

# THE EFFECT OF SPECIAL SKILL EXERCISES TO DEVELOP THE SCHEMATIC THINKING AND PERFORMANCE ACCURACY OF THE BEATING SKILL OF YOUTH PLAYERS IN THE VOLLEYBALL GAME

Dina Abdel Husein Badin

Prof.Dr. Abdul Hadi Hamid Mahdi

Prof.Dr. Hussein Sabhan

University of Baghdad / College of Physical Education and Sports Sciences

---

## ABSTRACT:

*The effect of special skill exercises to develop the accuracy of performance and the schematic thinking of the Spike skills of youth volleyball players.*

*The skills of volleyball is the group of movements aimed at the volleyball player after passing the stage of beginners, whether simple or composite, individual or collective, and need in almost all positions of the game required by the game, and represents the main goal of the performance of these movements and skills are to get better Levels and results with the economy in the physical effort, so the player must master it completely, and through it and in cooperation with the rest of the team players can execute the technical plans offensive and defensive in an excellent manner and thus win And that the players must be characterized by a high degree of intelligence and good behavior and concentration and have the ability to perform all the skills of individual and composite well and performance optimally, that these technical skills are taught and trained for players after mastering the basic skills well. The study was designed: the number of special skills exercises, The accuracy of the performance and the thinking of the schematic skill of beating the overwhelming volleyball players of youth and recognize the impact of special exercises, especially to develop the accuracy of performance and thinking of the schematic of the overwhelming beating skills of youth volleyball players. The imposition of research: there is a positive effect of exercise performance and tactical thinking skill players beating overwhelming volleyball researcher using the experimental method to design a single group, has been selected research community the way the The players were selected as the players of the National Center for Sports Volleyball, Baghdad (70) players. The research sample was selected (15) players and ages (15-16), and they accounted for 21% of the research community. Specially influenced positively in the development (overwhelming beating skill) in the 2-3-4 centers of the research sample. And that the exercises special skill that contained the exercises schematic positively affected the development of the schematic side of the research sample. Through the conclusions recommend that the need for the attention of the coaches in the exercises because they have a significant role in the development of technical skills and basic volleyball. And the selection of appropriate training exercises in the course of training courses.*

**Keywords :** *special skill exercises - performance accuracy – volleyball.*

**INTRODUCTION :**

Volleyball is a group of games characterized by a variety of skills and sequence and characterized by rapid and sudden changing positions as well as the diversity in the performance of the movement of different skills, which requires players to adapt constantly and quickly with these positions during matches, and the level of skill capacity as high as the impact on the level Performance. As well as tactical thinking, which depends on the form of offensive and to meet the competitor where a player can volleyball through the implementation of the duties of the center, which is occupied, where the processes of thinking the schematic working influential and distinguished between the players in the use of their skills to the best level, which enable them to overcome The many positions that occur during games and continue to play effectively without falling in the level throughout the matches.

The technical skills in volleyball are the most important skills that need to be put in a better position and suitable for their implementation, accuracy in performance and decisive force to get the point. And that the use of training aids to help in the exercises have a significant impact on the development of technical skills in volleyball, which is one of the basic factors to facilitate the process of correcting the performance of skill and development, provided that be suitable for the ages and level of players, and work to find realism during the exercise and the least effort and time , Creating desire, excitement and suspense during the exercise, and works to find solutions to all variables that occur during matches.

Therefore, the importance of the research in the development of special skills to develop the accuracy of performance and the thinking of the schematic of the skill of beating the overwhelming volleyball players of youth, because of the overwhelming beating skills of great importance to players when performing volleyball skills, as well as correct and strengthen the technical and planning responses that have a key role in winning the team In games, to reach the players to the highest level of performance, from which they can get the point.

**MATERIALS AND METHODS:****Research Methodology:**

The researchers used the experimental approach to suit the nature of the problem and for the purpose of achieving the

objectives of the research and the method of the experimental group with both tribal and remote tests.

**Search community and sample:**

The research community was determined by the intentional way. They are the players of the National Center for the Advancement of Athletics in Volleyball (Baghdad), which are (70) players, and the sample of the research was chosen (15) players and ages (15-16) years, and they accounted for 21% .

**Means of gathering information, tools and devices used in research:**

Information gathering methods:

- . Arab and foreign scientific sources -
  - . Personal interviews -
  - . Software and applications used in the computer - The World Wide Web. -
  - . Tests and measurement used -
  - . Statistical program SPSS -
  - : Tools and devices used
  - . legal aircraft balls number (20) type MIKASA MIKASA
  - ) metal measuring tape number (2 -
  - . Adhesive tape and stationery-
  - ) Casio Stopwatch, number (4 -
  - ) Fox whistles number (2 -
  - ) Volleyball court number (3 -
  - Different types of different sizes (30) -
  - colored carpet number (4) -
  - a table with different heights (3) -
  - CD (CD) number (10) type (Imation) -
  - Medical scale number (1) -
  - Vidui camera (Japanese-made) type Sony (1)
  - . Data Show -
  - A laptop computer type (HP) (Japanese-made) number (2).
- To complete the search procedure, follow these steps:
- . - The preparation of special exercises to develop the accuracy of the performance of overwhelming beating and thinking of the volleyball plan for players of the National Center for the care of sports talent
  - Selection of tests related to the research variables. -
  - Conduct the pilot experiment of the tests to ensure their suitability to the sample of the research.
  - . Conducting tribal tests for the research sample -
  - . Apply special exercises on the research sample -
  - . Conducting remote tests of the research sample -

- Analysis of the results through the use of statistical means to see the impact of special exercises.

: Tests used in research

Test the accuracy of the crushing skill of the Qatari and straight center (2) -

Test the accuracy of the crushing skill of the Qatari and straight center (3) -

Test the accuracy of the crushing skill of the Qatari and straight center (4) -

. Test thinking plan

### Exploration Experience

The pilot experiment is a practical training for the researcher to stand up for the negatives and the positive aspects that he encounters during the tests to avoid them in the future, "and is one of the most important experiments used by the researcher for the purpose of identifying the best means to be followed when conducting the main experiment and training to conduct tests in a scientific and accurate to obtain (5), and 10 (10) players were taken out of the total number of the sample (30) players for the purpose of conducting exploratory experiments.

:the purpose of the experiment

. Ensure the safety of tools and devices used -

. -Training of the Assistant Working Group

- Ensure the time taken for each test after the order and sequence to take into account in the main experiment.

- Diagnosis of the obstacles and negatives encountered by the researcher when conducting the main experiment.

: First exploratory experiment

Date: Saturday, 3/2/2018 -

Place: Specialized Center for Sports Fitness, Baghdad. -

Sample: young players aged 15-16 years, and the number (10) -

. Experience time: 12 noon

:the purpose of the experiment

. - Training of the supporting team

.Ensure the safety of tools and equipment used -

.Determine the time and sequence of the tests -

:Second exploratory experiment

Date: Saturday, 10/2/2018 -

. - Place: Specialized Center for Sports Fitness, Baghdad

Sample: Youth ages 15-16 years, and the number (20) -

. Experience time: 12 noon -

: the purpose of the experiment

. Increase the test time to 10 seconds instead of (4) seconds -

- The researcher used the data show in the test to explain the test paragraphs, in short time and effort, and with the help of the auxiliary team.

. Know the length of work and rest for each exercise -

. Know the obstacles that may arise when applying complex exercises -

### :Main experience

Tribal and remote tests:

After identifying all the conditions, the variables of the research, the extraction of the transactions, the scientific foundations of the test, and in order to achieve the objectives set, the researcher identified the days and dates of the tribal tests of the sample of the research.

: Tribal Tests

Tribal tests were conducted on the research sample of (20) players for the research sample ages (15-16) years.

- The tribal tests of the skill of beating the overwhelming sample of the search on Saturday, 17/02/2018 at noon.

- The tribal tests of the thinking of the plan of the research sample on Monday, 19/2/2018 at 4 pm.

- Before performing the tests, the researcher explained and applied how the tests performed and presented the test of the schematic thinking on the data show.

: Application of special exercises

. Special exercises were started on Saturday, 24/2/2018 at 12 noon -

- Special training lasted for 10 weeks and included (30) training modules for the sample.

training units per week (Saturday - Monday – Wednesday)

. Special exercises have been implemented in the main section of the module -

: Specific exercise guidance included

. The training module begins with warm-up exercises -

- Graduation exercises were conducted to warm up the small muscles until the ability to warm up the muscles of the whole body.

- The use of training methods of both types (low-intensity and high-intensity pilot) and repetitive training.

. The beginning of the pregnancy ripples is 2: 1

- The volume of exercise (5-8) repetitions in one module of the exercises complex.

- The severity of pregnancy ranges between 65-75% for low-level infant training and (80: 95%) of the maximum level for the high-level infant training, and the severity of pregnancy for repetitive training ranges from (90-100)

- The repetition of the exercises between (10: 20) recurrence, and among the (2: 4) groups, taking into

account the decline in the level of the player during the exercise.

- . Performance time ranges from (50-60) minutes -
- . Interval intervals (90: 240) w positive comfort -
- . Taking into account security and safety factors during training -
- : Post-tests
- The remote tests of the skill of beating the overwhelming sample of the research on Saturday, 5/5/2018 at noon.
- The post-test tests of the research sample were conducted on Monday, 7/5/2018 at 4:00 pm.

The researcher was keen to adhere to all conditions, the possibilities of conducting tribal tests and applying special

exercises and remote tests in terms of team work assistant, time and place, tools and devices necessary user.

**Statistical means:**

A set of necessary statistical methods were used to assist in the treatment of the results of the research, test its hypotheses, achieve its objectives and reach accurate treatments using the statistical program (SPSS)

- .- The arithmetic mean
- .- Standard deviation
- .- T test

**RESULT AND DISCUSSION:**

Table (1)

The statistical parameters, the calculated value (t), and the level of significance for the skill test show the overwhelming tribal and remote beatings of the sample members

The result	sig	t	F-E	S-P	after		Tribal		Variables
					P	s-	P	s-	
moral	.00	9.13	.339	3.10	2.57	21.75	1.78	18.65	Collapsible center (2)
moral	.00	9.03	.420	3.80	2.27	21.85	1.46	18.05	Collapsible center (3)
moral	.00	9.13	.339	3.10	1.92	20.35	1.83	17.25	Knockout Center (4)

Below the degree of freedom = 19 and the level of significance = (0.05)

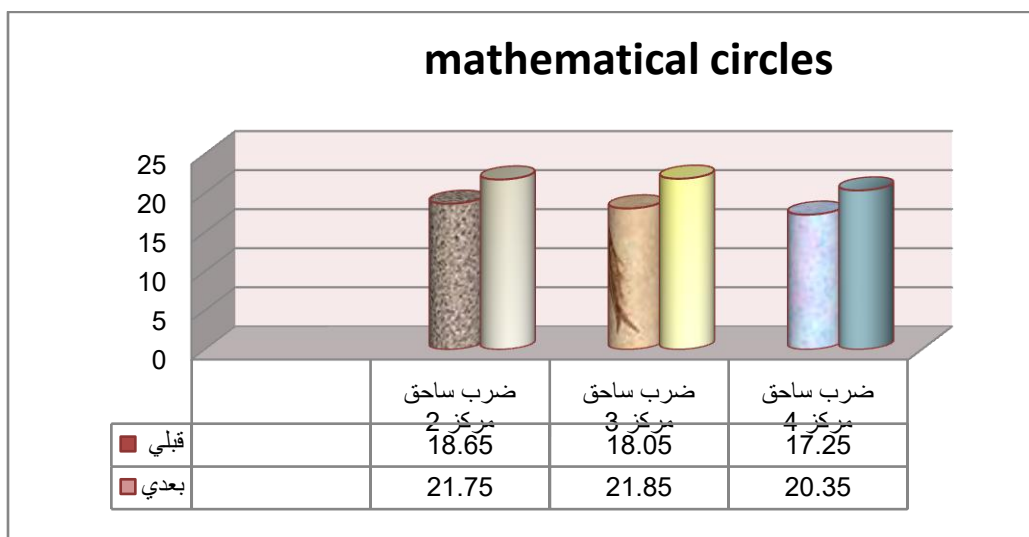


Figure (1): Shows the tribal and remote computational skills of the overwhelming beating skill

Table (2): Demonstrates the evolution rate to test the crushing beating skill of the sample members

Evolution rate	S-P	after	Tribal	Variables
		s-	s-	
16.62%	3.10	21.75	18.65	Collapsible center (2)
21.05%	3.80	21.85	18.05	Collapsible center (3)
17.97%	3.10	20.35	17.25	Knockout Center (4)

Presentation of the results of tribal and post-test tests and the rate of development of the linear thinking:

Table (3): Showing the statistical parameters and the calculated value (t) and the level of significance of the tribal and remote thinking of the sample members

Percentage improvement	sig	t	F-E	S-P	after		Tribal		Variables
					P	s-	P	s-	
%11.44	0.00	10.84	1.67	18.15	6.06	176	6.58	158.60	Linear thinking

Below the degree of freedom = 19 and the level of significance = (0.05)

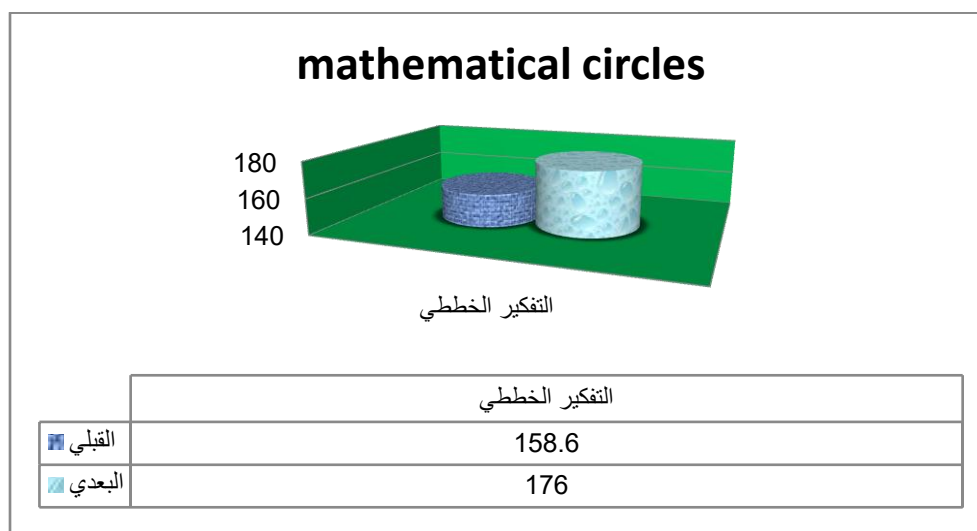


Figure (3): Shows the tribal and remote arithmetic mean

Table 1-2.3 and Figure 1.2.3 show the results of the test of the accuracy of the crushing beating skill, which shows significant differences between the pre-test and the post-test and for the post-test, indicating that there is progress and progress in the level.

"Strikes are one of the most important means of scoring volleyball and their use is often the third touch. Two factors influence power and direction, and the force factor is the most likely to be the guiding factor in most strikes. It is not dangerous to focus, especially if the opposing team It does not perform the wall effectively, but the risk in design to focus on the force of strikes in front of the teams advantage of the use of the wall of the result, the result must be characterized by the attacker strong observation, good behavior, speed of self-confidence and confidence and to enjoy the total height.

The researchers believe that the performance of various skillful and schematic exercises correctly led to a high level of skill of the overwhelming beating skill of the players, which took into account all the variables surrounding the skill, which contributed to the accuracy of performance.

The success of schematic preparation depends on the skill setting in competitive situations, whether individual or collective, but different from each other in that the skillful skill sets express the access to the mechanism in performance, depends on a small amount of mental abilities. Continues during periods of competition and changing positions. These capabilities vary depending on the type of competition (individual) or collective and also the nature of competition and the presence of a competitor directly or indirectly. Issam Abdel Khalek says that "the preparation of the plan is the outcome of developing the player's physical, mental, intellectual and psychological status and applying them in a coherent and complementary way to help make decisions and conduct in the competitive positions and within the limits of the law".

The researchers attributed this to the effectiveness of the vocabulary of special exercises in the development of the level of performance of the players in the accuracy of the skill of beating overwhelming and the ability to direct the ball to the right place and free of defensive coverage to get points and superiority over the opposing team, as the striker must adhere to the guidance given by the coach And teammates during the game and the performance of the offensive attack overwhelming because when he rises in the air it is difficult to note the weaknesses in the wall and the defense coverage of the opposing team because

the focus is on the player and the method of attack and the direction of the ball and its air, For various exercises and changes in accuracy during training to raise the level of offensive players and the ability to guide and respond correctly and accurately. "Skills training is not enough to perfect skills," said Mazen Hadi-Kazaar, 2001. "It is important to pay attention to a variety of techniques in training by using various and direct stimuli to develop performance accuracy and implement skillful plans correctly."

Diversification in the accuracy of the skill has helped the ability of the players to create mental programs in the brain to perform the skill in different situations and to take the correct and rapid decisions and interpretation and rapid response to them, and confirms (Mazen Hadi, 2001) "Continuous training at different sites and timing of the motor response will reach the accuracy In sudden motor response."

The use of various exercises in the performance of the skill of beating overwhelming in different situations and different forms and trends close to and away from the network and give unexpected stimuli during the implementation of the skill The guidance of the type of exercises and feedback has strengthened the level of players and develop their abilities and push them to provide the best level in the performance of the plan.

" Strikes are one of the most important means of scoring volleyball and their use is often the third touch. Two factors influence power and direction, and the force factor is the most likely to be the guiding factor in most strikes. It is not dangerous to focus, especially if the opposing team It does not perform the wall effectively, but the risk in design to focus on the force of strikes in front of the teams advantage of the use of the wall of the result, the result must be characterized by the attacker strong observation, good behavior, speed of self-confidence and confidence and to enjoy the total height.

Rita Sahak 2000 stresses that the player must choose the appropriate response according to the wall wall players. In the performance of deceit behind this wall of the wall in addition to his willingness to respond to the balls slashed against the wall of the wall.

The researchers see that the various exercises and changing stimuli in terms of the use of numbers play centers to guide the balls to the moment of hitting the ball and set goals in the other stadium directed to the strikes and the use of exercise exercises that would serve the motor track of the skill.

And the use of various exercises in the performance of the skill of beating and crushing in different situations and different forms and trends close to and away from the network and give unexpected stimuli during the implementation of the skill. The guidance of the type of exercises and feedback has strengthened the level of ambition for players and develop their abilities and push them to provide the best level of skill performance. Schmidt 2000 states that "feedback increases the energy and motivation of individuals, promotes proper performance and avoids false performance."

The researchers believe that the advance agreement between the striker and the player prepared and harmony and communication between them through the signals and hints helps to perform the duty of attack quickly and timely and accurate and high accuracy.

#### CONCLUSIONS:

- Special skill exercises positively influenced the development of the (beating skill) in the centers 2-3-4 of the research sample.
- The exercise of special skills that contained the exercises schematic positively influenced the development of the schematic side of the sample research.
- The development rates showed a significant development in the skill of beating overwhelming in positions 2-3-4.
- The evolution rates showed a significant development in the thinking of the plan in the sample of the research.

#### ENDORSEMENT:

In light of the conclusions reached, the researcher recommends the following:

- the use of skill exercises for the development of thinking by the planners interested to develop the capabilities of the players' schematic side.
- the need for the attention of the coaches in the exercises because they have a great role in the development of technical skills and basic volleyball.
- taking into account the implementation of plans in volleyball when giving and selecting the appropriate training exercises in the course of training courses.
- . Conduct similar studies on the skill of preparation in volleyball -
- . the need to conduct similar studies on different ages-

#### REFERENCES:

- Mandalawi, Kassem (and others). Tests and Measurement in Physical Education. Baghdad, House of Wisdom for printing.
- Hussein Serih: a training program using visual exercises and its impact on the planning thinking of the crushing beating of volleyball players, Master, Faculty of Physical Education, University of Alexandria, 2018.
- Tariq Hassan, Hussein Sabhan; volleyball education, training, building and team leadership, nutrition, volleyball, rules of the game. T 1, the good word, Najaf, 2011.
- Dina Abdul Hussein: The impact of special exercises to develop the visual vision of the skill of beating overwhelming volleyball players for young people, Master, Faculty of Physical Education, University of Baghdad, 2014.
- Ritashak Karkin. Compare some mental and physical abilities among volleyball players according to their specialties. Master Thesis unpublished, Faculty of Physical Education, University of Baghdad, 2000.
- Essam Abdel Khalek: Mathematical Training, Theories and Applications, II, Dar Al Ma'aref, Alexandria, 2005.
- Mazen Hadi Kazar. The effect of mental and physical training in the accuracy and speed of motor response to badminton players. Master Thesis unpublished, Faculty of Physical Education, University of Baghdad, 2002.
- Wajih Mahjoub. The origins and methods of scientific research. I. Amman: Dar Al-Ma'awha for Publishing and Distribution, 2002.
- Schmidt and Wrisberge . (2000).