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The effect of competitive exercises playing (TEQVOLY) on developing some volleyball skills for ages (13-15) years

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Abstract

The first chapter included the introduction of the research and its importance, and the researcher dealt with the importance of providing a competitive atmosphere and conditions using the game of Tikvuli, a game similar to the game of volleyball in creating a new atmosphere out of the ordinary and new conditions that help in developing some volleyball skills for juniors and reaching them to the best possible level and upgrading the capabilities of the players. It crystallized in the process of accelerating the learning of skills through the use of the Tikfoli game, which helps players to get out of the familiar atmosphere of the educational units and create an atmosphere of suspense and excitement to improve and develop some volleyball skills for players aged (13-15) years and focus on developing these skills better and faster

The aims of the research were:

1. Preparing competitive educational exercises using the TEQVOLY game.
2. To identify the effect of competitive exercises prepared using the Tikfoli game on the development of some volleyball skills.

As for the research hypothesis, it was

The researcher hypothesized that competitive exercises prepared with similar games and aids had a positive effect on developing some volleyball skills for young players (the skill of preparation, the skill of crushing hitting, and the skill of defending the field).

The second chapter included a detail in the research methodology and field procedures, as the researcher used the experimental approach designed with two groups (experimental and control) with two pre and post tests. From the research community, where the percentage of the research sample in relation to the research community was 33.33%, where 4 players were excluded to conduct the exploratory experiment, so that the number of members of the research sample was (24) players who were divided into two groups (experimental and control) in a random way (lottery) and the number (12) players An experimental sample and (12) players a control sample. As for the third chapter, the extracted statistical results were presented in graphic tables with the analysis and discussion of those results according to the theoretical knowledge foundations based on scientific references.

In the light of the experiment carried out by the researcher and the results achieved through tests and statistical methods, he reached the following conclusions:

1. The competitive exercises used had a positive impact on the learning process and the development of the preparation skill, the crushing hitting skill, and the skill of defending the court with volleyball.
2. Through the remarkable development in the research variables, it was found that learning and repetition of exercises according to competitive exercises are better than traditional exercises in developing the skill of numbers, the skill of crushing hitting, and the skill of defending the court with volleyball.
3. The Tikvuli game used in the research had a clear impact in creating an unusual atmosphere full of enthusiasm that helped positively in the process of learning and developing skills.
4. Graduation in the use of competitive exercises according to their difficulty in the Tikfoli game, from easy to difficult, contributed to the development of the researched skills.

As for the recommendations, they were:

1. The researcher recommends the use of competitive exercises in the process of teaching the basic skills of the game of volleyball.
2. The researcher recommends the trainers to use various and different learning methods because of their positive impact on the speed of learning and mastery of skills.
3. The researcher recommends the use of competitive exercises because of its importance in suspense and motivating the player to perform with his utmost effort and show his capabilities and thus develop the basic skills of the game.

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4. The researcher recommends providing similar games, especially the game (Altikfoli) because of its motivational and exciting effect on the players, and providing aids and devices that help develop all technical skills so that the player can reach the best levels.
5. Conducting other studies and research on the use of the competitive method on other age groups and on other volleyball skills and other team games.

Keywords: Competitive exercises, TEQVOLY game, some volleyball skills, ages (13-15) years

Introduction

Introduction to the research and its importance:

The game of volleyball is one of the most collective games that achieve opportunities for practice, competition and recreation, which attracted the attention of the world from children, youth and the elderly of both sexes, because of its excitement and technical skills of a distinctive and special nature, and it has attracted the attention of researchers and has received an abundant share of scientific research In the field of sports, with the aim of developing the physical, skill and planning capabilities of the players to reach them to the best levels, as the modern methods used contributed to helping researchers, scholars and those in charge of the learning process and how to measure it, the level of skill development of the learners in overcoming the old methods and methods used and taking them out of the realm of speculation and coincidence to the adoption of means A modern scientific study that leads to knowing the impact of the learning process in developing the skillful capabilities of the players, which increases the benefit of the educational units to reach the highest required level of the educational process. His abilities, and this may be done through educational exercises of a competitive nature that motivate the player to give more During the exercise and the use of games similar to a large extent from the original game helps in creating these conditions and moving away from what is usual to hone skills well leads to the development of his capabilities and abilities to suit the new conditions, and through the foregoing lies the importance of the research to the researcher's orientation to provide a competitive atmosphere and conditions By using the Tikfoli game, the game similar to the game of volleyball, in creating a new atmosphere out of the ordinary and new conditions that help develop some volleyball skills for juniors and bring them to the best possible level and improve the capabilities of the players.

Research problem

The volleyball game is one of the games that depends mainly on competition in order to obtain the largest number of points and win the match. Through the researcher's experience, he aimed to prepare educational competitive exercises using the game of Tikfoli that helps players get

out of the familiar atmosphere of the educational units and create an atmosphere of suspense and excitement to improve and develop Some volleyball skills for players ages (13-15) years and focus on developing these skills better and faster.

Research aims

1. Preparing competitive educational exercises using the TEQVOLY game.
2. To identify the effect of competitive exercises prepared using the Tikfoli game on the development of some volleyball skills

Research hypotheses

The researcher hypothesized that competitive exercises prepared with similar games and aids had a positive effect on developing some volleyball skills for young players (the skill of preparation, the skill of crushing hitting, and the skill of defending the court).

Research areas

The human field: the players of the Baghdad/Rusafa education team, aged 13-15 years.

Time range: the period from 12/13/2021 to 3/7/2022.

Spatial field: the playgrounds of the National Center for Nurturing Sports Talent in the Ministry of Youth.

Research Methodology

For the purpose of reaching a scientific fact and choosing the appropriate approach to the research problem, the researcher used the experimental approach designed with two groups (experimental and control) with two pre and post tests.

The community and the research sample

The community means all the individuals participating in the experiment who are similar to the variables required for the study. It is natural that the conduct of the research and its method, if applied to a larger percentage of the community, means obtaining more accurate information. 84 players. And that the size of the research sample depends on a number of considerations, such as the possibility of the researcher, the degree of variation, and the homogeneity of the units of the research community. The researchers chose (28) players from the research community as a sample, meaning that the proportion of the research sample in relation to the research community is 33.33%, where 4 players were excluded to conduct the exploratory experiment. So that the number of the research sample (24) players were divided into two groups (experimental and control) in a random way (lottery) and the number (12) experimental sample players and (12) control sample players. (2).

Table 1: It shows the homogeneity of the sample with growth indicators

Variants	Measuring unit	Arithmetic mean	Mediator	Standard deviation	Torsion modulus
The age	year	14.04	14.00	0.75	0.07
Bloc	kg	67.70	68.50	4.35	0.55
height	poison	166.37	166.00	5.85	0.19
training age	Month	16.25	18.00	5.44	0.11

Table 2: It shows the equivalence of the sample with the research variables

Variants	Measuring unit	Control		Experimental		T-value	Error rate	Indication
		S	P	S	P			
The smash hit	degree	18.00	2.25	18.33	2.53	0.76	0.7 9	non-moral
Preparation skill	degree	11.25	2.30	11.08	2.19	0.18	0.85	non-moral
Playground defense	degree	10.66	2.14	10.25	1.81	0.51	0.61	non-moral

* At the level of significance (0.05) with a degree of freedom, n-2

Devices and tools used

20 legal volleyballs (MIKASA) - legal volleyball court - 2 fox whistle - adhesive tape, 2 Tikfoli table - basketball hoop fixed to a pole - 1 Dell laptop computer - 1 digital camera (Sony).

Tests used in the research

Among the important things that must be available in scientific research are the tests, which are considered one of the important means of evaluation in the areas of life in general, and in the field of physical education in particular, due to the progress it has gained in this field in recent years [1].

And through research and access to the sources of volleyball and in a manner appropriate to the subject and variables of the research and its sample and taking into account the opinion of experts the tests were conducted as follows:

The first test: testing the accuracy of the setup on the basketball ring [2].

The purpose of the test: To measure the accuracy of the setup.

Tools: basketball hoops, (10) volleyballs.

Performance specifications: The player passes the balls from above in a way that gives the following:

Each laboratory has 10 attempts.

The setting should be used with two hands and scroll up.

The setting must be done inside the throat as shown in Figure (1).

Final score for the exam (30)

Registration Score: The laboratory records the total points obtained in the ten attempts given to it, according to the following considerations:

1. Marks for each attempt in which the ball enters without touching him.
2. Marks for each attempt in which the ball enters the ring while touching it (contacting the ring)
3. Point for each attempt in which the ball touches the ring without entering it
4. Zero in the event of any performance contrary to the foregoing.

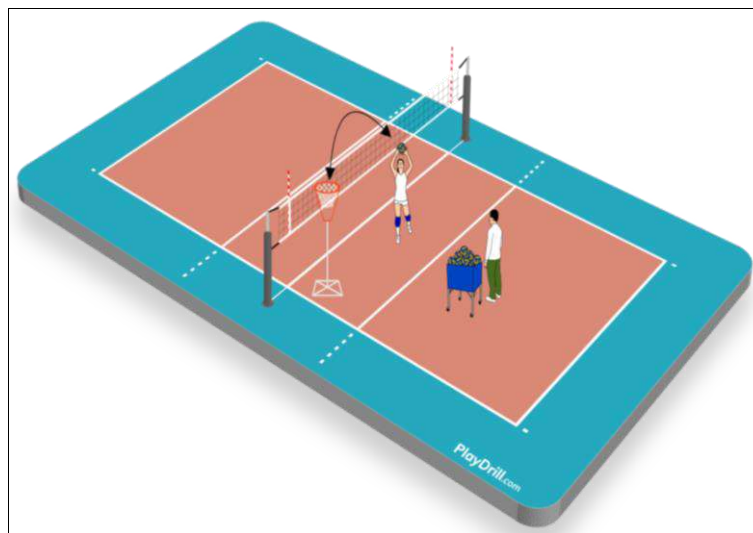


Fig 1: Shows the accuracy test for the skill of preparing on the basketball hoop

The second test: Measuring the accuracy of the crushing hitting skill in volleyball ().

The aim of the test: measuring the accuracy of the skill of hitting the crushing volleyball.

The tools used: A legal volleyball court, (5) legal volleyballs, and colored tape to divide the court as in Figure (2).

Performance specifications: The tested player performs the crushing hit from position number (4), so that the coach prepares balls for him from position (3), and the player performs the skill.

Performance terms

Each player has (5) attempts on the area (A).

Each player has (5) attempts on area (B).

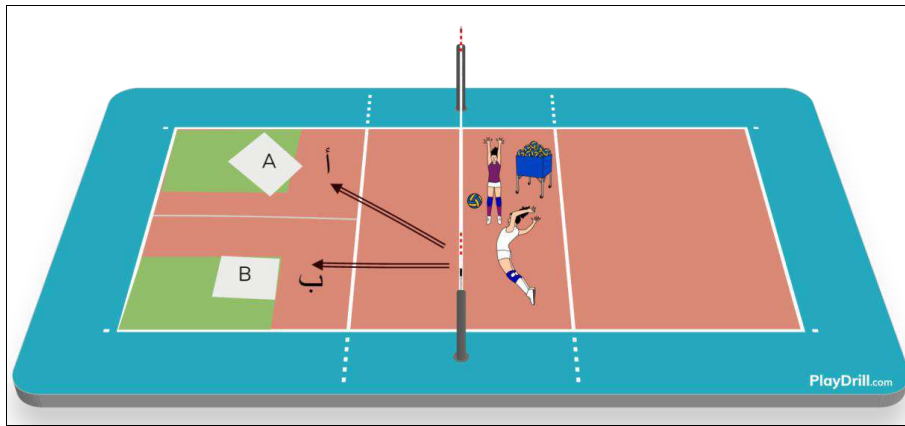


Fig 2: Demonstrates accuracy test of smash-hitting skill

Register

1. Scores for each attempt and each attempt in which the ball lands on (B) (A)
 2. Scores for each attempt in which the ball falls on the colored area
 3. Scores for each attempt in which the ball lands on area (a) or (b).
 4. (zero) for each attempt in which the ball falls outside the court
 5. The maximum score: for each region it is (20) degrees, so that the total maximum score (40) degrees.
- Note: The setting must be good, otherwise try again.

The third test: measuring the accuracy of the skill of defending the field from the back areas^[3].

The aim of the test: to measure the accuracy of the skill of defending the field.

Tools used: a legal volleyball court, (5) legal volleyballs, colored adhesive tape to divide the court as shown in Figure (5-4-3).

Performance specifications: The player stands ready to defend against the balls hit by a crushing blow in the center (1), and the coach stands in the opposite field on a table to perform the crushing blow towards the back area, so the player performs the defense as the situation requires.

Performance conditions: Each player is given (3) attempts for each area (1, 6, and 5), so that the maximum score is (27) degrees, but in the event that the defending ball goes outside, (zero) is given for the attempt.

Registration: The player is given the degree of the area in which the ball falls.

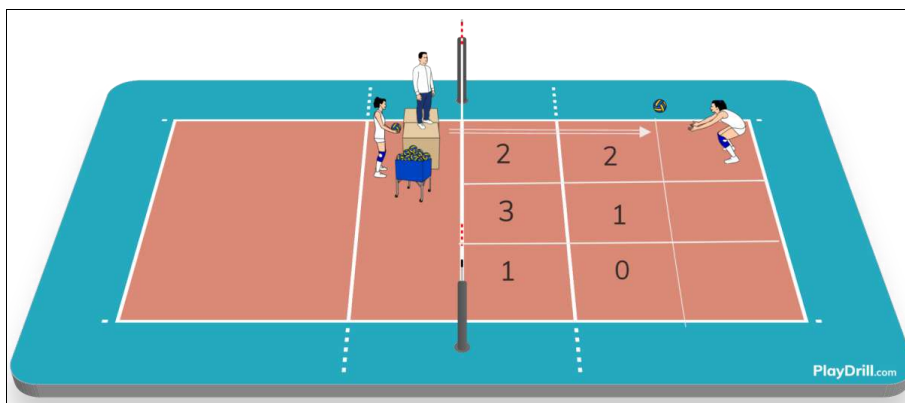


Fig 3: Demonstrates accuracy tests for the skill of defending the field from the back areas (position No. 1)

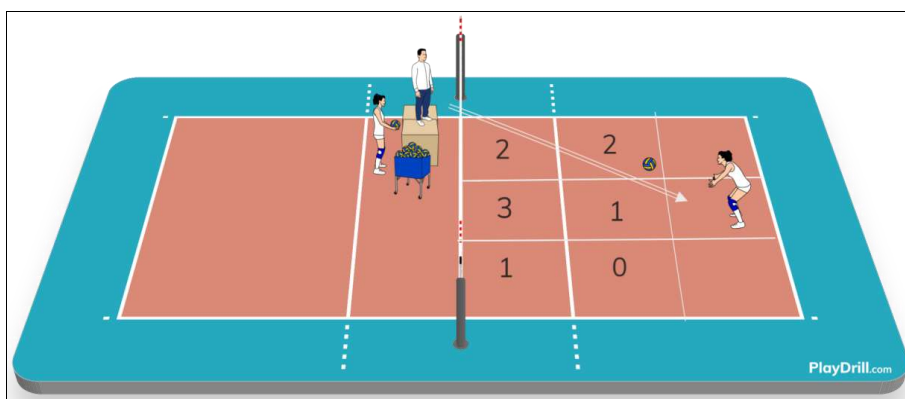


Fig 4: Demonstrates accuracy tests for the skill of defending the field from the back areas (position No. 6)

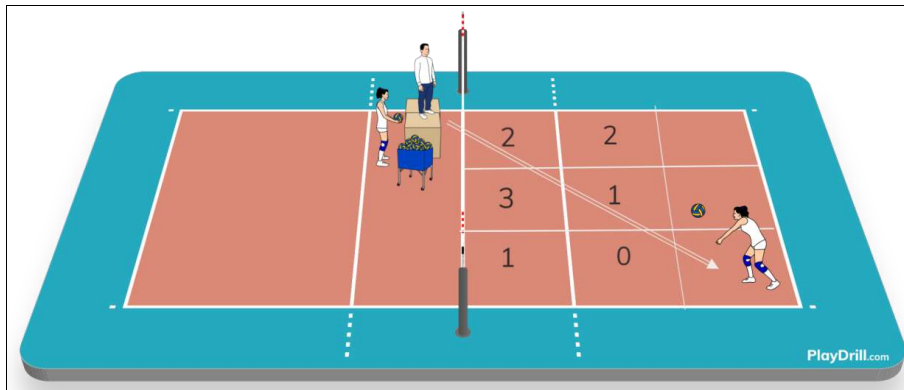


Fig 5: Demonstrates accuracy tests for the skill of defending the field from the back areas (position No. 5)

Exploratory experience

One of the most important research procedures carried out by the researcher in order not to fall into errors and difficulties during the main experiment, where the first reconnaissance experiment was conducted on a group of (4) players and those excluded from the main experiment at (3 pm) on Monday corresponding to 12/13/2021 As the test used in the research was applied and then prepared to implement some of the exercises used in the educational curriculum. The aim of this experiment was:

1. Identifying the time taken to conduct the tests
2. Knowing the adequacy of the ability of the assisting team
3. The ability of the sample to perform the tests An adjustment was made to the height of the basketball hoop used in testing the accuracy of the preparation and to suit the capabilities of the players.

As for the second reconnaissance experiment, it was on Saturday 12/18/2021. It was concerned with exercises and the same (4) players in the first experiment, and the aim of this experiment

1. Ensure that you can easily play and deal with the Tikvuli game.
2. Recognize the difficulty and appropriateness of the exercises
3. Identifying all the obstacles that the sample may encounter when applying it.
4. Ensuring the time of implementation of the exercises in the educational units and identifying the problems that may accompany the application of the educational exercises or the implementation of the tests.

Pre-tests

Pre-tests were conducted on the experimental and control research sample before starting the implementation of the exercises in the volleyball court hall of the specialized school and after preparing the tools for the tests, in cooperation with the assistant team and the researcher, on Monday 12/20/2019 at 3:00 pm.

Field procedures (main experience)

The main experiment vocabulary was applied after the educational units were distributed, as the number according to the educational curriculum reached (24) educational units distributed over (8) weeks and by (3) educational units per week (Saturday, Monday, Wednesday). The second Rusafa education is for average boys with volleyball, between the

ages of (13-15) years, on Wednesday corresponding to 12/22/2021 at 3:00 pm.

Where the main section of the educational unit reached (90) minutes, and the researcher's work was limited to a time of (30-35) minutes from the time of the main section. With the plan and curriculum set by the trainer, where the educational unit included the use of the exercises developed by the researcher and the application of competitive exercises on the game of Tikvuli, where the researcher used at the beginning of the educational units the exercises developed to develop the skill of numbers, crushing hitting and defending the court, then merging these skills with compound exercises for more than Skill In the final section of the educational unit, the researcher used competitive exercises using the Tikfoli game to add enthusiasm and suspense and increase the speed in the learning process. The researcher took into account the gradient in giving exercises from easy to difficult.

Post-tests

The post-tests were conducted after the completion of the main experiment and the completion of the application of the exercises for the research sample on Monday (7/3/2022) and after all similar conditions were created in terms of tools, place and time for the pre-test of the research sample for the experimental and control groups to identify the effect of Competitive exercises with the game of Tikfoli with the help of the work team and in the hall of the specialized volleyball school in the Ministry of Youth and Sports.

Statistical means

The researcher used the spss statistical package to extract the appropriate statistical treatments to obtain the results through the following laws:

- Arithmetic mean - t-test for independent samples - Median
- t-test for non-independent samples - Standard deviation - Coefficient of skew - Pearson's simple correlation

Presentation, analysis and discussion of the results

After the pre and post tests were conducted on the sample, the researcher analyzed the results, discussed them and processed them statistically in order to reach the goal of the research and its hypotheses. The following is the presentation of the results through these tables, analysis and discussion according to scientific references.

Displaying the results of the research variables for the pre and post tests of the control group.

Table 3: It shows the arithmetic means, standard deviations, the calculated (t) value, the error percentage, and the significant significance of the research variables for the control group.

variable	measuring unit	tribal		remote		SF	PF	t-value	mistake percentage	indication
		s	p	s	p					
overwhelming hit	degree	18.00	2.25	19.08	2.67	1.08	1.67	2.23	0.04	moral
Preparation skill	degree	11.25	2.30	12.33	2.18	1.08	0.51	7.28	0.00	moral
Playground defense	degree	10.66	2.14	11.58	2.02	0.91	0.28	11.00	0.00	

* At the level of significance (0.05), with a degree of freedom, n-1

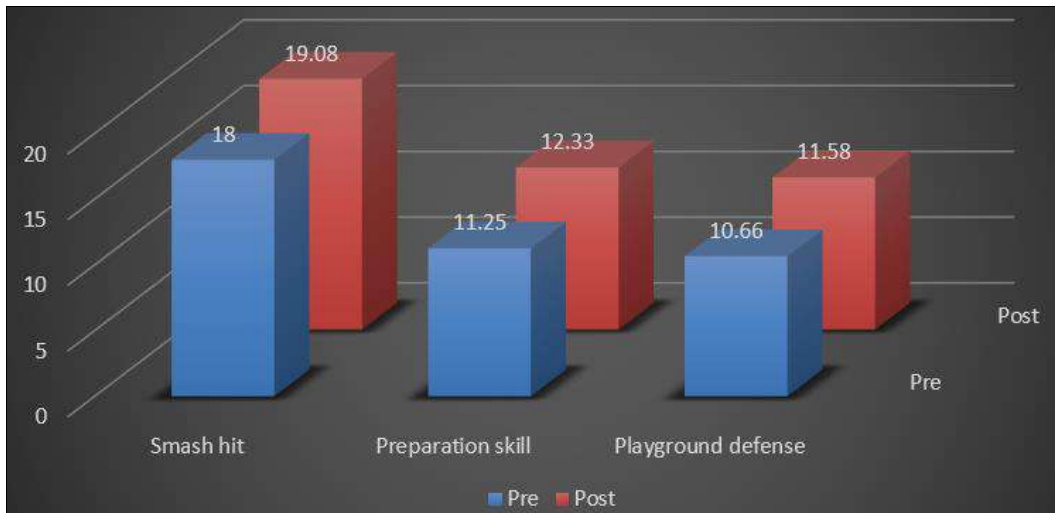


Fig 6: Shows the results of pre and post tests for the control group

Through the statistical results that were reached, the results were discussed, as it was found from Table (3) that there are statistically significant differences for the results of the pre and post tests with a small percentage for each of the three skills examined, the skill of preparation, the skill of crushing hitting and the skill of defending the field, and the researcher attributes the reason for This is due to the curriculum followed by the trainer that lacks interest and the promise of focusing on the diversity of exercises and methods used in the educational or training unit, as the researcher agrees with the opinion of (Hassan Sayed Moawad) that “the competition method can be used in order to achieve skill goals when it requires the use of motor skills, as competition contributes an abundant share In developing the learner's capabilities and developing his skills, he also mentions that one of the conditions for the success of learning the basic principles is that learning them be in the form of competition as much as possible.

And if there are, at intervals, exercises of a competitive nature in the educational units that were conducted on the control group, then they are limited to the usual and routine method of the players or the coach’s use of the method of learning through direct play, which is different from the competitive method, as the researcher agrees with (Nahida Abd Zaid) that “play Direct is the state of guiding skillful learning through play, and its purpose is to teach the learner to perform the game, which requires a combination of awareness, comprehension, and realization of tactical knowledge and implementation of the skill. The rhythm of the exercises was at the same pace, which led to the players adopting a single pattern, which led to a lack of their development, which was evident through the pre and post tests.

Displaying the results of the research variables for the pre and post tests of the experimental group.

Table 4: It shows the arithmetic means, standard deviations, the calculated (t) value, the error percentage, and the significant significance of the research variables for the experimental group.

variable	measuring unit	tribal		remote		SF	PF	t-value	mistake percentage	indication
		s	p	s	p					
Smash hit	degree	18.33	2.53	21.25	1.81	2.91	1.24	8.14	0.00	moral
Preparation skill	degree	11.08	2.19	14.16	1.85	3.08	1.19	8.61	0.00	moral
Playground defense	degree	10.25	1.81	13.58	1.97	3.33	0.77	14.83	0.00	moral

*Significance level (0.05) with n-1 degree of freedom

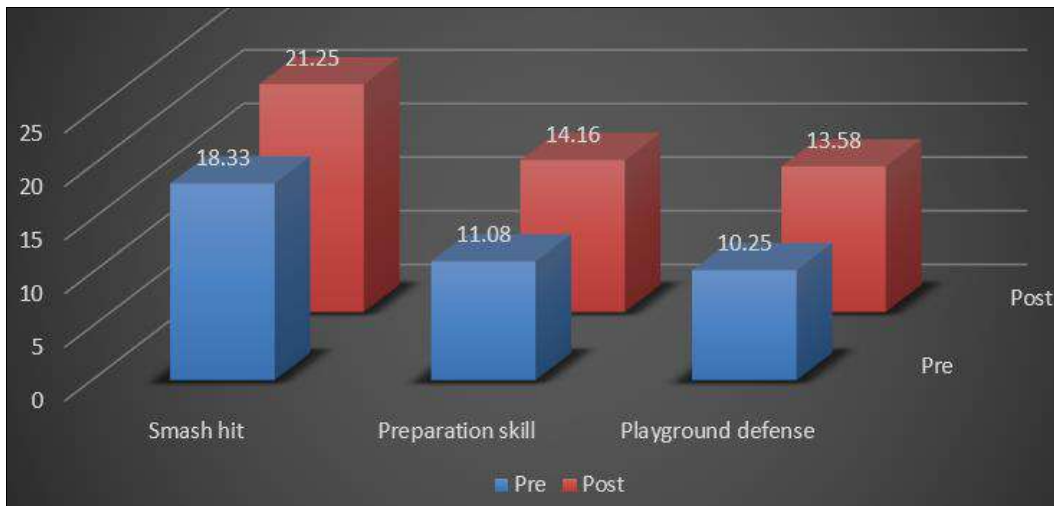


Fig 7: Shows the results of pre and post tests for the experimental group

Discuss the results of the research variables for the pre and post tests of the experimental group

By looking at Table (5), we note the significant differences between the pre and post tests of the variables studied (the skill of preparation, crushing hitting and defending the court) and in favor of the post test of the experimental group.

The researcher attributes this difference to the diversification of exercises in the educational unit and the effect of the Tikvuli game, as well as through regular exercises, repetitions, and qualitative competitive exercises that were applied to the experimental group, as it stimulated the learner's desire and urged him to make the maximum effort, and contributed to the development of the researched skills. Through it, the learner achieves victory and advances over the other competitor, which requires him to use the maximum strength of his capabilities. This method works to

increase the learner's motivation towards motor learning and to know the progress he has. The learner's abilities and skill, as informing the learner of the result of his performance, comparing him with his colleagues, and informing him of the extent of his progress or delay is one of the strongest motives for motor learning. Which led to the development of the researched skills, as in Figure (7), which shows the results of the pre and post tests of the experimental group.

Also, repetition of exercises is one of the most important factors that help learning, as Nahda Abd Zaid mentioned, "The learner's repetition of an action or thing several times gives him stability and perfection, and the learner is able to correct mistakes, if any."

Displaying the results of the search variables for the post-tests of the experimental and control groups.

Table 5: Shows post-tests for the experimental and control groups

Variable	Measuring unit	Control		Experimental		t-value	Mistake percentage	Indication
		S	P	S	P			
Smash hit	degree	19.08	2.67	21.25	1.81	2.32	0.03	moral
Preparation skill	degree	12.33	2.18	14.16	1.85	2.21	0.03	moral
Playground defense	degree	11.58	2.02	13.58	1.97	2.45	0.02	moral

*At the level of significance (0.05) with a degree of freedom, n-2

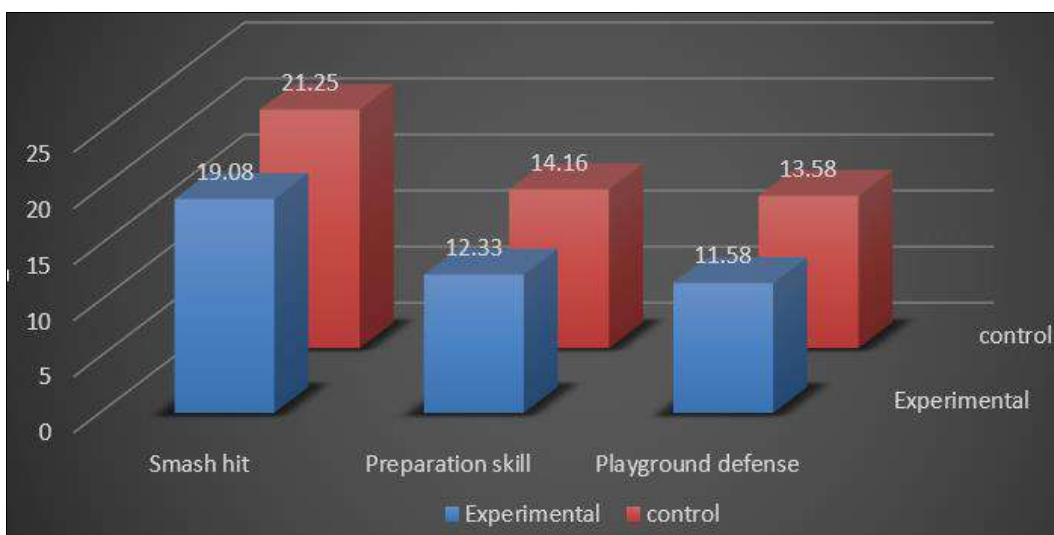


Fig 8: Shows the results of post-tests for the experimental and control groups

Discuss the results of the research variables for the post-tests of the experimental and control groups

It is clear from the results presented in Table (5) that there is a significant effect in the post-tests of the control and experimental groups in favor of the experimental group. Competitive exercise works to stimulate challenge and enthusiasm through the stored energy of the learner or the player. When this energy is stimulated, it will stimulate the desire to work and correct with unlimited giving. On the table of the Tikvuli game, and it was reflected on the performance of the players, and the exercises were characterized by an increase in repetition in order to increase his ability to master the skill, and this was confirmed by (Skinner). Which helps to develop the skill and actually participates in learning and performance". A researcher applies the exercises in a gradual manner from ease to difficulty, agreeing with Nahida Abd Zaid that "the principle of gradualness is very important in learning volleyball, as the difficulty of skill exercises is progressive, which helps to improve and raise the level of functional and motor capabilities, and thus the body is in a state of readiness to respond to what is difficult." As the exercises depended on the correct performance and accustoming the players to evaluating their performance by evaluating the coach and informing them of the correct way to perform the skill continuously to achieve more benefit from the educational unit, and also using the Tikfoli game with the experimental group increased the element of suspense and enthusiasm and reduced boredom and increased excitability and suspense And the attention of the group members, especially in competitive exercises, as the use of competitive exercise leads to achieving the desired goal and works to double the player's effort in order to compete with himself and others, and competition is only an attempt for each of them to make progress, and this in itself is considered a dynamic reinforcement element that shows its impact on learning and behavior. Hussein Moawad)" that competitive exercise can be used to achieve skill goals when it requires use as for motor skills, competitions contribute an ample share in developing the individual's capabilities and developing his skills.

Conclusions and recommendations

Conclusions

Through the results reached by the researcher through the field experiment on the sample (the experimental group) and through the use of statistical methods, presentation and analysis of the results, the researcher reached the following conclusions:

1. The competitive exercises used had a positive impact on the learning process and the development of the preparation skill, the crushing hitting skill, and the skill of defending the court with volleyball.
2. Through the remarkable development in the research variables, it was found that learning and repetition of exercises according to competitive exercises are better than traditional exercises in developing the skill of numbers, the skill of crushing hitting, and the skill of defending the court with volleyball.

3. The Tikvuli game used in the research had a clear impact in creating an unusual atmosphere full of enthusiasm that helped positively in the process of learning and developing skills.
4. Graduation in the use of competitive exercises according to their difficulty in the Tikfoli game, from easy to difficult, contributed to the development of the researched skills.

Recommendations

1. The researcher recommends the use of competitive exercises in the process of teaching the basic skills of the game of volleyball.
2. The researcher recommends the trainers to use various and different learning methods because of their positive impact on the speed of learning and mastery of skills.
3. The researcher recommends the use of competitive exercises because of its importance in suspense and motivating the player to perform with his utmost effort and show his capabilities and thus develop the basic skills of the game.
4. The researcher recommends providing similar games, especially the game (Altikfoli) because of its motivational and exciting effect on the players, and providing aids and devices that help develop all technical skills so that the player can reach the best levels.
5. Conducting other studies and research on the use of the competitive method on other age groups and on other volleyball skills and other team games.

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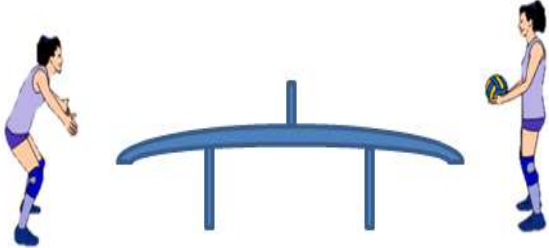
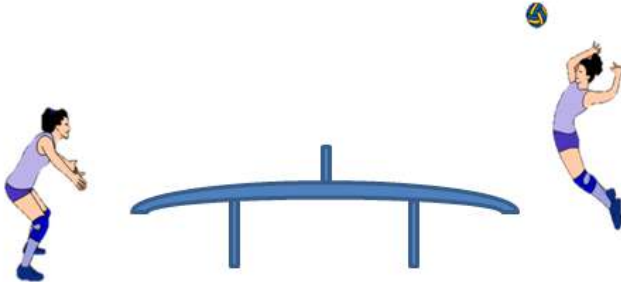
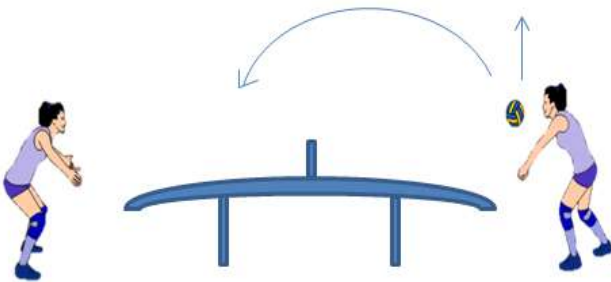
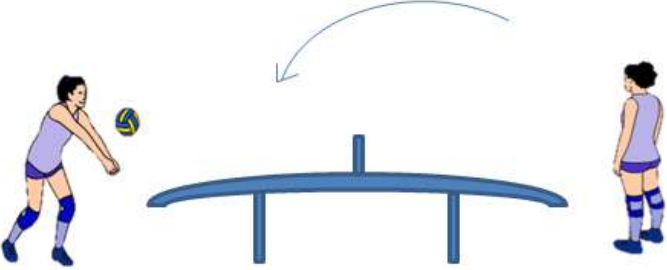
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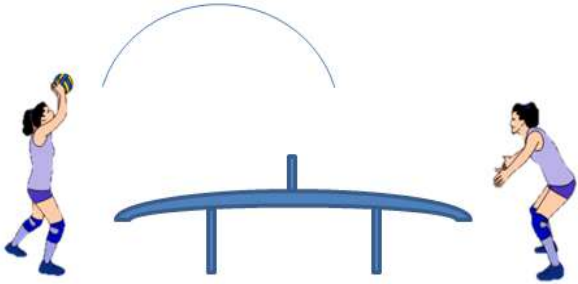
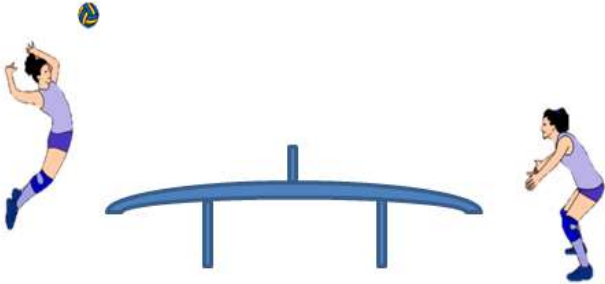
Appendix No. (1)

TEQVOLY game table



<p>1. Preparation skill exercise on the tikvuli table with two players, each of them standing on the side of the court.</p>	A diagram illustrating a preparation exercise on a tikvuli table. Two players, shown in purple athletic wear, stand on opposite sides of the table. A blue ball is shown in the air, having been thrown by the player on the right. A blue checkmark is placed above the table, indicating a successful or correct action.
<p>2. The preparation skill exercise at the tikvuli table with (4) players, each two standing on the side of the court in which the ball is prepared for the teammate and then played on the opponent's court by the preparation method, and the other team in the second court performs the same exercise after catching the ball and so on.</p>	A diagram illustrating a preparation exercise involving four players on a tikvuli table. Two players on the left side of the table are shown in a ready position. Two players on the right side are shown catching a ball. This represents a sequence of actions between two teams.

<p>3. The smashing exercise on the tikvuli table with two players, each standing on the side of the court. The player prepares the ball for the top, then hits the ball from a standing position on the opponent's court table, so that he catches it and hits it again on the first player's table, and so on.</p>	
<p>4. The smashing exercise on the tikvuli table with two players, each of them standing on the side of the court. The player prepares the ball for the top, then hits the ball with a crushing hit from the jumping position on the opponent's court table, so that he catches it and hits it again on the table of the first player, and so on.</p>	
<p>5. Practicing the skill of defending the field at the tikvuli table with two players, each of them standing on the side of the court. The player plays the ball up constantly by passing from the bottom, and when he hears the whistle, he plays it on the table of the second player, to repeat it in the same way on the court of the first player after catching it, and so on.</p>	
<p>6. Practicing the skill of defending the court at the Altikfoli table with two players, each of them standing on the side of the court. The first player defends the ball after hitting it with a crushing blow, and it bounces on the table from the other player, holding it, and then hitting it again, so that the second player can defend again, and so on.</p>	

<p>7. tikvuli table with two players. The ball is played and circulated between the players in a normal way, by touching the ball once after it bounced off the table, to throw it to the side of the second court, and to compete and try to get a point.</p>	
<p>8. tikvuli table with two players. The ball is played and circulated between the players in a three-touch manner for each player after the ball crosses into his court and bounces off the table and competes to get a point.</p>	
<p>9. Competitive exercise with (4) players, each two, on one side of the stadium at the tikvuli table. The ball is traded between the two teams after one of the two teams started sending the ball to the other side of the stadium and competing with each other to get a point.</p>	