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The effect of special exercises in developing. The ability of perception and its relationship to the skills of the wall of the wall and the defense of the field among the young volleyball players

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Abstract

The study aims to know the effect of special exercises in developing the ability of cognition and its relationship to the skills of the wall of the wall and the SkillSkill of defending the volleyball field for the specialized school in the district of Jabayish in the province of Dhi Qar for juniors. The problem of the Research lies in the weakness of the defensive side of volleyball players, where most teams are interested in the offensive side and leave the defensive side. The research sample consisted of (20) players who were divided into two groups in an unexpected way, for the experimental group (10) players that applied special exercises by the researchers, and the control group (10) players who applied the trainer's exercises in the traditional program, and the researchers used the experimental method to achieve the objectives of the Research, The results were presented, analyzed and discussed in the level of performance of the skills of the wall of the wall and the defense of the field in volleyball, as well as the cognitive ability of the research sample. The researchers concluded that the special exercises used by the researchers contributed to the development of the cognitive ability and the development of skills of the wall of the wall and the defense of the defensive field among the members of the experimental group, and the superiority of the experimental group, which performed special exercises on the control group.

Keywords: Motor perception ability, wall skills, blocking and de

Introduction

The adoption of the modern scientific method, the charming touches of the volleyball event, and the advanced tactical performances increased the fun and pleasure of the event. Therefore, specialists and researchers in the field of motor learning and training resorted to finding ways to make this game success, and to make it in the competition of other activities, where researchers and specialists seek from time to time to find new methods and methods that serve the development of motor and skill duty in all sports activities in proportion to the age groups. Whether these activities are team or individual, we need these new methods to link mental, motor, and physical abilities to serve the SkillSkill, technical and planning aspects. Skill and technical, as most of her offensive and defensive skills are of a high level From Sophistication in technical performance, especially defensive ones.

The use of unique and similar educational exercises for different playing situations and the selection of the most appropriate methods of learning and training, which are compatible with the abilities of the players as they are from the junior category, increased the mental, motor, and technical abilities of the players in applying the defensive skills in question (blocking wall and defending the stadium).

Hence, the importance of the Research lies in finding modern educational methods through which it is possible to raise the level of the players' technical, kinetic, physical, and skill performance, raise their mental abilities, and expand the players' motor perception base through the use of modern educational methods in the learning and training processes. The player's access to a certain level of learning can only be overcome by using new exercises and methods that simulate mental, motor, physical, and mental abilities and by finding successful ways to raise the level of performance of defensive skills (blocking walls and defending the playing field) through the use of special educational exercises and the aids

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through which it is possible to Raising the level of the players' motor, physical, mental and technical capabilities and raising the players to a level equivalent to what the Arab and international countries have reached.

Research problem

The goal of the learning process is to reach the individual to perform the SkillSkill to be learned in the required manner, and many coaches, if we say most of them are working to maintain performance, especially in the junior stage, which is characterized by the player's ability to receive information physically and mentally, as repetition of any skill increases its learning And its development in the stage of learning acquisition for the purpose of improving and accelerating the learning process and reaching the stage of successful performance, but the idea is to continue to increase skill exercises for the stage after the stage of successful performance, And from during scenes the two researchers made a note for the local league for many from the clubs And that adopt different educational methods notice researcher that occurrence. The Many educational errors that do not fit with the nature of learning skills artistic Defensiveness, especially my skills (blocking and defending the field) volleyball.

The development of the offensive skills of the players and the improvement of the player's performance in an ideal way, especially the striking players, made the teams and workers in the sports field find defensive solutions at the level of the wall or the defense of the stadium that fits with the requirements of a modern play, and through the researchers' follow-up to the Iraqi sports clubs and teams and specialized schools, The fact that the players are from the junior category, which is the cornerstone on which the development of the volleyball game depends.

Hence the search problem, The apparent weakness of defensive skills (blocking wall and defending the field) in volleyball in most Iraqi teams, Resulted from the lack of coverage of the striking players and the formation of a defensive wall that matches the movement of the opposing team's striking players, as well as the lack of good positioning of the players defending the stadium during the opposing team's attack Especially the young players as they are in the learning stages, who form the basis on which to develop the game and raise the level of the Iraqi clubs and local teams, So the researcher that to study this problem and indicate the benefit of during use special educational, skill exercises similar to playing situations through which mental abilities (kinesthetic awareness) and technical and technical performance of my skills (blocking wall and field defense) can develop in volleyball.

Research aims

1. We are preparing special educational exercises to develop motor awareness and the skills of the wall and the defense of the field volleyball for juniors aged (14-16) years.
2. Recognition effect of special educational exercises on the development of motor perception and the skills of the wall of the wall and the defense of the playing field Volleyball for juniors.

Research hypotheses

1. The special educational exercises impact the development of motor awareness and the skills of the wall of the wall and the defense of the volleyball field.

2. There are statistically significant differences in the values of the post-tests between group search some skills defensive Volleyball for juniors.
3. Research Methodology and Procedures:

One of the essential steps to research-based success is choosing the appropriate approach to solve the research problem. Moreover, the research method (it is the method that the fellow researcher to determine the steps of his Research) enables him to reach the solution of his problem and objectives. Fawzia Gharaibeh and others mention that an experimental group and a control group can use according to the importance of controlling the factors and the degree of accuracy sought. From experience. Where the researchers used the experimental method, This is due to the nature of the Research.

The selection of the sample is one of the essential pillars in the scientific research process. Why? The principal is part of an original community or model that conducts the investigation overall and the focus of his work on it. The research community was represented by the players of the specialized school in the province of Dhi Qar in the district of Jabayish in volleyball for ages (14-16). Their number is (24) within that category. The sample was chosen deliberately "so that it accurately represents the community accurately, taking into account that the sample accurately so that The number of the sample is proportional to the number of the population to achieve the Research objectives., as the intentional sample in which the choice is accessible by the researchers and divided into (10) players as an experimental sample, (10) players as a control sample, and (4) players as an exploratory sample and the exploratory sample was chosen by random method (lots).

Homogeneity and equivalence of the research sample

The researchers made sure to achieve homogeneity between the members of the control and experimental groups, "Usually there is homogeneity in the element of height, mass, and age, whether total or training for the player. As for equivalence, it is the opportunity of equality between the sample members with another sample". The coefficient of variation used for homogeneity to anthropometric variables And the Skill that the researcher believes may affect the search results homogeneity of the research sample carried out in the measurements (height, mass, chronological age, training age). Table (1) shows the homogeneity of the members of the research sample using the coefficient difference, while Table No. (2) Shows the equivalence of the experimental and control groups for the tribal tests.

Table 1: It shows the homogeneity of the research sample in the variables (height, mass, chronological age, training age)

Variables	measuring unit	Arithmetic mean	standard deviation	Variation coefficient
Height	cm	179.042	4.150	2.31
Bloc	kg	56.167	3.135	5.58
The age	year	15.083	0.674	4.46

It is clear from Table (1) that the values of the coefficient of variation for the variables (length, mass, chronological age, training age) reached between (2.43-5.126) "The value of homogeneity, the closer to (1), the higher the homogeneity and if it is more than (30). The sample is heterogeneous.

Table 2: Shows parity between the control and experimental groups in the tribal tests

The test	Control		Experimental		T	Sig	Indication level
	s	±	s	±			
Awareness of the jump distance	25.300	3.632	25.500	2.462	2.876	0.555	Insignificant
Rust wall	9.135	0.352	8.904	0.356	1.507	0.170	
Defense of the field	4.808	0.493	4.895	0.400	0.698	0.505	

Table (2) that all values of (Sig) (not significance (is more significant than) 0.05), which indicates that there are no statistical differences between all research variables, this is evidence of the equivalence of the members of the experimental and control samples.

Tests used in the research

1. Jump distance perception test.
2. A test wall skill singles.
3. A good test performance artistic skill to defend the field.

Exploratory experience

The exploratory experience training practically for the researcher to stand by himself on Negatives and pros that meet him during Procedure the exams to avoid it in the future". In order to identify the obstacles and difficulties that may arise during the main experiment, as well as to know the validity of the devices, means, and tools used, and to know the negatives that the researchers will face avoid, the researchers and his assistant team conducted a reconnaissance experiment on the hall of the Al-Jbayish Sports Forum on Friday (11/ 2/2022 on a sample (4) players from the original community and they excluded from the research sample.

The purpose of the exploratory experiment was to:

1. Identify the obstacles that the researchers will face.
2. It was knowing the suitability of the tests on the research sample.

3. Know the time taken to complete each test.

This experiment resulted in the validity of the devices and tools used and the suitability of the tests.

The scientific basis for the test

1. Test validity

The ability of the test to measure what it was designed for or the characteristic to be measured. To verify the validity of the test, the researchers used the subjective validity coefficient, Subjective validity measured by the square root of the test reliability coefficient".

2. Test stability

The reliability of the test is intended to "give the same results if it is re-applied to the same sample at two different (two) times and under similar conditions". The researcher applied that test to the sample of the exploratory experiment, who were (4) junior volleyball players. He re-applied the test on the same sample after (7) days, under the same conditions in which the test was applied for the first time.

3. The objective of the test

To identify the objectivity of the test of the study research, and to extract the objectivity of the test results, the researcher deliberately that to extract the correlation coefficient between the scores of two arbitrators "because the test is considered objective if it gives in all cases the same scores regardless of who corrects it".

Table 3: It shows the values concerned with the coefficients of reliability, subjective validity and objectivity for the research test

T	The exams	Measuring unit	Stability	Self-honesty	Objectivity
1.	The kinetic ability of jumping	Degree	0.89	0.94	0.98
2.	Rust wall	the second	0.91	0.95	0.97
3.	Defending the stadium	Degree	0.93	0.96	0.98

- **Pre-tests:** The tribal tests for the experimental and control samples were conducted on Friday, February 18, 2022, at the Al-Jbayish Sports Forum Hall.

groups on Friday, 23/4/2022, at the Al-Jbayish Sports Forum Hall.

The main experience

Distance due to experience exploratory and ensure the safety of the procedures followed, the tests, and the method of applying the exercise. The main experiment was started on the experimental sample on Sunday, 20/2/2022, until Thursday, 21/4/2022 For 8 weeks with three units per week (Friday, Sunday, Tuesday), the time of the teaching unit for the central section was 55 minutes, taking into account the application of the exercises specified by the researchers.

Post-tests

After completing the main experiment, the researchers conducted the post-tests for the experimental and control

Statistical means

The data were processed statistically through the use of the statistical portfolio program. SPSS ver.20)

Discuss the results

The researcher did that presenting and analyzed the findings and discussed the data obtained on it, yet completion completed the app special educational Rinat to develop the motor perception ability and the accuracy of the technical performance of the skills of the wall of the wall and the defense of the defensive field in volleyball for juniors and after collecting and processing the research results through the tribal and remote tests of the research variables for both samples in light of the statistical laws used in the Research, which fit with nature of Research.

Table 4: It shows the results of the pre and post-test for the control group's kinetic ability to jump distance

Statistical coefficients Test name	Measuring unit	Tribal		Dimensional		Values (T) calculated	Sig	Indication level
		S	±	s	±			
Perception of a distance jump	Degree	25,333	3,632	27,833	4,844	2.712	0.042	moral

Below the significance level (0.05).

Table 5: Show consequences of the test tribal and dimensional for the group Experimental in the ability to perceive movement at a distance jump

Statistical coefficients Test name	Measuring unit	Tribal		Dimensional		Values (T) calculated	Sig	Indication level
		s	±	S	±			
Awareness of the jump distance	Degree	25.500	2.462	31.333	6.745	3.796	0.013	Moral

Below the significance level (0.05).

Table 6: Show consequences the test tribal and dimensional for the group control to test Skill rust wall

Statistical coefficients Test name	Measuring unit	Tribal		Dimensional		Values (T) calculated	Sig	Indication level
		s	±	S	±			
A test trust wall	d/th	9.135	0.352	8.456	0.593	4.273	0.003	Moral

Below the significance level (0.05).

Table 7: It shows the results of the pre-and post-test for the group for experimental In the Skill of the wall of the wall

Statistical coefficients Test name	Measuring unit	tribal		dimensional		Values (T) calculated	Sig	Indication level
		S	±	s	±			
Wall test	Dr/tha	8.904	0.356	7.502	0.501	10,656	0.000	moral

Below the significance level (0.05).

Schedule 8: Show consequences the test tribal and dimensional for the group control to test SkillSkill Defending the stadium

Statistical coefficients Test name	Measuring unit	Tribal		Dimensional		Values (T) calculated	Sig	Indication level
		s	±	s	±			
A test skill Defense off the field	Degree	4.808	0.493	5.196	0.436	-4.477	0.002	Moral

Below the significance level (0.05).

Table 9: It shows the results of the pre and post-test for the group experimental in SkillSkill Defending the stadium

Statistical coefficients Test name	Measuring unit	tribal		dimensional		Values (T) calculated	Sig	Indication level
		S	±	s	±			
Defense skills test off the field	Degree	4.895	0.400	5.535	0.598	-6.312	0.000	Moral

Below the significance level (0.05).

Through results in the above tables (4), (5), (6), (7), (8), (9), we find that improvement is clear among experimental and control sample members to varying degrees, in favor of the all experimental group in all values of the ability to perceive motor And the defensive skills of the block wall and the defense of the stadium in volleyball, and this is what was shown by the results of the post-test despite the discrepancy in the development of those values between the skills, and this is a natural matter that depends on the difficulty and specificity of each SkillSkill during learning and the researchers attribute the reason for the development of defensive technical skills, the blocking wall and the defense of the stadium. In the use of special educational exercises to develop the ability to perceive the motor skills of the defensive under discussion, the researchers have been repetitive in the application of special educational exercises and their diversity in order to reach coverage of all educational situations that may be mention in the actual competition and which work as a whole to develop the skill performance. It is not accessible in traditional unit exercises, where" The more exercises similar to playing are used, the better results will be achieved in developing basic skills. Where I did a special exercise education prepared by the researcher that all dimensions of perception kinesthetic Volleyball by performing exercises at different scales" Motor perception is the core of mental activity and has a

great role in the speed of learning new motor skills, and motor perception can adapt in the lower educational stages or the advanced stages". Where I The experimental group was able to identify and perceive stimuli in the form of Help the experimental group to perform most of the skills artistic volleyball (blocking wall and playing field) with a high degree of accuracy, The variety of formations for a single, double and triple blocking wall, which require constant and precise movement of players for control. On the movements of the ball during play "The team's possession of the wall players possesses a high awareness of the game, that is, the ability to read the play, kinetic prediction and decision-making, which enables them to move with high efficiency to the side and back by blocking the balls and slowing the attacks". as well as the repetition of special educational exercises, give a good rate of development and stability in performance, which must appear in the performance of the players, even if it is a small percentage Where "an athlete can't reach an accurate and high level of skillful performance in his performance except through practice and repetition coupled with a careful understanding of the instructions". And the differences seem clear through the development in the level of defensive performance of the experimental sample compared to the control sample, which showed results to improve less, and this is due to the special exercises, which contributed to the development of

defensive skills, which depended in their application on the principle of diversity in performance and the application of various exercises, and that The principle of diversity allows the learner to identify performance experiences and thus master performance, and this confirmed by (Magill, 1998) Where it is mentioned that diversifying and organizing exercise experiences and diversity in movement will increase the acquisition of educational experience by deriving variable exercise experiences that increase the ability to perform the SkillSkill better.

The multiplicity of playing positions during matches, from attack to defense, and the remarkable diversity of defensive formations, including the wall and the defense of the field, made the players in the defensive line find the right ways to form defensive formations in line with the requirements of a modern play, and this is what created special educational exercises and aids, which helped immensely in raising the players' cognitive, motor and SkillSkill abilities, which gave players the ability to find quick and instant defensive solutions while facing crushing blows. "The use of various auxiliary educational aids makes the process of motor learning or sports training more effective and positive because its use in the educational or training process leads to build the kinetic perception of the player or learner and its development.

The researchers believe that the prepared educational curriculum increased the degree of learning and development clearly because the players are from the junior category. It is not that the degree of harmony and synergy between the players has increased the level of learning and mastery of defensive skills (blocking walls and defending the stadium) in volleyball. Confirms the results of the Research that came Matching with the research hypotheses.

Conclusions and Recommendations

Conclusions

After carrying out the statistical treatments and the results achieved from the field experiment, the researchers reached the following conclusions.

1. The special educational exercises used by the researchers contributed to developing motor awareness and the skills of the wall and defense of the volleyball court among experimental group members.
2. The experimental group outperformed the control group, in which the trainer used the prepared educational curriculum and aids in developing motor awareness and accuracy of defensive skills, the wall of the wall, and the defense of the field in volleyball in the experimental research sample.
3. The development of mental abilities, especially motor perception, contributed significantly to the development of the level of technical and defensive performance of the defensive SkillSkill (blocking wall and defending the field) in volleyball, and this indicates the existence of a moral correlation relationship among the players of the experimental research sample and the unique educational exercises prepared by Mona by the researchers.

Recommendations

In light of the conclusions reached, the researchers recommend the following:

1. It is necessary to pay attention to the development of defensive skills in a balanced manner with the development of technical, SkillSkill and planning

performance during the application of educational and training curricula and the use of special exercises for its development within the modern educational curricula.

2. They emphasize the importance of mental abilities, especially cognitive abilities, and developing them at the beginning of academic units because of their paramount importance in developing the technical and SkillSkill performance of defensive skills in the game of volleyball.

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