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An Analytical Study of the Relationship between Kinematic Variables of the Base and Push Phases of the Distant Aiming Facing the Jump and their Relationship to the Accuracy of Scoring in Handball

Abstract

Background: The problem of the research was manifested in the presence of a deficiency in the performance of the players in terms of physical and skill, and by not choosing the correct distances in jumping and choosing the appropriate distance for the jump step and the movement of the body during flight, in addition to weakness in the shooting, where the shooting passes through two important stages, namely the invocation and the push, so the researchers decided to analyze this skill and reveal the Its kinematic variables for the reliance and thrust phases and its relationship to scoring accuracy in order to reach the strengths and weaknesses of this skill.

Research objectives and hypotheses: The aim of the research is to Recognizing the values of some kinematic variables for the two phases of leaning and pushing for the far-off scoring from the handball jump. And the accuracy values of the far-off scoring from handball jumping, as well as identifying the relationship between the values of some kinematic variables for the leaning and pushing phases of the far-off scoring from jumping and the accuracy of the handball. The researchers hypothesized that there is a statistically significant relationship between the values of some kinematic variables for the reliance and thrust phases of long-distance jumping and accuracy in handball.