward : The most important thing that distinguishes defense is the movement of the players and their ability to take the right place as quickly as possible. This movement depends on developing their physical abilities and relying on the speed of reaction, and this is what the researcher worked on when developing the exercises. The researcher agrees with what Abdul Khaliq (1999) said: "The coach must be responsible for developing his players with all types of skillful and tactical movements and work on developing the types of individual aspects that each individual possesses. After a deep study and analysis, he must emphasize during training that each one of them practice them and be creative in them to serve his team."¹³. Especially since defensive movements are done through exercises that depend on watching and hearing the sound, and thus these exercises help develop defensive skills. The researcher agrees with what was indicated by (Abdul Jawad 1977) "Coaches must give more importance to defense than they give to attack, and the reason for that is that when the team improves defense and possession of the ball, it can attack steadily and quickly, so that it deprives the opposing team of the opportunity to quickly return and organize its ranks."¹⁴.

The researcher agrees with (Al-Khayyat and Al-Hayali 2001) that "the success of the players in the task of team defense depends greatly on each player's mastery of the basic skills of individual defense, and on the keenness of each of them to employ those skills in group defense."¹⁵. Thus, we work through the exercises set and the work of the apparatus to develop the players' behaviour and develop their physical abilities that benefit the technical and tactical aspects. This is what Wernervik (1997) confirmed: "One of the requirements of teamwork is the good and appropriate individual behaviour of the players from the technical and tactical aspects and exploiting these capabilities in matches."¹⁶.

Chapter Five

Conclusions and recommendations.

5-1- Conclusions :

In light of the content of the discussion of the results, the study reached the following conclusions:

- 1- Exercises using audio means led to a development in the defensive and offensive skill variables of the research sample.
- 2- The development of offensive and defensive skill performance has a positive impact on the player's performance and greatly improves his level, and this is what researchers seek in their work.

5-2- Recommendations.

Based on the results obtained, the researcher made several recommendations:

It is necessary for trainers to pay attention to audio training and include these exercises in their training curricula.

Conducting training courses for trainers from the Iraqi Handball Federation to familiarize them with the importance of auditory training in developing the level of skill performance.

Conducting studies using auditory exercises on different samples of handball players in terms of gender and age.

Conducting similar studies on other sports, whether individual or team sports, for all age groups and both genders

[1]

(2) Yasser Dabour: Modern Handball (Alexandria, Maaref Establishment, 1997), p. 102.

13Issam Abdel Khaleq: previously mentioned source, p. 239

(14) Hassan Abdel Gawad (1977): The previous source, p. 95

(15) Diaa Al-Khayat and Noufal Al-Hayali (2001): The previous source, p. 128

((16) Wernervik (et al.): The previous source, p. 278