**The effect of functional strength training for muscles center and their relationship To standard performance of changing Level And Penetration Skills for Juniors Amateur Freestyle Wrestling.**

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**Abstract**

The research aims to know The effect of functional strength training for muscles center and their relationship To standard performance of changing Level and Penetration Skills for Juniors Amateur Freestyle Wrestling , where the researcher used the experimental method on a sample of (20) Freestyle Wrestling athletes of el shobann el mouslemin clup . and they were dividing into tow groups the first is experimental consists of (10) athletes using functional strength training and the other is control group consists of(10) athletes using the training program and(5) athletes have been chosen from manchiya youth center for the pilot study.

the most important conclusion is functional strength training has a positive impact on all physical variables in the research which are [strength muscles – motor balance – Static balance ] and on skills variables which are [changing Level - Penetration] and the positive effect in research variables and this is for in the training process and there are statistical differences for the benefit of experimental group comparing with the control group in all research variables .

**Keyword**: functional strength, muscles center, Core ability , Core strength , Core power, Freestyle Wrestling

**Problem and introduction :**

The amateur freestyle wrestling is one of wrestling types listed in the international union for amateur wrestling which distinguished by applying grabs on the whole body including legs .

Both **Kotop ,S, A** (1997, p34)and **Mahmoud ,M, A.** (2003, p90)confirms that penetration and changing level are important in amateur freestyle wrestling and they have a great influence on junior wrestler level according to conflict .

Researcher have noticed that the wrestler needs to changing level and preparation according to the conflict and applying them effectively, with integration between strength, balance, ability, and speed elements .

Both **VomHofe, A.** (1995, p3)and **Ron, J**  (2003, p14) and **Michael, B** (2004, p241) confirmed that functional strength training is one training chaps recently used in sports field and it's one of the important exercises that suit all ages with different training levels which dealing with body movement functions and improve performance .

Researcher has noticed through his fields experience as a coach and a former player on both local and international level, that is shortage in freestyle wrestling player in performing changing level and preparation skill which effect the player's results .

And it's confirmed by the studies of **Masad, Ruby, M, R.** (1993)and **Kotop ,S, A** (1997)and **hedya ,M, h**. (2004)which showed a clear lake of freestyle wrestler as a result of low level on performing skill of changing level which directly effects on leg drop movement .

From here the search problem has come In setting updated exercises to make development and growth in physical level and change the state of boredom of repeating the training program which is often the difference between them in sizes and intensity and using the same exercises in the same motor performance