

ملخص البحث باللغة الإنجليزية
Summary of research by English

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The Effect of Training Program of Some Proprioceptive Neuromuscular Facilitation (PNF) Methods To development some Physical Variables & the Level of Performance Back cast skill For Wrestling Juniors

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Introduction

Wrestling is one of the oldest sports known Neanderthal originating and certainly they are a necessary means to protect the rights of enemies and predatory animals and to ensure his food and drink hoping to love survive. It is likely to be Wrestling is the oldest sport known to man stoneware or caveman running after he used in the chase to catch the animals, hunting, or when the animals escape from predators or enemies, and that the firm historically Wrestling recurrent theme in the culture and heritage of indigenous arts and ancient and modern intermediate and in the east and west, was all the people or group of peoples pattern of wrestling distinguishes it from other, but thanks to the large international mergers and consolidation were different patterns of Wrestling in three basic patterns exercised under standard international rules for all the peoples of the world, namely the Greek Roman wrestling, freestyle wrestling amateur wrestling Judo (15 - 16:18).

The way to facilitate a sense of muscle nerves of receivers sensual Neuromuscular Facilitation (PNF) Proprioceptive best ways to develop flexibility, which substantially increased use in training programs and exercises involving the use of this method Retractions labor Aizumtre consecutive followed by relaxation of those muscles Almnaqbdah adopt this method on the basis of physiological functions associated Member Al_hushrkih muscle in the process to discourage such activity members of the pretentious Mitha required so as to reduce the acts reflected the resistance to the steady pretentious dynamic range over which it is the way the best way to influence the development of flexibility on other traditional methods. (1-66)

It also adds a way to facilitate a sense of muscle nerves of receivers sensual Proprioceptive Neuromuscular Facilitation (PNF) pattern of training, which combines flexibility between grim and pretentious Astrhaha Diastole with attendant negative length coercive, and this technique is currently increasing attention where it is believed to be working to improve the structural movement in the joints to a greater extent than traditional Diastole known. (37-2:1)

Research objectives

designing a training program using some of the ways the Real nervous muscular-sensory receptor reflected the development of some physical changes and its impact on the performance level of skill front back cast and identification of him :

1. The impact of the use- **Hold-relax with agonist contraction** method both long motor, motor speed, maximum strength of muscles operating infrastructure and the skill level of skill Front back cast of the emerging sport wrestling.

2. The impact of the use- **Hold-relax** method of stabilization for both dynamic range, speed motor, maximum strength of muscles operating infrastructure and the skill level of skill Front back cast of the emerging sport wrestling.

3. The impact of the use **Contract-relax** method on each of the long-kinetic, kinetic speed, maximum strength of muscles operating infrastructure and the skill level of skill Front back cast of the emerging sport wrestling. .

4. Comparison of the effect of each method of (**Hold-relax with agonist contraction**) (**Hold-relax**) (**Contract-relax**) on both long-kinetic, kinetic speed, maximum strength of muscles operating infrastructure and the skill level of skill Front back cast of the emerging sport wrestling.

Tamed research :

1. There are differences between the two measures function statistically tribal and CRTS for telemetric skills in the performance level of skill Front back cast front and long-motor speed kinetic --maximum strength of a first pilot (**Hold-relax with agonist contraction**) to the emerging sport wrestling.

2. There are differences between the two measures function statistically tribal and CRTS for telemetric skills in the performance level of skill Front back cast and long-motor speed kinetic --maximum strength of a first pilot (**Hold-relax**) to the emerging sport wrestling.

3. There are differences between the two measures function statistically tribal and CRTS for telemetric skills in the performance level of skill Front back cast and long-motor speed kinetic --maximum strength of a first pilot (**Contract-relax**) to the emerging sport wrestling.

4. There are differences between the averages statistically function measurements exposit skills in the performance level of the skill Front back cast and long-motor speed kinetic --maximum strength between the following roads (**Hold-relax with agonist contraction**) (**Hold-relax**) (**Contract-relax**) to the emerging sport wrestling.

The research Sample

The research sample was purposefully selected from the among the wrestlers Of assiut wrestling district (the number = 20) who were divided into four groups , three experimental and a control one (5 wrestlers for each)

Conclusions

First: distillations:

In light of the search results shown within a sample search is used during the discussion of the results reached researcher to the following conclusions: -

1. The use of the proposed training program, which uses the work of the receivers sensual reflected (PNF) led to an improvement D. moral of all physical measurements and Skill (maximum force and holds power and speed kinetic and dynamic range and skill development Alsnter front), will be for the tribal and dimensional measurement of the three experimental groups.

2. The use of the proposed training program, which uses the work of the receivers sensual reflected (PNF) led to an improvement in the development of D-level skill performance Alsnter front Almassaraein rising level of skill in performing this difficult considerably.

3. The use of exercises using the receivers work reflected sensual (PNF) led to the experimental groups than the third group the law in all the

tests of physical and moral terms Skill with the exception of changing the maximum force muscles to the back and legs, which results showed the absence of a statistically significant and to train the muscle the law Alitnumeih force of this two men in their program and the traditional.

4. Use the exercises that used the work of the receivers sensual reflected (PNF) of the muscle groups operating in the performance skills (skill Alsnter front), a simulated tracks kinetic performance has led to significant progress for the benefit of the three experimental groups compared to cluster the law.

5. Not excel any way used in the study (Stabilization relaxation with muscle constriction driving) (Stabilization relaxation method) (Constriction relaxation) on the other, where results showed the presence of D-statistical difference between the three methods used and thus does not prefer any method from the other.

II: Recommendations:

According to the conclusions of this study, based on the data and information that will enable the researcher to reach the researcher recommends:

1. The application of the proposed program with the use of methods that rely on research facilities nerve muscle used in this study are similar to the difference sample research because of its positives in the progress and level of physical skills, especially when Almassaraein skills that require broad dynamic range, speed and kinetic force Alksou holds power.

2. The existing process of coaching need Altoizin in development of both muscle strength and muscle length and not over-development component not spare no.

3. Attention must take into account the individual differences between the two players at the training methods used by the receivers work sensual (PNF) on the various skills to happen improvement integrated with all players while avoiding injuries.

4. Paying more attention to the need for training programs that simulate different tracks Kinetic Engineering of the nature of performance skills.

5. Not recommended Beissthaddam methods used in the study to those who are less than 14 years.



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of wrestling Judoists

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