

Some defensive handball skills for elite league club players and their relationship between Focusing and shifting attention

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Abstract. Handball is one of the exciting sports that is widely practiced and has defensive and offensive skills. The player must master defensive skills as they are one of the basic pillars that complement the team's success, as defensive skills are no less important than offensive skills as they clearly affect defensive methods during matches. The psychological aspect also has an important role in handball, as some aspects of attention (focus and diversion) are important psychological factors that work to develop skill performance in handball. The research aims to identify the relationship between some defensive handball skills for players of elite league clubs with focus and attention, and to identify the relationship between some defensive handball skills for players of elite league clubs with diversion... The researcher used the descriptive approach with the survey method to suit the nature and objectives of the problem on a sample of players of the elite handball league clubs participating in the 2020-2021 sports season, numbering (98) players. Tests limited to defensive skills (defensive movements, blocking wall) in handball were applied in addition to using the (Borden-Anfimov) test to measure (concentration and attention shifting). The ready-made program (IBM SPSS Statistics Ver22) was used to process the data statistically and a set of conclusions and recommendations were reached.

Keywords. Defensive moves, blocking, focus diversion

Introduction

Handball is one of the exciting sports that is widely practiced and has defensive and offensive skills. The player must master defensive skills as they are one of the basic pillars that complement the team's success, as defensive skills are no less important than offensive skills as they clearly affect defensive methods during matches. (Kamal Abdel Hamid and Mohamed Hassanein, 2002) mention that the task of defense is more difficult than the task of attack, especially when we take into consideration the final result of the match, as a mistake in defense causes a goal to be scored in our goal, while a mistake in attack means losing the ball and the possibility of getting it again (Abdel Hamid and Hassanein, 2002, p. 57).

The psychological aspect also plays an important role in handball, as some aspects of attention (concentration and diversion) are important psychological factors that work to develop skill performance in handball. Therefore, psychological tests are one of the scientific methods that enable researchers and specialists in the field of improving the skill performance of handball players. The problem of the research lies in the fact that the player performs defensive

tasks inside the field in very difficult conditions and it is difficult to predict the player's level and the outcome of the match due to the small field and the large number of players in the defensive zone. In addition, there is no study, according to the researcher, that has addressed the study of the relationship between concentration and diversion of attention with some defensive skills in handball. Therefore, the research seeks to answer the following question: What is the type of relationship that some defensive skills in handball are associated with for players of elite league clubs with the concepts of concentration and diversion of attention? Hence, the importance of the research lies in reaching results that serve researchers, coaches and players as well, which would contribute to raising the level of players of elite league clubs in defensive skills.

The research aims to identify the relationship between some defensive handball skills of elite league club players with focus attention, and to identify the relationship between some defensive handball skills of elite league club players with diverting attention. The study was conducted from 11/5/2020 to 1/20/2021.

Method

The researcher used the descriptive approach with the **survey method** because it is appropriate for the nature and objectives of the problem. "It is a study of current facts related to the nature of the phenomenon, and these descriptive studies are not limited to knowing the characteristics of the phenomenon, but rather go beyond that to knowing the variables and factors that cause the existence of this phenomenon" (Gharabi, 2008, p. 33).

Participants

The research sample was chosen intentionally, consisting of players from the Elite Handball League clubs participating in the 2020-2021 sports season, numbering (98) players.

Skill tests were applied to measure some defensive skills in handball, in addition to applying the (Borden-Anfimov) test, which measures (the size of attention, the intensity (severity) of attention, the focus of attention, the selection of attention, the stability of attention, the distribution of attention, the diversion of attention, the distraction of attention), and given that the researcher's work is limited to studying (the focus and diversion of attention) for players of the elite handball league clubs, so it will be tested only as follows:

Defensive skill tests:

There are many defensive skills in handball, but the current study is limited to defensive skills (defensive movements, blocking wall). Defensive skill tests have been nominated to measure each skill included in the study as follows:

1. Test of defensive movements forward and backward (Abdul Rahman, 1999, page 98).
2. Test of defensive movements on both sides (Abdul Rahman, 1999, page 107).
3. Test of defensive blocking wall in two directions (Abdul Hamid and Hassanein, 2002, page 83).

(Borden-Anfimov) test to measure attention focus: (Khater and Al-Baik, 1978, page 524)

Exploratory experiment:

The researcher conducted an exploratory experiment on 11/6/2020 on (8) handball players from the elite league clubs representing Al-Karkh Sports Club and participants in the 2020-2021 sports season and they were not excluded from the main research sample. The aim of this experiment was to extract the scientific foundations (validity, reliability, and objectivity) for all study variables.

Main experiment:

The researcher conducted the main experiment on 11/15/2020 AD until 1/20/2021 AD by applying all psychological and skill tests to the players of the Elite League handball clubs, numbering (98) players. The attention focus test forms were distributed first to the players of each club, and after completing the answer, the attention shift test forms were distributed to all of them again. After completing the answer, the forms were collected to finally conduct the defensive handball skill tests. This work is repeated with the players of each club. After completing the application of the skill tests, the data was collected for statistical processing to achieve the research objectives.

Results and Discussion

The researcher extracted the arithmetic means, standard deviations, and median value, in addition to the skewness coefficient value for all defensive handball skill tests and for the concentration and attention shifting tests, as shown in Table (1). It was concluded that all skewness coefficient values were smaller than (+3), which indicates the good distribution of the sample and its homogeneity under the normal distribution curve.

Table 1

Arithmetic means, standard deviations and skewness coefficient values for defensive handball skill tests and for concentration and attention shifting tests

Torsion coefficient	Standard deviation	The mediator	Arithmetic mean	Tests	T
1.059-	2.832	11	10	Defensive moves forward and backward	1
1.243-	2.412	9	8	Defensive moves for both sides	2
1.153-	2.601	8	7	Two-way defensive wall	3
0.258	1.278	14	14.11	i.focus attention	4
0.316	1.609	11.50	11.67	ii.Attention Shift / First 30 Seconds	5
0.292-	0.616	8.50	8.44	Attention Shift /2th 30 Seconds	6
1.203-	1.097	8	7.56	Attention Shift / 3th 30 Seconds	7
0.148	1.211	6	6.06	Attention Shift / 4th 30 Seconds	8

The researcher used Pearson's simple correlation coefficient between defensive handball skill tests and concentration and attention shifting tests for elite handball club league players, as in Table (2)

Table (2)

Matrix of correlation coefficients for defensive skill tests and concentration and attention shifting tests for elite handball club league players

Significanc	Sig	Two-way defensive wall	Significanc	Sig	Defensive moves for both sides	Significance	Sig	Defensive moves forward and backward	Test defense (Borden - Anfimov) test	T
moral	0.00	0.733	moral	0.00	0.692	moral	0.00	0.672	i.focus attention	1
moral	0.00	0.714	moral	0.00	0.703	moral	0.00	0.581	i.Attention Shift / First 30 Seconds	2
moral	0.00	0.676	moral	0.00	0.612	moral	0.01	0.663	Attention Shift /2th 30 Seconds	3
moral	0.02	0.692	moral	0.01	0.689	moral	0.00	0.719	Attention Shift / 3th 30 Seconds	4
moral	0.01	0.699	moral	0.00	0.711	moral	0.00	0.726	Attention Shift / 4th 30 Seconds	5

It is clear from the results reached in Table (2) that there is a significant correlation between all defensive skill tests in handball for players of elite league clubs and all concentration and attention shifting tests, because all the calculated correlation coefficient values were at a significance level (Sig) smaller than the value of the approved significance level of (0.05). The result reached is a logical result, as the relationship has a positive impact on the players of the elite handball league clubs as a result of their exposure to situations during matches that require them to have multiple competitive experiences of focus and attention resulting from the attacks of the opposing team, in addition to focus and attention on the correct defensive positions required by each situation and not being affected by any external influence that distracts the players' attention, which may come from the audience or the reserve players of the opposing team or any distracting sound source during the implementation of defensive duties, which leads to control, domination and attention, which is what appeared in the players' superiority in the tests of concentration and attention transfer. The result reached by the researcher is consistent with what he indicated and also consistent with what was indicated by (Mohamed Sobhi and Hamdi Abdel Moneim 1988 AD).

Attention is an important and decisive variable in the game. Focusing at appropriate rates and quickly shifting attention to different parts of the field according to the performance requirements in the game are two important indicators for a player who has ambition to reach the highest levels (Hassanin and Abdel Moneim, 1988, p. 391). It also agrees with what was indicated by (Abdul Sattar Jabbar, 2000): "Intensity in the sports field represents the degree of strength or difficulty that the player can exert towards a certain stimulus or stimuli. Therefore, the more intense the attention towards certain stimuli, the more it requires the exertion of more nervous or mental energy in the process of attention" (Al-Damd, 2000, p. 198).

It also agrees with what was stated by (Abu Al-Ala Ahmed and Ahmed Omar 1986 AD) "that focusing attention affects the accuracy, clarity and mastery of the technical aspects

of the parts of the motor skill” (Abdel Fattah and Ruby, 1986, page 74), and agrees with what was indicated by (Kamal Bakdash and Ralph Rizk Allah 1981 AD) “in any motor activity, movement represents one of the ways of the body’s compatibility with its external environment, which in turn depends on the activity of the muscles whose work is regulated by the nervous system” (Bakdash and Rizk Allah, 1981, page 72). It agrees with what was indicated by (Tareq Hamoudi and Walid Waad Allah 1995) "that concentration is one of the important means to raise the level of athletes and their ability to notice things accurately and clearly" (Amin and Ali, 1995, page 259), and also agrees with the opinion of (Ismat Darwish and Nihad Munir 1996) that "the importance of attention intensity lies in its impact on the individual's ability to achieve high achievement" (Al-Kadri and Al-Battikhi, 1996, page 61).

It also agrees with what was indicated by (Thaer Daoud and others 2013) quoting (Kurt Meinel 1987) "that audio signals are of great importance in ball games, as hearing the sound of hitting the ball provides information about the time course of the movement or skill" (Salman, Asi, and Muhammad, 2013, page 273).

Thus, the objectives of the research were achieved.

Conclusion

1. There is a significant correlation between some defensive handball skills of elite league club players and attention focus.
2. There is a significant correlation between some defensive handball skills of elite league club players and attention shifting.

Recommendations,

The necessity of using concentration and attention shift tests to improve the skill performance of defensive and offensive handball skills. Conducting similar studies on players of other levels, ages, and both genders. Conducting similar studies to determine the type of relationship between skills that were not addressed in the current study with concentration and attention shift tests for players in the elite handball clubs league.

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