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## **The impact of a training approach to develop the speed and level of technical performance of a straight punch according to the different punching distances of young boxers**

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**Abstract.** The goal of the research to prepare a training approach to develop the speed and level of technical performance of the straight punch according to the different punching distances according to the different punching distances for young boxers, as well as to identify the impact of the training method in the development of the speed and level of technical performance of straight punches according to the different punching distances of young boxers, and is considered to be the payment of various punches and influential from different punching distances on the competitor and under the changing and rapid punching conditions of the most important factors of the success of the implementation of offensive and defensive duties during the game, where the researcher used the experimental method to solve the problem of research, and was chosen the researcher used the experimental method to solve the problem of research, and was chosen the choice of the researcher The design of the two equal groups with pre and post-tests randomly selected, as the research sample consisted of young boxing players in sports clubs in Diyala province, namely (Baquba, Zuhairat) ages (17-18) years for the category : The training curriculum prepared by the researcher helped greatly in developing the speed and level of technical performance of the straight punch according to the different punching distances of the research sample members . The research sample enjoyed a high level in the execution of the straight punch according to the different punching distances, as the average punching distance was characterized by preference followed by the long punching distance and then the short distance .The experimental group enjoyed an advantage compared to the control group in developing the speed and level of technical performance of the straight punch according to the different punching distances of the research sample members .The researcher reached several recommendations Using the training method prepared by the researcher in training boxing teams for young people to achieve a high technical level and better athletic achievements . Increase the concentration and attention of the trainers in the training of punches according to different punching distances in parallel .Conduct similar research on different samples and other functional variables.

**Keywords.** Training approach, develop, speed, level, technical performance, straight punch, young boxers

### **Introduction**

It is clear to us through the practical reality in the training process that scientific research has an effective role in it through the diagnosis of weaknesses and strengths and

follow-up of the level of the athlete and the extent of its development whether physically, or skillfully or planned, and that this progress and development can be known through the measurement process that is carried out in scientific research in order to provide the special requirements of each game for its continuation and development through the use of knowledge and ideas according to scientific foundations characterized by accuracy to achieve the desired goal within the specialized activity, and that the administrators of the training process, and that the administrators of the training process They take into account the changes and developments that occur to make the training process a success that leads to a high level of performance and achievement.

That the game of boxing is characterized by many skills including offensive and defensive and counter-attackskill, so the boxing player must be characterized by possessing a high technical level characterized by accuracy in the performance of these skills, as well as the physical aspect " matches are considered a reflection of the real level of the player, where it shows deficiencies and shortcomings and increased experience as a result of friction and practice " ( Abdul Rahman : 2011 : 143 ) .

" In the boxing game there are three types of distances ( long, medium, short ) so the coach and the player must be fully aware of the characteristics and characteristics of those distances so that he can use them properly commensurate with the methods and methods of punching that vary according to each distance, as the player's appreciation of distance during changing and fast punching modes is considered the most important and difficult skills that the player can not learn and master except in the circumstances of punching on the track by continuous training with the fellow, as the player's appreciation of the distance during the changing and fast punching modes is one of the most important and difficult skills that the player can not learn and master except in the circumstances of punching on the track with the player, as the player's appreciation of the distance during the changing and fast punching modes is one of the most important and difficult skills that the player can not learn and master except in the circumstances of punching on the track by continuous training with the fellow, as the player's appreciation of the distance during the changing and fast punching modes is one of the most important and difficult skills that the player can not learn and master except in the circumstances of punching on the track with the player, as the player's appreciation of the distance during changing and fast punching modes is one of the most important and difficult skills that the player can not learn and His ability to properly determine the appropriate distance for the punches leads to the accuracy of the timing of the punches and the necessary force " ( Abdul Hamid Ahmed : 1973 : 151-153 ) .

" The throwing of various and impressive punches from different punching distances on the opponent and under the changing and fast punching conditions is one of the most important factors of success of the implementation of offensive and defensive duties during the game .

It is noted that boxing coaches in foreign countries focus on the need to master the player's ability to measure the distance of punching using the left straight from different punchdistances and under the conditions of the game quickly and brilliantly so that the following punches can reach the following strong and fast in the target part of the sensitive punching areas or other before the opponent, which confuses him and distracts him, thus opening many gaps in his defenses " ( Abdul Rahman : 2011 : 144 ) .

The problem of research lies through the researcher's observation of many players during the boxing fights their punches will not be accurate towards the opponent and so as not to estimate the distance between him and the opponent to be the punch impressive and this is

due to the lack of interest by some coaches in training the player in the organization of different methods and methods of punching, as well as not following modern training methods based on the scientific bases accurate, so as to rely on training on their practical experience in the field of the game without interest in diagnosing weaknesses and strengths in the players This will therefore be wasted in time and effort without achieving advanced results in competitions, and that the implementation of offensive punches according to different punch distances ( long, medium, short ) in competitions is crucial to achieve as much technical points as possible, so the researcher intended to study this problem by preparing a training approach to develop the speed and level of technical performance of the straight punch according to the different punch distances of young boxers and to raise the level of technical performance of the punches .

The areas of the human field of boxing players in the sports clubs in Diyala province included (Baquba, Zuhairat) for the weight category ( 60, 64, 69 ) and their number (12) total (20) players, while the temporal field was for the period from 3/11/ 2018 to 1 /3 /2019, and the space area in the boxing hall of Baquba Sports Club .

**- Research methodology and field procedures :**

**- Research methodology :**

The experimental approach is the best that can be followed to reach accurate results is " the only method that can really test the assumption of the duties of relationships of cause or effect " ( Allawi and Salary: 1999: 217 ) , as the researcher used the experimental method to suit the nature of the research and its objectives, as he knew it ( Shok and Fathi: 2004 : 58 ) as 'an attempt to control all the variables and fundamental factors except one variable that the researcher surrounds or changes in order to determine and measure its scientific impact', and the design of the two equal groups with pre and post-tests was chosen randomly .

**- research sample :**

That the researcher's choice of sample of the important steps and stages of the sample research is " that part of the society that is chosen in accordance with the scientific rules and methods so that the society is properly represented " ( Wajih Mahjoub : 1988: 64 ), and so the sample research was chosen in the deliberate way of young boxing players in clubs Sports in Diyala province are (Baquba, Zuhairat) ages (17-18) years for the weight group (60, 64, 69) and their number (12) total (20) players, and by way of lot they were randomly distributed into two groups, The Baquba Sports Club represented the experimental group, while Zahirat Sports Club represented the control group and by 6 players per group and in each weight (2) players, thus representing the sample percentage of the original community (60 % ) .

**- Means, devices and tools used in the research :**

**- Means of collecting information :**

( Arab and foreign sources, exploratory experiments, tests and measurements, interviews, the World Information Network (Internet), the assistant team ) .

**- tools and devices used in the search :**

( Medical weight measurement balance (kg), certified height band (Cm), electronic stopwatch number (2), whistle, electronic shield, type iPad (DELL), video camera type (Sony) number (2) for documentation, training gloves number (6), toy gloves (12) ounces, boxing ring ) .

**- Testing :**

**- Determine the speed and level of performance of a straight punch in the boxing game :**

The researcher carried out the survey of many scientific references in order to identify the most important tests for the speed and level of technical performance of the straight punch according to the distances of the punch, as well as personal interviews, so the researcher chose the tests based on his field experience in the field of boxing.

**- tests used to research :**

The performance speed test ( Mohammed Rashid : 2018: 63 ) was adjusted in terms of the type of skill and tools used, as well as the test of the technical performance assessment in the boxing game was chosen through the use of the equation Nikifororf and Victorov translation ( Abdel Fattah Fathi : 1996 : 261 ) quoting ( Thaer Khamis : 2018: 77), the researcher has found scientific transactions of the tests used in the research, and all the sister has enjoyed the consistency and objectivity of the tests used in the research.

**- Test straight punch performance in (10) seconds ( Mohammed Rashid : 2018 : 63 ) .**

**The purpose of the test :** Measuring the speed of performance in punch performance .

**Tools used :**( Boxing ring, boxing gloves, whistle ) .

**Performance description :** From the position of standing face to face, and when giving the signal to start the whistle the test player begins to perform the straight punch trying to repeat it as many as possible within (10) seconds .

**Test terms :**

1. The opposing player must be of the same weight as the tested player .
2. Any stop is within the test time .

**Registration method :** Calculate the number of correct punches within (10) seconds .

**- Technical performance assessment test in boxing :**

**Test Name :** Freestyle Boxing

**The purpose of the test :** to assess the level of technical performance in the boxing game .

**Tools used:** ( boxing gloves, boxing ring, electronic stopwatch, cameras ) .

**Description of performance :** The two laboratories stand in the two corners of the ring and upon hearing the starting signal the players free punch one round (3) minutes and the fight is managed by a middle referee.

**Test terms :**

❖ The photography must be clear in order to make it easier for the arbitrators to evaluate .

❖ Photography must be from more than one side.

❖ Players must wear different colors and preferably color ( blue and red ) in order to facilitate the process of viewing and evaluation well .

**- Registration method :**

1. Evaluation of the skill level by the competent evaluators .
2. It was agreed to calculate the values of the level of technical performance in the game of boxing by using the equation Nikifororf, And Victorov, translation (Abdel Fattah Khader) namely:

Level of artistic performance = 
$$\frac{\text{Percentage of defensive behavior factor} + \text{ratio of offensive behavior factor}}{\text{Total number of rounds}}$$

Percentage of defensive behavior coefficient = 
$$\frac{\text{number of punches repelled by the boxer}}{\text{Number of punches carried out by the competitor}}$$

Percentage of offensive behavior factor = 
$$\frac{\text{number of punches reached target}}{\text{Number of punches carried out by the boxer}}$$

**Total number of rounds = one, two or three rounds :**

3. The number obtained from the equation for the level of technical performance is divided by (10) in order to get an evaluation score of ( 10 ) .

6-2 Exploratory experiment:

The researcher conducted the exploratory experiment on Saturday 10/11/2018 on a sample consisting of (12) players and they are the same sample, and the purpose of the exploratory experiment was - :

- ❖ Estimate the time it may take to perform the test on the research sample .
- ❖ Find out the pros and cons that may accompany the test .
- ❖ Training of the members of the assistant team .
- ❖ The extent to which the staff of the assistant staff interacted and distributed the required duties during the performance of the tests .
- ❖ To know the suitability of the tests for the level of the sample .
- ❖ Know how data is measured and recorded .

**- Field research procedures:**

**- pre-Tests:**

Pre-test of the research sample was conducted on Thursday 15/11/2018 in the boxing hall of Baquba Sports Club, and after recording the data for the tests the conditions related to the test were installed in terms of time, place and climate to be able to create similar conditions or approach when conducting post-tests.

**- training curriculum :**

In order to reach the main and main goal, the researcher looked at many of the scientific resources available in the field of sports training and boxing, as well as interviews with some expert gentlemen, after which a training approach was prepared by the researcher according to the strict scientific foundations, the purpose of which is to develop the speed and level of performance of the straight punch according to the different punch distances of young boxing players (17-18) years after the opinions and observations of the competent gentlemen were taken and put in its final form for the purpose of its application, The training curriculum was implemented within the special preparation period, and the researcher took into account the matters related to the training unit according to its divisions, as well as the available devices and tools, and it took the application of the curriculum (10) weeks, As of Saturday, 17/11/2018 until Wednesday, 23/1/2019, and at the rate of (3) training units per week where the days ( Saturday, Monday, Wednesday ) were training days, and thus reached The number of training units (30) training units, the researcher has taken into account the ratio of work to rest, as well as calculating the difficulty of the training unit daily, weekly and monthly in order to reach the

main goal of the training process for the members of the research sample, note was calculated the difficulty of the training unit in the main part only .

**- post-tests:**

After completing the application of the training curriculum for the research sample members, the researcher conducted the post-tests of the research sample on Saturday, 26/1/2019 in the boxing hall of Baquba Sports Club, and the researcher was keen to provide all the conditions and requirements in which the pre-test of the research sample was carried out .

**- Statistical means :**

The researcher used the appropriate statistical means for the subject of the research and was in accordance with the statistical bag system (spss) .

**- View, analysing and discussing the results :**

**- View of the results of pre and post-tests of the experimental group in the tests of speed and technical performance of the straight punch according to the different punching distances of young boxers and analyzed and discussed .**

**Table (1) shows the arithmetic averages and standard deviations of pre and post-tests for speed and level of performance of the straight punch according to the different punch distances of the young boxers of the experimental group and the value (T) calculated and the significance of the differences**

NO.	Variables according to Punching distances	Type of punch	Experimental Group				Q F	PF	Calculated (T) Value	Indication of differences
			Pre-test		Post-test					
			S-	P	S-	P				
1	Speed test Performance	Straight right	10	0.913	17.5	0.763	7.5	2.063	8.907	Moral
		Straight left	10.666	1.341	16.666	1.273	6	1.698	8.658	Moral
2	Long technical performance test	Straight right	5.5	0.353	8.9	0.571	3.4	0.894	9.315	Mora
		Straight left	5.333	0.645	8.5	0.541	3.167	0.877	8.846	Mora
3	Testing the level of intermediate technical performance	Straight right	5.333	0.385	9.2	0.606	3.867	0.971	9.765	Moral
		Straight left	5.666	0.477	9	0.541	3.334	0.909	8.986	Mora
4	Short technical performance test	Straight right	5.166	0.682	8.2	0.388	3.034	0.963	7.720	Moral
		Straight left	5.333	0.402	8.4	0.421	3.067	0.953	7.884	Mora

The Tabular value of (T) (2.75) below the level of indication (0.05) and degree of freedom (5)

Table (1) shows the results of pre and post-tests of the speed and level of technical performance of the straight punch according to the different punch distances of the young boxers of the experimental group, in the test of the performance speed of the straight punch (right), it reached the arithmetic average in the pre-test (10) and standard deviation (0.913), while the arithmetic average in The post-test (17.5) and the standard deviation (0.763), the value of the arithmetic average differences (7.5) and the standard deviation of differences (2.063), and when extracting the calculated (T) value is (8.907) which is greater than the Tabular value of (T) which is calculated ( 2.75) at the degree of freedom (5) and the level of significance

(0.05) which indicates the existence of moral differences between the pre and post-tests and in favor of the post-test .

In the performance speed test for straight punch (left), the arithmetic average in the pre-test (10.666) and standard deviation (1.341), while the arithmetic average in the post-test (16.666) and a standard deviation (1.273), and the value of the arithmetic (6) and deviation Standard differences (1.698), and when extracting the calculated (T) value is (8.658) which is greater than the tabular value of (T) which is calculated (2.75) at the degree of freedom (5) and the level of indication (0.05) which indicates the existence of moral differences between the pre and post-tests and in favor of the post-test .

In the test of the level of technical performance of the straight punch (right) for the long punch distance, the arithmetic average in the pre-test (5.5) and standard deviation (0.353), while the arithmetic average in the post-test (8.9) and a standard deviation (0.571), and the value of the arithmetic average for differences (3) (4) And a standard deviation of differences (0.894), and when extracting the calculated value of (T) is (9.315) which is greater than the tabular value of (T) which is calculated (2.75) at the degree of freedom (5) and the level of indication (0.05) indicating the existence of moral differences between the pre and post-tests And for the favor of the post-test .

In the test of the level of technical performance of the straight punch (left) for the long punch distance, the arithmetic average in the pre-test (5.333) and standard deviation (0.645), while the arithmetic average in the post-test (8.5) and a standard deviation (0.541), and the value of the arithmetic average of differences (3) 167) and a standard deviation of differences (0.877), and when extracting the calculated value of (T) is (8.846) which is greater than the tabular value of (T) which is calculated (2.75) at the degree of freedom (5) and the level of indication (0.05) indicating the existence of moral differences between the pre and post-tests And for the favor of the post-test .

In the test of the level of technical performance of the straight punch (right) for the average punch distance, the arithmetic average in the pre-test (5.333) and standard deviation (0.385), while the arithmetic average in the post-test (9.2) and a standard deviation (0.606), and the average value of the calculation of differences (3.867) and standard deviation of differences (0.971), and when extracting the calculated value of (T) is (9.765) which is greater than the tabular value of (T) which is calculated (2.75) at the degree of freedom (5) and the level of indication (0.05) indicating the existence of moral differences between the two pre and post-tests and for the favor of the post-test .

In the test of the level of technical performance of the straight punch (left) for the average punch distance, the arithmetic average in the pre-test (5.666) and standard deviation (0.477), while the arithmetic average in the post-test (9) and a standard deviation (0.541), and the value of the arithmetic average for differences (3.334), and a standard deviation of differences (0.909), and when extracting the calculated value of (T) is (8.986) which is greater than the tabular value of (T) which is calculated (2.75) at the degree of freedom (5) and the level of indication (0.05) which indicates the existence of moral differences between the pre and post-tests And for the favor of the post-test .

In the test of the level of technical performance of the straight punch (right) for the short punch distance, the arithmetic average in the pre-test (5.166) and standard deviation (0.682), while the arithmetic average in the post-test (8.2) and a standard deviation (0.388), and the average value of the calculation of differences (3.034) and standard deviation of differences (0.963), and when extracting the calculated value of (T) is (7.720) which is greater than the tabular value of (T) which is calculated (2.75) at the degree of freedom (5) and the level of

indication (0.05) which indicates the existence of moral differences between the two pre and post-tests and for the favor of the post-test .

In the test of the level of technical performance of the straight punch (left) for the short punch distance, the arithmetic average in the pre-test (5.333) and standard deviation (0.402), while the arithmetic average in the post-test (8.4) and a standard deviation (0.421), and the value of the arithmetic average of differences (3) .067) and standard deviation of differences (0.953), and when extracting the calculated value of (T) is (7.884) which is greater than the tabular value of (T) which is calculated (2.75) at the degree of freedom (5) and the level of indication (0.05) indicating the existence of moral differences between the pre and post-tests And for the favor of the post-test .

According to table (1) we find that the results of the tests have shown moral differences between the pre and post-tests and in favor of the post-test of the experimental group, and the researcher attributes the reason for this to the training method that was prepared according to the scientific bases accurate in terms of the distribution of training loads consistent with the stage of preparation, as well as the containment of special exercises directed to develop the speed and level of technical performance of the straight punch according to different punch distances, which increased the acquisition of the players muscle strength and speed appropriate to the requirements of the straight punch, He asserts ( Abu Ala Ahmed, 2003 : 98 ) that " the use of exercises that are consistent in the nature of their performance with the overall form of the performance of specialized skills leads to better results in gaining strength " .

**- View of the results of pre and post-tests of the control group in the tests of speed and technical performance of the straight punch according to the different punching distances of young boxers and analyzed and discussed .**

**Table (2) shows the arithmetic averages and standard deviations of pre and post-tests for speed and level of performance of the straight punch according to the different punch distances of the young boxers of the control group and the value of (T) calculated and the indication of differences**

NO.	Variables according to Punching distances	Type of punch	Control group				Q - F	PF	Calculated (T) Value	Indication of differences
			Pre-test		Post-test					
			S -	P	S -	P				
1	Speed test Performance	Straight right	9.5	0.790	15	1.080	5.5	2.053	6.563	Moral
		Straight left	9	1.687	13	1.020	4	1.538	6.369	Moral
2	Long technical performance test	Straight right	5.333	0.366	7.1	0.634	1.767	0.676	6.402	Moral
		Straight left	5.5	0.456	7.2	0.416	1.7	0.652	6.390	Moral
3	Testing the level of intermediate technical performance	Straight right	5.166	0.414	7.3	0.531	2.134	0.725	7.209	Moral
		Straight left	5.5	0.5	7.4	0.484	1.9	0.701	6.643	Moral
4	Short technical performance test	Straight right	5.666	0.606	7.2	0.459	1.534	0.747	5.029	Moral
		Straight left	5.166	0.377	7.3	0.466	2.134	0.935	5.601	Moral

The tabular value of (T) (2.75) below the level of indication (0.05) and degree of freedom (5)

Table (2) shows the results of pre and post-tests of the speed and level of technical performance of the straight punch according to the different punching distances of the young boxers of the control group, in the test of the performance speed of the straight punch (right), the arithmetic average in the pre-test (9.5) and standard deviation (0.790), while the average account reached the average in the post-test (15) and with a standard deviation (1.080), the value of the arithmetic average of differences (5.5) and the standard deviation of differences (2.053), and when extracting the value of (T) is (6.563) which is greater than the tabular value of (T) which is calculated (2.75) at the degree of freedom (5) and the level of significance (0.05) which indicates the existence of moral differences between the pre and post-tests and in favor of the post-test .

In the performance speed test for straight punch (left), the arithmetic average in the pre-test (9) and standard deviation (1.687), while the arithmetic average in the post-test (13) and a standard deviation (1.020), and the value of the arithmetic average for differences (4) and standard deviation of differences (1.538) and when extracting the calculated value of (T) is (6.369) which is greater than the tabular value of (T) which is calculated (2.75) at the degree of freedom (5) and the level of indication (0.05) which indicates the existence of moral differences between the pre and post-tests and in favor of the post-test .

In the test of the level of technical performance of the straight punch (right) for the long punch distance, the arithmetic average in the pre-test (5.333) and standard deviation (0.366), while the arithmetic average in the post-test (7.1) and a standard deviation (0.634), and the value of the arithmetic average of differences (1.767) and standard deviation of differences (0.676), and when extracting the calculated value of (T) is (6.402) which is greater than the tabular value of (T) which is calculated (2.75) at the degree of freedom (5) and the level of indication (0.05) indicating the existence of moral differences between the pre and post-tests And for the favor of the post-test .

In the test of the level of technical performance of the straight punch (left) for the long punch distance, the arithmetic average in the pre-test (5.5) and standard deviation (0.456), while the arithmetic average in the post-test (7.2) and a standard deviation (0.416), and the value of the arithmetic average for differences (1.7) And a standard deviation of differences (0.652), and when extracting the calculated value of (T) is (6.390) which is greater than the tabular value of (T) which is calculated (2.75) at the degree of freedom (5) and the level of indication (0.05) indicating the existence of moral differences between the pre and post-tests And for the favor of the post-test .

In the test of the level of technical performance of the straight punch (right) for the average punch distance, the arithmetic average in the pre-test (5.166) and standard deviation (0.414), while the arithmetic average in the post-test (7.3) and a standard deviation (0.531), and the average value of the calculation of differences (2.134) and standard deviation of differences (0.725), and when extracting the calculated value of (T) is (7.209) which is greater than the tabular value of (T) which is calculated (2.75) at the degree of freedom (5) and the level of indication (0.05) which indicates the existence of moral differences between the two pre and post-tests and for the favor of the post-test .

In the test of the level of technical performance of the straight punch (left) for the average punch, the arithmetic average in the pre-test (5.5) and standard deviation (0.5), while the arithmetic average in the post-test (7.4) and a standard deviation (0.484), and the value of the arithmetic average for differences (1.484), and the value of the arithmetic average for differences (1.484), and the value of the arithmetic average for differences (1.484), and the value of the arithmetic average difference (1.484), and the value of the arithmetic average for

differences (1.484). 9) And a standard deviation of differences (0.701), and when extracting the calculated value of (T) is (6.643) which is greater than the tabular value of (T) which is calculated (2.75) at the degree of freedom (5) and the level of indication (0.05) indicating the existence of moral differences between the pre and post-tests And for the favor of the post-test .

In the test of the level of technical performance of the straight punch (right) for the short punch distance, the arithmetic average in the pre-test (5.666) and standard deviation (0.606), while the arithmetic average in the post-test (7.2) and a standard deviation (0.459), and the average value of the calculation of differences (1.534) and standard deviation of differences (0.747), and when extracting the calculated value of (T) is (5.029) which is greater than the tabular value of (T) which is calculated (2.75) at the degree of freedom (5) and the level of indication (0.05) which indicates the existence of moral differences between the two pre and post-tests and for the favor of the post-test .

In the test of the level of technical performance of the straight punch (left) for the short punch distance, the arithmetic average in the pre-test (5.166) and standard deviation (0.377), while the arithmetic average in the post-test (7.3) and a standard deviation (0.466), and the value of the arithmetic average of differences (2) (134) and standard deviation of differences (0.935), and when extracting the calculated value of (T) is (5.601) which is greater than the tabular value of (T) which is calculated (2.75) at the degree of freedom (5) and the level of indication (0.05) which indicates the existence of moral differences between pre and post-tests And for the favor of the post-test .

According to table (2) we find that the results of the tests have shown simple moral differences between the pre and post-tests and in favor of the post-test of the control group, and the researcher attributes the reason for this to the training method prepared by the trainer and the exercises that it contains and which was carried out in an effective and useful manner in general, as well as training in an orderly and continuous manner gained players on speed in the performance of the straight punch according to different punch distances, indicates ( Qasim Hassan : 1998 : 78 ) The training process is " that continuous organized process that earns the individual the knowledge, skill, ability, ideas and opinions necessary to perform a particular work or achieve a specific target, as well as a method to achieve organizational objectives and adapt to work and the information, skills or mental attitudes required in the organizational point of view to achieve the objectives of the institution " .

**- View the results of the post-tests of the experimental and controlled research groups in the tests of speed and technical performance of the straight punch according to the different punching distances of young boxers and analyze and discuss them .**

**Table (3) shows the arithmetic average, standard deviation and the calculated value (T) of the results of the post-tests of the speed and level of technical performance of the straight punch according to the different punch distances of the young boxers of the experimental and control groups**

NO.	Variables according to Punching distances	Type of punch		Group		Calculated (T) Value	Indication of differences
				Experimental	Control		
1	Speed test Performance	Straight right	S	17.5	15	4.230	Moral
			P	0.763	1.080		
		Straight left	S	16.5	13	4.801	Moral

			P	1.273	1.020		
2	Long technical performance test	Straight right	S <sup>-</sup>	8.9	7.1	4.724	Moral
			P	0.571	0.634		
		Straight left	S <sup>-</sup>	8.5	7.2	4.276	Moral
			P	0.540	0.416		
3	Testing the level of intermediate technical performance	Straight right	S <sup>-</sup>	9.2	7.3	5.277	Moral
			P	0.606	0.531		
		Straight left	S <sup>-</sup>	9	7.4	4.938	Moral
			P	0.541	0.484		
4	Short technical performance test	Straight right	S <sup>-</sup>	8.2	7.2	3.731	Moral
			P	0.388	0.459		
		Straight left	S <sup>-</sup>	8.4	7.3	3.928	Moral
			P	0.421	0.466		

The tabular value of (T) is (2.22) below the level of indication (0.05) and degree of freedom (10)

Table (3) shows the post-tests of the experimental and controlled groups in the tests of speed and the level of technical performance of the straight punch according to the different punch distances of young boxers, in the test of the performance speed of the straight punch (right), the value of (T) was calculate ( 4.230) which is greater than the tabular value of (T) which is calculated (2.22) below the level of indication (0.05) and at the degree of freedom (10) and this means the existence of moral differences between the control and experimental groups and in favor of the experimental group .

In the performance speed test for straight punch (left), the calculated (T) value is (4.801) which is greater than the (T) tabular value which was calculate (2.22) below the level of indication (0.05) and at the degree of freedom (10) means that there are moral differences between the control and experimental groups and for the favor of the experimental group .

for the test of the level of technical performance of the straight punch (right) for the long punch distance, the value of (T) was calculate (4.724) which is greater than the tabular value of (T) which is calculated (2.22) below the level of indication (0.05) and at the degree of freedom (10) and this means the existence of moral differences between the control and experimental groups and for the favor of the experimental group .

In the test of the level of technical performance of the straight punch (left) for the long punch distance, the value of (T) was calculate (4.276) which is greater than the tabular value of (T) which is calculated (2.22) below the level of indication (0.05) and at the degree of freedom (10) means that there are moral differences between the control and experimental groups and for the favor of the experimental group .

for the test of the level of technical performance of the straight punch (right) for the distance of the medium punch, the value of (T) was calculate (5.277) which is greater than the tabular value of (T) which is calculated (2.22) below the level of indication (0.05) and at the degree of freedom (10) and this means the existence of moral differences between the control and experimental groups and for the favor of the experimental group .

In the test of the level of technical performance of the straight punch (left) for the average punch distance, the value of (T) was calculate (4.938) which is greater than the tabular

value of (T) which is calculated (2.22) below the level of indication (0.05) and at the degree of freedom (10) means that there are moral differences between the control and experimental groups and for the favor of the experimental group .

for the test of the technical performance level of the straight punch (right) for the short punch distance, the value of (T) was calculate (3.731) which is greater than the tabular value of (T) which is calculated (2.22) below the level of indication (0.05) and at the degree of freedom (10) and this means the existence of moral differences between the control and experimental groups and for the favor of the experimental group .

In the test of the level of technical performance of the straight punch (left) for the short punch distance, the value of (T) was calculate (3.928) which is greater than the tabular value of (T) which is calculated (2.22) below the level of indication (0.05) and at the degree of freedom (10) means that there are moral differences between the control and experimental groups and for the favor of the experimental group .

According to table (3) we find that the results of the tests have shown moral differences between the two post-tests of the control and experimental groups and in favor of the experimental group, and the researcher attributes the reason for this to the training method prepared by the researcher, which was based on the scientific bases accurate in terms of size, intensity and comfort between repetitions and comfort between the totals and in accordance with the level of abilities of the boxers, which led to the development of the speed and level of technical performance of the straight punch according to different punch distances, As ( Zuhair al-Khashab: 1988 : 29 ) indicates, " The development of the physical aspect is an essential and important factor in mastering the performance of motor skills and reaching the required technical level ", Contribute to the development of the members of the control group, but to a lesser extent than the members of the experimental group .

## **Conclusion**

Through the above, the following conclusions have been reached :

1. The training curriculum prepared by the researcher helped greatly in developing the speed and level of technical performance of the straight punch according to the different punching distances of the research sample members.
2. The research sample enjoyed a high level in the execution of the straight punch according to the different punching distances, as the average punching distance was characterized by preference followed by the long punching distance and then the short distance.
3. The experimental group enjoyed an advantage compared to the control group in developing the speed and level of technical performance of the straight punch according to the different punching distances of the research sample members.

The researcher reached several recommendations:

1. Using the training method prepared by the researcher in training boxing teams for young people to achieve a high technical level and better athletic achievements.
2. Increase the focus and attention of the coaches in the training of punches according to different punching distances in parallel.
3. Conduct similar research on different samples and other functional variables.

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