

A training curriculum for perception (sense - kinetics) and its impact in developing the level of performance of the reception skills of the sender and the wall of the volleyball

**Dr.Fouad Abdel, Dr. Latif Ghidan Mohammed, Dr.Rafid Mahdi
Dr.Mohammed, Abbas Hussein
University of Diyala, Faculty of Physical Education and Sports Sciences**

Abstract

The aim of the research was to identify the effect of the training curriculum in the development of perception (sense - kinetic) and the skills of receiving the transmitter and the wall of the resistance in the sample volleyball.

The researchers used the experimental approach to the problem of the research, and the sample was selected in a deliberate manner, namely the players of the club of sports club for the category of applicants (12) players divided into two equal experimental and control and a percentage of (92%) of the original search community.

After the main experiment and tests were completed, the (Spss) program was used for data processors to reach the results. The results were then presented, analyzed and discussed.

The researchers concluded that the training curriculum has an effective effect on the development of cognitive abilities and the skills used in the sample.

In addition to the superiority of members of the experimental group on the members of the control group in the tests of remote cognitive abilities (sense - kinetic) and also in the skills of reception of the transmitter and the wall of the block ball.

The researchers recommended the development of training curricula, including exercises to develop the awareness of the volleyball player, and urged trainers to use such methods in the training of the players of their teams.

And the need for similar studies and research on other skills of volleyball.

1.Definition of research:

1.1Introduction and importance of research:

That modern training depends on science as a basis for good results and that was the time when some trainers were able to deliver their athletes to the high level based on simple and individual experiences. And that scientific progress is a feature of the modern era, including all aspects of life, including the sports side, which interacted with many natural and human sciences to prepare the individual comprehensive and balanced preparation in order to reach the higher levels in the selected sports activity, and since the preparation of the individual is not achieved other than this science must Of interest in all that would contribute to the development of all sports activities, especially the game of football, which requires physical qualities and mobility capabilities and

technical plans and skills and high psychological preparation in order to achieve the goals and access to better performance to achieve the level of achievement.

Exercise is one of the things that accompany every sport performance through all stages of learning and training. Therefore, the instructor should take into account in developing his training curriculum that the curriculum is modern in style and placed according to the specific conditions and objectives. It varies among the beginners, beginners and advanced students in all stages of its duties, objectives and contents. All sports.

"The nature of performance in the game of volleyball is characterized by fast and surprising rhythm as well as the successive and sequential skills that require a high level of accuracy in performance, which requires the players to adapt and prepare for those positions, including the possession of physical abilities and skills and mental suit the changes in the game, "The game of volleyball requires different players to adapt continuously and quickly to changing positions in the game" (Mohamed SubhiHassanein: 419,1997) .

One of the factors that contribute to achieving mathematical achievement is the mental abilities associated with the level of performance and perception (sense-motor) is one of those mental abilities that contribute seriously to the recognition of motor actions and their interpretation and implementation by identifying the environment and the environment through which the movement is intended, Cognitive-sense (motor-sense) has a distinct place in performing the skillful performance of basic volleyball skills. Estimating the distance, performance time, sense of near and far distance and feeling of the ball seems to be an urgent need to master the skillful performance of volleyball and raise its level. T aware of the multiple play positions on the one hand when to speed up and when to slow down and when to change his position during the game depending on the situation that passes the requirements of the player during the game.

The importance of the research in the preparation of a training curriculum includes practical exercises in a scientific manner that will contribute to the development of cognitive process (sense - dynamic) to develop the skills of reception of the transmitter and the wall of the volley ball for good performance, and to serve an important part of the process to achieve the best performance .

1.2Research Problem:

Through the experience of the researchers and their observation of the volleyball team's training and its matches, there was a weakness in the focus on training some mental abilities in which the perception (sense-kinetic) mainly in the development of basic skills and accuracy, as well as the assessment of the formations of the opposing team defensive and offensive In short time segments and maintain them longest in training and competitions.

According to the above, the researchers considered a serious scientific study of this problem through the preparation of a training curriculum in perception

(sense - motor) commensurate with the type of skill in terms of its path and dynamic structure of virtual, which can raise the level of skills and development to promote the game of volleyball and development.

1.3Goals Search:

- 1- To identify the impact of the training curriculum in the development of the process of perception (sense - kinetic) in the sample members.
- 2- To identify the impact of the training curriculum in the development of the skills of receiving the transmitter and the wall object to members of the volleyball sample.

1.4Assuming research:

1. There are statistically significant differences in the results of cognitive tests (sensory-motor) and the skills of reception of the transmitter and the wall of rejection in the tribal and remote tests of the control group and the experimental group.
2. There are differences of statistical significance in the results (sensory - motor perception) and the skills of receiving the transmitter and the wall of the test in the post - test between the control and experimental groups in the post - test.

1.5 Research Areas:

Human Field: Players of Hibhib Sports Club.

Timeline: 6/10/2018 until 1/12/2018.

Sphere: Hibhib Sports Club Stadium.

2.Research Methodology and Procedures Airport:

2.1Research Methodology: The researchers used the experimental approach in addressing the research problem.

2.2Research community and its design:

The test was composed of the players of the sport game (the category of applicants) and (12) players were chosen by the deliberate method and were divided into two equal groups experimental and officer and were distributed to the two groups randomly by lot, where the homogeneity and equivalence of the two groups, (92%) of the original research community.

Table (1)Shows the homogeneity of the sample in the variables of height, weight and age

Torsion coefficient	Mediator	standard deviation	Thearithmetic mean	Search variables
0.325	176.5	7.439	177,307	Length / cm
0.103	70	11.157	70.384	Weight / kg
0.105-	23.9	1.217	23.907	Age / Year

Table (2) Shows the equivalence of the control and experimental groups in the test of tribal cognition

Statistical significance	Value t	The experimental group		Control group		Cognitive tests
		sd	mean	sd	mean	
Not significant	0 , 829	0 , 912	3	1 , 425	2 , 615	Tes the perception (sense - kinetic) distance throw the ball scroll from the bottom
Not significant	0 , 082	2 , 902	4 , 461	1 , 386	4 , 384	Cognitive test with vertical jump distance

Table (3) Shows the equivalence of the control and experimental groups in tribal skill tests

Statistical significance	Value t	The experimental group		Control group		SkillsTests
		sd	mean	sd	mean	
Not significant	0 , 192	9 , 299	46 , 846	10 , 226	46 , 076	Test transmitter reception
Not significant	0 , 462	0 , 854	5 , 307	0 , 776	5 , 491	Repeat wall test

2.3 Means of gathering information, tools and instruments used:

2.3.1 Means of gathering information

- Observation.
- Arab and foreign scientific sources.
- Personal interviews.

2.3.2 Tools used in research:

- Legal volleyball court.
- A soft colored eyeband of color number (13) .
- (13) Chinese-made type (juama) balls, ball bearing, whistle.
- sling, rubber sling, two seats, chalk, board.

5 -(5 cm) adhesive tape, metal measuring tape to measure distance to the nearest cm.

2.3.3 Devices used:

- Electronic stopwatch (casio) for measuring time in minutes, seconds and second parts.
- Calibrated medical balance for the nearest kg.
- Scientific calculator type (scientific casio).

2.4 Research Tests:

2.4.1

Cognitive (sense - kinetic) test for vertical jump distance (Amer Jabbar: 100,2002 – 116) .

2.4.2

The cognitive test (sense - kinetic) with the distance of throwing the ball rolling from the bottom (Amer Jabbar: 100,2002- 116) .

2.4.3

Test of receiving reception skill (Mohammad Subhi and Hamdi Abdel Moneim: 1997,241-252) .

2.4.4

Test the skill of the wall of resistance (Mohammad Subhi and Hamdi Abdel Moneim: 1997,241-252).

2.5 Exploration Experience:

The researchers conducted the pilot experiment on Friday, October 5, 2018, on a sample of (6) non-research participants. The purpose of the exploratory experiment was to identify the obstacles and difficulties that the researchers may encounter while holding the tribal test on the same eye. And their knowledge of the processes and tests for research and knowledge of the time of application tests and suitability to the sample of research.

2.6 Tribal Tests:

The researchers conducted the tests at 10 am on Saturday, 6/10/2018 and under the supervision of the researchers and coaches of the Club Hebbh Sports. As far as possible, the researchers took into consideration the variables in terms of time, place, and auxiliary team for their survival in the post-test. The parity

between the control and experimental groups was performed in the tribal tests in order to attribute the difference in performance to the independent variable.

2.7 Main experience:

The main experiment included the implementation of the curriculum syllabus for the experimental group as of Sunday, 7/10/2018 using the training curriculum under the supervision of the researchers. The control group applies its curriculum followed by the trainers themselves. The number of training units for the total period of research reached (24) (120) minutes per unit.

2.8 Post-tests:

The tests were carried out on the sample of the research at 10 am on Saturday 1/12/2018. The researchers were keen to create the same conditions for the conditions of the tribal tests and all aspects of the temporal and spatial and the task force to identify the extent of improvement in the skills under study. By the exclusively independent variable.

Statistical methods:

(Spss) was used for statistical data processors to reach the results.

3. Presenting and discussing the results

Table (4): It shows the computational dynamics, standard deviations, calculated T values, and their statistical significance for the pre-and post-test tests of the control group in sensory-motor tests (the ball-drop test and the vertical jump)

Statistical significance	Value t	After		Before		Tests
		sd	Mean	sd	Mean	
Not significant	0, 761	1, 386	2, 384	1, 325	2, 615	Test throw the scroll ball from the bottom
Not significant	0, 821	1, 143	4, 153	1, 386	4, 384	Vertical jump test

Table (5):It shows the computational dynamics, standard deviations, calculated T values, and their statistical significance for the pre-test and post-experimental tests of the experimental group in sensory-motor tests

Statistical significance	Value t	After		Before		Tests
		sd	Mean	sd	Mean	
Moral	8,849	0,816	1	0,912	3	Test throw the scroll ball from the bottom
Moral	4,107	0,800	0,846	2,904	4,461	Vertical jump test

Table (6):Showing the computational circles, standard deviations and calculated values
And their statistical significance for the cognitive tests (remote sense) of the control and experimental groups

Statistical significance	Value t	Experimental dimension		After the officer		Tests
		sd	Mean	sd	Mean	
Moral	2,982	0,816	1	1,386	2,384	Test throw the scroll ball from the bottom
Moral	8,226	0,800	0,846	1,143	4,153	Vertical jump test

Table (7):Shows the computational dynamics, standard deviations, calculated T values, and their statistical significance for the pre-and post-test tests of the control group for skill tests

Statistical significance	Value t	Before		After		Skills Tests
		sd	mean	sd	mean	
Not significant	1.156	9.188	48.461	10.226	46,076	Test transmitter reception
Moral	3.416	0.640	6.076	0.776	5.461	Repeat wall test

Table (8):Shows the computational dynamics, standard deviations, calculated T values, and their statistical significance for the pre and post tests of the experimental group of skill tests (receiving reception skill and wall barrier skill)

Statistica l significan ce	Value t	Before		After		Skills Tests
		sd	mean	sd	mean	
Moral	14, 240	4, 082	82	9, 299	46, 846	Test transmitter reception
Moral	10, 216	0, 725	6, 769	0, 854	5, 307	Repeat wall test

Table (9)Shows the computational circles, standard deviations, sample size, calculated T values and their statistical significance for the remote technical tests of the control and experimental groups

Statistical significance	Value t	Experimental dimension		After the officer		Skills Tests
		sd	mean	sd	mean	
Moral	4 , 665	4, 082	82	9 , 188	48, 461	Test transmitter reception
Moral	2, 483	0, 725	6, 769	0, 640	6, 076	Repeat wall test

Discussion:

As shown in Table (4), there are no significant differences in sensorimotor tests (the ball rolling test from the bottom and the vertical jump test) for the control group, indicating that the method used with this sample has no significant effect on the development of cognitive abilities (Sense - kinetic) and attributed the researchers because of the lack of integration of the training curricula followed. Table 5 shows that there are significant differences in the sensory-motor tests of the experimental group and for the post-test. The researchers attribute this to the effectiveness of the training method used for the experimental group of the research sample. The suggestion is to develop cognitive (sensory - motor) that helps the student to achieve a greater understanding of the nature of the performance of skills, which makes him succeed in the performance of motor skills in different situations of play through the exercises offered to members of the experimental group, "The process of perception and perception in the field Irrigation "It is possible to develop the ability to control the performance of the

motor, and can be seen by the emergence of skill in the performance of the movement distinctly" (Qasim Hassan Hussein: 94,1990) .

Table (6) shows that there are significant differences between the experimental tests of the control and experimental group in the sense-motor tests (the ball rolling test from the bottom and the vertical jump test) and for the benefit of the experimental group. The researchers attribute this to the effectiveness of the training method used. Better than the conventional approach. "The correct sports training based on rules and scientific fundamentals is the basis for the promotion of selected sports activity" (Mohamed Adel: 9,1982) .

Table 7 shows the absence of significant differences between the tribal and remote tests of the reception skill of the control group. There are significant differences between the tribal and remote tests of the control group in the skill of defending the stadium and the skill of the defensive wall. Has been instrumental in the development of the skills of defense of the stadium and the wall of defense, and the researcher attributed the reason that the focus on the repetition of the skills of defense of the stadium and the wall of the defensive defense more than the skill of receiving the transmitter. "The practice and the effort and continuous training is necessary in the process of learning And training is a necessary and necessary factor in the interaction of the individual with the skill and control of his movements and to achieve consistency between the movements of the skill in the performance of sequential sound and appropriate time, and continuous training alone increases the development of skill and mastery "(Najah Mahdi Shalash: 1975,130) .

It is clear from Table (8) (9) that there are significant differences between the pre and post tests of the experimental group and the post-test of the control and experimental groups in the skill of receiving the transmission and the skill of the wall of the wall and for the benefit of the experimental group, which researchers attribute to the effectiveness of the training curriculum used in the development of cognitive abilities Which contribute to the development of skills. The improvement is due to the fact that the independent variable is the proposed exercise for the development of abilities (sense – kinetic) .

-Conclusion:

Through the research results, the researchers reached the most important conclusions and recommendations:

CONCLUSIONS:

- 1- The training curriculum has an effective impact on the development of cognitive abilities (sense – motor) .
- 2-The training curriculum has a positive impact in the development of the skills of reception of the transmitter and the wall of rejection in volleyball.
- 3-The members of the experimental group over the members of the control group in the tests of remote cognitive abilities (sense - dynamic) and the skills of receiving the transmitter and the wall of the block in the volleyball.

The recommendations were:

- 1.The need to develop training curricula including exercises to develop and develop the abilities (sense - kinetic) of the volleyball player, and urged trainers to use such methods in the training of players of their teams.
- 2.The need to develop special tests to measure the abilities (sense - kinetics) to see the extent of development of volleyball players.
- 3.Conduct similar studies and research on other volleyball skills.

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