



ISSN Print: 2664-7249
ISSN Online: 2664-7257
IJPEPE 2024; 6(2): 121-128
www.physicaleducationjournals.com
Received: 25-06-2024
Accepted: 03-08-2024

Dr. Essam Mohsin Naser
Lecturer, College of Physical
Education and Sports Sciences,
University of Wasit, Iraq

Ataallah Saif Ataallah
Assistant Lecturer, College of
Physical Education and Sports
Sciences, University of Wasit,
Iraq

Corresponding Author:
Dr. Essam Mohsin Naser
Lecturer, College of Physical
Education and Sports Sciences,
University of Wasit, Iraq

International Journal of Physiology, Exercise and Physical Education

Developing some physical abilities using small games on the effectiveness of the skill performance of wrestlers for the age stage (15-16) years

Essam Mohsin Naser and Ataallah Saif Ataallah

DOI: <https://doi.org/10.33545/26647249.2024.v6.i2b.128>

Abstract

The purpose of this paper is to developing some physical abilities using small games on the effectiveness of the skill performance of wrestlers for the age group (15-16) years, identifying the development of some physical abilities using small games on the effectiveness of the skill performance of wrestlers for the age group (15-16) years for the experimental group, and identifying the effect of the training program in special preparation on the effectiveness of the skill performance of wrestlers for the age group (15-16) years for the control group. The researcher used the experimental method using the experimental design for two groups, the experimental and the control. The research was selected intentionally from the young wrestlers of the Roman wrestling for the age group (15-16) in the Kut Sports Club. The research community reached (16 boys), they were distributed and divided randomly into two groups, one of which was experimental and included (8 boys) and the other was a control and included (8 boys). One of the most important results reached by the researcher is that: The proposed training program applied to the experimental group has a significant effect on physical tests and the effectiveness of skill performance, the program applied to the control group has a significant effect on physical tests but with a lower improvement rate than the experimental group between the pre- and post-tests, and the program applied to the control group has a significant effect on the effectiveness of skill performance but with a lower improvement rate than the experimental group between the pre- and post-tests. One of the most important recommendations recommended by the researchers is that: Applying the proposed training program to improve the effectiveness of skill performance for young wrestlers, and incorporating part of the small games for wrestlers into the training program for that age group (15-16).

Keywords: Physical abilities, small games, skill performance, wrestlers, age group 15-16 years

Introduction

Wrestling is one of the oldest and most beloved sports in the world. It has been practiced by humans throughout different eras more than any other sport because it has been able to fulfill human needs and ideals. Wrestling achieves balanced growth of body parts. It gives its practitioners the ability to use all the body muscles with complete efficiency from head to toe. We rarely find among wrestlers someone who is skinny, weak or has restless movement. Wrestling works to develop the elements of muscular strength, muscular endurance, flexibility and respiratory endurance. Wrestling also develops the elements of general kinetic ability, improving the elements of coordination, accuracy, balance and speed of reaction. Small games are one of the important sports activities in the field of physical education and are suitable for all ages and both sexes alike, as many people prefer them because they are part of the individual's nature and tendencies in addition to their physical, mental and emotional benefits that accrue to the individual from their practitioners (Emad Hamdi Balidi. 2001, p. 8) ^[5]

The importance of small games is that they contribute to developing the spirit of competition among participants, as they contribute to developing basic movements (Such as walking, running, crawling, climbing, jumping, hopping, skating, throwing, kicking), and they also contribute to acquiring physical qualities such as speed, strength, flexibility, balance, agility, accuracy) as they are characterized by simple and clear laws and rules and are not subject to

recognized international or local laws, as they are suitable for different age groups, and are characterized by the nature of fun, pleasure and excitement that is beloved by the participating individuals (Alaa El-Din Mohamed Aliwa. 2002, pp. 35-36) [6].

See believes that it is necessary to enjoy The wrestler has a high level of physical fitness, as it requires its practitioners to exert great effort, as it is one of the factors that help the wrestler achieve victory (Jarman & Hanley p6, 1983) [13]

Research problem

Through the researcher's experience and surveying the opinions of some coaches and players, it was found that the training program set in this season to improve the effectiveness of skill performance in wrestling during the special preparation period is almost devoid of small games. This is what the results of the survey study show: 60% of coaches use small games in the process of improving the physical and skill aspect, and 30% of coaches use small games without regulation and use them as a type of entertainment, fun and pleasure games among players, and 10% of coaches use them to improve the physical aspect during the general preparation period. The results of the survey of players and coaches also indicated that using a training program that is devoid of these small games leads to boredom and distress and the lack of real competition and excitement in these training programs, which makes wrestlers stay away from training, which has a negative impact on the level Physical and skill of wrestlers.

Research objective

- Developing some physical abilities using small games on the effectiveness of the skill performance of wrestlers for the age group (15-16) years
- Identifying the development of some physical abilities using small games on the effectiveness of the skill performance of wrestlers for the age group (15-16) years for the experimental group
- Identifying the effect of the training program in special preparation on the effectiveness of the skill performance of wrestlers for the age group (15-16) years for the control group
- Identifying the differences between the experimental and control groups in the effectiveness of the skill performance of wrestling players.

Research hypotheses

- There are statistically significant differences between the pre- and post-measurement of the experimental group in the effectiveness of the skill performance of wrestling players in favor of the post-measurement.
- There are statistically significant differences between the pre- and post-measurement of the control group in the effectiveness of the skill performance of wrestling players in favor of the post-measurement.
- There are statistically significant differences between the pre- and post-measurement of the two groups (Experimental and control) in the effectiveness of the wrestling players' skill performance in favor of the experimental group.

Terms used in the research

Small games: They are games that are organized in a simple way, easy to perform, do not require great kinetic skills when implemented, and do not have fixed rules. (Eileen Wadih Farag. 1987, p. 26) [2]

Effectiveness of skill performance: It is the wrestler's ability to score the largest possible number of technical points during matches by correctly performing some arm throw skills without decreasing the level of performance. (Procedural definition).

Junior: It is the age group from (15 - 16) years according to the international wrestling law and falls under the category of competitions for wrestlers under 17 years (Iraqi Wrestling Federation, 2003, p. 45) [3]

Research methodology and field procedures

Research Methodology

The researcher used the experimental method using the experimental design for two groups, the experimental and the control.

Community and sample research

The research was selected intentionally from the young wrestlers of the Roman wrestling for the age group (15-16) in the Kut Sports Club. The research community reached (16 boys), they were distributed and divided randomly into two groups, one of which was experimental and included (8 boys) and the other was a control and included (8 boys).

Table 1: shows the equivalence of the two sample groups

Tests	Control group		Experimental group		T Value	Level Sig	Type Sig
	Arithmetic Mean	Standard Deviation	Arithmetic Mean	Standard Deviation			
Snatch bow skill test	3.486	0.474	3.222	0.458	0.947	0.292	Non sig
Sit-up test	55	4.689	54	5.69	0.486	0.487	Non sig
Sit-up test with knee bend	50	4.69	50	4.69	0.288	0.376	Non sig
Standing inclined prone test	22	2.977	23	3.66	0.897	0.112	Non sig
Arm muscular strength test	4.568	1.265	4.769	1.138	0.872	0.341	Non sig
Balance test	16.2	1.948	18	2.68	0.686	0.986	Non sig
Skill performance effectiveness test	8.6	1.86	8.4	1.487	0.271	1.853	Non sig

Table (No. 1) shows that there are no statistically significant differences at a significant level of 0.05 between the experimental and control groups in the variables under study for the experimental and control groups

Test, tests and research tools

1. A restameter device to measure height to the nearest cm.
2. A medical scale to measure weight to the nearest kg.
3. A form to record data for the research sample members.

Research data collection methods

1. Analysis of references and scientific studies related to the research topic.
2. A questionnaire form

Physical tests used

1. Bow (Snatch) skill performance test 3 times (Issa, 1995, p. 49) ^[15]

- **Purpose of the test:** Measure strength characterized by speed.
- **Tools used:** Stopwatch and wrestling mat.
- **Test description:** From a standing position, the examiner performs the bridge skill 3 times at the highest possible speed.

Test conditions

- The player must not touch the mat with any part of his body except the forehead, hands and feet during the performance.
- The player must not stop during the performance for any reason.
- **Calculating scores:** We calculate the time the player took to perform and give the player three attempts and choose the best one.

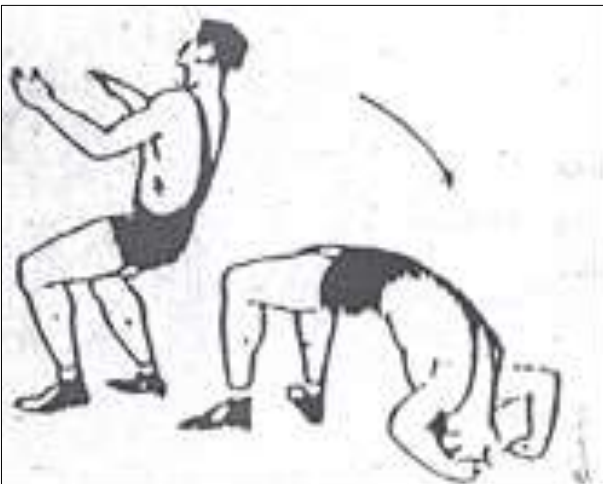


Fig 1: Shows the Bow (snatch) skill performance test 3 times

2- Muscle endurance tests

Sit-up test from lying down, bending the knees (Mohamed Ramzy Ali Noah. 2009, p. 113) ^[8]

- Purpose of the test:
- Measuring the muscular endurance of the abdominal muscles.
- Tools used: A mat and a stopwatch.
- Test description:
- From lying down, bend the knees and palms behind the neck, interlocking.
- The tester bends the torso forward and down to touch the knees with the forehead.
- The performance is repeated as many times as possible, while a colleague fixes the tester's feet on the ground.
- The tester must touch the ground with the back of the hands each time he lies down.
- **Calculating scores:** The tester is given one attempt and the number of correct attempts is calculated for him within (1 minute).



Fig 2: Shows the Sit-up test from lying down, bending the knees

Sit-up test from lying down, bending the knees (Mohamed Sobhi Hassanein. 2001, p. 241) ^[10]

- Purpose of the test: To measure the muscular endurance of the back muscles.
- Tools used: Mat and stopwatch.
- Test description:
- From the prone position, the palms behind the back, interlocking.
- The tester raises the trunk as high as possible while looking back, with a colleague fixing the feet on the mat.
- The tester repeats the performance, taking into account touching the chin to the mat each time he lowers the trunk.
- Calculating the scores: The tester is given one attempt, and the largest number of repetitions is calculated within (1 minute).

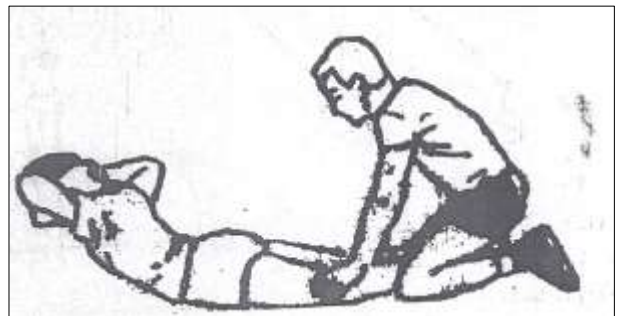


Fig 3: Shows the Sit-up test from lying down, bending the knees

Standing inclined prone test (Mohamed Ramzy Ali Noah. 2009, p. 114) ^[8]

- Purpose of the test: To measure the general muscular endurance of the body.
- Tools used: Mat and stopwatch.
- Test Description:
- From a standing position, the subject sits on all fours, then throws the legs backwards to reach the prone position, then the subject throws the legs forward to return to the sitting position on all fours, then returns to the standing position.
- The exercise is repeated as many times as possible.
- Calculating scores: The subject is given one attempt, and the highest number of repetitions is calculated within (1 minute)

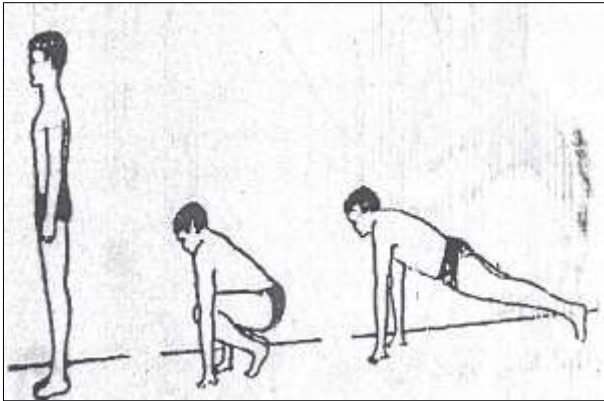


Fig 4: Shows the standing inclined prone test

Arm Muscle Strength Test (Medicine Ball Throw) (Tharwat Saeed Abdel Hakim, 2011, p. 10) [4]

- **Purpose of the test:** Measuring upper body muscle strength and explosive power.
- **Tools used:** Medicine ball - measuring tape - registration form.
- **Test description:** The tester stands on the line with his feet slightly open and facing the direction of the place where the ball is thrown and holds the ball with his hands behind the head, then throws the ball forcefully to reach its maximum.
- **Calculating scores:** Record the best result out of three throws

Balance test

Stability test in the arched position resting on the forehead and one foot (Mohamed Hassan Alawi, Mohamed Nasr El-Din Radwan, 1994, p. 115) [9]

- Purpose of the test: Measuring static balance.
- Tools used: Stopwatch and wrestling mat.
- Test description: From the arched position resting on the forehead and feet, the tester raises one of his feet off the mat to hear the coach's signal.
- Calculating scores: The maximum time the test subject was able to remain standing without touching the mat with any part of his body except the forehead and one foot is calculated. The player is given three attempts and the best one is counted for him.

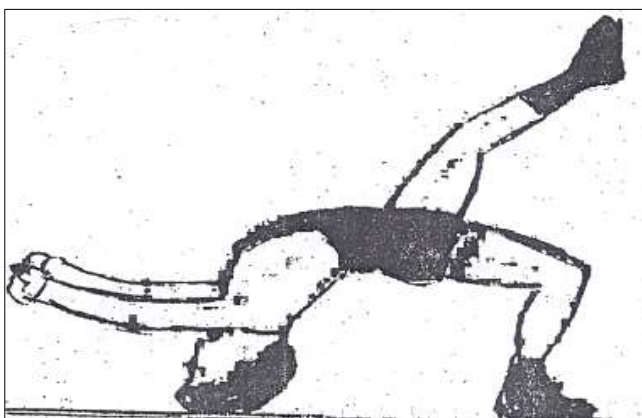


Fig 5: Shows the Stability test in the arched position resting on the forehead and one foot

Skill Performance Effectiveness Test (Mohamed Ramzy Ali Noah, 2005, p. 90) [11]

- Test Features

- A simple, objective means of measuring skill performance effectiveness
- Easy to understand and implement
- Low cost
- Purpose of the test is to measure skill performance effectiveness in the sport of Greco-Roman wrestling.
- Tools used: Wrestling mat / Stopwatch / TV camera / Indicator

Performance method

- The examiner stands in the middle of the mat in a square ready position in front of the indicator.
- Upon hearing the start signal, the examiner changes the body level, diving and penetrating from under the armpit from the appropriate side to the right or left of the indicator so that the examiner is in the back position of the examiner.
- The examiner lifts the indicator up by bending the knees halfway down while bringing the arms together to the middle of the indicator and then straightening the knees up.
- The tester bends behind the marker to perform the back throw facing the back, then the forehead approaches the mat, the tester turns to the side, right or left, to wrap his chest over the back of the marker.
- The tester quickly rises up, carrying the marker in front of his chest,
- The tester bends behind the marker to perform the back throw facing the back, with the marker rotating in a circular arc and the marker landing directly on his back in the danger position.
- The tester quickly rises up, carrying the marker from below in front of his chest, to stand ready for the square in the middle of the mat again and repeats the previous movements continuously for (90 seconds), which is the time of the first round.
- The tester begins the second round with a (90-second) rest from the middle of the mat and performs the movement duty that he performed in the first round again for (90 seconds).
- Evaluation method: The number of correct movements and throws in each round is recorded in a time of (90 seconds) in the effectiveness evaluation form prepared for this purpose, and the number of points achieved by the tester is also calculated based on the number of movements and throws he executed.

Exploratory study

The exploratory study was conducted during the period from Sunday 11/8/2022 until Tuesday 29/11/2022 on a sample of wrestlers, the number of whom was (8 wrestlers) from outside the basic sample.

First exploratory study

This study aimed to test the most appropriate time for the effectiveness of the wrestlers' skill performance within (2 minutes / 90 seconds / 60 seconds), as it became clear that the best time for testing the effectiveness of the skill performance is 90 seconds. This was after conducting experiments to test the time of (3 minutes) for the round on the study sample, and it became clear that the time was not suitable for testing the effectiveness of the skill performance for the following reasons:

- The player reached a state of not continuing the performance before the end of the round time.
- Decrease in performance effectiveness and the emergence of many errors in technique
- The player does not continue to complete the performance until the end of the round
- A 90-second time for the round was tested on the study sample, and it became clear that the time was not suitable for testing the effectiveness of skill performance for the following reasons
- The ability of all players to continue performing until the end of the first and second rounds
- No errors appeared when performing technique except for some few errors
- A 60-second time for the round was tested on the study sample, and it became clear that the time was not suitable for testing the effectiveness of skill performance for the following reasons
- No clear effect on the players in measuring the effectiveness of performance

Second exploratory study

This study aimed to find scientific coefficients for testing the effectiveness of skill performance (validity / reliability)

Third exploratory study

This study aimed to determine the appropriate loads used for small games to determine the components of the training load for small games, as the researcher used the pulse as an indicator to standardize the load.

Fourth exploratory study

- Safety of test implementation and what is related to measurement procedures and devices used
- Increasing the information and experience of assistants in supervising tests
- Addressing errors that appear in tests
- Identifying the time and effort spent in counting and recording in the test

Proposed Training Program

The training program was applied to the experimental group starting from Saturday 2/12/2023 to Monday 4/3/2024. The program included many small games that serve the movements to test the effectiveness of the skill performance under study, as well as the basic skills. There are also small games that serve more than one skill, and also have more than one physical and skill goal in the program. The researcher also took into account, before preparing the program, studying the foundations on which the program is built and the age characteristics of the players in the stage so that the program can be built on sound foundations and rules.

Basic Study

The researcher applied the small games program to the experimental group during the special preparation period for three months, with 4 training units per week (Saturday / Monday / Wednesday / Friday) from 2:30: 4:00 pm, while the control group was trained without the small games in the same conditions as the experimental group except for the training days (Sunday / Tuesday / Thursday / Friday).

Pre-test

The researcher conducted the pre-test for the physical tests under study on Thursday 30/11/2022 and Friday 1/12/2024, and the pre-test for the skill performance effectiveness test were also conducted on Saturday 2/12/2023.

The researcher applied the program to the experimental group, and the total time of the training unit is (90 minutes) for the experimental and control groups, as the experimental group differs from the control group in the time of the preparation part. The control group is divided as follows (10 minute warm-up / 40 minute physical preparation). As for the experimental group, the preparation time is (10 minute warm-up / 20 minute physical preparation / 20 minute small games). The games are at the end of the preparation part and their time ranges from (10-20) minutes, as shown below:

Table 2: Shows the sample training unit from the program applied to young wrestlers.

Training unit parts		Time in minutes		Content
Preparation part	Warm-up	10		<ul style="list-style-type: none"> ▪ Exercises that help warm up the body until sweat appears and blood circulation is activated (such as running, hopping, jumping) General muscle stretching.
Main part	Physical preparation	30	20	<ul style="list-style-type: none"> ▪ Exercises to prepare and stretch the muscles and flexibility of the joints involved in wrestling movements. ▪ Rolling, snatching exercises, multiple and varied. ▪ Two exercises for the abdomen, back, legs, arms
	Small games	10	20	<ul style="list-style-type: none"> ▪ Suggested program
	Movement training	20		<ul style="list-style-type: none"> ▪ Individual training using the indicator aims to improve the technique of performing movements with a colleague, taking into account the performance of stability and movement.
	Competitive wrestling	10		<ul style="list-style-type: none"> ▪ Players fight in a two-round system, each round is 3 minutes long and there is a 30-second rest between rounds. ▪ Perform moves with a partner in a competitive fight from the two combat positions
Final part	Return to normal	10		<ul style="list-style-type: none"> ▪ Perform a set of relaxation and calming exercises (Such as swings, rotations, vibrations, breathing exercises) that return the player to a normal state.

Post-test: Post-test were conducted after training for the experimental and control groups in the same order as the pre- and post-test for 3 days after implementing the program, starting from Wednesday 6/3/2024 to Friday 8/3/2024, for the duration of the program's impact using small games on the physical aspect and the rate of improvement in the effectiveness of their skill performance.

Statistical treatments

- Arithmetic mean
- Mann-Whitney test
- Friedman test
- Pearson correlation coefficient

Results and discussion

Results

Table 3: Shows the arithmetic means, standard deviations, T value and significance level between the results of both the pre- and post-test of the physical abilities and performance tests for the two skills under study for the control group

Tests	Pre-test		Post-test		T value	Level Sig	Type Sig
	Arithmetic Mean	Standard Deviation	Arithmetic Mean	Standard Deviation			
Snatch bow skill test	3.486	0.474	3.1	0.485	1.48	0.292	Non sig
Sit-up test	55	4.689	59	6.685	2.086	0.051	Non sig
Sit-up test with knee bend	50	4.69	54.2	5.395	5.697	0.000	Sig
Standing inclined prone test	22	2.977	28.5	6.887	4.207	0.002	Sig
Arm muscular strength test	4.568	1.265	5.281	1.656	4.582	0.001	Sig
Balance test	16.2	1.948	20.4	2.988	4.288	0.002	Sig
Skill performance effectiveness test	8.6	1.86	10.7	2.13	4.397	0.002	Sig

Table 4: Shows the arithmetic means, standard deviations, T value and significance level between the results of both the pre- and post-measurements of the physical abilities and skill performance tests under study for the experimental group.

Tests	Pre-test		Post-test		T value	Level Sig	Type Sig
	Arithmetic Mean	Standard Deviation	Arithmetic Mean	Standard Deviation			
Snatch bow skill test	3.222	0.458	2.783	0.284	2.557	0.036	Sig
Sit-up test	54	5.69	66.6	4.68	5.686	0.000	Sig
Sit-up test with knee bend	50	4.69	61.2	6.769	5.697	0.000	Sig
Standing inclined prone test	23	3.66	32.5	5.768	6.693	0.000	Sig
Arm muscular strength test	4.769	1.138	6.568	1.684	5.798	0.000	Sig
Balance test	18	2.68	24.6	2.697	6.798	0.000	Sig
Skill performance effectiveness test	8.4	1.487	11.587	1.867	5.683	0.000	Sig

Table 5: Shows the arithmetic means, standard deviations, the calculated "t" value, and the level of significance between the results of the physical ability tests and the effectiveness of skill performance in the post-measurement of the two research groups.

Tests	Pre-test		Post-test		T value	Level Sig	Type Sig
	Arithmetic Mean	Standard Deviation	Arithmetic Mean	Standard Deviation			
Snatch bow skill test	3.222	0.458	2.783	0.284	2.557	0.036	Sig
Sit-up test	54	5.69	66.6	4.68	5.686	0.000	Sig
Sit-up test with knee bend	50	4.69	61.2	6.769	5.697	0.000	Sig
Standing inclined prone test	23	3.66	32.5	5.768	6.693	0.000	Sig
Arm muscular strength test	4.769	1.138	6.568	1.684	5.798	0.000	Sig
Balance test	18	2.68	24.6	2.697	6.798	0.000	Sig
Skill performance effectiveness test	8.4	1.487	11.587	1.867	5.683	0.000	Sig

Discussion

It appears from the above tables that there are significant differences between the pre- and post-measurement for the experimental group and the control group in the physical abilities and effectiveness of the skill performance of the wrestlers at the significance level (0.05). This indicates that the training program for the two groups was applied on scientific bases in terms of standardizing the intensity of the exercises as well as the rest periods between the repetitions of the groups as well as the gradual transition and diversity of the nature of the exercises and the systematic increase in training to reach a state of ideal adaptations with strength "which is the basic physical ability for all the player's kinetic abilities because it has a great impact on the speed of movement and is linked to speed, endurance, flexibility and balance, because these two qualities are distinguished in the case of expressing the state of interconnection between the physical qualities, as these two terms arise from the interconnection of the qualities of strength and speed" and appear during muscle work in the case of applying force and resistance and linking them and that these two qualities have their very important effect because they are "requirements for determining the level of many complex movements,

especially in the effectiveness of wrestling because they show the extent of the ability of the muscles of the athlete's body to push his body or parts of it in Forward, upward and backward movements, it will be in the numbers for general strength and special strength training. It is agreed that studies and research have proven at the present time that it is possible to develop strength at young ages, but on the condition of using exercises that are compatible with the structural, functional and psychological characteristics and abilities so that this does not negatively affect their health. There were significant differences between the pre- and post-tests in favor of the post-test for the three groups. The researcher attributes the reason for this to the fact that the development of flexibility through the performance of different types of basic skills and in different positions led to the joints working to different ranges of motion, each according to the permissible range of motion separately. Also, the use of the game's specific flexibility, which led to the development of flexibility in the research sample, as this flexibility is considered kinetic flexibility. In this regard, indicate that kinetic stretching exercises are much better than negative stretching because the flexibility acquired from kinetic stretching exercises is applied and used when

performing the movement, and the purpose of kinetic stretching exercises is to increase the range through which the body parts move with the latent power in the muscles) (Masoud Ali Mahmoud. 1993) ^[12].

As for the variable of skill performance, the researcher attributes the reasons for the development in the level of skill performance to the training through which the nature of the training was done in terms of gradation from easy to difficult and that the exercises are required by the wrestling game during the fight where the wrestler performs defense and attack at a specific time and by integrating a variety of additional movements in the exercise such as rotation and dialogue, or moving to the side

This diversity in exercises, defense and continuous attack in a short time makes the wrestler able to perform in the real fight with few mistakes, and this is what was confirmed by "that the process of preparing wrestlers and qualifying them in a good way is not an easy matter according to the concept of the characteristics of modern wrestling, so work must be done to escalate the components of the training load and make the most of the wrestler's capabilities to reach high athletic achievements through scientific planning for the training process "(Combs, S, & Frank, C, 1980:) ^[14]

As for the dimensional measurement between the two groups, the tables show significant differences in favor of the experimental group. The researcher attributes this to the use of small games in the training program applied to the experimental group. The researcher believes that small games have a great impact on the physical abilities and kinetic skills of wrestlers. This means that training programs for wrestlers at young ages use simple devices and tools and by spreading the spirit of competition and excitement among wrestlers, thus increasing the player's motivation to train with high enthusiasm, which provides them with a sufficient opportunity to acquire physical abilities and skills through different playing situations. This is what (Magdy Ahmed Shawky. 2005) ^[7] indicated: "Small games work to develop and improve the individual's performance of kinetic skills for various sports activities, which increases the degree of the individual's tendency towards practicing sports activities and works to raise his level and abilities." The researcher attributes these differences to the exercises and movements that the small games contain that are beloved by the players, are simple, and can be performed easily, in addition to the factors of suspense, encouragement, motivation and competition. Here we must point out that players at this stage love walking, running, throwing and jumping movements and prefer games that contain many of these movements. In addition, introducing the competitive factor into the small games and competitions has helped develop the kinetic skills specific to wrestling, as well as the method followed in giving training units without the player feeling that this is a kinetic duty that he must perform, as well as what these games contain of basic movements and different and varied kinetic abilities such as walking, running, jumping, throwing, coordination, agility, balance and flexibility, in addition to giving the players the opportunity to get to know their physical capabilities, which helped them develop kinetic abilities as a whole. The researcher also attributes this development to the training method that he applied to the research group. It contained the reinforcement of the small games and applied exercises that linked physical and skill requirements, in addition to the suitability of the volumes of physical and skill training loads included

in the training units during the period of applying the training method, which suit the abilities of The players' physical and skill skills, as the player's presence in an atmosphere of competition with a variety of games and exercises led to this development, as did the regularity of players in training, which includes performance practices, in which players practiced new training that was not familiar to them in the regular units, which attracted players to implement the paragraphs of the training units and their parts and apply their skills well.

Conclusions and Recommendations

Conclusions

- The proposed training program applied to the experimental group has a significant effect on physical tests and the effectiveness of skill performance
- The program applied to the control group has a significant effect on physical tests but with a lower improvement rate than the experimental group between the pre- and post-tests.
- The program applied to the control group has a significant effect on the effectiveness of skill performance but with a lower improvement rate than the experimental group between the pre- and post-tests.

Recommendations

- Applying the proposed training program to improve the effectiveness of skill performance for young wrestlers.
- Incorporating part of the small games for wrestlers into the training program for that age group (15-16)
- Conducting more studies and research on the use of small games on some physical, tactical, physiological and psychological variables for young men
- Activating the role of the Wrestling Federation to hold seminars and courses related to the application of the training program for wrestling coaches

References

1. Mohamed I. Following a proposed training program to develop agility and strength characterized by speed at the level of skill performance for some groups of steps behind wrestling. PhD thesis. Faculty of Physical Education for Boys, Alexandria University; c1995.
2. Farag EW. Experiences in young and old games. Alexandria: Maaref Foundation; c1987.
3. Iraqi Wrestling Federation. International wrestling rules according to the latest amendments; c2003.
4. Abdel Hakim TS. The effect of developing some special kinetic abilities on the effectiveness of counterattack for some groups of throwing movements for junior wrestlers. PhD thesis. Faculty of Physical Education for Boys, Alexandria University; c2011.
5. Balidi EH. The effect of using small games on learning some basic kinetic skills for boxing. Master's thesis. Faculty of Physical Education for Boys, Al-Haram, Helwan University; c2001.
6. Aliwa AM. Illustrated physical exercises individually - group - pairs in the form of small games. 1st ed. Mansoura: Bilal House for Printing and Publishing; c2002.
7. Shawky MA. Introduction to small games. Zagazig: United for Printing, Zagazig University; c2005.
8. Noah MR. The effect of a training program to develop some complex movements on the effectiveness of the

- skill performance of wrestlers. PhD thesis. Faculty of Physical Education, Mansoura University; c2009.
9. Alawi MH, Radwan MN. Kinetic performance tests. 3rd ed. Cairo: Dar Al-Fikr Al-Arabi; c1994.
 10. Hassanein MS. Measurement and evaluation in physical education. 2nd ed., Part One. Cairo: Dar Al-Fikr Al-Arabi; c2001.
 11. Noah MR. The effect of a training program using small games during the special preparation period on the effectiveness of the skill performance of young wrestlers. Master's thesis. Faculty of Physical Education, Mansoura University; c2005.
 12. Mahmoud MA. Building a skill test to measure the agility of wrestlers. *Journal of Theories and Applications*. 1993, 6(18).
 13. Jarman T, Hanley R. Wrestling for beginners. 1st ed. Chicago: Comfortery Books, Inc.; c1983.
 14. Combs S, Frank C. Winning wrestling. 1st ed. Chicago: Contemporary Books, Inc.; c1980.
 15. Al-Issa I. The illusion of reality or the reality of illusion: Hallucinations and culture. *The British Journal of Psychiatry*. 1995 Mar;166(3):368-73.
 - 16.