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Sakyo exercises and their effect on some special physical abilities and compound offensive skills of basketball players

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Abstract
Research study aimed to identify the effect of Sakyo training on some of the special physical abilities and offensive skills of basketball players. their number (16) players. The study came out with the following conclusions Sakyo training affected the improvement of special physical abilities (transitional speed, motor speed, agility); In addition to improving the complex offensive skills (shooting). jumping, shooting peacefully) for the members of the experimental group; He also achieved the Sakyo training system The experimental group adopted advanced positive results compared to the control group.

Keywords: Sakyo, special physical abilities, basketball players

Introductions
Planning for sports training operations is one of the most important foundations and principles that contribute to achieving the goals of what was set for it, and for this reason the preparation of training curricula took a form consistent with the development taking place in the means and methods used in the training process, which has become an urgent necessity of the necessities of physical, skill and planning preparation and the main objective of that It is raising the level of sports performance and one of the indicators of success for the training process in order to reach the highest levels of sports. A modern integrated that has caught the attention of researchers in recent times, as its exercises have become commonly used and have proven effective in improving the physical abilities and motor performance of players in many sporting events. Given the importance of complex offensive skills and their effectiveness in basketball matches being the mainstay of tactical performance and achieving advanced results. This comes through the development of the special physical capabilities of these skills, so it becomes necessary for those concerned to shed light on the Sakyo training and use it because it simulates the skillful performance of offensive skills during the implementation of training dos
The research acquires the importance of using Sakyo exercises as it is an appropriate system to produce the compound offensive movement with maximum strength and minimum time and smooth speed of skill performance. phenomenon*.*
research problem
The periods of physical and skill preparation at the present time require methods and methods of training by modern means in order to help to save effort and time, accompanied or accompanied by avoiding the occurrence of injury.
The problem of the research was manifested in the lack of focus on the exercises of speed, kinetic speed and agility combined, and according to the nature of performance during training, as this was evident when performing complex offensive skills as they are slow when performing as a result of the players' lack of those qualities that must be met by basketball players.

Research Objective
Recognizing the effect of Sakyo training on some special physical abilities and complex offensive skills of basketball players.

Imposing search: Sakyo exercises affect some of the special physical abilities and complex offensive skills of basketball players.

Research methodology and field procedures

Research Methodology

According to the nature of the problem, the researcher used the experimental method as the best and easiest method to achieve what the research aims at.

Research community

The researcher identified her research community, which are the basketball players of Al-Amarah Sports Club who are registered in the statements of the sub-federation in Maysan Basketball Governorate for the 2021-2022 sports season at ages under (18) years, and their number is (1 6) players and their percentage was (100%) of the community Originally, they were divided randomly into two groups, control and experimental, with (8) players for each group.
Where the researcher proceeded to conduct homogeneity in the following elements (height - weight - training age) as well as equivalence in the physical and skill variables of the members of the research sample, which would affect the results of the research and found that the two samples are homogeneous and equivalent.

Tools, devices and means used in the research

1. Tests and measurements, Arab and foreign references and sources, training ladder, figures, medical scales, basketballs, measuring tape
2. Tests and measurements used in the research:
3. meter sprint test from standing (transitional velocity): (Mohammed, 2001)
4. Zakzaki running test (the speed kinetics): (Qasim, 2001) [14].
5. Nelson test for motor response (agility): (Ali, 2004) [1].
6. The test of measuring the ability to receive and the high thump that ended with the jump shot (two points):
7. A test of measuring the ability to receive and high hump ending with peaceful shooting: (Fares, 2006)

Field Research Procedures

Tribal tests: The researcher conducted physical and skill tests for the research community on the Martyr Wissam Oreibi hall on Tuesday, 8/2/2021 at exactly ten o'clock in the morning, and with the help of the assistant work team, the researcher sought to establish the conditions for the test in terms of place, time, selection method and tools used to achieve Similar conditions when conducting posttests for the research sample.

The main experience

The researcher has developed a variety of exercises to develop speed, agility and kinetic speed within the training curriculum of the trainer, in addition to developing the offensive skill performance represented by receiving and high plucking that ends with shooting and jumping. (two points), receiving and high clapping, ending with a peaceful correction, and all the scientific foundations and principles that pertain to the application of exercises in this period were taken into account. (Tuesday, Thursday) The exercises were started on Thursday 10/2/2022 and the last training unit was completed on Thursday 7/4/2022, and the exercises were strongly graded during the training units according to the ability of the players from easy to difficult and the intensity ranged between 80% to 95%.

Post tests: The researcher conducted physical and skill tests for the research sample in the Martyr Wissam Oraibi Hall on Thursday 31/3/2022. The researcher sought to provide the same conditions as possible as in the tribal tests in terms of time, place, work team and tools used.

Statistical Means: The researcher used the statistical bag system (SPSS) version (23)

Presentation and discussion of the result: Presentation and discussion of the results of physical variables.

Table 1: Shows the arithmetic means, standard deviations, the calculated (T) value, the level of significance, and the significance of the differences in the physical tests (pre- and post-test) for the two groups

Statistical processors		Measruing unit	s	±	Calculated T value	Sig	moral difference
Transition speed test							
officer	Tribal	time	10	0.63	3.79	0.013	D 0.05
	after me		11.16	0.75			
experimental	Tribal		9.83	0.75	19	0.000	D 0.01
	after me		13	1.09			
Kinetic speed test							
officer	Tribal	poison	11.25	0.29	2.52	0.039	D 0.05
	after me		12.46	0.62			
experimental	Tribal		11.36	0.52	6.04	0.001	D 0.01
	after me		13.45	0.39			
agility test							
officer	Tribal	time	12.26	0.47	2.42	0.047	D 0.05
	after me		12.94	0.97			
experimental	Tribal		12.63	0.43	11.95	0.000	D 0.01
	after me		13.86	0.37			

Table 2: Shows the arithmetic means, standard deviations, the calculated (T) value, the level of significance, and the significance of the differences in the dimensional physical tests for the two groups.

Statistical processors	Measruing unit	S	±	Calculated T value	Sig	Moral difference
Transition speed test						
officer	time	10	0.63	5.8	0.00	D 0.00
experimental		13	1.09			
Kinetic speed test						
officer	poison	12.46	0.62	7.01	0.00	D 0.01
experimental		13.45	0.39			

agility test						
officer	time	12.94	0.97	3.81	0.008	D 0.01
experimental		13.86	0.37			

Discussing special physical abilities (transitional speed, motor speed, agility)

The results showed that there were significant differences between the pre and post tests of the experimental group and in favor of the post test, and the researcher attributes this to the nature of the Sakyo training system that does not include mixing between the physical and skill sides, which gives the possibility to influence the working and corresponding muscle groups in performance, and this was confirmed by (Zoran Milanovic *et al*.) "The use of Sakyo exercises has a positive effect on physical and skill abilities." (Zoran, 2013) [16] Also, good planning in the formation of the sakyo exercises and the rationing of training loads in them in an appropriate scientific manner in the special physical abilities achieved the development of (transitional speed, motor speed and agility), which was not reflected in the improvement of the level of skill performance in basketball, and this is consistent with what was indicated by (Kumagai *et al*.) Success in performing any skill requires the development of physical components that contribute to its optimal performance. (Kumagai, 2000) [5] In addition, exercises were adopted that resembled the skill performance of basketball during implementation in the stations, and this is consistent with what was indicated by (Al-Bishtawi and Al-Khawaja). "Special exercises that are the same or similar to the required skills, aiming to raise the athlete's physical ability, especially strength and speed." (Mohannad, 2005)

The researcher also attributes this development to the nature of the design of the Sakyo exercises, which did not neglect the time factor during the period of implementation of the training units, taking into account the contractions Fast muscle, which positively reflected on the development of transitional speed and speed of motor response, which play an important role in navigating the field and achieving superiority in basketball. Therefore, the development of these two qualities during training was emphasized by measuring the time taken to implement performance, which was a clear indicator in reducing times Speed This is consistent with what (Amr Saber) indicated, "Sakyo exercises positively affect the improvement of transitional and motor speed." (Amr, 2017) [2] In addition, the consistency of the Sakyo training in terms of good division in the skill performance during the training units in which the work was characterized by the diversity of exercises and their connection to the nature of the required motor action duty led to an improvement in the level of agility among the players. Sakyo training improved the level of special physical abilities such as speed, agility and motor speed. (Velmurugan, 2013) [5].

Presenting and discussing the results of the complex offensive skills variables

Table 3: Shows the arithmetic means, standard deviations, the calculated (T) value, the level of significance, and the significance of the differences in the offensive skills test Compound (tribal - posterior) for the two groups

Statistical processors		Measruing unit	s	±	Calculated T value	Sig	moral difference
Jump test							
officer	Tribal	Accuracy/time	83.5	40.0	61.3	250.0	D 0.05
	after me		5.6	0.54			
experimental	Tribal		5.66	15.0	13	0.000	D 0.01
	after me		83.7	75.0			
Peaceful shooting test							
officer	Tribal	Accuracy/time	6.16	40.0	3.16	250.0	D 0.05
	after me		6.83	75.0			
experimental	Tribal		6	63.0	13	0.000	D 0.01
	after me		8.16	75.0			

Table 4 Shows the arithmetic means, standard deviations, the calculated T value, the level of significance, and the significance of the differences in the offensive skills test. The dimensional component of the two groups

Statistical processors	Measruing unit	s	±	Calculated T value	Sig	moral difference
Jump test						
officer	Accuracy/time	5.6	_0.54	5.3	60.00	D 0.01
experimental		83.7	0.75			
Peaceful shooting test						
officer	Accuracy/time	6.83	0.75	3.06	120.0	D 50.0
experimental		8.16	0.75			

Discussing compound offensive skills

The evolution of the complex offensive skills The members of the experimental group compared to the control group, so the researcher attributes it to the use of Sakyo exercises, as it is one of the exercises that simulates the same kinetic paths of the nature of the activity practiced for offensive skills. On the other hand, the development of special physical abilities represented in (speed, motor speed and agility) have a clear impact in showing this development. Handling, peaceful scoring, high jumping for the purpose of scoring, and neuromuscular coordination between the muscles of the arms and legs during the drum, all affected by the development of those abilities and this is consistent with what came By (Marwa Ramadan Mahmoud) "The training program using Sakyo exercises helps to develop the level of physical and harmonious performance and thus improves the level of skill performance." (Marwa, 2016) [6] and also what was confirmed by (Mohannad Abdel Sattar)

"special physical abilities have a prominent role in achieving positive results when playing sports, as their focus with increasing their speed is one of the distinguishing characteristics of good skill performance." (Mohannad, 2001) The gradation in the intensity of training led to an increase in the player's ability to maintain the speed and strength of performance, and this is consistent with what (Hanafi Mahmoud) indicated: "Proper planning, choosing the appropriate intensity, and observing the principle of gradation in it will be more effective for developing the level of speed and strength in skillful performance." (Hanafi, 1998) [4].

Conclusions

Through the results of the study and its statistical treatment, the researcher came up with a number of conclusions, which came as follows:

1. Sakyo exercises affected the improvement of special physical abilities (transitional speed, motor speed, agility) among the experimental group members.
2. Sakyo training affected the improvement of complex offensive skills (shooting By jumping, peaceful shooting) for the members of the experimental group.
3. Achieve the Sakyo training system The experimental group adopted advanced positive results compared to the control group.

Recommendations

1. Adopting the Sakyo exercises because of the positive results it has achieved.
2. The necessity of adopting physical and skill tests in determining the training status of the players.
3. Conducting similar studies on different age groups and sporting activities.
4. The necessity of using modern and innovative training methods in developing the training situation for the game of basketball and other sports.

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Unit intensity: (85%)
Unit time: (25) minutes Rest time: (1:1) Objective of the Unit: To develop motor speed
Equipment used: (basketballs, whistle, flags) And scoring by jumping

Annex 1: Shows a model for a training unit using sakyo exercises

Unit Sections	exercise number	the exercise	exercise tensityin	Repetition	Exercise time	Performance time for total exercise	Rest between repetitions	total performance time
main section	1	trot at Place behind limit for the Final stadium and then go fast when Hearing The eague receiving the ball from the col ,whistle and shooting by jumping	85%	4×4	6/S	24/sec	36/sec	3/d
	2	Starting for a distance of (5 m) on three	85%	4×4	5/ sec	20/sec	30/sec	2.20/min

		balls, the player stands in front of the goal and runs forward for the specified distance owards the first ball he carries and shoots by repeating the performance for jumping and the other balls						
	3	trot at Place face wall To the player facing and when you hear the whistle Rotation And go fast Towards the colleague, receiving the ball and making a jump shot	85%	12×3	25/sec	1.15/Dr	2.30/min	25/sec
	4	The jump shooting exercise: The player stands in front of the target and receives the ball from the teammate and shoots by .jumping on the board	85%	12×3	25/sec	1.15/Dr	2.30/min	25/sec
	5	jogging fast from corner End right stadium m), then receiving the 5(For a distance of ball from the teammate and continuing between plucking Jogging and Signs Then Do a jump shot	85%	12×3	25/sec	1.15/Dr	2.30/min	25/sec
	6	Starting (7 m) towards the person and e the player stands in receiving the ball, wher front of the target and runs forward for the specified distance towards the person, receives the ball from the colleague and performs camouflage for shooting by umping on the board and then moving in the plumb and opposite direction with the performing the shooting by jumping on the board	85%	12×3	20/sec	1/d	1/d	3/d