conferenceseries.com

J Sports Med Doping Stud 2017, 7:4(Suppl) DOI: 10.4172/2161-0673-C1-012

3rd International Conference on

SPORTS MEDICINE AND FITNESS

October 05-06, 2017 Barcelona, Spain

Analytical study of the body angles during repel some miscellaneous balls for goalkeepers handball as a basis for the development of quality exercises

Tarek Salah Aldien Sayed Mostafa Assiut University, Egypt

The research aims to identify the corners of the body while blocking some balls diverse Goalkeepers Handball "as a basis for the development of exercises the quality of the research methodology the researcher used the experimental method so as to suitability for the application of research and procedures, using the experimental design with pre and post-test to two groups, one experimental and the other officer was selected sample of the research method intentional thundering of players from the Premier Club for Petroleum Refinery Company, and the strength of the research community (4) players from goalkeepers researcher used the tools and equipment. A computer for analysis of motor program K13D balance of medical standards - to measure body weight, body Stammer - Dynamometer, balls, medical. The most important results to find the best angle to the body while blocking some balls is high and low, which is difficult for handball goalkeepers to deal with such balls with the development of appropriate training for such angles.

tarek_salah11@yahoo.com

Notes: