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The effect of competitive training on the level of counterattack performance of some skills (Katame-Waza) for young judokas

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Abstract: Background: Purpose: This study aims to design training from competitive reality to identify its effect:

Developing some physical abilities specific to counterattack (the ability to link movement, the ability of strength characterized by speed, and the ability to change direction) for young judokas.

Raising the level of performance of counterattack for some skills (KATAME - WAZA) for young judokas.

The sample reached (25) juniors who represented an experimental group. (10) Female players were also selected from outside the research community under the age of (20) years (a distinguished group).

Results indicated that raising the level of performance of counterattack for some skills (KATAME - WAZA) for young judokas

Keywords: KATAME - WAZA, young judokas, competitive training

Introduction

Modern training for various team sports is a planned educational process, based on scientific foundations, aiming to bring players and teams to the highest levels through integrated, advanced, and rapid performance, which the countries of the world seek. The high level of performance reflects the inevitability of the trend towards modern and advanced methods during the training process. Most of these countries, if not all of them, have been keen to prepare their teams and provide their coaches with a new idea for performance, to represent their countries in international championships, and achieve the highest sports levels, as if the training system is planned properly, the result is the development of the athlete's physical abilities and thus the development of the level of technical or skill performance in the type of specialized sports activity.

Brian Sharky (1986), Abu Al-Ala Abdel Fattah, Ahmed Omar Al-Ruby (1986), and Talha Hussein (1994) indicate that each sport has special requirements, specific in terms of quantity and quality, that distinguish it from other sports, and these requirements are usually reflected in the specifications that must be available in its

practitioners. The availability of these requirements in practitioners may give a greater opportunity to absorb the skills and arts of this sport, depending on the difference in physical activity systems in terms of intensity and duration of work, through training theories, according to what these skills require in terms of special abilities.

Munir Girgis (1990) indicates that a player who is not physically and skillfully prepared for the level of competition appears tired, which results in losing the ball, in addition to weak or absent tactical thinking, unlike a player who is physically and skillfully prepared, as he ends the match as he started it, with control over the ball and maintaining sound thinking during various skillful and tactical performances.

Marlow (2003) and Muhammad Alawi (1994) agree that the development of special physical abilities is closely linked to the development of basic motor skills and that the athlete cannot master the basic motor skills of the type of activity in which he specializes if he lacks the necessary physical abilities for this activity. He adds that the distinctive character of the basic motor skills of the specialized activity is what determines the necessary physical abilities that must be developed and improved to reach the highest possible level in this activity.

Talha Hussein et al. (1997) indicate that the principle of specificity of training is linked to the fact that the best way to develop performance is through training in a style that is very similar to the style of the competition itself, and the more specific the training is, the better the training return during the competition, as this principle can be observed in a very large number of sports skills and match conditions. Gamal Alaa El-Din and Nahed El-Sabbagh (1991) indicate that the various playing situations require players to use different complex and collective forms of skill performances with the ball, and therefore exercises that are close to the form and situations of competition in the type of activity practiced should be used, provided that they are acquired as early as possible so that sufficient time can be used in training on these skill performances.

Adel Abdel Basir (1993) emphasizes that when using competition exercises to improve muscle strength, the movements should be performed according to the laws specified for practicing the type of specialized activity. Samar Mustafa, quoting Larry Alexander (2003), believes that competition exercises are among the most important exercises that raise the level of efficiency of the player's integrated performance and bring him to a high state so that he can be performed under various circumstances. Both Mufti Ibrahim (1996) and Hanfy Mukhtar (1994) indicate that the player's possession of various forms of skill performances that are similar to the requirements of the match allows him to choose the best of them in most actual playing situations and increases his ability to maneuver and implement plans from different places and directions and not be surprised by a situation that he has not trained for, and thus achieves the speed of performance distinguished by accuracy and consistency in implementing the duty required of him.

Hassan Alawi (1994) confirms that competition exercises are performing movements according to the specific laws for practicing the type of sports activity in which the individual specializes. Competition exercises are characterized by the fact that they stimulate the soul's motivation towards perseverance, effort, suspense, and change. They work to strengthen the muscles working in the type of specialized activity and contribute to the development of various special voluntary characteristics necessary for the individual.

Essam Abdel Khaleq (1994) explains that competition exercises play an important role in the preparatory period and the competition period for various activities, and that their impact is effective when linked to the requirements of the competition because it is an important means with multiple requirements for the physical, motor and psychological aspects.

Abdel Maqsood (1994) states that this type of training can be organized so that its conditions are more difficult than the conditions of the competition itself. For example, training can be done in a smaller field than the legal field to develop the level of agility and speed of reaction. And raising the level of match performance. This type of training is like a match, but it differs from it in some performance characteristics, as its main goal is training. An example of this type of training is fixed formations or some tactical sentences. The player represents the important aspect of the training process and because of the increase in the number of competitions in which

the athlete participates, the only way to prepare the athlete and achieve the athletic form is to develop training programs and plans to reach the best levels for the player according to his characteristics.

Through the researcher's observation of some local tournaments for the under-14 age, there is a deficiency in completing their skill duties for counterattack in a manner consistent with the nature of the changing situations of the competitive situation within the match. There is also a deficiency in paying attention to ground play skills (KATAME-WAZA) and in light of the development of counterattack skills in recent periods, whether in local or international competitions, the match time has also been modified to become 4 minutes, which indicates the importance of training on the competitive reality of counterattack skills in judo in general and in-ground play for fixation skills (OSEEKOMY-WAZA) in particular within the training unit, which called for trying to find appropriate solutions for an appropriate training method that takes the character of the competitive reality of the counterattack.

This study aims to design training from competitive reality to identify its effect:

- 1- Developing some physical abilities specific to counterattack (the ability to link movement, the ability of strength characterized by speed, and the ability to change direction) for young judokas.
- 2- Raising the level of performance of counterattack for some skills (KATAME - WAZA) for young judokas.

Sample.

The research community was deliberately selected from the Wadi Degla Club Judo Juniors for the year 2024 AD under 14 years old. The number of the research community was (35) juniors. A survey sample was selected randomly from the research community consisting of (10) juniors (a non-distinguished group) to find scientific transactions and exploration experiments. Thus, the research sample reached (25) juniors who represented an experimental group. (10) Female players were also selected from outside the research community under the age of (20) years (a distinguished group).

Application of the research experiment:

The researcher applied the proposed experimental program for a period of (6 weeks) with three training times (Saturday, Monday, and Wednesday) with a unit time ranging from (90:120) minutes in the period from 6/1/2024 to 7/10/2024. The application was carried out in the halls dedicated to judo at Wadi Degla Club. The training unit was divided as follows: (general warm-up period) with a time limit of (10 minutes) and (general preparation period) with a time limit of (15 minutes) and (basic training period) with a time limit of (80 minutes).

Statistical treatments

- Arithmetic mean,
- standard deviation,
- skewness coefficient,
- correlation coefficient
- Percentages of rates of change of measurements

Results.

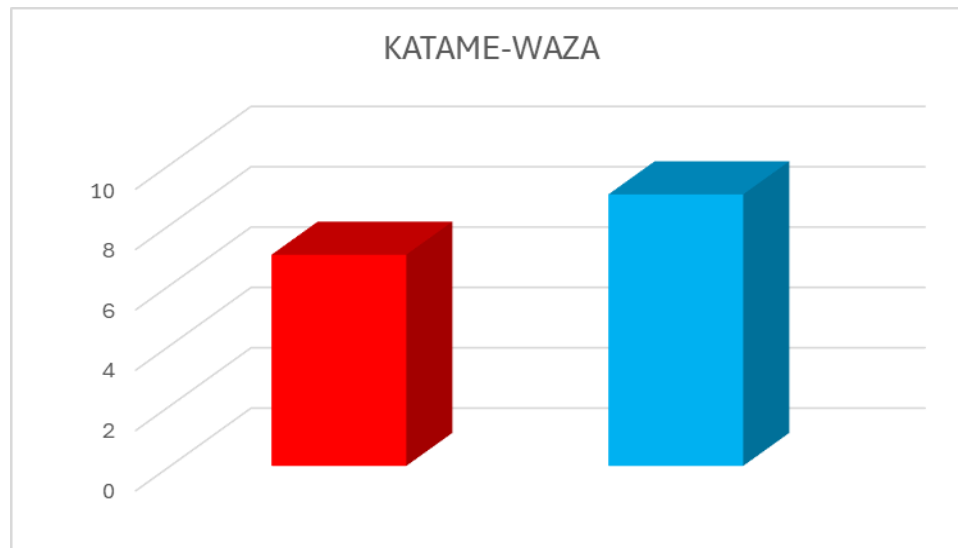


FIG. 1 show the level of performance of counterattack for some skills (KATAME - WAZA) for young judokas

Discussion.

These results are consistent with what was stated by Mohamed El-Zaghbi (1995), Tarek Abdel-Azim (1997), and Mohamed El-Metwally (2007), that training that takes the form of competition like the actual performance of matches has a positive effect on the development of some special physical qualities of young football players. Samar Mustafa (2003) confirms, quoting Larry Alexander, that competition exercises are among the most important exercises that raise the level of efficiency of the player's integrated performance and bring him to a high state so that he can be performed under various circumstances.

Sayed Abdel-Maksoud (1986) and Hanfy Mukhtar (1994) agree that the various playing situations in football force players to use many forms of football performance, so it is important to use training forms that are close to the form of real competition if they are acquired as early as possible.

Sayed Abdel Maqsoud (1994) states that this type of training can be organized in such a way that its conditions are more difficult than the conditions of the competition itself. For example, training can be done in a field smaller than the legal field to develop the level of agility and speed of reaction. And improving the level of performance in the match. This type of training is like a match, but it differs from it in some performance characteristics, as its main goal is training. An example of this type of training is fixed formations or some tactical sentences. Essam Abdel Khaleq (1994) explains that competition exercises play an important role in the preparatory period and the competition period for various activities, and that their impact is effective when linked to the requirements of the competition because it is an important means with multiple requirements for the physical, motor and psychological aspects.

In this regard, Mohamed Hassan Alawi (1990) and Sayed Abdel Maqsoud (1994) confirm that competition training performed under different conditions is characterized by an increase in the difficulty factor in performance compared to what the player encounters in competition conditions, such as physical, skill, planning or psychological difficulties, considering that this does not lead to a difference in the dynamics of movement. Performing competition training from the dynamics of performance during the competition itself works to develop the player's shooting abilities. Competition training also plays an effective role in strengthening the muscles working in the type of specialized activity in addition to its contribution to developing various special voluntary characteristics necessary that may be encountered during the match.

The researcher agrees with Raed Ramadan (2002) that competition training is characterized by its greater impact than using other training methods. At the same time, when performing competition training, all aspects of the player's training conditions become clear. It also contributes to facing all the physiological, psychological, and tactical requirements that he faces during the match, so it puts the player in front of the competition requirements in a direct manner. Competition training is also used to accelerate the development of each of the specific elements of the level of athletic form separately. The researcher believes that the effectiveness of competitive training resulted in the development of offensive skills because it exposed the player during training to competitive situations like the situations that the player goes through in matches, and sometimes to competitive situations that are more difficult than those the player goes through during the match. This is positively reflected in the player's performance during official matches, to bring the player to the highest possible levels in basketball, and to develop and improve the player's physical, motor, mental, and psychological abilities.

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