

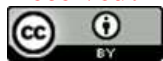
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The Effect of UPPER IOWER-Style Exercises on Developing some Physical Abilities and Complex Offensive Skills for Basketball Players Aged 17-18 Years

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Abstract

The advanced level of achievements achieved by developed countries, whether in individual or team sports, was not by chance, but rather came about through scientific studies and research programmed according to modern trends and paths, as well as the result of the effective use of the results of research and studies that have a fundamental role in Developing the athletic level and achieving the best achievements in various sports. Choosing the appropriate training method is one of the factors that is given great importance in sports training. One of these training methods is UPPER IOWER style exercises, which is a system that divides the number of training days into only two days throughout the week. The first part of the training days is to fully exercise the upper part, which includes (back, chest, arms, abdomen), and the second training day is completely for the lower half of the body, which is the legs completely. Sports training leads to changes in physical abilities, so when training their teams, coaches must pay attention to choosing abilities that are consistent with the skill performance requirements of the game, and through the researcher's contemporaneity with the game, his follow-up of it, and the interviews he conducted with basketball coaches, he noticed that there is a problem related to the training aspect - Physical ability, which lies in the lack of interest of some coaches in focusing on training physical abilities, in a modern style, including the (UPPER IOWER) method, whose performance is consistent with the specificity of the player's performance in the match, despite the fact that its development has an important and influential role in the performance of skills in general and complex attacking in particular. During the match, which constitutes an obstacle and requires research into it from the researcher's point of view in order to contribute to improving the level of basketball players and the game at the same time. The research aims to prepare UPPER IOWER-style exercises for basketball players and to identify the effect of UPPER IOWER-style exercises on some physical abilities and some skills. Combined offensive attack for basketball players. The experimental approach was used in a one-group manner, and it was conducted on the players of the Oil Sports Club. Pre- and post-tests were conducted for the research variables, and the training units continued from 1/10/2024 until 3/10/2024. It was concluded that the exercises prepared in the UPPER IOWER style proved their importance and role in the sporting aspect, and that the exercises in the UPPER IOWER style brought about development in some of the physical abilities and complex offensive skills of the players of the Oil Sports Club. The researcher recommends using exercises prepared in the UPPER IOWER style in the Naft Sports Club for basketball and working on developing physical abilities and complex offensive skills because of their effective role in preparing the Naft Sports Club. and this achieves one of the sustainable development goals of the United Nations in Iraq which is (Good Health).

Keywords | UPPER IOWER exercises, combined offensive skills, basketball

Introduction:

Movements on the basketball court are quick and continuous by all players to achieve good attack and defense. Rapid change in playing situations

requires high physical ability to move, move, and respond quickly.

UPPER IOWER exercises are a system that divides the number of training days into only two

days throughout the week. The first part of the training days is to fully train the upper part and includes (back, chest, arms, abdomen), and the second training day is completely for the lower half of the body, which is Legs completely.

UPPER IOWER exercises have several different forms and ideas through which you can design a schedule with the UPPER IOWER system that is suitable for you and appropriate for the number of days available per week to practice different exercises. Here lies the importance of researching the effect of UPPER IOWER-style exercises on some of the physical abilities and complex offensive skills under research, which contribute to the performance of these skills because of the exercises they contain that help in developing them while playing. The problem of the research is that sports training leads to changes in physical abilities, so it must When train their teams, coaches should pay attention to choosing the abilities that are consistent with the skill performance requirements of the game. Through the researcher's contemporaneity with the game, his follow-up of it, and the interviews he conducted with basketball coaches, he noticed that there is a problem related to the training-physical aspect, which lies in the lack of use of a new method by some coaches. Focusing on training physical abilities, using a modern method, including the UPPER IOWER method, the performance of which is consistent with the specificity of the player's performance in the match, despite the fact that its development has an important and influential role in the performance of skills in general and complex offensive skills in particular during the match, which constitutes an obstacle and requires Researching it from the researcher's point of view in order to contribute to raising the level of basketball players and the game at the same time, skill performance in general and complex offensive skills in particular among young basketball players.

The research aims to:

Prepare UPPER IOWER-style exercises for basketball players aged 17-18 years. The effect of

UPPER IOWER-style exercises on some physical abilities of basketball players aged 17-18 years. Developing physical abilities affects the complex offensive skills of basketball players aged 17-18 years. Research hypotheses: There are statistically significant differences between the pre- and post-tests in some physical abilities and in favor of the post-tests. There are statistically significant differences between the pre- and post-tests in some complex offensive skills and in favor of the post-tests.

Research Fields:

- 1-The human field: A sample of players aged 17-18 years.
- Temporal scope: - From (10/1/2024) to 2(10/3/2024).
- 3-Spatial area: - Inner hall, Al-Naft Sports Club / Baghdad.

Definition of terms: UPPER IOWER: It is a system that divides the number of training days into only two days throughout the week. The first part of the training days is to fully exercise the upper part and includes (back, chest, arms, abdomen), and the second training day is a full half. The lower body, which is the legs completely.

Method and procedures:

Society (Ubaidat) (all the components of the phenomenon that the researcher studies, that is, it is all the individuals, people, or things that are the subject of the research problem) (1) and the sample is defined as (Farhan) (a part or segment of society that includes the characteristics of the original society that we wish to identify On its characteristics, and that sample must be a true representative of all members of this society (2), the appropriate way to solve any problem in scientific research requires the researcher to choose the appropriate approach to the nature of the problem to be researched, which is an important and essential step for the success of that research, so it is imperative The problem is that the researcher must choose the experimental

method with one group and with two tests (pre- and post-tests). The experimental method (milan) is considered (the most accurate method of scientific research in arriving at accurate results) (4). The sample is known as (obscured) (it is the part that represents The community of origin on which the researcher conducts the entirety and focus of his work (3). The research community is represented by the players of the Baghdad basketball club teams, aged 17-18 years, who number (5) teams (the players of the National Center for Sports Talent Welfare, the Suleikh Sports Club, and the Line Club). Sports Club, Al-Naft Sports Club, and Al-Majd Sports Club) with a total of (60) players. The research sample was chosen intentionally by the players from the Al-Naft Sports Basketball Club, and their number was (12) players. They were chosen because they were of equal ages, heights, and weights, and committed to attending.

Means, devices and tools used of collecting information:

These are the means by which the researcher can collect data, solve the research problem, and achieve his goals, whatever those tools may be, including data, samples, devices, tests, and questionnaires (Mahboob) (3)

Data Collection Methods:

- Arab and foreign sources.
- Tests and measurements used in research.
- Data registration forms.

Devices and Tools Used:

- Sponge rug (10).
- Leather measuring tape, 30m long.
- Training ladder, 10 meters long.
- Laptop computer.
- (football), weight 6 kg, number (8).
- Medicine ball weighing 8 kg.
- Electronic stopwatch (5)
- Plastic chairs (5).
- Legal basketball balls (10).
- Signs in the shape of a player number 6.
- Legal basketball court.

Assistant work team:

-Assistant teacher; Iman Awad Shalaka, Master's degree, College of Physical Education and Sports Sciences, Al-Mustansiriya University.

-Assistant teacher; Ahmed Jabbar, Master's degree / College of Physical Education and Sports Sciences / Al-Mustansiriya University.

-Assistant teacher; Ali Saleh, Master / College of Physical Education and Sports Sciences / Al-Mustansiriya University.

The reconnaissance experiment: It is one of the basics of the researcher's field work after preparing all the supplies he needs for the main experiment, since the reconnaissance experiment is a mini-preliminary and training study to refine field procedures before embarking on collecting information. (Dhafer Hashem) (5)

The exploratory experiment was conducted on Sunday, January 7, 2024, on a group of (4) players other than the research sample. The aim of this experiment is as follows:

Tests used in the research:

Explosive strength test (for arms): (Terminal) (6)

Test of throwing a 3 kg medicine ball with both hands from a seated position on a chair

-Purpose of the test: to measure the explosive strength of the arms.

Strength endurance test (legs): (Terminal) (6)-

-Test name: Strength endurance test for the muscles of the legs. Take me from a standing position in 60 seconds.

-Purpose of the test: to measure the force endurance of the leg muscles.

Test of receiving and high Plump with the ball ending with a jump shot, two points: (Youssef) (7)

- Purpose of the test: to measure the ability to receive and high Plump with the ball ending with a jump shot- 2 points.

Test of receiving and high Plump with the ball ending with a peaceful straightening: (Youssef)

(7)

- **The purpose of the test:** to measure the ability to receive and high Plump with the ball ending with a peaceful aim.

Pre-tests were conducted on the research variables by the assistant and specialist work team and under the supervision of the researcher. The researcher worked to establish all conditions in terms of time, place, tools, and method of implementing the tests to ensure their availability in the post-tests on Tuesday, 1/9/2024, at the Oil Sports Club, and it took a day.

Main experience:

UPPER IOWER-style exercises were developed to develop some physical abilities. The researcher used these exercises in the main section of the training unit. The main experiment will include:

- The total training period is (8) eight weeks.
- Number of total training units (24 training units).
- Number of weekly training units (3 units).
- Weekly training days (three days per week).

- The exercises began on January 10, 2024.
- The experiment ended on March 10, 2024

Posttests:

The post-tests were conducted by the assistant work team after completing the prepared exercises on Thursday (3/14/2024), and all conditions were fixed in terms of place, time, tools, and method of implementing the tests, as in the pre-tests.

Statistical methods:

The researchers used the statistical portfolio system (SPSS) to obtain the research results by using the following laws:

- Arithmetic mean.
- standard deviation.
- T.TEST law for symmetrical samples.
- T.TEST law for asymmetric and equal samples.-

Results:

Table No. (1)

It shows the arithmetic mean, the standard deviation, and the calculated and significant value of (t).

no.	Physical tests	Pretest		Posttest		S-F	A F	Calculated T value	sig	Connotation
		-S	A	-S	A					
1	Throwing a 3 kg medicine ball with both hands while sitting	4.555	0.502	5.531	0.395	- 0.968	0.246	3.941	0.012	significant
2	Get me full from a standing position in 60 seconds	35.000	3.521	43.833	1.169	- 8.833	1.351	6.534	0.002	significant

The pre- and post-tests of the experimental group in physical abilities tests

Table No. (2)

It shows the arithmetic mean, the standard deviation, and the calculated and significant value of (t).

The pre- and post-tests of the experimental group in skill tests

No.	Skill tests	Pretest		Posttest		S-f	A F	Calculated T value	sig	Connotation
		-S	A	-S	A					
1	Receiving and Plump with the ball ending with a jump shot are two points	2.726	1.083	6.186	0.831	- 3.460	0.406	8.510	0.001	significance
2	Receiving and high Plump with the ball ending with a peaceful shot	6.882	1.663	7.969	1.081	- 1.142	0.254	1.215	0.280	insignificance

Discussion:

When looking at Table No. (1) for the experimental group, we notice that there is a significant difference between the pre-test and the post-test - in favor of the post-test in the research variables. The researcher attributes this to exercises in the UPPER IOWER style that were used in the training units for the players according to a time and duration of eight weeks, which led to the development of some physical abilities. With regard to throwing a medicine ball from sitting, weighing 3 kg, and throwing a full body in 60 seconds, the researcher attributes this difference. To use exercises in this manner that led to the development of physical abilities, and this is what the research results showed. It has improved it. When looking at Table No. (2) for the experimental group, we notice that there is a significant difference between the pre-test and the post-test - in favor of the post-test in the research variables. The researcher attributes this to exercises in this style that were used in the training units for the players according to a time and duration of eight weeks, as it led to the development of some physical abilities and reflected positively on the complex offensive skills. With regard to the receiving test and the high plump with the ball ending with a jump shot, two points, as the researcher attributes this difference. Using exercises in the UPPER IOWER style has led to improving and developing the level of performance because (Mohamed Saleh) (skillful motor exercise adapted from the path of movement is important in achieving skill correlation in performance) (8). As for the receiving and high plump with the ball test ending with a straight shot, the researcher attributes this to the fact that there is no difference between the pre- and post-tests despite the use of UPPER IOWER exercises. Finally, the researcher believes that UPPER IOWER-style exercises have led to the development of some physical

abilities and have had a positive impact on complex offensive skills. Basketball

Conclusions:

1-The exercises prepared in the UPPER IOWER style by the researcher have proven their importance and role in the sports aspect.

2-It brought about development in some of the physical abilities and complex offensive skills of the Oil Sports players. The development of physical abilities has a significant impact on the complex offensive skills in terms of time and accuracy.

Recommendations:

Benefiting from exercises using the UPPER IOWER method, after it has proven its effectiveness in training at the Al-Naft Sports Club

Author's declaration:

Conflicts of interest: None

We confirm that all tables and figures in this article are ours and written by the researchers themselves.

Ethical-Clearance: this manuscript approved by local ethical committee of physical education and sport sciences college for women on (May /2024)

Author's contributions:

All contributions of this study were done by the researcher (F. T.) who get the main idea and work on writing and concluding also with number of experts, Thair Dawood (Physical Education and Sport Sciences College / University of Baghdad) in Statistics, Haifaa Ahmed in revision, Taj Al-deen Alaa Al-deen in translating, Stuart Biddle in proofreading

Facilitate the task: this study was supported by players of Al-Naft Sport Club – Iraq.

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Appendix.1

Training unit number: 1

Wednesday

first month

Date: 10/1/2024

No.	Exercises (primary mode)	Performance description	Intensity	size	Rest between repetitions	Comfort between groups	Total time of exercise
1	Stand open, holding football in both arms, weight 5 kg	Alternately raise and lower the arms in front of the chest for 10 times	%85	$\frac{times\ 10 * 3}{2}$	10s	15 s	220s
2	Sit long, arms high	Bend the torso forward and touch the right foot once and the left once and constantly		45s * 4 times	15s		225s
3	Stand open, arms behind head	Bend the torso in front of the bottom, then raise it up and continuously		45s * 4 times	10s		210s
4	Standing open, slightly bending the knees, holding a 5 kg ball with the arms in front of the chest.	Swing the arms down, then raise them to chest level and continue		$\frac{30s * 3\ times}{2}$	5s	15s	230
5	Sit open, arms up	Rotate the torso with the arms and try to touch the toes		45s * 4 times	10s		210s
	Final total			1095 s 18.25 minutes			

تأثير تمرينات بأسلوب UPPER IOWER لتطوير بعض القدرات البدنية و المهارات الهجومية المركبة للاعبين كرة السلة باعمار 17-18 سنة

فاضل طارق أمين عبدالكريم الزبيدي

الجامعة المستنصرية/كلية التربية البدنية وعلوم الرياضة – العراق

مستخلص البحث

ان ما يحصل من انجازات ذات مستوى متطور والذي وصلت اليه الدول المتقدمة سواء كان ذلك في الالعاب الرياضية الفردية او الجماعية لم يكن بالصدفة وانما جاء عن طريق دراسات وبحوث علمية مبرمجة على وفق اتجاهات ومسارات حديثة وكذلك نتيجة الاستخدام الفاعل لنتائج البحوث والدراسات التي لها دور اساسي في تطوير المستوى الرياضي وتحقيق افضل الانجازات في مختلف الالعاب الرياضية وإن اختيار الاسلوب التدريبي المناسب هو من العوامل التي تعطي لها أهمية كبرى في التدريب الرياضي ، ومن هذه الاساليب التدريبية تمرينات بأسلوب **UPPER IOWER** وهو نظام يعمل على تقسيم عدد أيام التمرين إلى يومين فقط على مدار الأسبوع ، الجزء الأول من الأيام التدريبية يكون لتمرين الجزء العلوي بشكل كامل ويشمل (الظهر، الصدر، الذراعين، البطن)، واليوم التدريبي الثاني يكون كامل للنصف السفلي من الجسم وهي الأرجل بشكل كامل . يؤدي التدريب الرياضي إلى تغييرات في القدرات البدنية ، لذلك يجب أن يهتم المدربون عند تدريب فرقتهم إلى اختيار القدرات التي تنسجم مع متطلبات الأداء المهاري للعبة ، ومن خلال معايرة الباحث للعبة ومتابعته لها والمقابلات التي أجراها مع مدربي كرة السلة ، لاحظ وجود مشكلة تتعلق بالجانب التدريبي - البدني والتي تكمن في قلة اهتمام بعض المدربين في التركيز على تدريبات القدرات البدنية ، بأسلوب حديث ومنها أسلوب **UPPER IOWER** الذي ينسجم ادائه مع خصوصية أداء اللاعب في المباراة على الرغم من أن تطويرها له دور مهم ومؤثر في أداء المهارات بصورة عامة والهجومية المركبة بصورة خاصة في أثناء المباراة مما يشكل عائقا و يتطلب البحث فيها من وجهة نظر الباحث لأجل المساهمة للارتقاء بمستوى لاعبي كرة السلة واللعبة معا بأن واحد. يهدف البحث الى اعداد تمرينات بأسلوب **UPPER IOWER** للاعبين كرة السلة والتعرف على تأثير تمرينات بأسلوب **UPPER IOWER** في بعض القدرات البدنية وبعض المهارات الهجومية المركبة للاعبين كرة السلة. تم استخدام المنهج التجريبي وبأسلوب المجموعة الواحدة ، وأجريت على لاعبي نادي النفط الرياضي ، تم اجراء الاختبارات القبليّة والبعديّة لمتغيرات البحث ، واستمرت الوحدات التدريبية من 2024\1\10 ولغاية 2024\3\10. تم الاستنتاج بان إن التمرينات المعدة بأسلوب **UPPER IOWER** أثبتت أهميتها ودورها في الجانب الرياضي و إن التمرينات بأسلوب **UPPER IOWER** أحدثت تطورا في بعض القدرات البدنية والمهارات الهجومية المركبة للاعبين نادي النفط الرياضي. يوصي الباحث ان استخدام التمرينات المعدة بأسلوب **UPPER IOWER** في نادي النفط الرياضي لكرة السلة و العمل على تطوير القدرات البدنية و المهارات الهجومية المركبة لما لها دور فعال في أعداد نادي النفط الرياضي. وهذا ما يحقق احد اهداف التنمية المستدامة للامم المتحدة في العراق (الصحة الجيدة).

تمرينات UPPER IOWER ، المهارات الهجومية المركبة ، كرة السلة

الكلمات المفتاحية