

## Abstract

### **The effect of a training educational program on some physical and skill variables of the Hockey junior**

This research aims to: Design a training educational program in order to know its effect on:

- The level of some physical abilities for hockey stars under investigation.
- The level of performance of some basic skills for hockey stars under consideration.

The researcher used the experimental approach using the experimental design of one experimental group using the two measurements (tribal – dimensional) due to its suitability to the nature of the research, the research community included hockey sports section in the secondary school sports secondary in Beni Suef Governorate and the number of 55 young people, and the basic research sample was chosen in the way of The beginners of the field of hockey sports in the first preparatory class at the Secondary Preparatory Sports School in Beni Suef Governorate, and they numbered (32) youth. Search community and from outside the core sample, and the results indicated the most important to:

- There are statistically significant differences between the mean of the pre and post measurements of the experimental group in some physical variables of hockey arising for the benefit of the dimension.
- There are statistically significant differences between the mean of the pre and post measurements of the experimental group in the level of performance of some of the basic skills of the hockey star for the benefit of the dimension.

## Research Summary

### **The effect of a training educational program on some physical and skill variables of the Hockey junior**

#### **Introduction and research problem:**

Physical education is an aspect of general education, and that the goals of education are becoming consistent with the goals set for the developed countries in all their social, cultural and political frameworks, and therefore the goals of physical education in any society must achieve the development of the various skills that an individual practices, whether in his daily life or While practicing sports activities, and physical education plays an important and essential role in the lives of peoples until they become the most important influences that indicate the progress and development of any country, so we had to follow the scientific method as a basis for further progress and development in education. Athletic in general and hockey in particular.

**Talha Husam Al-Din, Adlah Essa Matar (2000 AD)** explains that the philosophical framework for physical education in any country expresses a set of values, principles, assets, cultural, social, and constitutional trends that are included in the state's philosophy, and we can deduce from these values, principles, and principles the value of physical education School sport as a right that the state guarantees to its members and considers it a means for their formation and upbringing, and for this reason each country puts its laws and legislations that translate these rights into an executive reality represented in the creation of specialized organizations that guarantee this, and sport is considered by

its governmental and private organizations. One of the areas that countries attach special importance to, they are among the areas that deal most with large gatherings of youth and youth, especially in the education sector in its various stages, so planning for physical and sports education in this sector must be a strategic planning with clear progressive goals and is characterized by long periods. Its implementation, and one of the factors that govern this type of planning is the demands of society and its directives. Building an integrated citizen physically, psychologically and socially is a societal requirement that proper educational planning can achieve.

After reviewing the reference studies, scientific references and researches conducted in this field, the researcher has noticed the recent spread of hockey, especially in Upper Egypt governorates, and given the introduction of the hockey course in sports schools in all schools at the republic level where there is no training educational course, which calls for the necessity of dealing with this problem in a scientific way to produce the best results on the physical and skill level of these students, hockey is one of the group sports activities that focus its learning process as well as mastering its skills and plans to use the most appropriate methods and methods of education M as well as training on a codified scientific basis that would lead to the best results.

#### **Research Objectives:**

This research aims to: Design a training educational program in order to know its effect on:

- the level of some physical abilities for hockey stars under investigation.
- the level of performance of some basic skills for hockey stars under consideration.

**Research hypotheses:**

In light of the research objectives, the researcher assumes the following:

- There are statistically significant differences between the pre and post median measurements of the experimental group in some physical abilities of the hockey boys under investigation in favor of the post dimension.
- There are statistically significant differences between the pre and post mean averages of the experimental group in developing the level of performance of some basic skills for hockey boys under investigation in favor of post measurement.

**Research Procedures:****Research Methodology:**

The researcher used the experimental approach using the experimental design of one experimental group using the two measurements (pre-dimensional) due to its suitability to the nature of the research.

**Research community:**

The research community includes the hockey division of the 60-year-old secondary school sports school in Benisuef Governorate.

**Research Sample:**

The primary research sample was chosen in an intentional way from the beginners of the field of hockey sports in the first preparatory class in the Secondary Sports Secondary School in Beni Suef Governorate. The number of the students was (32) youths. An exploratory study from the research community and from outside the main sample.

### **The Survey Study:**

The researcher conducted the survey study on a sample of (12) young people from the research community and from outside the basic sample, in the period from Monday 14/10/2019 to Monday, 10/21/2019.

Where I aimed to achieve the following

- Safety of carrying out tests and related measurement procedures, tools and devices used
- Identify the optimal arrangement for the tests used
- Determine the time taken for each test
- To conduct scientific transactions for the tests

### **Preparing the training educational program:**

#### **The objective of the program:**

Designing an educational training program to see its effect on:

–Some physical abilities (transitional speed, agility, muscle ability, compatibility, flexibility) for hockey boys under investigation.

Some basic skills (ball–pushing skill, ball slaping skill, ball sweeping skill, –

–ball hitting skill) for hockey stars under investigation

The basic aspects of the training educational program:

The general framework of the educational program:

The researcher designed the educational program with the aim of teaching hockey buds under investigation some basic skills in hockey and raising the level of some physical abilities of hockey sports.

**Teaching methods used in the educational program:**

The following methods were used in the tutorial (demonstration learning method – teacher–guided implementation method).

Determine the appropriate teaching method for the chosen hockey skills. The following methods have been used in the educational program (partial method – total method – partial total method – total partial method)

**Time distribution of the educational program:**

The educational program was implemented during the school's sporting activity session at three classes per week, equivalent to three lessons per week based on reference studies in this field and according to the study plan.

- Duration of the program: Two months.
- Number of weeks: 8 weeks.
- The number of educational units per week: 3 units.
- Days of application of educational units: Sunday, Tuesday and Thursday.
- The total number of educational units during the educational program: 24 educational units.
- Duration of the educational unit: 90 minutes.
- Duration of warm–up in the educational unit: 10 minutes.
- Time of the main part of the educational unit: 75 minutes.

- Time of the closing part of the educational unit: 5 minutes.
- Total time for the educational program: 2160 minutes.
- Total time for the main part of the educational program: 1800 minutes.

**The general framework of the training program:**

The researcher designed the training program with the aim of raising the level of some physical abilities and some basic skills for the hockey star.

- Duration of the program: Two months.
- Number of weeks: 8 weeks.
- The number of training units per week: 4 units.
- Days of application of training units: Sunday, Monday, Wednesday and Thursday.
- The total number of training units in the program: 32 training units.
- Training unit time: 90 minutes.
- Training unit warm-up time: 10 minutes.
- Time of the main part of the training unit: 75 minutes.
- Time of the final part of the training unit: 5 minutes.
- The total time of the training program: 2880 minutes.
- The total time of the main part of the training program: 2400 minutes.
- The formation of the pregnancy cycle: (2: 1).

**Basic study:****Tribal Measurements:**

The pre-measurement of the research sample for the educational program was conducted on Wednesday and Thursday, 23–24 / 10/2019.

**Application of the program:**

The researcher applied the educational program to the research sample in the period from Sunday 27/10/2019 until Thursday 12/19/2019, then the researcher applied the training program to the research sample in the period from Wednesday 25/12/2019 until On Monday 17/2/2019.

**Dimensions:**

The post measurement of the educational program of the research sample was carried out with the same conditions and tools for the tribal measurement on Sunday and Monday, 22–23 / 12/2019 AD (which represents the pre-measurement of the training sample). Tribal on Wednesday and Thursday, 19–20 / 2 / 2019AD.

**Statistical Processes:**

The statistical program STATISTICA was used to obtain the following statistical treatments:

- Median.
- Mean.
- standard deviation.
- Skeweness
- (T) Test
- Difference between averages.
- Improvement rate.
- Pearson correlation coefficient.



**Conclusions and Recommendations:****Conclusions:**

Within the limits of the research sample and its objectives, and in light of the statistical treatments that the researcher used to process the data that the researcher collected, the researcher extracted the following conclusions:

- There are statistically significant differences between the mean of the pre and post measurements of the experimental group in some physical variables of hockey arising for the benefit of the dimension.
- There are statistically significant differences between the mean of the pre and post measurements of the experimental group in the level of performance of some of the basic skills of the hockey star for the benefit of the dimension.

**Recommendations:**

In light of the results of the research and the findings of the researcher, the researcher recommends the following:

- Paying attention to the physical aspect as one of the main pillars of the hockey training process.
- The need to pay attention to the training of young people in basic skills appropriate to their age levels in order to benefit from them in developing and improving the skill performance of the youth hockey sport.
- The inclusion of the educational training program within the curriculum plan in sports schools.