

The Impact of the use of Innovative Aids to Improve Some of the Kinetic Abilities and Learn the Skill of Receiving the Service of Volleyball

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Abstract

Volleyball is a group of games that have spread widely and evolved from a game of recreation and leisure time to a game of competition for the higher levels and require the highest degrees of performance and skill and also require high fitness for the coach or the teacher to strive to achieve a good level of performance must To prepare the learner from all aspects of physical and skill, as well as to pay attention to the development of physical and motor abilities through the use of innovative aids to improve the level of learning to the good performance and level required. The sample of the study consisted of (30) female students who were randomly selected by drawing lots of (38) female students after the exclusion of female students of the game and the students of the experimental experiment were divided into two equal groups by lottery method, the control group and the number of (15) students and the experimental group (15). Before the implementation of the vocabulary of the educational curriculum, the researchers investigated the homogeneity of the research sample in the variables related to the morphological measurements (height, weight, age) as well as the motor abilities and technical performance of the volleyball receiver reception skill. The skewness value is limited to (± 1), which means that the sample is distributed naturally, indicating its homogeneity.

Through the results, the most important conclusions were reached:

- Innovative assistive devices have a positive impact on the improvement of motor abilities (flexibility, balance, agility, accuracy) of the skill of receiving female students' volleyball.
- Innovative aids have a positive impact on learning the skill of receiving female students' volleyball
- Exercise using innovative aids has had a greater impact than the teacher's approach to improving motor abilities (flexibility, balance, agility, accuracy) and learning the skill of receiving volleyball for female students.
- The chosen methods are commensurate with the nature of the sample, which helps to learn the skills in question.

Keywords: *Innovative aids, Kinetic abilities, Learn the skill of receiving the service and volleyball.*

Introduction

Volleyball is a group of games that have spread widely and evolved from a game of recreation and leisure time to a game of competition for the higher levels and require the highest degrees of performance and skill and also require high fitness for the coach or the teacher to strive to achieve a good level of performance must to prepare the learner from all aspects of physical and skill, as well as to pay attention to the development of physical and motor abilities through the use of innovative aids to improve the level of learning to the good performance and level

required. The aids are an important way to develop physical, motor and skill abilities, such as volleyball skills, because they have the effect of increasing the motivation of the learner or the player because of the excitement and thrill that helps to retain skill and speed of acquisition. It helps shorten the time required to learn skills, used to teach the skill, the importance of research in the use of innovative aids to help develop the most important physical and motor abilities and learn some basic skills in volleyball.

The scientific progress covered various aspects of life, including the sports field in which the training and educational process developed as a result of the scientific research which included many sports and became an important part of it for its development, which led the trainers to focus their attention on the use of aids because they contribute to the integration of the training unit so they are not relieved. Because it has an effective effect in training and positive in the efficiency of help in the speed of learning motor skills.

The success of the training process requires the availability of the necessary tools and aids for the implementation of the defined training method. The means of assistance are the tools by which the trainer can raise the level of the technical, tactical, cognitive and physical player, and the means of assistance reflect a new trend in the fields of training and learning which is increasing trend to include various sports to achieve the best levels [1].

The skills acquired by man from the ocean, or exist, such as flexibility, agility and balance, and training and practice, are the basis and develop according to the physical, sensory and cognitive ability of the individual, and represent all cognitive means at learning and by which the stimuli are received in the motor units and then transferred to mental centers. In the brain, and the forms of its organs in the brain are the devices for the discrimination of motor and visual discrimination and the discrimination of audio and sensory compatibility capabilities [2].

The kinetic abilities are qualities acquired by the individual from the surrounding environment, which is inherently present, and develops according to the individual's physical, sensory and cognitive abilities, through training and practice. These abilities depend mainly on motor control. The motor control comes through the ability of the central and peripheral nervous system to send precise signals to the muscles for the purpose of achieving motor duty.

Several definitions of motor abilities have been mentioned, including the following: [3]

Kinetic abilities are indicative of the efficiency of the performance of basic motor skills and the skills associated with a given activity.

They are also qualities of the human movement that is performed by the learner or the player, especially at the higher levels. Through the work of the researchers in the Department of Physical Education and Sports Sciences I noticed that the performance of the female students is characterized by a kind of weakness and lack of development, due to many factors including the weakness of abilities and mobility skills and skills without making more effort and not in actual performance at times and that

The method of teaching without the use or introduction of assistive or innovative tools exhausted long time and effort in explaining the details of the performance of skills as well as the feeling of boredom and because of the lack of use of assistive devices or the unavailability in most sports activities in general and the effectiveness of volleyball in particular the researchers considered the preparation or manufacture of these tools to be suitable for the level of the female students as well as the manufacture of materials with the safety element to ensure the safety of female students and ease of use during physical exercise and learning sports skills and thus will help to change the type of exercise, which increases of student interaction to perform exercises and increase the excitement and thrill during performance, thus ensuring the effectiveness of learning. So we saw the use of some AIDS and the manufacture of it by the researcher and from simple raw materials such as (ropes, sandbags, etc.) Contribute to the improvement of the most important motor abilities and learning skills of the students.

Research Objectives

- Designing and manufacturing innovative AIDS.
- Identify the impact of the use of innovative aids to improve motor capabilities.
- Learn the impact of using innovative aids to teach the ball reception skills.

Research Hypotheses

- Innovative aids have an impact on the development of the most important motor abilities
- Innovative means of assistance have contributed to the development of female students' volleyball reception.

Research Methodology and Field Procedures

Research Methodology

The researchers used the experimental method to suit the nature of the research problem and the experimental approach "represents the closer approach to solve many practical problems in a scientific and theoretical"[4].

Society and Sample Research

Research Society

The research society is composed of students of the second stage / Department of Physical

Education and Sports Sciences / College of Education for Girls / University of Kufa for the academic year 2017-2018 (38 students).

The Research Sample

The sample of the study consisted of (30) female students who were randomly selected by drawing lots of (38) female students after the exclusion of female students of the game and the students of the experimental experiment were divided into two equal groups by lottery method, the control group and the number of (15) students and the experimental group (15) As shown in Table (1).

Table 1: Shows the society and sample the research and percentage

Pilot study	Research sample		Sample	Excluded sample	Research society	percentage
	Experimental group	Control group				
4	15	15	30	4	38	89.47%

Means, Tools and Devices used in Research

- Arab and foreign sources and references.
- Note.
- Test or measurement.
- The interview.
- Data Dissemination Form.
- Teaching aids, which were made by the researcher as in the forms (6, 5, 4).
- Indoor volleyball court.
- Tape measure.
- Siren Number (one).
- Personalization
- Air balls.
- Video camera.

- Stopwatch.
- Colorful ribbons.
- Medical balance for weighing.

Homogeneity and Equivalence of the Sample

Sample Homogeneity

Before the implementation of the vocabulary of the educational curriculum, the researchers investigated the homogeneity of the research sample in the variables related to the morphological measurements (height, weight, age) as well as the motor abilities and technical performance of the volleyball receiver reception skill. The skewness value is limited to (± 1), which means that the sample is distributed naturally, indicating its homogeneity, as shown in Table (2).

Table 2: Shows the computational circles, standard deviations and torsion coefficients for the purpose of homogeneity of the sample in the variables of height, weight, age

Variables	Mean	STD.EV.	Mode	Skewness
Age(year)	21.433	1.924	22	-0.294
Tall(Cm)	162.566	4.861	165	-0.5007
Weight(Kg)	63.033	7.725	61	0.263

Equivalence of the Two Sets of Research

Before beginning the implementation of the vocabulary of physical and motor abilities, the researcher verified the equivalence of the

two groups in the variables related to tests of motor abilities and technical tests, namely the technical performance and accuracy of the skill of receiving the service, as shown in Table (3).

Table 3: Shows the parity of the experimental and control groups in the tests of kinetic abilities and transmission reception skill

Variables		Measuring unit	Control group		Experimental group		(t) value	Type of significance
			Mean	STD.EV.	Mean	STD.EV.		
Kinetic abilities	Fitness	Sec.	24.13	1.995	24.066	2.374	0.083	Non sig.
	Flexibility	Cm	9.333	2.084	9.266	2.145	0.086	Non sig.
	Balance	Grade	77.33	5.936	76.666	7.237	0.275	Non sig.
Skill	Technical performance of the service reception skill	Grade	3.733	0.457	3.933	0.457	1.196	Non sig.
	Service reception accuracy	Grade	11.53	2.669	11.46	2.199	0.074	Non sig.
The value (t) of the tabular = (2.048) at the level of significance (0.05) and the degree of freedom(28)								

Pilot Study

The pilot study was conducted on 3/10/2017 on a sample of the research community and 4 female students from outside the main research sample. The experiment was re-examined after a week (8/10/2017) to ascertain the scientific basis of the tests.

Description of Tests

First Test

Jogging around the rectifier circuit:

Purpose of the Test

Measurement of agility.

Tools of the Crisis

Flat land length of 8 cm and 8 m width

- Stop Watch
- Tape measure

Performance Description

- Draw a circle with a diameter of 3.65 m on the ground.
- Circulate the diameters of the circle with numbers from (1-4) as shown in Fig.
- The lab stands at the starting point and when the start signal is heard, it runs continuously for 30 seconds. Agencies:

- Jogging from the starting point and carrying the number (1) full cycle and back to it and then back diagonally back to point (2).
- Jogging from point (2) to point (3) and then turning back diagonally back to point (4).
- Jogging from point (4) to point (2) and then back diagonally back to the starting point and the number (1).

Instructions

- Follow the path outlined for performance.
- Perform the test unceasingly.
- If the laboratory fails to perform a stroke, the performance must be stopped and returned after the laboratory has had sufficient rest.

Test Management

- A timer gives the start signal and calculates the time it takes to perform the test
- A registrar calls the testers and records the results

Register

- The laboratory registers the test time for testing once.

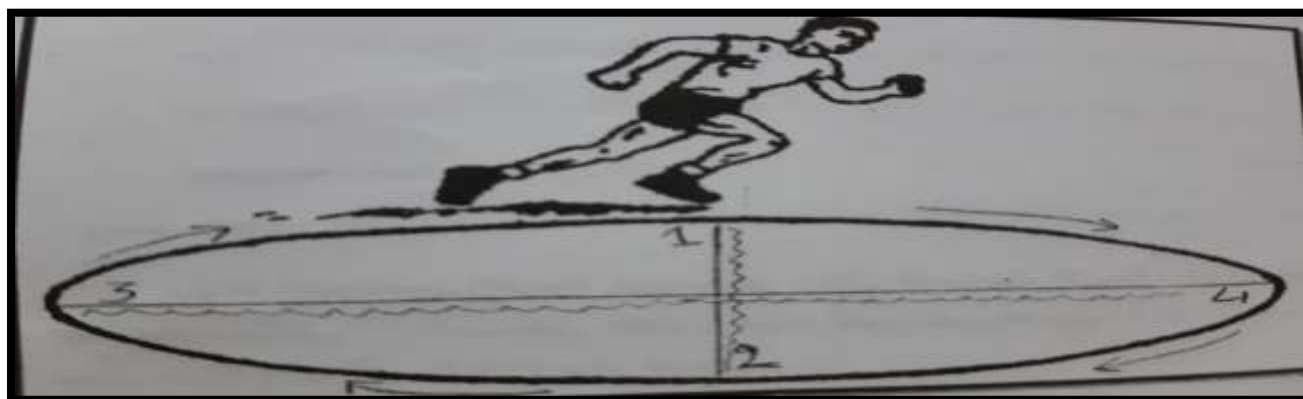


Figure 1: The jogging test shows around the rectified circuit

Second Test

Bend the trunk of the stand:

Objective of the Test

Measure the elasticity of the spine.

Tools

50 cm height, 100 cm long ruler, 50 cm on top, and wooden handle on the ruler.

Performance Description

The lab stands on the edge of the bench and the legs are joined together with the fixing of the toes on the edge while keeping the knees elongated. The lab will bend its trunk down so that the pointer is pushed to the tip of the fingers as far as possible, and the trunk is stabilized at the last distance of two seconds. The laboratory is given two attempts and the distance is calculated.

Performance Instructions

- Do not bend your knees.

- Bend the trunk slowly.

- Stability at the last distance of two seconds.

Third Test

Test transition marks above

Objective of the Test

Measure the balance during and after movement.

Tools: Stopwatch, tape measure, 11 marks as in figure

Performance

The laboratory stands on the starting line with the right foot and then stands on the mark (1) with the left foot comb (note the cover of the foot) and tries to hold. In this situation then jump to the mark 2 to stand on the right instep. And so on to reach the last mark in the same manner in each dart and as shown in Figure (2), calculation of score: The laboratory is registered 10 degrees for each attempt to bounce and stability.

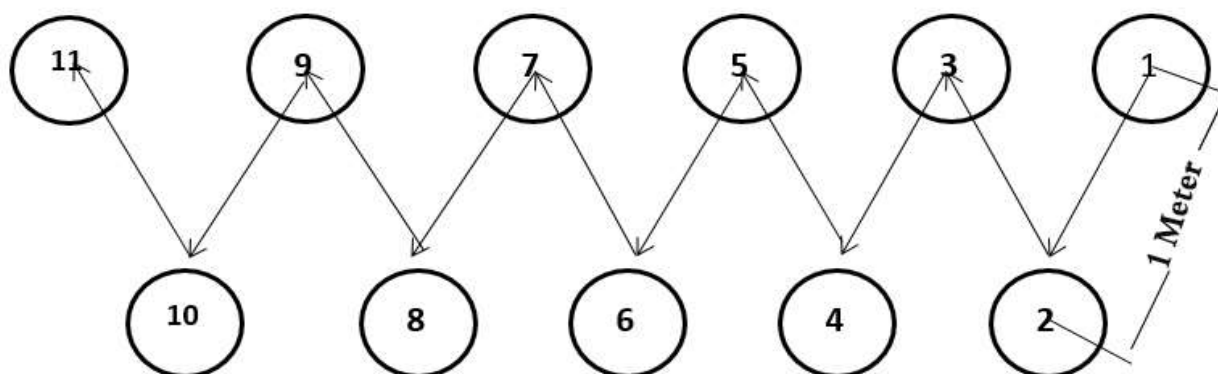


Figure 2: The test shows the transition over tags

Test the Technical Performance of the Volleyball Service Reception Skill

The objective of the test

Is to evaluate the technical performance of the receiving reception skill through the three skill sections (preparatory, final, and final).

Used Equipment's

A legal volleyball court, legal airplane balls (3), and a pre-prepared performance evaluation form

Performance Method

The experiential student performs the receiving reception skill, standing position, and three consecutive attempts

Registration

Three evaluators (3) evaluate the three attempts of each tested student and give them three grades for each rectifier (3) for the preparatory section, (4) for the main section, and (3) for the final section, after which the best score is chosen for each rectifier, and by extracting the arithmetic mean for the best three grades, The final score is extracted for each laboratory player.

Test Accuracy for the Skill of Receiving Volleyball Service

Tools Used

Legal volleyball court, volleyball balls, metal measuring tape, colored chalk for pitch splitting.

Performance Method

(5) Attempts from area (B) to centers (2, 3, 4), the experiential student must comply with the reception from the specified area and guide the target ball as shown in Figure (3).

Registration

The tested student takes the grade of the center where the ball is located, as follows:

- The ball located in the center (4) takes the laboratory (1) degree.
- The ball located in the center (3) takes the laboratory (2) two degrees.
- The ball located in the center (2) takes the laboratory (3) degrees.
- If the ball falls on the dividing line between two regions, the upper zone is calculated
- The maximum level of the test (30) degree.



Figure 3: The precision test shows the skill of receiving a volleyball service

Main Research Procedures

Pretests

The pretests were conducted for the most important physical and physical abilities and the skill of receiving the ball volleyball, for the sample of the research on 19/12/2017 at (9 am) and in the indoor hall of the volleyball court at the College of Education for Girls \ University of Kufa.

Exercise by Innovative Means of Assistance

- The vocabulary of the educational curriculum using innovative aids (()) lasted 12 weeks.
- The total number of units (12) educational units (actual) for each group and each skill four units of education, except for units where the tests are tribal and remote tests began tests (15/10/2017) and ended on (19/12/2017).
- The number of units per week and two educational units per group
- The time of the unit (90) minutes divided into:} Time of the preparatory section (20

minutes Attendance and warm-up and private warm-up, exercise time (30) minutes, and (30) minutes Implementation of the curriculum for the two groups together and (10) Calm down and leave.

- Exercise time using the aids and innovative methods for 30 minutes and the exercises all the students at the same time and by all means.
- The experimental group adopted the exercises using innovative aids for 30 minutes in the educational unit. The researcher supervised the implementation of the exercises using the means while the control group worked in the method of the volleyball for the second stage and the same period.

First Innovative Means

A rubber rope is placed at the end of an overloaded ball made of cloth and sand with different weights. Above the top, there are straps to attach the arm according to the length of the student. It is used to develop the service and service reception skills and also to develop physical and motor abilities as shown in Figure (4).



Figure 4: Explains the first innovative medium

Second Innovative Means

We put additional columns above the main pillars of the network and the length of 76 cm as the height of the column 2.24 m becomes 3 m and prove the additional columns with a rope and put the tapes for network where the

poles between the poles and equal distances either the way of performance the student to perform the preparation where the ball must pass between the tapes to develop accuracy Skills of preparing and receiving transmissions and transmissions to students as shown in Figure (5).



Figure 5: Explains the second innovative medium

Third Innovative Means

The use of two cylinders made of iron and a length of (50 cm) and a wooden panel is placed above it (and also can be used one cylinder) we put the board over the cylinder

and the student to stand firm and perform the skills of preparation and reception of transmission and transmission and the goal is to develop balance and compatibility of students as in Figure (6).



Figure 6: Explains the third innovative medium

Post-tests

The sample tests were carried out on 19/12/2017 after completion of the implementation of the educational units. The researcher followed the methods used in the pretests under the same conditions and

under the same mechanical and temporal conditions.

View and Discuss Results

View Results Pretest and Posttests of the Control Group

Table 4: Shows the computational and standard deviations and the calculated and tabular (t) values between the pretest and posttests of the control group

Variables		Measuring unit	Pretest		Posttest		(t) value	Type of significance
			Mean	STD.EV.	Mean	STD.EV.		
Kinetic abilities	Fitness	Sec.	24.13	1.995	20.866	1.457	7.789	Sig.
	Flexibility	Cm	9.333	2.084	12.933	2.491	7.768	Sig.
	Balance	Grade	77.33	5.936	86.66	6.172	6.089	Sig.
Skill	Technical performance of the service reception skill	Grade	3.733	0.457	5.733	0.703	11.832	Sig.
	Service reception accuracy	Grade	11.53	2.669	16.46	2.503	9.1584	Sig.
The value (t) of the tabular = (2.145) at the level of significance (0.05) and the degree of freedom (14)								

Table (4) shows the computational and standard deviations and the calculated and tabular t values between the tribal and remote tests of the motor abilities tests of the control group. The results showed that the value of (t) calculated for the fitness test is (7,789), which is greater than the value of the table at the level of significance (0.05) and the degree of freedom (14) of (2.145), and this indicates that there is a significant difference between the tests tribal and remote and for the benefit of the post-test.

For the elasticity test, the results showed that the value of (t) calculated is (7,768), which is greater than the numerical value at the level of significance (0.05) and the degree of freedom (14) of (2.145), indicating that there is a significant difference between the tribal and remote tests, Post-test. In the balance test, the results showed that the

value of (t) calculated is (6,089), which is greater than the value of the table at the level of significance (0.05) and the degree of freedom (14) of (2.145), indicating that there is a significant difference between the Tribal and Remote Tests And for the post-test.

The results of the technical performance test for reception of the transmitter showed that the value of (t) calculated is (11.832), which is greater than the tabular value at the level of significance (0.05) and the degree of freedom (14) of (2.145). This indicates that there is a significant difference in favor of the posttest. The results showed that the calculated value of t (9.1584) was greater than the tertiary value at the level of significance (0.05) and the degree of freedom (149) of (2.145). This indicates that there is a significant difference in favor of the post-test.

View Results Pretest and Post Testing of the Experimental Group

Table 5: Shows the computational and standard deviations and the calculated and tabular (t) values between the pretest and posttests of the experimental group

Variables		Measuring unit	Pretest		Posttest		(t) value	Type of significance
			Mean	STD.EV.	Mean	STD.EV.		
Kinetic abilities	Fitness	Sec.	24.066	2.374	18.866	1.552	15.921	Sig.
	Flexibility	Cm	9.266	2.145	15.066	3.195	12.543	Sig.
	Balance	Grade	76.666	7.237	93.33	7.237	7.174	Sig.
Skill	Technical performance of the service reception skill	Grade	3.933	0.457	6.933	0.798	15.370	Sig.
	Service reception accuracy	Grade	11.46	2.199	20.06	3.058	12.244	Sig.
The value (t) of the tabular = (2.145) at the level of significance (0.05) and the degree of freedom (14)								

Table (5) shows the computational and standard deviations and the calculated and tabular (t) values between the tribal and remote tests of the experimental group's motor abilities tests. The results showed that the value of (t) calculated for the fitness test is (15.921), which is greater than the value of the table at the level of significance (0.05) and the degree of freedom (14) of (2.145), and this indicates the existence of a significant difference between the tests tribal and remote and for the post test. For the elasticity test, the results showed that the value of (t) calculated is (12.543), which is greater than the tabular value at the level of significance (0.05) and the degree of freedom (14) of (2.145), indicating that there is a significant difference between the tribal and Post-test. In the balance test, the results showed that the value of (t) calculated is (7.174), which is greater than the value of the

table at the level of significance (0.05) and the degree of freedom (14) of (2.145), indicating that there is a significant difference between the Tribal and Post- And for the post-test. While the results of the technical performance test for receiving the transmitter, the value of (t) calculated is (15.370), which is greater than the value of the table at the level of significance (0.05) and the degree of freedom (14) of (2.145), indicating that there is a significant difference in favor of the post-test. The results showed that the value of t calculated for the test was 12.244, which is greater than the tabular value at the level of significance (0.05) and the freedom degree (149) in (2.145). This indicates that there is a significant difference in favor of the post-test.

View Posttest between the Experimental and Control Groups Results

Table 6: Shows the computational and standard deviations and the calculated and tabular (t) values in the post-test between the experimental and control groups

Variables		Measuring unit	Control group		Experimental group		(t) value	Type of significance
			Mean	STD.EV.	Mean	STD.EV.		
Kinetic abilities	Fitness	Sec.	20.866	1.457	18.866	1.552	3.638	Sig.
	Flexibility	Cm	12.933	2.491	15.066	3.195	2.039	Sig.
	Balance	Grade	86.66	6.172	93.33	7.237	2.714	Sig.
Skill	Technical performance of the service reception skill	Grade	5.733	0.703	6.933	0.798	4.365	Sig.
	Service reception accuracy	Grade	16.46	2.503	20.06	3.058	3.527	Sig.
The value (t) of the tabular = (2.048) at the level of significance (0.05) and the degree of freedom(28)								

Table (6) shows the computational and standard deviations and the calculated and tabular (t) values in the post-test between the experimental and control groups for motor capacity tests. The results showed that the value of (t) calculated for the fitness test is (3.638), which is greater than the value of the table at the level of significance (0.05) and the degree of freedom (28) of (2.048), and this indicates a significant difference between the tests and tribal and remote test for the benefit. For the elasticity test, the results showed that the value of (t) calculated is (2.039), which is greater than the tabular value at the level of significance (0.05) and the degree of freedom (28) of (2.048), indicating that there is a significant difference between the pre- and post- Post-test.

In the balance test, the results showed that the value of (t) calculated is (2.714), which is greater than the value of the table at the level of significance (0.05) and the degree of freedom (28) of (2.048), indicating that there is a significant difference between the Tribal and Remote Tests And for the post-test. While the results of the technical performance test for receiving the transmitter, the value of (t) calculated is (4.365), which is greater than the value of the table at the level of significance (0.05) and the degree of freedom (28) of (2.048), indicating that there is a significant difference in favor of the post-test. The results showed that the value of (t) calculated for the test is (3.527), which is greater than the value of the table at the level of significance (0.05) and the degree of freedom

(28) of (2.048), and this indicates a significant difference in favor of Post-test.

Discussion of Results

The results showed that there were significant differences between the tribal and remote tests and in favor of the remote tests for both experimental and control groups. The researcher attributed the reason for the emergence of these differences in terms of the control group that the curriculum of the teacher of the material and the number of repetitions of the skill, in addition to the impact of the rest of the practical materials led to the development of the performance of students of the groups (control and experimental) in the tests under study.

Which is practiced by the learner in the course of practical application helps to acquire learning, "because the practical materials contain the repetition of performance and exercise, in addition to warm up and contain exercises to help develop the capabilities under consideration. As for the experimental group, the results showed significant differences between the computational and standard deviations and the calculated and tabular (t) values in the remote tests between the experimental and control groups for the experimental group as shown in table (6) above.

Among the general methods and methods of developing motor skills are physical exercises (warm up, flexibility, exercise, speed exercises, relaxation exercises, compatibility and balance), as well as the use of various sports skills and with the help of the innovative teaching methods developed by the researcher, Receiving the transmitter has contributed to learning methods manufactured by the researcher to develop the capabilities of motor in the painting on the fashion cylinder helped to develop the balance in particular during the performance of the skill by these means SA In addition to the exercises that lead to the elastic ropes with the weight, it contributed to the development of the flexibility of the students.

The rubber ropes and the help of the exercises used to create resistance to the muscles working on them and this exercise was a period of stability appropriate to the resistance of the muscles working in the movements required which led to the development of flexibility for female students.

In addition, the exercises contribute significantly to the development of several key elements, the most important of which is the development of motor abilities and be suitable for the skill of the game and the skill of receiving the transmitter because they are close or similar to the motor track, and this is what Hara pointed out "Special exercises serve to guide the integration of the fitness level of a particular element as well as portability Compatibility and a technical or tactical element and linking it to building the quality of creation and psychological qualities of competition, "where exercises were performed ball and full performance of the skill, which led to the development of motor abilities in the search where the sources stressed the importance of educational aids.

It can be obtained from available materials at reasonable prices. It "brings joy, joy and happiness, contributes to the improvement of skill level and is one of the best means of improving skills and abilities"[5].

The use of assistive devices must be used with sound scientific foundations. Because it contributes to the simplification of the ideas and skills of learners, and is not limited to use on a particular material or educational stage, it is suitable for beginners and higher levels and both sexes alike, as "modern education depends on the investment of all senses, using different educational means that address more than one sense Because it has an active role in stimulating the educational process and deepen the effects of the learning process"[6].

As innovative aids are performed within the locomotors track of the skill required to be learned, these instruments contain part of the course of the movement of activity and skill or skill in performing the movement of competition [7].

Therefore, the researcher attributes these differences in terms of the experimental group to the appropriateness of the special means used to develop the performance of the skill of receiving the transmitter, as characterized by sufficient completeness in terms of physical and skill preparation, which is consistent with the level of the research sample and their applicability, as well as the implementation of special exercises, Learning, has led to the promotion of learning and the development of skill performance (technical performance and

accuracy) and this is consistent with what is referred to as "for the purpose of learning there must be attempts to exercise and the most important variable in motor learning is the exercise and exercise itself"[8].

It is worth mentioning that these aids, which can be invented, obtained or manufactured locally, do not require large sums of money, which can be used easily, and which proved to be important in the practical applications of various tools, materials and devices individually or collectively in the process of learning in general has emerged.

Its importance in helping individuals teachers or learners to understand and go through the different stages of education and contributed to reduce costs and effort in addition to shortening the time, educational aids helped to learn the skills of sports lessons in the brain Roll "through the devices help in the manufacture of proven learning through the results obtained after the application of various educational and training programs"[9].

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Conclusions

Through the results presented in section IV, the two researchers reached the following conclusions by analyzing and discussing these results:

- Innovative assistive devices have a positive impact on the improvement of motor abilities (flexibility, balance, agility, accuracy) of the skill of receiving female students' volleyball.
- Innovative aids have a positive impact on learning the skill of receiving female students' volleyball
- Exercise using innovative aids has had a greater impact than the teacher's approach to improving motor abilities (flexibility, balance, agility, accuracy) and learning the skill of receiving volleyball for female students.
- The chosen methods are commensurate with the nature of the sample, which helps to learn the skills in question.