

Abstract

Title:

The effect of suggest training program for planning preparation on the achievement level for taekwondo players under seventeen year old

Introduction:

Researches are considered is sport field one of the most important side which help to come true high sport achievements depending on facts, systems and scientific theories which these researches reached.

Mofty Hammad (1998) pointed out that the planning preparation is to master the details of knowledge, information, movements and Maneuvers. Which can be used according to the nature of sport rules requirements whereas quarrels are of the most sport which need great planning reparation

The Problem

The researcher through his experience in the Taekwondo field. He was as player, and currently trainer and inventor of shoman apparatus for developing skills (2004) for the Taekwondn, Karate, Boxing and Kick Boxing sports. It was noticed the low achievement level for Taekwondo players whereas the player has the ability of auto skilled performance and has a great amount of skilled solution which help to achieve winning in the matches. But he can't choose the double or single skilled solution in attack or counterattack or defense and that leads to make that study to recognize the effect of suggested training program for planning preparation on the achievement level for Taekwondo players under seventeen years old.

The Importance

- 1- Recognizing the skills of the planning preparation of the Taekwondo players under 17 years old
- 2- Recognizing the skills of the planning preparation and the contribvtion the achievement level of the Taekwondo players under 17 years old

Objectives of Research

- 1- Recognizing the skill of the planning preparation of the Taekwondo players under 17 years old

- 2- Designing training, planning program to the Taekwondo players under 17 years old.
- 3- Recognizing the effect of the training and planning program on the achievement level at the Taekwondo players under 17 year old.

Assumptions

- 1- The discrepancy of the skill ratios of the planning preparation to Taekwondo players under 17 years old.
- 2- There are significant statistical differences between the before and after measurements in the changes of planning preparation to the benefit of after measurements.

The research procedures

The researcher introduced through the analyses Arab Championship for Taekwondo in 2007 matches to recognize the most important skills for planning preparation (single and double) in Taekwondo players under the age of seventeen. Then the research sample is chosen as (12) players from the players in Cairo region in the Egyptian Army Club from the research community which consist of (16) players and through prediction studies. The special physical properties was determined for the most important planning skills and important tests for its evaluation and evaluation of skilled and planned performance efficiency through matches. The determinant of the training program was set according to the relative importance of experts opinions. Then the researcher carry out the before measurements then he applied the suggested training program on the experimental group. He introduced the after measurements. The output results was analyzed by using the suitable statistical methods.

The research results

First: Conclusions:-

- 1- Recognizing the skill of the planning preparation of the Taekwondo players under 17 years old.
- 2- Designing training, planning program to the Taekwondo players under 17 years old.

- 3- Recognizing the effect of the training and planning program on the achievement level at the Taekwondo players under 17 year old.

The recommendation

- 1- Applying the suggested training program
- 2- Carry out similar programs on players of different ages.