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## The effect of a proposed training curriculum for the transitional period on some physical, motor and skill abilities of badminton players

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### Abstract

The researcher in the introduction to the research and its importance about the nature of the transitional period and how important it is in order to maintain the level of the player in all aspects of training and how the coach should develop a training program for this important period so that he works not to drop the player's level after the competition period, the research problem is the lack of interest in the period. The transitional for badminton players, which negatively affects the decline in the level of players in various aspects of training after the Competitive period For badminton players, the training curriculum was applied during the transitional period and for a period of five weeks. Various exercises were used with training objectives in them, where the studied variables were measured and then the training curriculum was applied. It was discussed based on the scientific logic of the science of sports training and the nature of the sample, and then conclusions were drawn from them that the application of the proposed approach by the researcher during the transitional period had a significant impact on the lack of decline in the level of badminton players in various aspects of training.

**Keywords:** Transitional period, player, badminton

### 1. Introduction

The importance of the transitional period as one of the training periods lies in the need for there to be interdependence and coordination between it and those periods in order to bring the athlete to the highest possible level of training planning for the higher levels and to the Olympic and international courses, and that one of the reasons for the failure of the Iraqi athlete to arrive and participate in the Olympic courses It is the lack of proper training in the transitional period, as we note that the player reaches a high level during the competition period during the sports season, but this level for most Iraqi athletes during the transitional period drops to half of what it was during the competition period and this makes the coach start the training process in the new training season From a level that is not commensurate with the player's stage, the ambitions to be achieved during the subsequent seasons, which negatively affects all aspects of training, mainly skill, as the athlete in this case needs large training loads and long periods in order to return his level to what he finished during the competition period, and this is contrary to logic. Training in long-term and short-term planning and even the annual period of training, through what this period constitutes as a cycle He arrived between two annual training periods, and its main goal is to reach psychological and mental relaxation and recovery of functional organs and body systems, as well as maintaining the athletes at a high level of physical preparation that qualifies them to start training for a new season at a high level of their level during the competition period, hence the importance of research By developing a proposed training curriculum in the transitional period that works to maintain a high level of the various aspects of training as well as achieve psychological and mental relaxation for the badminton player.

### 2. Research problem

Through a survey process for most of the teams and clubs for badminton players, the researcher found that there is almost unanimity not to place the transitional period in an orderly manner within the training planning process for the annual period, i.e. after the end of the competition as a training period and make it a positive, unorganized and even negative rest period as well, because the Iraqi player in this The period leaves the training process and does not perform any effort that makes it maintain the level of its fitness and other training aspects.

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Outside the conditions of the group and sports training, and unlike the training components of the transitional period, and here the coach bears this error directly or indirectly by not knowing the importance of this period and the extent of its impact on training in the new season. To not drop the level of badminton player during the transitional period.

### 3. Research Objectives

Preparing a proposed training curriculum for the transitional period and its impact on maintaining the level of some physical, motor and skill abilities of badminton players.

Identifying the effect of the proposed training curriculum for the transitional period in maintaining the level of some physical, motor and skill abilities of badminton players.

### 4. Research Hypotheses

There is a positive effect of the proposed training curriculum for the transitional period in maintaining the level of some physical abilities of badminton players.

There is a positive effect of the proposed training curriculum for the transitional period in maintaining the level of some motor abilities of badminton players.

There is a positive effect of the proposed training curriculum for the transitional period in maintaining the level of some skill abilities of badminton players.

### 5. Research Areas

Spatial domain: Olympic Committee representative hall in Maysan International Stadium

Time range: 1/6/2021 to 7/22/2021

Human field: Maysan Governorate badminton team players

#### 5.1 Research methodology and field procedures

##### 5.1.1 Research Methodology

The researcher used the experimental method in a one-group style with two tests, before and after, because it is commensurate with the nature of the study procedures.” Given that the experimental research is characterized by precision and control over the studied variables so that some of them cause an intentional change and control other variables, it is considered the only research method that explains the relationship between the effect The reason is accurate” (Mohammed, 1999) <sup>[10]</sup>.

#### 5.2 Research Sample

The research community was determined by the comprehensive inventory method, which is “selected freely on the basis that it achieves the purposes of the study carried out by the researcher” (Thouqan, 1988) <sup>[11]</sup>.

The research community is represented by the players of the Maysan Governorate team, and their number is (10) players, who represented one experimental research group.

#### 5.3 Means of collecting information, equipment used and research tools

Means of collecting information and equipment used:

Arab and foreign sources.

Personal interviews with experts and specialists.

Self-observation by the researcher.

Data dump forms.

#### 5.4 Research Tools: Test and measurement.

### 5.5 field research procedures

#### 5.5.1 Determining the research variables and their tests

The research variables and their tests were determined after they were presented and discussed with some specialists in the field of sports training and badminton. The tests were as follows:

#### 5.5.2 Physical abilities tests

Arms explosive ability test: Throwing a medicine ball (2) kg with both hands from sitting on a chair. (Mohamed, 1999) <sup>[8]</sup>.

Testing the explosive ability of the muscles of the legs: the wide jump test from stability (Mohammed, 2001) <sup>[6]</sup>.

Arm speed test: Bend and extend the arms from the lying position on the bench and carry a barbell weighing (20) kg in quick repetitions for 10 seconds. (Mohammed, 1987) <sup>[9]</sup>.

Speed test for the legs: bend and extend the knees for 20 seconds (from a standing position). (Dyson, 1971) <sup>[2]</sup>.

#### 5.5.3 Mobility tests

Quinn Agility Test (Wissam, 2013) <sup>[12]</sup>.

Purpose of the test: This test measures the player's ability to start, stop and change direction.

The result is calculated by recording the best time between two attempts, with a rest period of (2) minutes.

Numbered Circuit Test (1)

The purpose of the test: To measure compatibility (legs and eyes).

Calculation of the degree: records the time taken by the laboratory to move to the eight circles.

Test (Mazen, 2013) <sup>[5]</sup>.

The purpose of the test: To measure balance during and after movement.

Calculation of the degree: The laboratory is scored (100) degrees for each jump and dart attempt.

Skill tests:

Baseline smash skill test.

Side line smash skill test.

Country smash skill test.

#### 5.5.4 The exploratory experience

The exploratory experiment is defined as a preliminary experimental study carried out by the researcher on a small sample before carrying out his research with the aim of testing the research methods and tools” (2), and it was conducted on 1/6/2021 on (2) players from the sample.

#### 5.5.5 Tribal tests

The tribal tests were applied to the research sample with its control and experimental groups on Maysan Governorate Stadium on 6/15/2021 at exactly three o'clock in the afternoon, with the help of a work team.

#### 5.5.6 The main experience

The training curriculum prepared by the researcher was applied to the research sample with its one experimental group after the end of the competition period and took a period of five weeks from 16/6/2021 to 21/7/2021. (Swimming, volleyball, tennis, baseball, and bicycles) with three different activities during the week for three days. The exercises have been prepared in a scientific manner subject to the foundations of sports training and in favor of the requirements that the badminton player needs by focusing

on the transmission of the effect of training between the sports activities that were developed in The proposed curriculum and the game of badminton, without psychological pressure during the performance, but rather the atmosphere of fun and relaxation that dominates the training situation.

**5.6 Post tests**

After completing the exercises on the research sample, the post tests were conducted in a similar way to the tribal tests, in order to know the level reached by the research sample in the studied variables. The researcher treated them statistically to identify the nature of the differences between

the two groups as a result of the experimental group's application of exercises during the main experiment period.

**5.7 Statistical means**

The researcher used some laws from the statistical program (SPSS), as follows:

1. Arithmetic mean
2. standard deviation
3. Legal t for correlated and independent samples.

**6. Presentation, analysis and discussion of the results**

Presenting the results of the pre and post tests of the research group for the physical variables, analyzing and discussing them.

**Table 1:** It shows the arithmetic means, standard deviations, the calculated (t) value, and the level of significance and significance of the differences between the pre and post tests of the research group for the physical variables

Variables	The exams	Measruing unit	Tribal		after me		t. value	measruing unit	Tribal
			s	p	s	p			
Explosive ability of the arms		meter	6,75	1,22	5,78	1,13	3,15	0.02	moral
Explosive ability of the legs		meter	3,55	1,33	2,75	1,20	3,80	0.02	moral
The speed characteristic of the arms		Repetition	16,50	1,50	15,10	1,11	4,11	0.03	moral
The speed characteristic of the legs		Repetition	20	1,15	17	1,57	3,40	0.02	moral

at a degree of freedom (9) and a significant level of significance less or equal to (0.05).

By looking at Table (1), we find a positive decrease of no more than 15% through the differences between the values of the arithmetic means of the tribal and dimensional tests of physical variables and in favor of the tribal tests, as well as the values of the (T-Test) law calculated for the corresponding samples, whose levels of significance came for all the variables Less than (0.05), which means that the differences are significant in favor of the tribal tests.

The researcher attributes the significant differences that occurred between the tribal and remote tests of the research group and in favor of the tribal test in the physical variables, to the effectiveness of the exercises applied by the sample

during the transitional period in terms of the training curriculum prepared by the researcher, which is subject to the foundations and principles of sports training in maintaining what the badminton player possesses from A physical level after the end of the competition period until the start of another training period, and this is what Muhammad Al - Madamgha indicated. To resume training in the new training season (Mohamed, 2008)<sup>[7]</sup>.

**6.1 Presenting the results of the pre and post tests for a group to search, analyze and discuss kinetic variables.**

**Table 2:** It shows the arithmetic means, standard deviations, the calculated (t) value, the level of error and the significance of the differences between the pre and post tests for the research group in the kinetic variables.

The exams Variables	Measruing unit	Tribal		after me		t. value calculated	Indication level	The significance of the differences
		s	p	s	p			
agility	time	10,10	0,60	10,65	0,75	4,90	0,00	moral
balance	Degree	71	11	78	6	4,11	0.01	moral
Compatibility	time	7,75	0,67	8,20	0,35	4,20	0,00	moral

at the degree of freedom (3) and the significant level of significance less or equal to (0.05).

By looking at Table (2), we find a relatively small positive decrease in the differences between the arithmetic mean values of the tribal and dimensional tests of the physical variables and in favor of the tribal tests, as well as the values of the (T-Test) law calculated for the corresponding samples, whose significance levels for all variables came less than (0.05), which means that the differences are significant in favor of the tribal tests.

The researcher attributes the level of natural and healthy decline that the sample achieved during the transitional period to the various exercises and activities that the sample applied during the transitional period and with training loads that are consistent with the foundations of training for this period. And the important content of training in the transitional period achieves building the preparation of the general body by using positive rest, so it does not arise only by exchanging the weight of one muscle groups, but by

exchanging the characteristics of the full activity and the requirements of the activity that it reaches as a result of accelerating the foundations of restoring the recovery period, and this is achieved of course only when an imbalance occurs It is short for the full positive rest values, so it is not possible to deal with the transitional period with the same waves and kinetic load, and there is a special need to use comprehensive exercises with a variety of requirements (training in different shops in open areas, in heights and on the coasts of rivers) and the emergence of relative emotion clearly (Qasim, 1988)<sup>[1]</sup> and this is what The researcher worked on its investigation and put it in the proposed curriculum and the various loads applied by the research sample.

Presenting the results of the pre and post tests of the research group in the skill variables, their analysis and discussion.

**Table 3:** It shows the arithmetic means, standard deviations, the calculated (t) value, the level of error and the significance of the differences between the pre and post tests for the research group in the skill variables

The exams Variables	Measruing unit	Tribal		after me		t. value calculated	Indication level	The significance of the differences
		s	p	s	p			
The crushing blow to the base line	Degree	12,50	1,54	11	1,44	5,45	0,00	moral
side smash hit	Degree	10,75	1,90	9,50	1,65	4,24	0,00	moral
Country crushing blow	Degree	9,25	1,43	8	1,09	4,10	0,00	moral

at a degree of freedom (8) and a significant significance level less than or equal to (0.05).

By looking at Table (3), we find a relatively small positive decrease in the differences between the arithmetic mean values of the tribal and dimensional tests of the skill variables and in favor of the tribal tests, as well as the values of the (T-Test) law calculated for the corresponding samples, whose significance levels for all variables came less than (0.05), which means that the differences are significant in favor of the tribal tests.

The researcher attributes the moral differences between the tribal and remote tests of the research group in the skill variables to the fact that the exercises applied by the sample members are correct and do not contain skill exercises for the badminton players. He does not suffer from a significant decrease in the level of those side. He was able to implement any skill at a high level because he possesses the high technique of the skill, especially that the studied physical and kinetic variables, which were maintained at high levels during the transitional period, are considered the special requirements of the badminton player in the implementation of the studied skills, as well as to attribute The researcher this natural reduction to the duration of the transitional period specified by the researcher, as it is understood under the term (positive rest period) that it is a process of transition from the activity of specialization to the other general activity and the weakness of the form of the stimulus, and its main duty is limited to the complete compatibility of physical and psychological characteristics, and this is a prerequisite To move to a large pregnancy in the next preparatory period, if the development of an incomplete pregnancy in the One of the periods when its effect is ineffective and leads to the difficulty of harmony in the next preparatory stage, as these difficulties appear due to the sudden interruption of pregnancy, and thus the athlete's readiness is little to accept the overload compared to the previous period, so it requires that the transition period be short. (Abd Ali, 1988)<sup>[1]</sup>.

We also find that the exercises applied during the transitional period and proposed in the curriculum prepared by the researcher for the badminton players is what is known as active rest, and it serves as the main content of the transitional period, and if it does not lead to a direct rise in the training situation, it leaves a basis for re-development of the level of the training situation during the course The new training, and many researches have proven that the sudden interruption in the training process is very dangerous, as it leads to inappropriate results that do not appear immediately, but appear upon return to training, and it is known that the training system is not appropriate when the accumulation of training loads increases to the extent that exceeds In this accumulation, the boundary between normal physiological fatigue and exhaustion, which results in exposure to the phenomenon of overload, and the active rest period aims to prevent this from happening. (Mansoor, 2010)<sup>[4]</sup>.

## 7. Conclusions and recommendations

### 7.1 Conclusions

- The exercises suggested by the researcher during the transitional period had a positive effect on the lack of significant decline in badminton players during the transitional period.
- The diversity of sports activities during the transitional period applied by the badminton players maintained a high level of the physical aspect, the motor abilities and the skill of the badminton players.
- All the sports activities implemented by badminton players, which were suggested by the researcher during the transitional period, had their own requirements in favor of the special requirements of the research sample.

### 8. Recommendations

- Stay away from negative rest completely during the transitional period because of its negative impact on the player.
- It is necessary to prepare standardized exercises within the planning of the annual training period to be applied by the player during the transitional period.
- Sports activities practiced during the transitional period, which directly or indirectly benefit the interest of the game, must be diversified.
- The player must enter the preparation period after the transitional period and he has a level of physical fitness for his effectiveness not less than 80% of his level after the competition period.

### 9. Supplement (1)

The exercises that the researcher used during the transitional period

First week exercise (swimming on day one, baseball on day two, cycling on day three)

The second week (tennis on the first day, volleyball on the second day and cycling on the third day)

Week 3 (baseball on day one, tennis on day two, swimming on day three)

Fourth week (volleyball on the first day, tennis on the second day, swimming on the third day)

Week 5 (tennis on day one, baseball on day two and cycling on day three)

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