

Research problem

The methods of research on bio-mechanics latest methods and technical means, as it emerged in the past few years the Conquer analysis programs running on computers with high accuracy enable researchers to extract the results of high accuracy level.

The both of Kamal Abdel-Hamid, Sulaiman Hassan, citing Grid Hoch Moth (1999 m) that all the information the player for his performance of the movement and information issued to him by the coach carrying the subjective nature, it is not enough to guide the conscious of indicators merits of the movement, so it became necessary to contain information additional outgoing coach of data on the quantitative aspect of the movement, which requires the use of specialized technology in the rapid measurement of the variables Albyumkanikip(26 :301).

Through follow-up and observation of the researcher championship wrestling, note the lack of capacity of the wrestlers on the performance of motor skills to optimize and correct the many errors in performance may lead Balmassara to injury or defeat, which may be due to the recovery and the perception of motor skills in his mind before the performance, as well as his inability to to find scientific explanations are used as a guide for trainers to assist in the preparation of training programs The effectiveness.

The development of techniques wrestling modern principles of biomechanics as well as to design a set of configurations motor, in addition to what contributes to knowledge of the teacher and coach of the information derived from the analysis of motor to the details of performance in the development and discover the most appropriate ways of teaching and training exercises for physical and skill for, and discussed the technical methods of performance optimized for grabs and the movements of wrestling and the optimum utilization of biological potential of the wrestlers in the light of the laws to raise the effectiveness of the mechanical performance of the wrestlers, (58: 62).

The problem they try to search in scientific codified aims to develop a set of training quality in the light of some of the limitations Albyumkanikip and the impact on the performance of some motor skills and mental.

According to Mohamed Ahmed Mohamed El Shamy, Hatem Abu praise Hillel (2007) that the training quality is the link between the plant and the stadium, which is which is the translation of numbers and graphs for variables Albyumkanikip performance motor to exercise special quality (skill - and physical) placed according to the Magic Planet (Mechanical - anatomical - physiological) and in light of the results of figures and graphs for variables Albyumkanikip performance motor ideal for the skill required, meaning that integrates the development of exercise quality inhalers through the analysis of motor, which demonstrates the skill in detail with its application in a realistic, which would result inevitably develop performance level (45 : 336-337).

And training quality under study will emerge from the analysis, a motor sports movements that are similar in composition to the installation of motor performance of the power and speed the time path and the path of motor which are performed in the game, and are therefore considered to be a straightforward way to prepare for the main level of the sports.

The researcher believes that the application of this research is to try to identify the characteristics Albyumkanikip governing the performance of a sample of freestyle wrestling and compared the curves of their terms of mechanical curve model, which is in idealism in terms of its data and attempt to access what should be by a wrestler in the light of those variables.

Show the research problem in being an attempt to infer on the basis of an educational basis of the value variables Albayoumkanikip and how to take advantage of these variables in the light of a series of exercises specific to achieve optimal performance and better for some of the movements selected in the sport of wrestling and then come try to access the performance of exemplary terms used these variables as an indicator of the effectiveness of achievement.

Can be through direct access to optimal performance (Model) through the development of the basic principles of quality building exercises that will work to access the performance of what it should be so reflected on the achievement of better performance in motor skills and mental

The above is the research problem in the importance of two skills under study in terms of technical as well as to the use of the knowledge of the movement in the formulation of training quality, which may contribute to

improve the level of motor skills (Grill - the rocket) and psychological (relaxation - Visualization mental - to focus attention) the players in the sport of wrestling.

Aims of research

The research aims to develop a framework proposal for some quality training in the light of some of the limitations Albyumkanikip through the results of the analysis Elkinmatiky for some wrestling skills of the player model, and the impact on the performance of some motor skills and mental influential and critical to the players wrestling.

This is achieved through the following objectives:

- .. Identify the most important determinants Albyumkanikip governing the performance of certain technical skills freestyle wrestling.
- .. Propose a set of training quality in the light of Albyumkanikip determinants that control the performance of certain technical skills freestyle wrestling.
- .. Identify the impact of training on the quality of the proposed level of performance skills of wrestling under study.
- .. Identify the impact of training on the quality of the proposed level of performance in some psychological skills under study.

questions of research

This research tries to answer the following questions:

- .. What is the most important determinants Albyumkanikip governing the technical performance of some of the skills of wrestling?

.. What is the quality of the proposed exercises, which are in line with Albyumkanikip determinants that control the performance of some technical wrestling skills?

.. Does it affect quality of the proposed training at the level of the performance of wrestling skills under study?

.. Does it affect quality of the proposed training at the level of performance of some psychological skills under study?

Procedures of the research

Research approach:

The concept of an approach to the way in which Eptaha researcher to study the problem in question and the multiple approaches and methods of scientific research and vary depending on the quality of research and areas that take place as well as the objectives it seeks to achieve, therefore, the researcher used both descriptive method and the experimental method is as follows:

Experimental method

Using one of the experimental designs in a way measurements pre and post the results of the research sample players, where they are comparing the results of two players in the measurements (tribal, and post) with the player model

Descriptive method

And that in the analysis of kinetic paths and curves Al_khasaisip the player model in the performance skills under study Sample

Human sample ..

. The research sample was selected in the manner of intentional wrestling players, and is in the sample:

Player (model) which is the best Egyptian players, to the following reasons:

- . One of the members of the national team in the regular training under the supervision of the Egyptian wrestling
- . Earned first place in the session of the Mediterranean 06/25/2009
- . Earned first place in the African Championship 15/05/2009
- . Earned first place in the African Championship 03/07/2008
- . Earned first place in the Championship All-Africa Games 15/07/2007
- . Earned first place in the African Championship 25/05/2007
- . Fourth-place finisher in the session of the Mediterranean 06/26/2005
- . Got the eighth place at the World Championships 21/09/2009
- . He finished eleventh in the Beijing Olympics 08/12/2008
- . Earned second place and thirty at the World Championships 19/09/2007

Facility (7)

- .. Was also selected as the research sample Alaaban
- .. Player (I) Club, playing Army.
- .. Player (II) plays Club Military Production.

... Sample skill

The sample consists of skill Mhartin two major

- Skill Grill (screw the man) from the bottom of the annex to 0 (3)
- Skill man fire brigade (the missile) from the top of the annex to 0 (2)

Where the player attempts to model the performance of four of each skill was to select the best attempt in each skill for analysis as the pair sample of the performance, the same way as the form player

... Analytical sample

- The researcher (model) the performance of four attempts at each skill, was chosen as the best performance in terms of form and speed for the purpose of analysis and for each skill

- As has every player (sample) performance of four attempts in each of the measurement trial, post test and measurement have been attempts to place the best of them for the purpose of analysis.

- Has experts select the best bid in accordance with the requirements of proper performance (aerodynamic - Transport of motor - precision guidance - Forecasting - Motor Sensory Perception)

.... And methods of collecting data

Confined to the means used to collect data to achieve the objectives of the study are as follows:

.. Devices and imaging tools

- . Number 2 brand of video camera (SONY) frequency.
- . The number of a tripod with a balance of water.
- . 2 8 mm video tape raw.
- . Calibration0 calibration unit.
- . Processing Unit Photography "Camera or Monitor".
- . Tags control extension.
- . The balance of medical measuring body weight.
- . Rstamitr device for measuring length.

. Equipment and analysis tools Albyumkaniky

- . A computer to the brand "IBM"
- . Gigabit memory
- . Hard Disk Drive 80 Gigabit
- . PIIII2.6GB uses the USB for the introduction of the film
- . Brand video camera (SONY)
- . VHSII8MM tapes
- . Processing unit photography "Monitor" or Camera
- . Kart video kind of "AV. Mastr"
- . Keyboard "Keyboard"
- . Printer "Printer"
- . Program to cut the film to image
- . Means of measurement tools and training used
- . Bar iron
- . Ocetk Rubber
- . Stopwatch
- . Wrestling Mat
- . Whistle rule
- . M tape measure

... Psychometrics

- .. Measure of the ability to relax
And put it in the original "Frank Vitale" Frank Vital 1971
- .. Measure of mental visualization in sports
Preparation of "Mohammed the Arab Shimon
- .. Test to focus attention

Put him in the original "Dorothy Harris" Dorothy, H for measuring the concentration of attention and preparedImage Arab "Mohamed Larbi Shimon"(1996).

.... Monthly survey. Scoping study for the first place photography.

The researcher conducted the first survey, on Sunday 15/2/2009 m and order

- . Place to ensure the validity of photography
- . Determine the most appropriate time to shoot
- . Determine where to place the camera and the height and angles of photography
- . Detect problems that may arise during a basic experiment
- . Ascertain the validity of program analysis

.. The second exploratory study of place training

The researcher conducted the survey in the second on Wednesday, 22/7/2009 in order to

- . Appropriate training and authority to place
- . Appropriate quality training skills under the proposed
- . Determine the frequencies appropriate to each training
- . Determine the time of the exercises during the training module and the target of
- .. Availability of hardware and tools for the quality of the proposed exercises

The results of the exploratory experiment I and II to achieve its objectives

.... The baseline study

The researcher conducting the imaging process of the Egyptian national team player for wrestling in favor of building "model" in the day Wednesday, 18/02/2009 in wrestling hall Shebin Sports Stadium, the

player has to perform a skill turns men (Grill) from the bottom of the four attempts and then after performing the skill of a man fire brigade (the rocket) four attempts also.

.. Measurement tribal

- The researcher to conduct measurement of the tribal players in the research sample of motor skills on Wednesday, 18/02/2009 in wrestling hall Shebin Sports Stadium, the players have to perform my skills sample turns men (Grill) four attempts and a fire brigade (the rocket) four attempts also.

- The researcher to conduct measurement of the tribal players in the research sample psychological skills (relaxation, visualization, mental focus attention) on Thursday, 02/19/2009 PM.

.. The proposed program

.. Duration of the exercise program, the proposed quality

Through readings researcher found that most training programs is limited to a duration of 6 to 12 weeks.

The researcher agreed with the Supervisory Authority to be the duration of the program is (12) per week (36) and a training module from 07/25/2009 to 10/14/2009 and the time of the module 90 BC

.. The severity of pregnancy

The Aweys Jabali (2003 m) to the severity of pregnancy should be increased and pointed out that the principles of training principle of progression in the severity of pregnancy. (42: 70)

The researcher has identified the severity of pregnancy, according to the following:

Carry an average of 50% of the maximum capacity of the wrestler "4 weeks"

Download the least of the maximum 75% of the maximum capacity of the wrestler "4 weeks"

Download a maximum of 100% of the maximum capacity of the wrestler "4 weeks"

.. Rest periods

The researcher used the pulse rate in determining the recurrence of any training

- Maximum pulse of the player = 220 - year-old

- The pulse in comfort compared with manual =

- Pulse at the start of the work = the maximum output pulse - the pulse in comfort

- The repetition of the exercises of the sample under consideration at 140 beats per minute 0 (42-140)

.. How to determine the size of the duplicates in the performance of one group

.. Determine the time of the system that belongs to the type of physical performance or skill as a touchstone Physiology

* Estimate of time in energy production systems (3 systems)

time anaerobic system without PLA = 10 w

time anaerobic lactic system w = 30

antenna system time = 180 w

We find that wrestling is subject to anaerobic lactic system "carrying capacity" which is his time w = 30

... Determine the time of the act by the player who is in the basic stage of physical performance

There is the verb in the main stage inside the physical performance or skill may be one or more times depending on the type of performance, and to learn verb tense in the main stage we know the number of sequential frames in the performance of the act, and multiplying the number of images in a time of one picture we get the time of the act exactly.

Time image frames per second = $1 \div \text{speed camera any } 1 \div 25 = 0.04$
Verb tense frames per second = $(\text{number of images} - 1) \times \text{time staff}$
.(Amount of pictures - 1) due to the time that the first image is equal to zero and thus be real-time performance of the image begins second .. The size of duplicates of physical performance in the same group
If we repeat the act is real within this system a number of times, commensurate with the potential of the individual follow the following relationship:

Size frequency in one group (at all) = $(\text{time the system} \div \text{verb tense})$
Ie: the number of iterations times = $(\text{time of the energy system, which falls below the type of physical performance} \% \text{ real time of the act by a person within the performance (62).$

* Take the example of the No. 1 train in the skill of the missile

- The time of anaerobic lactic system $w = 30$

- We find that training is No. 1 for the skill of the missile is located in the cadre of (1-11)

- The actual training time = $(\text{number of frames} - 1) \times (\text{time staff})$
 $= (11-1) \times 0.08 = 0.80 \text{ W}$

- The size of repetition in one group (at all) = (system time) ÷ (verb tense)

- $W = 30 \div 0.80 w$

- 37 times the maximum frequency

So the maximum 100% of this training, repetition time = 37

And less than the maximum 75% of this training = 28 times repeat

And an average 50% of this training = 18 times repeat

.. Telemetric

- The researcher to conduct post test measurement of the players in the research sample of motor skills on Saturday, 17/10/2009 and the Hall of Physical Education College for Boys, Benha University.

- The researcher to conduct post test measurement of the players in the research sample psychological skills on Sunday, 18.10.2009 in Hall College of Physical Education for Boys, Benha University.

... Statistical treatments

.. Arithmetic mean

.. Mediator mediator

.. Standard deviation standard deviation

.. Percentage of the rate of improvement (percentage of progress)

percentage

Conclusions and recommendations

In the framework of the research sample and within the results obtained from analysis of Albyumkaniky my skills under study, the researcher felt that the conclusions reached, and built upon the recommendations of the Kmugeat training in a sequential manner so that it can explain how to use them and show the value applied to each recommendation as follows:

.. The results of this research that the use of the proposed training quality have improved the level of performance in the sport of wrestling
- So it is recommended that the researcher should be included as a component of the proposed training quality is important and influential in the development of performance skills for the sport of wrestling

.. Was extracted quality training appropriate to each skill depending on the strength of their effects resulting from the analysis of motor

- So it is recommended that the researcher must rely on a kinetic analysis to extract specific training appropriate to the skills under study

.. Aliqlab stage in the skill (GM) is the basic stage upon which the installation process to get the technical points of the arbitrators, we find that the percentage contribution Aliqlab stage in the temporal distribution of the skill of the players, the rocket first and second measurement Tribal Respectively (22.73% - 18.52%), while the form (33.33%), while the phase of the players first and the second measurement in the post test, respectively (31.58% - 36.60%) and this is the closest to the form
- So it is recommended that the researcher need to take care Aliqlab stage in the skill (rocket) in the variable distribution in time and because the preparatory phase and the final phase vary from player to another stage while Aliqlab stage is where all the players agreed during the execution.

.. There is a noticeable improvement in the vertical distance of the player second in the skill (GM), where the vertical distance in the pre (0.6 meters) and telemetric (0.23 meters) and because the second player in the pre tense, while in the telemetric happened harmony of the movement as a result of training The qualitative study is the first player there is a convergence in level between pre and post test, respectively, in the vertical distance (0.21 meters - 0.19 meters).

- So it is recommended that the researcher need to take care mental skills (relaxation - mental visualization - to focus attention) until the skill performed optimally, which should be the skill as well as training quality in the study (1.2, 3, 4.5, 6) Training.

.. There are mutations abrupt in speed obtained for the center of gravity of the body of the players first and the second in the skill of the missile where the measurement tribal respectively (2.16 m / s - 2.84 m / s), while in telemetric happened harmony of the movement were respectively (1.65 m / s - 1.31 m / s).

- So it is recommended that the researcher collected the speed of the center of gravity of the body in the direction of the target, the speed is high but declining importance may not have any importance at all because there are no movements by the trailing lead to unnecessary injury

.. There has been improvement in the level of power received to the body's center of gravity in the post test measurement for measurement's tribal skill where the missile was in the measurement, respectively, of the tribal players.

(97.54 N - 194.48 N) and in the post test measurement, respectively (46.41 N - 43.23 N) and this improvement was due to the direction that the players are based in amounts less power, where do they realize the vectors of movement with minimal effort.

- So it is recommended that the researcher need to distribute power appropriate to the requirements of performance during the training

program, ie whenever the path of motor is ideal from the technical point whenever there is economy of effort and strength, between.

.. Phase rotation in the skill (Grill) is the basic stage upon which the skill, where players (I - II) at this stage are close to the form where the proportion of the contribution of phase rotation in the temporal distribution of the stages of the movement of the grill in the pre of the players, respectively (51.02% - 60%) and in the post test measurement, respectively (47.36% - 39.47%), while the player model was (38.09%).

- So it is recommended that the researcher need to focus on stage (rotation) in the skill of the grill, and must be commitment to the phased sequence of the movement which carried out the form.

.. There is a noticeable improvement in the vertical distance in the skill of the grill of the players as the measurement tribal players in a row (0.18 m - 0.16 m) and a telemetric, respectively, for the players (I - II) (0.36 meters - 0.30 meters), and this improvement was due to the players Altjeribpetan are based on telemetric fulfill (phase rotation) on the head any front without touching on the back of the rug, and find that the vertical distance of the center of gravity of the body of the top players in the post test measurement of the measurement result of tribal training to tenth in the training program under.

- So it is recommended that the researcher the need to rotate the head in the skill of the grill and not on the shoulders until the defensive player can not install the shoulders offensive player in the performance of skill

... Speed levied for the center of gravity of the body in the skill of the grill to members of the experimental group said in telemetric were respectively (1.91 m / s - 2.19 m / s) and in the measurement tribal respectively (2.38 m / s - 2.34 m / s), due This improvement is that the distance to the transition I said as a result of dependence on the vertical I said then your speed in transition and post test measurement is due to the quality of training was made by the researcher to sample during the pilot training program.

- Researcher is therefore recommended to those concerned with training and teaching in the sport of wrestling skill to lead into my seat in the narrow, ie a fragment of the movement are as close as possible to the side, the defender during a fall on the carpet.

... The high level of power received to the center of gravity the body of the players (I - II) in telemetric the skill Grill was respectively (43.21 N - 107.43 N) and in the measurement tribal respectively (37.14 N - 45.90 N) and a large force means enabling the player movement in output power within and high concentration of the players to output the appropriate force in the.

Phase rotation of the skill Grill in the post test measurement, due to the quality of training (7.8, 9, 10.11, 12) training, which subjected the sample to the researcher during the pilot training program

- So it is recommended that the researcher that the skill of the grill you need to take out a larger force of skill rocket because the skill of the grill where the placing on the head and going by the offensive player side to side in a defensive player would need to be a larger force of skill missile,

which is where the offensive player who floated the defensive player of the shoulders, requires all here to process the loss of balance more than strength Efforts.

... There is a noticeable improvement in psychological variables under study (relaxation - mental visualization - to focus attention), where the percentage of improvement for the player first in the relaxation was (28.20%), and mental visualization (30%), and focus attention (55.55%), while the second player was the percentage of improvement in relaxation (36.36%) and mental perception (28.12%), and focused attention (50%) and this improvement is due to the impact of the training program.

- So it is recommended that the researcher to the need to link training strategies and psychological skills training, which helps to develop skill and technique to improve performance, so it is recommended that the researcher to the need to link between psychological science and Movement Science.