An evaluating vision for Backcast face to face for Wrestlers according to kassat model

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Abstract

The aim of this research to identify the simple way to evaluate the skill of backcast face to face, owing to the lack of information on performance characteristics of this skill, and that the way New evaluation provide trainers quickly source of performance characteristics and allows them to exclude errors during the performance of the skill, and through the computer can be concluded early stages of the functional commissions of the movement which could be clarified by the perfect technique player of the perform this movement can also identify some of the characteristics that contribute to improving performance. Researcher design transparency based on data that was drawn from the qualitative analysis kassat model researcher used the descriptive approach (Case Study) appointed by the (20), the player of the bullring in the Faculty of Physical Education in Mansoura University, were photographed during training and skill quickly slow and transparency on the computer screen to clarify the errors in each stage of the performance of the skill. One of the most important results of the findings of the researcher, the analysis for evaluate develop degrees be an important indicator of the quality of the movement can get into the details of performance and to clarify and evaluation the skill of the original ways to use (transparency) has contributed to the characteristics of the analysis by kassat model, and it is also clear that the concepts of the observation of the movement are very important researcher recommends using analysis qualitative activist to make models for evaluate skills in research that requires performance evaluate repeated movements.

Introduction

The skills of the back arching in succession of the

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origin of the skills of the Greco-Roman free alike, wrestlers with advanced levels are more in need of such type of skills of its critical importance, vary back arching skills where can be performed from the top and bottom can be performed to keep the center alone or maintain the center and arm or arms or maintain the Center and the neck, or to keep the lever alone or maintain the lever and neck and needs of these skills to overcome the resistance of the rival at high speed, the matter that makes the force and speed with optimal performance skill of great importance to win the match in early. And when the master skill properly can end the match-winning touch shoulders or achieve the largest number of substantive points during the match

Mahmoud, M. A. [13] & Roby, M.R [11] & Barqae, M.G. and E.F. El-Badawy [9] That lift up the movements and the arching of importance, especially in wrestling for excellence losing contender contact mat and then lose control and control of his movements and thus loses its ability to defend it would be easy for the striker implementation of selected movements and to make several technical points that achieve victory.

Mahmoud M. A. [14] knowledge of wrestling trainers of the results of the quantitative analysis without entering into the details of the help to create an overall picture of the potential estimated at any skill centralize mobility so higher to understand the details of the performance of the wrestlers where shows that the familiarity of trainers and wrestling biomechanic information contribute to streamlining the preparation and reduce the time of learning and the formation of a sound technical basis wrestling movements which lead to increased efficiency and effectiveness of the technical performance wrestling in competitions.

Barkee, M.G. and K.El-Sokary. performance analysis and stand on the defects or the advantages of a technique used by sports can help to coach the appointment or to determine the type of training needs of commensurate with the stadium to improve its performance. It may be the fault of the lack of physical

capacity or in the performance of the same player.

Hochmouth [3] One of the most fruitful training requirements is to know all of the sports and the coach of the path of the motor skill and should not be just on the definition of the skill imaginable limited but it must be done through specific devices to provide all information on the skill.

Nour El-din S. [4] the video analysis of one of the basic metrics used to analyze sports movements, and also used in kinematic analysis and the use of video in a kinesthetic analysis easier to use any other ways such as (images serial numbers - optical images - the Cinematography) owing to the ease of dealing with article pictorial and replicated several times and the selection of the best ones and analyze and extract important points to analyze the movement and utilization in education and training and error detection

Amal, G. [1] and Abd El-Basir, A. [8] Analysis using video and an easy and simple for the analysis of sports movements where it is used to help the coach or the player to analyze the movement, which performed a descriptive analysis without going into the performance details and finds out the strengths and weaknesses of the locomotors performance and the use of training methods or the appropriate faculty to modify and correct performance errors.

Abdul Samad T. F [6] &Barkee, M.G. and K.El-Sokary. [10] models of note in the qualitative analysis is extremely important because it focuses on (skilled professionals in note - some of the important characteristics of skill. order stages of the movement - common errors in performance) has confirmed the forms to focus the attention of the Note on certain parts of skill or body movements, and trying to some of the models currency skill mobility to its constituent parts to the observations of the Organization, others used geshtalt method based on image-building faculty toward the movement.

Kassat, G. [16] that sports movements should be to build a holistic activist consists of several parts to arrange the necessary for movement, and model provided by Kassat discusses the construction

activist for each skill which is trying to identify the type of traffic.

Kassat, G. [17] movement variables in a unified framework produces kinetic analysis of sports skills, and suggested the use of these themes when analyzing any skill motor (fig. 1). [Motor Duty - Motor Track analysis - The external environment analysis - The idea of a Solution to the motor - Movement Type - The analysis of the player who lead]

Figure (1) Analysis of motor axes in accordance with the model Kassat 1995
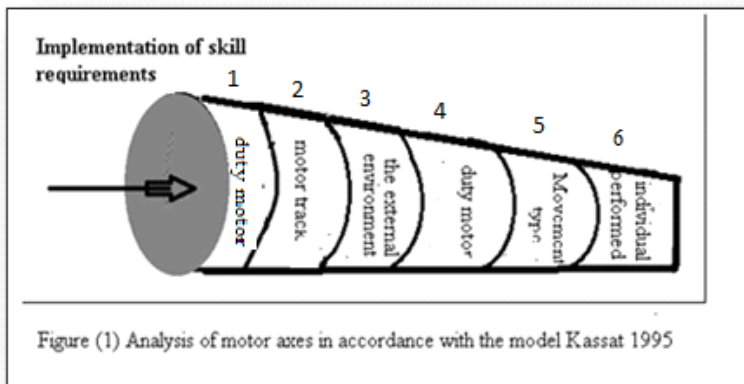
1- **Motor duty**: is the performance of the skill and must be it must be the goal of the skill that sometimes it can be said that the aim of the performance of the skill has been achieved or not, where according to some conditions out of the player will lead the goal of wrong or dynamic route is not sound performance of skill or notes that in some cases fabrication kinesthetic routes for the same skill different persons or external requirements as in sports competitions. [(4]

2- **Motor track** the line on which charted the course of the movement from the beginning to the end by formulating tracks specific points on the body or one of its parts, and the analysis of the track completely activist not partial is interested in the main part of the skill in order to be successful. [1]. [4]

3- **External environment analysis**: external environment is where the individual leads skill refers environment to the tool or a goal or player who is dealing with an individual or to the ocean characteristics which

lead skill If the fixed environment during the performance are classified as skilled as closed skill If the environment is stable or the environment variable surroundings before or during the performance of the skill classified as open skill and these skills rely on the cognitive abilities of the player and his interpretation of the stimuli coming and a good selection of appropriate response. [5]

4. The solution to the activist in accordance with natural laws: the movement in nature of multiple forms of and trends objective differs from the movement to another, also vary in strength and speed and must therefore be given to specific activist, may be the accuracy and performance. [1]

5. Analysis of the type of movement could divide the movements to the three types.
1. The only movement: movement is the beginning and the end of the leading once.
2. The repeated movement: the movement that repeats themselves in the same manner as also called bilateral movement stages.
3. The Movement complex:

gathered between the movement and the frequent only. The Wholesale name mobility. (1)

6. The analysis of the player who lead: trainers to know the characteristics of the players, the Performed comes for the exercise of the activity and has different capabilities because of genetic aspects, measurements anthropometric special, age, experience, and he got from the physical exercises linked to skills, the greater the km information that the coach compiled the analysis and assessment of performance better. (10)

When evaluating skills in the sport of wrestling are relying on estimation rule as a means of self-assessment on all movements performed by the player, and to what degree was the provision could be some errors in estimating degrees of movement and this is even in local and international tournaments.

Researcher noted the existence of differences in skill between the players level of performance due to the lack of information on performance skills have characteristics, which allows them to ease the process of education, training

and debugging, and here came the need for this study, in which the researcher is trying to identify the easy and correct way to evaluate the performance of the method throw skill background of face-to-face, and the immediate identification of the players the same mistakes in training position.

The Aim of the Study:

This research aims to evaluate the performance of the skill of the backcast face to face gladiators by video in accordance with the model

code-analysis presented by the Kassat 1995.

The Methods

The Study Method: The researcher used the descriptive approach (Case study) so as to suitability for this study.

The Study Sample:

Formed study sample (20) wrestling player selected deliberate manner from the Faculty of Physical Education in Mansoura University. Researcher for coherence in the age, length and weight training age, the Schedule No. (1) Shows that

Table (1)

Anthropometric Characteristics Training experience of the Groups (Mean ± SD) N=20

Variables	Mean	Median	Coefficient of torsion
Age [years]	١٨,٩٢ ± 0,12	١٨,٦٠	0,15
Height [cm]	١٧٦,٤٠ ± 7,71	178,50	0,75
Weight [kg]	٧٥,٥٥ ± 4,26	74,00	0,84
Training age [years]	±0,41٥,٣٠	٥,٠٠	0,92

Table 1: shows that all the values of twisting transactions ranged between ± 3 where confined between (0.15 - 0.92), which refers to the homogeneity of the sample of research in the variables under discussion.

Tools of Data Collection:
- Referees.
- Content analysis.

Scientific Transactions (validity- Reliability) Table: (2), (3).

-Tools and measuring devices.

Validity

To calculate the sincerity differentiation coefficient, the researcher application performance form items on the exploratory sample featured a sample, as has been applying

the same tests on other samples were selected deliberate in the same age group from the research community and the number [10] wrestling sample is distinctive, then calculate the significance of differences between groups, table [2].

Table (2)
Coefficient of truth sample note performance (transparency)
Declaration. N1= N2= 10

Variables	Final class	Distinctive group		Undistinguished group		T - test	Sign
		M	SD	M	SD		
Body position	٢٠	١٧,٥	٠,٥٠	١٤	١,٥٢	٨,٠٦	s
Head	١٠	٨	٠,٥٠	٥,٥	٠,٥٠	٤,٣٣	s
Hip angle	١٥	١٣	٠,٦١	١٠	٠,٧٤	٦,٨٧	s
Knee angle	١٥	١٣,٢	٠,٥٧	٩	٠,٦٧	٥,٠٦	s
Back arching	٢٠	١٧,٤	١,٥٢	١٢	٠,٨٤	٦,٦٦	s
Directing traffic	١٠	٨,٦	٠,٤٢	٥	٠,٥٥	٣,٠٤	s
Landing and control	١٠	٨,٧	٠,٤٥	٦	١,٧٥	٣.٦٧	s

Values "T" Driven at a level significantly 0.05 = 2.048 *

Table: (2) Shows that difference statistically function at the level of 0.05 between the two groups of non-featured in the variables under discussion for the sake of distinct group which refers to the veracity of these tests in measure.

Reliability form note performance (transparent)
As a way agreement form items among the subjects of the most ways commonly used to ease, but the expense of observation System reliability was used method referred to by Cooper [15] that the agreement = 100 - the proportion of the total percentages of teams has identified the "Cooper" the level of consistency in terms of the proportion of the agreement and that it should be 70% or more to indicate the reliability of high performance

The researcher was used for calculating the percentage of agreement between the two backast face to face movement once the number (10) of the players to sample the exploratory using the television

show three rulers enrolled records of the Egyptian Union wrestling championships, within a time frame of three days with the unification of the circumstances of the note Table. (3)

Table: (3)
shows the expense of Form Flat Note

Variables	Final class	first observation		second observation		difference
		class	%	class	%	
Body position	٢٠	١٦٫٥	٢١٫٥٧٪	١٦	٢١٫١٩٪	٠٫٣٨
Head	١٠	٧	٩٫١٥٪	٧٫٥	٩٫٩٣٪	٠٫٧٨
Hip angle	١٥	١٢	١٥٫٦٩٪	١١	١٤٫٥٧٪	١٫١٢
Knee angle	١٥	١١٫٥	١٤٫٣٨٪	١٢	١٥٫٨٩٪	١٫٥١
Back arching	٢٠	١٥	١٩٫٦١٪	١٤	١٨٫٥٤٪	١٫٠٦
Directing traffic	١٠	٨	١٠٫٤٦٪	٧	٩٫٢٧٪	١٫١٩
Landing and control	١٠	٧	٩٫١٥٪	٨	١٠٫٦٠٪	١٫٤٥
Total	١٠٠	٧٦٫٥٠	١٠٠٪	٧٥٫٥٠	١٠٠٪	٧٫٤٩

The application of the equation (100 - 7.49) = 92.51 these high value

Steps to implement the study

1- The researcher has analyzed the skill of the backcast face to face through international player. The form of (fig: ١)

2- Was the work of the assessment forms on the most important points of the functional and give them the degrees according to the characteristics of the analysis kassat model: [Motor Duty - Motor Track analysis - The External Environment analysis – The Idea of a Solution to the motor - Movement Type – The Individual Performed analysis]

and brought to the attention of experts in the field of Wrestling. (Table :4) show that

3- The researcher transparency design based on data that was drawn from the assessment form of performance by the experts (fig : ٢).

4- The researcher using transparency and skill through a video to clarify the mistakes in the way the performance on a sample of the search.

(Fig: ١) Analysis of the international player.
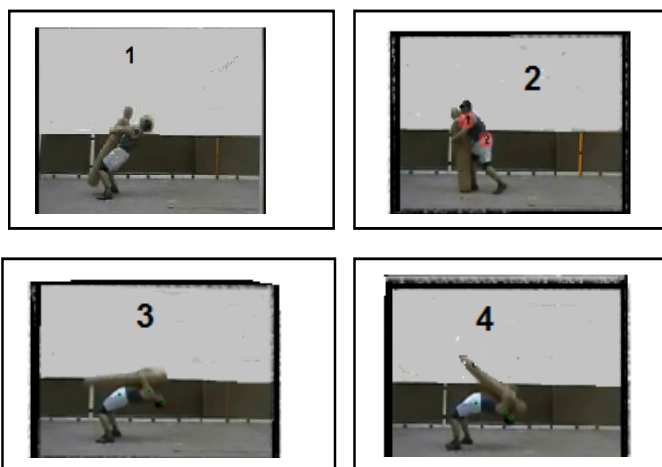
Table: (2)
Assessment of skill backcast face to face form N=10

Variables	Performance stages	Class	Approval experts degree
Body position	Pre	10	90 %
	Major	10	
Head	Pre	7	70 %
	Major	3	
Hip angle	Pre	5	60 %
	Major	10	
Knee angle	Pre	5	70 %
	Major	10	
Back arching	Major	20	100 %
Directing traffic	Major	10	80 %
Landing and control	Major	10	70 %
Total		100	

The most important points of the performance evaluation in accordance with the results of the opinion of the experts and embraced the researcher, select the modes that got 80 % and more has thus become the situations selected are (body position - Arching - Directing the movement).

Form: (3) Transparency refill analysis backcast skill face to face
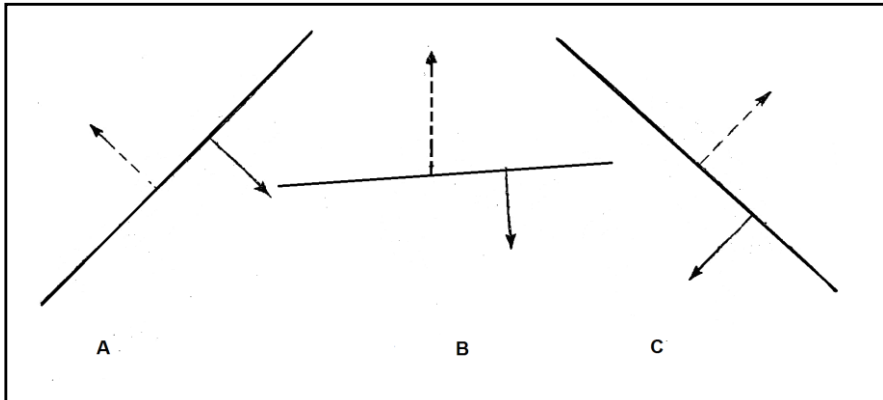
When skill analysis by video to watch the performance time by displayed by a video device at a normal speed and is given a grade, is then put (transparency) on the TV screen and display the skill slowly so as to indicate the place (posture - Arching - directing the movement) and give grades according to the analysis of existing hubs (transparency) and figure below illustrates the proper performance of the implementation of the skill way.
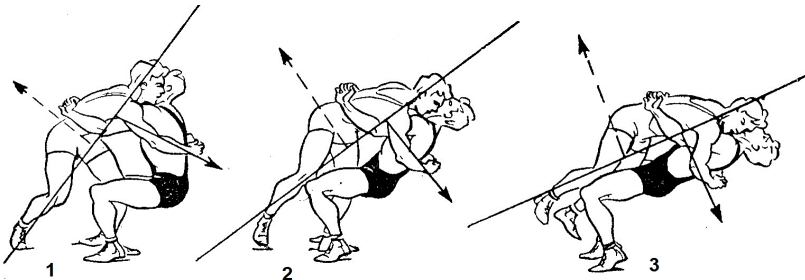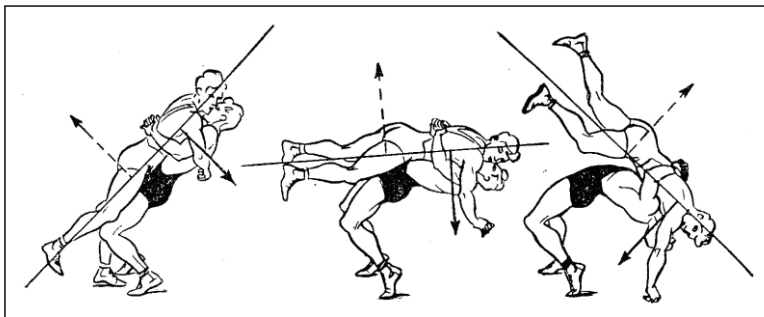
Error performance of the skill

Discussion

The performance motor skill backcast face to face assessment of the three main phases. As he pointed out by. Abdel Maksoud [2], namely: the preliminary stage - major stage - the final stage. These stages are important for the performance of the motor and affect each other in and can be studied only one stage or more of these stages yet precisely identified

- Preliminary stage (the assembly stage): to put the conflict highly defensive player has the face of an offensive player, an attacker cordoned off the center of the arm of defender tow arm to be a body in a vertical and the head up, and then the striker transfer right foot next to the left foot with flexion at the knees and reach under the gravity of the opposing center.

- Major stage (stage fulfilment): After the catch the attacker and control and precision on the central defender's arm and bend with your knees slightly and even access to the highest lift and push the pelvis to the stage.

- The attacker rapid extending powers of the joints of the knees and thighs with the payment of the basin in front of and inside the bottom of the center of gravity to make quite defender rug with the full arc of the afternoon back in the form of a bridge high.

- The rotation on the arm catch hand before the arrival of the front to touch the mat.

- Final stage (landing on the head): The control of the bridge from the side of the defender lay prone on the chest, taking into account not change catch and try to expose my shoulder defender the mat.[12].

When the application of the axis which referred to "kassat" on the skill of the backcast face to face to know the kinesthetic construction to be analyzed and benefit from this analysis in assessing the performance of the skill trainer, the player and identify the troubleshoot performance and give feedback for the player for sound and

clarify these hubs are as follows:

The requirements and conditions for the implementation of skill (backcast face to face)

1- Duty motor: From a standing position bend your knees with a penchant torso forward and pull apponent strongly, high-speed toward the chest, are separated challenger for the land and the push pelvis strongly in the direction backward in rotational movement, and have payment sequenced from the two men and then the pelvis and then the arms to move a competitor in a circular motion until the mat and find shoulder, and be the center of gravity in the primary position is located in front of the body while at the main stage in front of moving from body to body, and is located behind the center of gravity moves in the final position of the bottom of the movement's body in a prone position. Qenawy, A. [7]

2- Motor track analysis is a movement to stand bend your knees slightly, taking into account: - - track motor of the arm,: there is a change to put the arms during movement performance between drape arms strongly toward the body and push the arms up and behind the movement next to extend the two men and the push torso in rotational movement, then forwards rival to fall on the shoulders.

- Motor track two legs: track motor for the feet change during movement between bending in catch stage (preliminary stage), and extension power and speed of the moment of throwing) and begin basic stage extended legs.

Bend protraction joint thigh: Occurs bend and protraction to the hip joint during the motor track of the movement where the bend hip starts in the preliminary stage and then extension is in stage major after the two men to pay the pelvis strongly and the speed of the front and higher.

- Motor track head: flexure head going forward in the first preliminary stage even happen flexure legs, thigh and torso toward the opponent and then push to the head up and back and side and the curvature of the body back and the path of motor head forward and then up and back and side in a semi-circular motion and head

movement are their major guide for the movement.

Compatibility between the movement of legs and torso, arms and head: no time correlation between the joints flexure the knee and thigh and arms and torso in the preliminary stage and are at the beginning of the major stag synchronization between the pull arms and protraction joint knee and thigh and then push the pelvis forward and higher before the completion of the full protraction of two joints followed by push up arms and back with the guidance head, as well as there are slight differences in the form of performance related to the player by performed the movement.

back arching: (during the rotation) speed motor skill different during the performance where there is a relationship between the rotational speed during the back arching and push pelvis, is one of the most important stages of the implementation of the skill as a whole, especially in the final stage. This is accords with Amal, G [1] and Nour El-din S [4] at the motor track is the line that draws the conduct of line movement from its beginning to its end, and is motor track analysis in whole and not in part, and must pay attention to the part's basic skill in order to be successful.

3- The analysis of the external environment in which the movement: implement the movement on the mat wrestling (soft mattress) to take into account the elements of security and safety when landing, which feels the player reassured when performance, but rival difference and performance link a specific time be an important and effective in the form and nature of the performance. This is consistent with what the Nour El-din S [4] n the external environment that could affect the kinesthetic track any skill of the external environment could not be separated from the objective of skill.

4- The idea of a solution to the nom de guerre: be divided into duty motor to the success of the movement to the group of Duties, the Subcommittee, at its success is the performance of the movement effectively, In the beginning must catch the opponent and dragging it strength toward the chest at the same moment protraction leg requiring the player

modification in the center of gravity his body forward to is located behind the body and brings the center of gravity for higher when lifting the player, then push the pelvis forward and the highest maximum power and speed with flexion head back and then to the side of the rotation arms, and the success of the push pelvis depends on the success of the drag opponent and lifted up, and the braking body and stops in the final stage of the movement even the body up to put the install opponent.

Duty motor solution in this skill requires beside conditions coordination in the performance that the strength of the muscles working to extend the joints of the knees, pelvis and shoulders are available and these conditions maijor of a movement and we can say that not achievement this skill and good image be due to a lack of power in legs and pelvis and arms. This agrees with the Amal, G. [1] that the movement of multiple forms of and trends objective differs from the movement to another as well as vary in strength and speed and accuracy of the extent of the performance and,

consequently, must be duly specific activist.

5 - Analysis of Movement Type: of a rotational motion of the body opponent to be the presence of force push through the ground to the bottom and then take advantage of the reaction earth to lift up opponent and in the direction of the chest, and when the opponent rises from the earth will be the player's body tilted back and then be extended of the hips and push the trunk and lifting up arms and push the head back and back retching, rises the center of gravity of the body by force and the speed at which the proportionality of performance, , and the player to compensate shortage in the muscle power of the two men when the performance by increasing the speed and power exerted by the arms and increase the momentum of the pelvis. This agrees with the Amal, G. [1] that the movement is the transition or rotation of the body or one of its parts in the direction of certain speed in a specific time whether using the Tool or a opponent.

6. The analysis of the player who lead

Plays performed for skill backcast face to face an important role in terms of performance directs the rotational motion of the body through good catch and lifting up and control the body in a standing position, The lifting of the center of gravity of the body strengths appropriate performance through the control of speed performance, for example, the Player skill performance quickly, then the extension of the pelvis joint very quickly, On the contrary, it can endure performance slowly while minimizing joint angle of pelvis and then the detailed extended pelvis slow speed, too, and make up the shortfall in the distinctive force as quickly as the muscle material for two men and a detailed pelvic muscles through speed extension back muscles (back arching) and joint shoulders extension, the player can use the distance of the skill properly. This agrees with the Barkee, M.G. and K.El- Sokary. [1] That stand on defects or advantages of user performance that could help the coach to identify the type of training the player needs to improve its performance. It may be the fault of the lack of physical capacity or in the performance of the same player.

Conclusion

1. The researcher found that the analysis of the performance evaluation by observation may be an important indicator for the quality of movement and can get into the details of the performance was to say leg faster than the arms or vice versa, Or that flexibility had contributed to that We are assessing in view of the original causes and have helped the basic concepts identified by the model of "Kassat", It was clear that the concepts by observing movement are very important to identify the strengths and weaknesses in the performance of skill.

2- The use of (transparency) performance assessment in the view of the concepts of note ending "kasst" give more precise details of simply relying on tests only.

3- There is a great similarity between the determinants of the evaluation performance skills backcast face to face note and understanding the movement model of "kasst" qualitative analysis.

4- Whenever we have the understanding of the scope of the movement, whenever possible to reach the amount after parts of the body of each other commensurate settings, the performance of skill.

5. Whenever we managed to set three conditions (the body – back arching - guidance movement). Can we develop the performance skills.

6. The common mistakes which could be drawn from the analysis of the skill:

* Error in the control and precision on the opponent (and there is a distance between them).

* Error in the control of the opponent (having distance).

*The wrong time joint protraction knees (early or late).

* Error in the time-D compatibility between the joints (the two legs - the pelvis)

*The lack of full back arching.

*Error in the right direction for the skill.

Recommendations

By the results of the study the researcher recommends the following:

1- Guided by planning model (transparency) skill in the education and training of young people and beginners.

2. Guided by the angles of (the body - back arching - guidance movement). during the stages of performance.

3. The use of the proposed method in the analysis of the skill of the backcast face to face.

4. The analysis is used qualitative activist to make models to assess the skills, especially in research that requires an assessment of the performance of a large number of attempts.

5. The work of the models have similar room configuration wrestling skills guided by this way.

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