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Effect of compound exercises by using the music rhythm in some of motor abilities and perform the volley shot to Juniors squash

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by:

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Abstract

" Effect of compound exercises by using the music rhythm in some of motor abilities and perform the volley shot to Juniors squash"

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Included research problem not a Junior adventure play squash balls plane so as to decrepitude the motor abilities and this study aimed to prepare the compound exercises using musical rhythms fit in with motor rhythm of exercises designed to develop some motor abilities and performance of a volley shot front and back to Juniors squash . Then identify the impact, and assumed that there is a positive impact composite exercises used for weights musical rhythms, the researcher used demo with two groups for suitability nature of the research problem, it included community Find a group of Juniors clubs Babylon province subscribers Iraqi league squash for the year (2014) totaling (24) players representing (4) Clubs ; (Mahaweel Club, Hilla, Babil and Balady club) , where they were the work of the homogeneity of society and then were divided randomly into two groups (experimental and control group) of (10) players each group after excluding (4) players for the purpose of the survey. Doing the test tribal and after reaching its effect, the researcher found there was no significant difference found between the sample and thus began researcher initiate one line to carry out the compound exercises set the length of the training curriculum, then the researcher applied exercise, and he tested the dimensional and access to data those data were treated statistically, an information conclusions built upon the most important that training in such a environments helps in the development of the sports level from all sides and then researcher recommended to include such new operations sports training environments.