

The Effect of His Plans Exercises to Develop the Tactical Aspect of the Skill of Spiking the Volleyball Players Sitting For the Advanced

Demo Search on Southern Volleyball Players Seating For Applicants

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Abstract

The research aims to prepare two planning exercises to develop the skill of smashing from the top for applicants with volleyball sitting and to identify the effect of his plans exercises for the skill of smashing from the top for applicants with volleyball sitting, and the researcher identified her community with the players of the southern region of volleyball sitting for the applicants, who are (23), and the researcher reached the most important conclusions are that the special exercises prepared by the researcher to develop the planetary aspect have a positive and effective effect in developing the skill of hitting volleyball overwhelmingly with the volleyball for applicants from the sitting position, the curriculum prepared by the trainer had a positive role in developing the planned exercises for the skill of hitting the crushing ball from the sitting position Among the control group members.

Definition of research

Introduction to research and its importance

Sitting volleyball is one of the competitive sports that adopted an advanced scientific method in improving the level of performance on the basis of scientific competition and its importance and development of the level of performance such as training sports, biomechanics, physiology, anatomy, psychology, statistics, tests, measurement and motor learning. Basic volleyball skills in sitting is one of the factors of differential distinction in the competition, and all this is through the mastery of all team members, which in turn leads to the success of the tasks they have performed, whether offensive or defensive. The importance of research lies in the fact that volleyball skills are many and varied, and there is a kind of complexity and difficulty for the skill of hitting the cracking skill, as it needs accuracy in changing circumstances, so we find some players suffer from difficulty in developing their level of skill, which prompted the researcher to prepare auxiliary planning exercises That would contribute to the development of the skill of smashing from above for advanced volleyball in a sitting position, as well as providing coaches and participants in the game of volleyball from a sitting position.

Research problem

Through the presence of the researcher as head of the DhiQar committee and in cooperation with the team coach and in consultation with some experts and specialists, they noticed a weakness in some of the basic skills of the team, which called for the use of planning exercises to develop the skill of crushing hitting, which called on the researcher to prepare and prepare plans in cooperation and coordination with the training team to develop a skill Smash players who fly the ball from a seated position.

Research objectives: The research aims to

1. Preparing planned exercises to develop the skill of hitting crunching for those applying to sit volleyball.
2. Knowing the impact of planned exercises to develop the skill of smash hit for volleyball seated applicants.

Research fields

- Human field: National team players put the ball from the volleyball to sit for the 2019/2020 sports season.
- temporary field: the period from 1/12/2019 to 10.7.2020

- Spatial field: the hall of the Iraqi National Parliamentary Committee in Baghdad

Research methodology and field procedures

Research methodology

It is the nature of the problem to be studied that determines the steps to be taken and the appropriate approach used. Therefore, the researcher used the experimental method using the method of the experimental and control groups. Research community and its sample: Societal research is a phenomenon of vocabulary, all of which are studied, and any "all individuals, events, or things that are the subject of the research problem" must be identified and restricted ((1) For this purpose the reason, the researcher defined the research community by means of a comprehensive inventory, and they are 23 players. In the national volleyball team from the seating position for the 2019 season.

Tools, methods and devices used in the research

Methods of data collection

1. Arab and foreign sources.
2. A form to collect data and information when registering the tests used in the research.
3. Internet information network.
4. Tests and standards.
5. Personal interviews.

Equipment and Tools

1. The volleyball court
2. whistle
3. Legitimate volleyball net
4. hour electronic timer
5. Aircraft balls
6. A tape measure
7. The type of video camera.

Field research procedures

Skills Identification

1. Sending skill
2. The skill of receiving the transmission
3. Setting skill (scrolling)
4. Skill beating overwhelming

Defining Skills Tests

- The first test: the Qatari overwhelming skill test from center (2)
- Test II : Test the skill of beating the crushing straight from the center(2)

The exploratory experiment :The exploratory experiment consisted of two phases

The first stage was about using the device (on the day corresponding to 1/20/2020 AD, on a sample of Uteneb team players to hate the seated position plane, so they used the first assistant exercises using them tactically to avoid mistakes that might happen.

Main research procedures

Pre-Exams

A tribal test was conducted on Wednesday, a brief summary on February 1, 2019 at ten in the morning at the hall of the Iraqi National Paralympic Committee in Baghdad on a sample. The players of the national football plane are elected from the place to sit and the 16 adults who were the data that were discharged in special forms For the purpose of statistical treatment, the application exercises started on 2/8/2019 until 4/5/2019.

Subsequent Test

The dimensional tests were conducted on 9-10 / 4/2019 for the research tests, and the purpose of the tests was on two days so that the test results would not be affected and the player got tired from the large number of tests and thus not obtaining the real results of the tests, as an impact test was conducted on the first day of the planned exercises To develop the skill of multiplication, while the tests were also conducted on the second day, and the tests were conducted at ten o'clock in the morning. The hour in the morning is under the supervision of the researcher, the trainer, and the auxiliary work team

Analyzing and discussing the results

After that, the researcher conducted tests for the accuracy and speed of the kinematic response to receiving the dispatcher and defense on the volleyball floor, from control to pre-sitting and dimensions. From the hypotheses that were formulated in it

Displaying the results of accuracy tests for the skills of receiving and defending the stadium from the top with the volleyball sitting for the experimental and control groups:

Presentation and analysis of the results of the pre and post tests for the two research groups: The researcher presents the results of the pre and dimensional tests for the experimental and control groups as shown in Table (1)

Table(1)It shows the arithmetic means, standard deviations, mean of differences, deviation of differences, calculated value of (t), and (Sig) score and significance between testing of physical abilities before and after for experimental and control research groups.

Indication	Degree (Sig)	(t) Calculated	P. P	Then	Post-test		The pretest		the group	Test and unit of measurement
					<u>+P</u>	s	<u>+P</u>	s		
D.	0.000	70.691	2.390	6.500	2.138	19,000	3.251	12.564	Mug c	Qatari Crushing Skill Test2
D.	0.023	2.773	2.167	2.125	1.035	9.750	2.828	11,000	Z	
D.	0.000	6.363	2.167	4,875	2.314	13.250	3.129	8.375	Mug c	Straight Strike Skill Test2
D.	0.003	4.567	0.988	3.487	1.8978	11.987	2.449	8,500	Z	
D.	0.001	5.198	2.924	5.375	1.505	14.625	2.449	9,500	Mug c	Diagonal striking skill test4
D.	0.002	4.898	0.987	3.497	0.998	11.997	1.987	8,500	Z	
D.	0.000	6.806	3.116	7,500	1.356	17.125	1.995	9.625	Mug c	Straight Strike

D.	0.003	4.415	2.642	4.125	2.052	12,250	2.295	8.125	Z	Skill Test4
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Significant at the level of significance (0.05) \geq and in front of the degree of freedom(7)

It is evident from Table 1 that in the test of crushing skill on the diagonal position 2, the arithmetic mean of the experimental group in the pretest was (12.564) and the standard deviation (3251), and in the post test. My arithmetic became the mean (19,00) and the standard deviation (2138), and the mean difference of the circuit calculations in the test was (6.500) and the standard difference deviation (2390), and after calculating the value of (t) it was calculated using the law (t) of the correlated samples which were (70.691) which is a function when compared with the value of (Sig) at the level of the signal (0.05), the degree of freedom (7) and the amount (0.000), which is less than (0.05), and this means that there is a statistically D difference between the pre and post tests in favor of the post test. Controllers in the middle of the calculation in the pretest (11000) and the pretest. Standard deviation (2828), and in the post test the mean became arithmetic (9750) and the standard deviation (1035), and the mean difference in circuit calculations between the two tests was (2125) and the deviation of the standard difference was (2167). After calculating the value of (t) it was calculated using The law of (t) of correlated samples which was (2773) which is a function when compared to the value of (Sig) at the level of the signal (0.05) The degree of freedom (7) and the quantity (0,023) which is smaller than (0.05), and this means that there is a difference D statistically Between the pre and post tests in favor of the tribal test.

As for the crushing blow test directly to position 2, the arithmetic mean of the experimental group was made (8375) and the standard deviation (3129), and in the post test the arithmetic mean became (13,250) and the standard deviation (2314). The circuits between the two tests (4,875) and the standard deviation of the difference (2,167), and after calculating the value of (t) calculated using the law of (t) for correlated samples, which was (6,363), which is a function compared to the value of (Sig) at the level of the signal (0.05). The degree of freedom (7) and the amount (0,000), which is less than (0.05), and this means that there is a statistically D difference between the pre and post tests in favor of the post test, and the control group was the center of the calculation in the pretest (8,500) and the standard deviation. (2449), and in the test examined by the middle of the arithmetic (11.987) and the standard deviation (1.8978), and the mean difference of the circuit calculations between the two tests was (3487) and the standard difference deviation (0988), after calculating the value of (t). Computed using the law of (t) correlated samples which were (4567) a function when compared to the value of (Sig) at the level of the signal (0.05) degree of freedom (7) and the quantity (0.003) which is higher than (0.05), and this means that there is a statistically smaller difference D between The pre and post tests are in favor of the post-test, and I noticed an increase in the standard deviation in the post-test, which strengthens the research problem to take into account the differences between individuals in their training.

Whereas, the overwhelming test for the 4th place was the arithmetic mean of the experimental group in the pretest (9,500) and the deviation from the criterion (2449), and in the post test the middle arithmetic became (14,625) and the median (14,625). Standard deviation (1505), and the mean difference in circuit calculations between the two tests was (5,375) and the standard deviation of the difference (2,924), after computing the value of (t) calculated using the law of (t).) For correlated samples, which were (5,198), which is a function compared to the value of (Sig) at the signal level (0.05), the degree of freedom (7), and the quantity (0.001), which is less than (0.05). In favor of the test taught by the control group were the arithmetic mean in the pretest (8,500) and the standard deviation (987). , And in the post test, the mean became arithmetic (11.997) and the standard deviation (0998), and the mean difference of the circuit calculations between the two tests was (3497) and the standard difference deviation (0987), and after calculating the value (t) calculated using the law of (t) samples Correlated, which was (4898) a function when compared with the value of (Sig) at the level of the signal (0.05) degree of freedom (7 and the quantity (0.002) which is less than (0.05)), and this means that there is a statistically D difference between the pre and posttests in favor of the post test.

As for the crushing test directly to the center of 4 to measure the strength of the arm muscles, the arithmetic mean of the pilot group in the pretest was (9625) and the standard deviation (1,995) and in the post test the mean calculation

became (17.125) and the standard deviation (1356). The mean difference of arithmetic circuits between the two tests (7500) and the standard difference deviation (3116). The degree of freedom (7) and the amount (0.000) which is less than (0.05), and this means that there is a statistically D between the pre and posttests in favor of the post test, and the control group was the arithmetic mean in the pretest (8125) and the standard deviation (2295) and in The test became the middle arithmetic dimensional test (12.250) and the deviation from the standard (2052), and the average difference in the circuit calculations between the two tests was (4125) and the deviation of the standard difference was (2642). It was (4415) which is a function when compared to the value of (SIG) when the sign indicates (0.05) the degree of freedom (7) and the quantity (0.003), which is less than (0.05), and this means that there is a statistically D difference between the pre and posttests in favor of the post test, and I noticed an increase in the standard deviation in the post test, which strengthens the research problem to be taken into account. . Calculate the differences between individuals in their training.

Discussing the pre-test results and the dimensional skill that overcame the overwhelming country for groups 2 and 4 respectively from the sitting position of the applicants for the two groups of research and analysis:

A review of the tables (1) shows the results of the pre-tests and the meta-research of the two groups in the skill crushing tests Qatar Center 2 that there are statistically significant differences between the pre and post tests and in favor of the subsequent group tests. On group control, the researcher attributes the differences in favor of dimensional tests of the skill of spoiling on the straight line center 2 because of me that the approach used by the trainer is an effective and effective method, and it was a purposeful exercise that developed in a compatible inclusion and the goals of the training phase, and this indicates the effect followed for training by the trainer on the one hand, and on the other hand, the players are committed and continue to train, as well as their regularity in training, which had a clear role in the training process. As for the improvement in the skill of spiking in the 4th place of the experimental group, you attribute the researcher the emergence of these results to the use of the experimental group exercises for sitting volleyball in a position that was impressive and effective, all through the use of scientific planning in preparation, this is the exercise as they were performed the appropriate size training The training effort is appropriate and the goals are great. Training, taking into account the principle of re-presentation and repetition. I have a basic study of diversification and complexity. Loads suitable for training to the level of development quotient of the sample members. This is a regular and scientific exercise model, taking into account the principle of heights in training degrees determined within two months (1: 3) for eight weeks and (1: 2) days a week, rest periods are enough. Muhammad Reda Ibrahim assured that, as evidenced by me, "all components of pregnancy training must be included in the achievement rate for me to improve the macro that the player achieves The higher the level of improvement of the player the more I needed to increase the components of pregnancy training more "([2]), and that is from the necessary reliance on special exercises in the preparation phase for the special start phase. Most of the exercises from the sitting position and the speed of running Kinetic response to advanced players because it helps to develop physical sensitivity in the accuracy of the response, which depends on the player's access to tournament levels. Because it greatly affects other people's qualities such as speed, endurance, and agility ((2)).

Emphasizing (Peter G, For. Thompson, 1996), the use of resistance exercises that require simple, such as "medical balls or similar tools to weigh alternative tools, not only for the development of general power, but can be used in developing the required strength and compatibility" (3) And that the optimal use of different methods and features with the use of these exercises is similar to performance in developing the results of dimensional measurements in addition to their use. Of the standard training loads commensurate with the development, and the researcher believes that these exercises had an impact on the development that occurred, and that the planning exercises to develop the skill of overwhelming hitting and their suitability for medium and high level players on the one hand, and on the other hand volleyball players need to sit while performing Offensive skills, and one of the important things that the researcher was keen to apply is to perform these exercises with the same range of movement for the skill, as well as to perform these exercises with the same skill required in the performance of these exercises was on speed in generating force, that is, performing exercises at high speed and with explosive force, such as addition To do the exercises with maximum effort according to the correct technique, as well as about adequate rest between groups to lead the athlete in each exercise while in a properly prepared position, it has been implemented (4).

Conclusions and recommendations

Conclusions

In the light of the objectives of the search and assumptions and in the limits of a sample search used and based on the results of treatment of statistical findings the researcher to the conclusions of the following:

1. That stomach exercises by the researcher have a positive and effective effect on the developmental aspect of newspaper ball strikes skill by plane from preparation to sitting.
2. The curriculum prepared by the trainer had a positive role in developing the tactical stomach exercise with the skill of smashing amongst the control individuals.
3. The diversification of the guided aid exercise to develop more mobility response according to skill performance in research led to the development of pilot group members in the post-telemetry test.
4. The experimental group achieved the development rate of the largest control group in tests with post hitting skill, crushing the volleyball from adjustment to sitting.

Recommendations

Based on the findings and conclusions reached by the researcher through this research, the researcher recommends the following:

1. Confirmation of use. A tactical skill exercise that overcomes the crushing of the upper rotating plane from the seating of class applicants.
2. Confirm the physical preparation for the special and technical performance skills in the soccer game by sitting according to the requirements of each training phase.
3. Conducting studies similar to the physical, motor and skill variables that have not been searched for according to the performance needs of each skill and for other age groups.
4. Presenting the results of this study, the Iraqi Central Football Association from the sitting position urged it to print the exercises and distribute them to the football coaches by plane in our beloved country to be an integral part of their exercises to keep up with the events. One of the developments in the field of coaching sports.

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