



# The Impact of Special Exercises for the Development of a Deep Sense of Block Skill Accuracy in Volleyball for Player's Focal Youth

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## Abstract

### The Aim of Research

- Preparation of special exercises to develop the deep sense and the accuracy of block in the volleyball for focal young players.
- Learn the effect of special exercises in the development of deep sense and the accuracy of the block of the volleyball of focal young players.

### Hypothesis

Special exercises have a significant effect on the development of the deep sense and the accuracy of block of the volleyball of the focal young players.

As for the research methodology, the researcher chose the experimental method as the appropriate method to solve the problem of research in the design of a single group with the pre and posttests.

The sample of the research was chosen from the research community represented by the young players (17-19) years for the Kufa and Al Rawdatain 2016-2017 clubs. The number of players was chosen from them. The number of players was 4 players in each team. The total number of players was 8.

### The Researcher Concluded

- An evolution in the deep sense of the young players for the movement of the parties to the experimental group.
- Exercises for deep sense and accuracy contributed to increase the accuracy of the wall of the ball of the volleyball players.
- The various special exercises developed by the researcher contributed to the development of deep sense and accuracy of the wall barrier.

The recommendations were

- The need to use special exercises in the development of deep sense and the accuracy of the wall of the block of the volleyball of young players.
- The need to develop a deep sense and accuracy of the skill of the wall of the young players to defeat the importance.
- The need to use exercises for the deep sense of other skills.

**Keywords:** *Special exercises, Deep sense, Block skill and focal youth.*

## Introduction

The deep sense of the high is very important in most events and sports individual and individual player needs to maintain the distance between him and the competitor and also offensive moves to take the correct defensive situation. The player in the differential games needs a sense of space and time as well as the sense of movement on the

field (jumping, fighting, movement) in terms of the ball, the opponent, the limits of the stadium and the game of volleyball of the most games in which the player needs a deep sense that the game depends on jumping through Network, that touch the network is a mistake on the player as well as crossing the midfield and the skill of the wall of the most

difficult skills that the player will jump in front of the network to repel the ball of the opponent as it focuses on the movement of the competitor and the ball and the network and also the colleague who jumps with him to make a wall to repel correctly to prevent the passage of the ball to their stadium [1].

Through watching the researcher for most of the youth league games, he noticed that some of the young players in the performance of the skill of the wall against the volleyball and during the offensive maneuvers of the enemy commit multiple mistakes, including touching the network or collision with the player, causing a mistake touching the network or injury or jump far from the colleague. Allowing the opponent to hit the ball between the players who are performing the wall of the block.

The researcher believes that the reason for these mistakes is the weakness of the player in the sense of place and timing appropriate for the performance of the wall and accuracy, which indicates a weakness in the deep sense of the player so will try to search on this subject by giving players exercises contribute to increase the deep sense to know the impact on these players. If the player is wrong with the player possible tendency to expose him or his teammate to injury or landing error in

the opponent's court or touch the net [2]. Especially that young player's need exercises that increase their skills and skills, especially the players of the focus of their movements are many multi-directionals for the rest of the players in other centers and here lies the importance of research [3].

## Research Methodology

The researcher should choose the appropriate method to solve the problem, since the method is "the method used by the researcher to determine the steps of his research which can solve the problem of research" [4] and the nature of the search problem.

## Community and Research Sample

Selected sample of the research community represented by players young (17-19 years) for my team club Kufa and the club Raudhatain for the sports season 2016-2017 and the number 24 players were selected, including players pivot and the number 4 player in each team to be the total sample (8) Players.

## Sample Homogeneity

The researcher used the torsion coefficient before applying the main experiment to the two groups of research as shown in Table (1).

**Table 1: Shows the homogeneity of the research sample**

Variables	Unit measurements	Mean	STD.EV.	Mean	Skewness
Age	Year	18.625	0.517	19	0.644
Tall	Cm.	187.875	2.1	188	0.094
Mass	Kg.	70.625	2.363	70.5	0.226

Table (1) shows that the values of the torsion coefficient for the variables (age, height and mass) were limited to ( $\pm 1$ ) indicating the homogeneity of the research sample in these variables.

## Instruments and Tools used in Research

- Arab and foreign sources.
- Observation and experimentation.
- Legal volleyball court.
- Legal aircraft balls number (16).
- Small sponges.
- Whistle.
- Length measuring device (cm) and mass (kg) Chinese-made.
- Colorful ribbons.
- Different geometric shapes.
- Squishy plate (1 x 2) m thickness 30 cm number (2), large basket number (4), wall.

## Field Research Procedures

## Specify the Tests used in the Research

### Deep Sense Tests

The researcher prepared two tests of deep sense that fit with the nature of the skill of the wall of resistance after he conducted the scientific foundations of the two tests to ascertain their validity.

### A Test of the Bassem to Measure the Deep Sense of the Legs

#### Objective of the test

Measurement of the deep sense of movement of the legs side of the skill of the wall of the block in the volleyball.

#### Tools used

Legal volleyball court, color bar, dark cloth, ruler.

## Performance Specifications

The student stands in the center of the network (3) in front of the network on a box measuring  $30 \times 30$  cm and sets a distance of meters from the two sides with a colored strip. After looking at the side line fanaticism and then asks the player to take a side step similar to movement at the performance of the wall of the block and determined the player to the nearest centimeter of the side line. He then lifts the lid from his eyes and looks at the side line of the left and the eyes of his eyes to lead a side step to the left. With the same specifications on the right.

## Performance Requirements

- Each student has a laboratory (3) consecutive attempt to the right and (3) successive attempts to the left.
- The best attempt is made to the right and the best attempt to the left.
- The scores are calculated from the player's place to the nearest centimeter from the.

## Test in the Bassem of Deep Sense of the Arms

### Objective of the Test

Measuring the deep sense of the arms of the block skill in volleyball.

### Tools used

Legal volleyball court, colored strip, dark cloth, ruler, wall, chalk powder.

### Performance Specification

Draws on the wall a straight line with a colored strip of 243 cm above the ground and draws a line with a strip of another color for a distance of 20 cm. The student stands in front of the wall for an appropriate distance after he dips his hands with the powder and looks at the upper line and raises his hands together.

To show the distance and then fan his eyes with the cloth and then ask the player to jump high in the form of the wall of the block and try to touch the top line and calculate the score player to the nearest centimeter of the top line above or below.

## Performance Requirements

- Each student has a laboratory (3) attempts.
- The best attempt is made between the three attempts.
- Scores are calculated by measuring the distance between the top line and the arm of the player to the nearest centimeter above or below the line.

## The test of a Accuracy Measurement of Block Skill in Volleyball [5]

### Objective of the Test

Measure the accuracy of the skill of the wall against the volleyball.

### Tools used

Legal volleyball court, legal plane balls (5), colored adhesive tape to divide the corresponding pitch.

### Performance Specification

The student stands at the center (3) in front of the network and at a distance of (50 cm) from the network and prepare for the process of repulsion, as the coach stands on the chair and perform the skill of spike overwhelming from the corresponding playground and the student laboratory performance wall barrier skill and according to the method agreed In advance. "

## Performance Requirements

- Each student has a laboratory (5) consecutive attempt.
- The spike must be overwhelmingly good "in every attempt.
- The grades are calculated according to "the place of the fall of the ball and the follow:
- Center (2) 2 degrees, center (3) three degrees, center (4) two degrees, outside these areas (zero) of grades.

### Registration

The student is awarded the grades obtained in the five attempts, noting that "the maximum degree of test is (15) degrees, as illustrated in Figure (1).

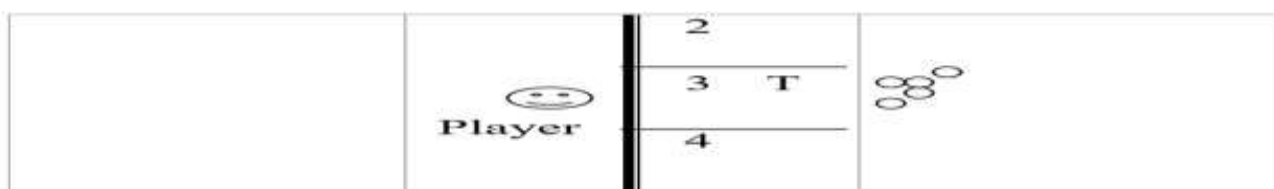


Figure 1: Shows the accuracy of the block skill in the volleyball

## Pilot Study

The pilot study is a preliminary pilot study carried out by the researcher on a small sample before starting research with the aim of testing the methods of research and its tools. [6] The researcher conducted an exploratory experiment on Wednesday 5/12/2016 on a sample of the research community of (5) and who did not participate in the basic experience the objectives of the pilot study as follows:

- The extent to which tests are suitable for the research sample.
- Know the time taken for the tests.
- Know the readiness of the research sample to perform the tests.
- To know the difficulties and obstacles facing the work.
- Ensure the validity of the tools and devices used.
- The appropriateness of the inner chamber in the performance of the experiment in terms of availability of the appropriate place means and tools.

## The Scientific Foundations of the Tests

The researcher sought to adopt the scientific foundations in the process of applying the tests and agencies:

## Validity

Validity is defined as "the ability of the test to measure what was set for it or the attribute to be measured." [7] The researcher used the method of verifying the content or content by presenting the tests to experts and specialists and agreed that these tests are valid for measuring.

## Stability [8]

The consistency of the test means the accuracy of the test in the measurement and the consistency of its results when applied multiple times to the individuals themselves, that is, if we applied a specific test on a sample of individuals and then re-applied it again or consecutive times on the same sample, their grades do not change substantially, Stability by testing and returning it to a sample of non-participants in the basic experiment on 5/12/2016 and re-test after seven days on 12/12/2016 as the result of correlation Pearson proved that the test has a high degree of stability as shown in Table (2) .

## Subjectivity

It is important that the test should be subject to objective condition, which means freedom from prejudice and intolerance and the non-introduction of personal factors. Objectivity means to describe the abilities of the individual as they are not as we want. [9] On this basis, objectivity was found for the tests under investigation, Shown in Table (2).

**Table 2: Shows the stability and subjectivity coefficients for the technical performance tests and the accuracy of block skill in volleyball**

Tests	Stability coefficient	Subjectivity coefficient
Test the deep sense of the legs	0.88	0.96
Test the deep sense of the arms	0.86	0.98
Test of block accuracy	0.88	0.96

## Main research Procedures

The research procedures consisted of pretests and application of the curriculum prepared by the researcher. Research sample and then perform the posttests to the experimental group. The pretests were conducted on 15/12/2016 for the deep sense of the two men and the arms and the accuracy of block skill in the volleyball.

## Deep Sense Exercises for the Skill of the Block

- The exercise period lasted 4 weeks
- The total number of training days (6) days per week, the number of days of exercises deep sense per week (4).
- Total units (16) units.
- Total unit time (90) minutes, deep exercise time (20) minutes.
- The experimental group has been subjected to deep-sense exercises for the skill of the block.

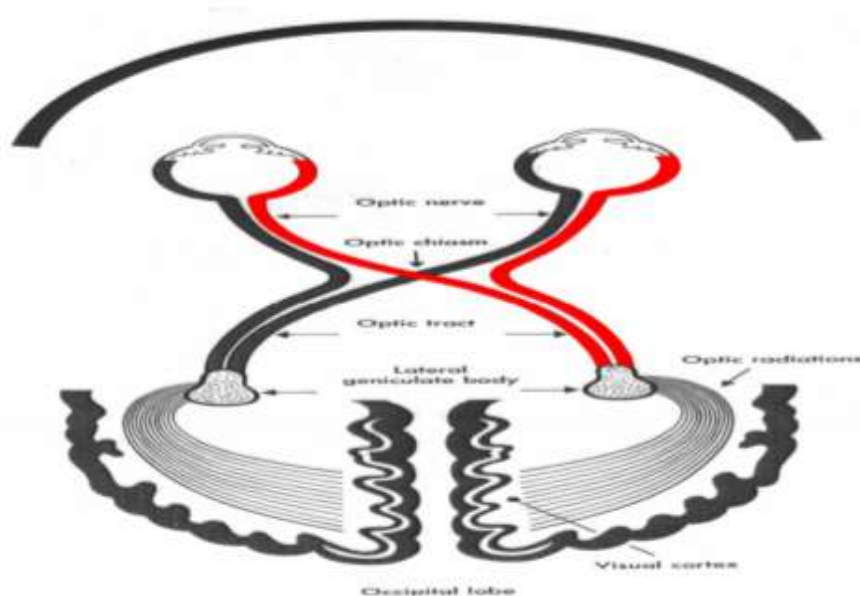


Figure 2: Show the Visual Pathways [10]

## Posttests

After four weeks, the post-tests were carried out on 18/1/2017.

## Results and Discussions

View the results of the pre and posttests of the experimental group for tests of deep sense and accuracy of the skill of block skill in volleyball:

Tests	Unit measurements	Pretests		Posttests		calculate (t)	Significant	Type of significance
		Mean	STD.EV.	Mean	STD.EV.			
Test the deep sense of the right leg	Cm.	5.375	2.133	2.25	1.488	4.352	0.003	Sig.
Test the deep sense of the left leg	Cm.	5.125	2.1	3	2.329	3.742	0.018	Sig.
Test the deep sense of the arms	Cm.	4.5	1.77	2.37	1.685	4.432	0.003	Sig.
Test of block accuracy	Grade	10.3	1.597	12.5	1.927	7.202	0.00	Sig.

## Discuss the Results of Pre and Posttests

Table (3) illustrates the computational circles of the pre and posttests of the deep sense of the two men and the arms and accuracy of the block skill of the legs block of the experimental group by looking at the results note that the differences between tests pre and post were significant, there is a development occurred in the tests of dimension and attributed the researcher the cause of evolution as a result of repetition The performance of this skill and the exercise of deep sense of the skill of the block of the cause of the cause of this development, as the

player became more sense in the place of the foot when taking a step aside in terms of the foot of the colleague and avoid crossing the line down the network in addition to the players They have more sense of the network with less amount of mistakes when jumping to the performance of the first block put the arms to the field while crossing the competitor as the accuracy became the best result of a good sense of direction when the ball stopped.

As the development of deep sense allows the player to feel more place and guide the limbs with high accuracy and this development is

the result of repeated exercises that help the brain to keep this information as a result of different distances and movements in different exercises to be a good consensus in the movement, and as a result of exercises information was formed in the central nervous system through Sensory receptors in the muscles and tendons to make it feel the body's conditions and movements and adjust its motor rhythm. And what we see from different sports movements are characterized by accuracy and compatibility is the product of mutual cooperation to feed the nervous system information through sensory nerves and its role in directing, correcting,

coordinating and harmonizing the various movements of the body.[11]

## Conclusions

- An evolution in the deep sense of the young players for the movement of the parties to the experimental group.
- Exercises for deep sense and accuracy contributed to increase the accuracy of blockin the volleyball players.
- The various special exercises developed by the researcher contributed to the development of deep sense and accuracy of the block.

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## Appendix (1)

### Exercises

1. Eight circles are drawn parallel to the line below the grid 10 cm away from the circle diameter (30 cm) one distance from the other (1) meters and the first circle from the side line also (1) meters, the exercise begins with the movement of the player steps sideways on the drawn circles Once to the right and once to the left and the trainer determines the number of repetitions with emphasis on the player to put his foot on the circle as much as possible.
2. The same exercise (1), but the distance between the circles is different (75 cm, 50 cm, 1 m).
3. Place two sponges the distance between them (1) meters. The player stands in the middle and then takes the step to the side and leads the wall of the block and then the step to the other side and leads the wall of the block. (The sponge contributes to the player's setting where the foot is placed) to become a more precise step.
4. Place two pieces of longitudinal sponge each piece height (2) m and base (40) cm stands the player between them and lead the wall of the block take a step to the right once and to the left again (the sponge contributes to the location of the player's feet as well as the player's body with the colleague).
5. Put several boxes of cards in different colors in the front area of the opponent is holding the ball and jump the top of the net and drop it with both hands in the front area on one of the squares as directed by the coach.
6. The coach holds the ball and stands in the middle of the field and the player stands on the other side of the field. The coach throws the ball towards the player who leads the wall and drops the ball in a place determined by the coach (carton boxes). (1.5 m).
7. Same Exercise No. (5) But add a movement to the side once left right hand.
8. The coach stands on a chair on the opposite side of the stadium (1). The assistant coach also stands on a chair and holds a ball in his hand. He asks the player to perform the wall against the ball multiplied by the coach in the middle and the moment the player descends, Seconds against the ball multiplied by the assistant coach.
9. The same exercise (7) with the addition of small sponge pieces to determine the steps.
10. The same exercise (7) with the addition of large sponge pieces in Exercise No. (4).
11. The same exercise (7) with a colleague standing on the side of the player for the purpose of adjusting the distance with him.
12. The coach repeats the previous exercises but the player takes two steps for the side at different distances.
13. The coach hits the ball on the player who leads the wall of the block but in different diagonal and straight directions.
14. The player (A) in the center (3) to perform the wall of the rebound against the player, which leads the rapid spike from the center (3) in the other side of the stadium and then move quickly in steps to move to perform the wall of the resistance with his colleague against the player that causes the spike From center (4) on the other side of the stadium.