** Faculty of Physical Education for Boys**

**Department of theories and applications**

**of team sports and tennis Sports**

**The impact of a training program for the development of anticipation motor on some motor skillful performance defensive for handball players**

**Research presented within the requirements for the degree of Doctor of Philosophy In Physical Education**

**Preparation**

**Amr Sayed Fahmy Mekawy**

**Assistant Lecturer in theories and applications**

**Of team sports and tennis Sports**

**Physical Education for Boys**

**Benha University**

**Supervision**

|  |  |
| --- | --- |
| Prof Dr.  Mohamed Mohamed Refaat | Prof Dr.  Tarek Mohammed Ali El Nosery |
| **Professor volleyball and agent Faculty of Physical Education for Boys for**  **Graduate Studies and Research** **Previously Benha University** | **Professor Handball In Department**  **Of Games In Faculty Of**  **Physical Education**  **Sadat University** |

|  |
| --- |
| Prof Dr.  ahmed Mohamed el sayed Al Kot |
| **Assistant Professor training handball in the theories and applications of team sports and tennis Sports**  **Physical Education for Boys**  **Benha University** |

**1438- 2017**

**Research problem and hypotheses :**

Handball is characterized by its rapid and sustained change in the positions of offensive and defensive because of its multiplicity of game plans ,diversity and coaches' use of a lot of plans and maneuvers of attack and put over the possibility of either offensive or defensive tactics , so they require practitioners a great deal of expectation for the movements of self or others, or the path of the ball rise .

Handball is one of the highlights of the games, which include many and varied tactical positions of offensive and defensive which require the player speed to recognize the relationship between the positions of play and good disposition as is, and the player, who is characterized by a high level of speed cognitive and expectation motor is the one who can solve the situations effectively, and be able to implement the tactical level as well as possible.

Refers **Majid Hassan (2014)** that reflected the importance of the expectation motor in it achieves a synergy in the general mass games and in private handball, as can the player to act tactical prior to the performance and thus enters a key factor in T. movement and how to deal with it and discover its direction and alternative possibilities until practitioner reach a decision specializes behavior to be played, and shows this clearly with the players when trying to receive the ball and control it during the blitz so that they can reach the right place and snap the ball and the goal iron over the success of the defensive player in thwarting the offensive attempts the attacker as well as the striker moves defender expectation and thus contribute greatly to the success of the attack and score goals.

**Bastawisi Ahmed** also indicates **(1996)** to the player who has the correct prediction of the movement is moving in a timely manner not stand early or late so as not to miss the opportunity, so stop the final result on the right expectation of others movements, here it shows the importance of expectation motor, especially if the player himself surrounded by more than the position he found and he has to expect more than expected, in addition to the experience and skill of the player and his confidence in the performance of his movements and the extent of his mastery of skill and a sense of movement, distance and time, and distinctiveness accuracy and compatibility as well as possession of the speed of response of high reaction capabilities physical help him fantasizing the correct movement.