

THE IMPACT OF SPECIAL EXERCISES BY USING THE SMOOTH ARENA FOR THE DEVELOPMENT OF THE SIDE MOTOR SPEED AND SOME OF THE TECHNICAL SKILLS OF THE PIVOT PLAYERS OF THE IRAQI NATIONAL TEAM OF VOLLEYBALL

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Abstract

The physical abilities of volleyball players consider the basic foundation upon which depend the applicant teams, so the game of volleyball has its basic principles through which the best method in training is used. The use of resistors in training as rubber ropes or aqueous medium and sand as well as free weights has helped to develop physical abilities which reflected positively on the level of technical performance of all the technical skills of the game, The performance of these exercises by using tools make it more difficult in order to raise the efficiency of the player The use of the smooth arena is one of the new methods to train players in general and players of the pivot in particular, this early way increased directly the physical abilities of the main game as force, speed and endurance and skills performance and the level of performance of the skills as the bulwark and defense of the court, as rising level of achievement quickly during the use of new exercises did not get used by the athlete. The importance of the current research is to identify the impact of the smooth areas to develop the side motor speed of the pivot players of Iraq team players and some defensive skills as well as the impact of the special exercises and that helped a sample search on the implementation of the tactical and skilled duties for the purpose of access to the high level of achievement.

KEYWORDS: Special Exercises. Skills. National. Volleyball.

1. INTRODUCTION

The athletic progress that we see and we see its results on the international level, especially in tournaments is the result of scientific efforts and advanced methods of training and despite the multiplicity of training methods and the used tools etc, but they are all designed to develop physical abilities and raise the skill level of performance in order to achieve the best results.

In order to build a good physical base which positively reflects on the technical performance of the skills must take into account the volleyball player movement and especially the side motor speed which are connected directly with most of the skills of the game such as overwhelming strike and bulwark and defense of playing and others the high physical and skilled performance lead to confusion and complete control of playing and then to achieve winning, so the training process needs to aids and various devices and tools.

Therefore, the researcher wants to use a new tool, namely the use of the smooth arena which is of great resistance of the movement of the player in different directions as well as high intensity that inflicted on the muscles for the purpose of fixing the body which is a feature that plays a major role in the development of the physical abilities of the players with lifting of the skilled level of the performance.

Research problem:

By follow up the researcher and his remarks of the exercises of the Iraqi national team as it is the first assistant of the coach of the national team for men, it was found that there is a clear weakness in the side motor speed of

the pivot players , this weakness is significantly had an effect on some of the technical skills of the game which reflected negatively on the final result of the international team matches , so the researcher used a method in training , which is smooth arena as a special training means which lead to obstacle the player from movement with high intensity that inflicted on the working muscles, so it is considered one of the ways to help in the training which gives a greater opportunity to improve the physical and skilled quality of players during going to the normal playgrounds .

Research Aim:

1. Preparation of exercises by using the smooth arena for the development of side motor speed and some of the technical skills of the pivot players of the Iraqi national team in volleyball.
2. Identifying the impact of the smooth arena for the development of the side motor speed and some of the technical skills of the pivot players of the Iraqi national team in volleyball.

Research hypotheses: There are statistically significant differences between tribal and posteriori tests and in favor of post-test differences.

2. MATERIAL AND METHODS

The researcher used the experimental approach due to its suitability to the nature of the research.

The research sample: The research sample included (6) players representing the pivot players of the Iraqi national team of volleyball and was chosen by the international way and they represent the research community a real and honest representation.

Research procedures: The researcher conducting tribal tests on the research sample which is the Japanese choice of the side motor speed and bulwark (2) and test of the defense of the court against the overwhelming strike (2) then the researcher putted the special exercise on the players and for six weeks at a rate of (5) training units in the week and then conducted a posteriori tests.

3. RESULTS AND DISCUSSION

The researcher presented the results of the tribal and posteriori tests of the research sample and discussing it by showing the arithmetic means and standard deviations in tables after a series of statistical processes.

Displaying the results of the tests under research and the level of development of the two tests (tribal and posteriori):

Table 1: the arithmetic means and standard deviations of the two tests (tribal and posteriori) of the research group and the rate of development in the variables under research .

Rank	Statistical Processors variables	Unit of measurement	The sample	The tribal test		Posteriori test		Rate of development
				A	SD	A	SD	
1	Speed of lateral stepping	point	6	75.000	6.450	82.667	3.503	0.102
2	Defense of the court	degree	6	48.667	6.861	58.500	4.183	0.202
3	Repetition of the bulwark	degree	6	8.667	0.816	10.833	1.329	0.249

Table (1) shows that the arithmetic means and standard deviations in the post-test were different as the arithmetic mean amounted to (75.000, 48.667, 8.667) and with standard deviation (6.450, 6.861, 0.816) in the tribal test while the arithmetic mean reached to (10.833 , 58.500, 82.667) and standard deviation amounted to(1.329, 4.183, 3.502) in the post-test as it is an indicator to display the influence in the research variables

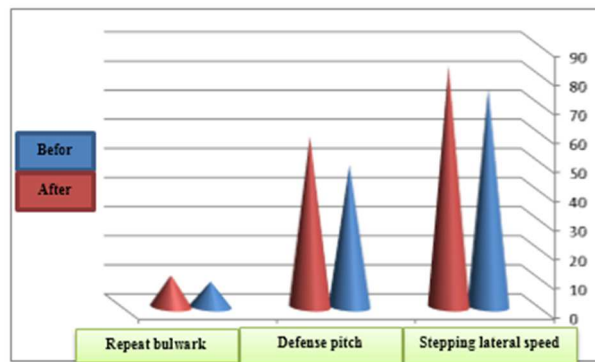


Figure (1) the arithmetic mean of the tribal and posteriori tests of the research group of the used tests

Table 2: the arithmetic means differences and the standard error and the value of (t) and the significance of the differences of the research group in the research variables.

rank	Statistical processors variables	Unit of measurement	The sample	M.D.		T	
						Calculated	tabulated
1	Speed of the lateral stepping	point	6	-7.667	1.647	4.656	0.006
2	Defense of the court	degree	6	-9.833	1.682	5.848	0.002
3	Repetition of the bulwark	degree	6	-2.167	0.477	4.540	0.006

Degree of freedom (6-1=5) at level of significance (0.05)

To find out the differences between the arithmetic means of the two tests (tribal and posteriori) of this group in the tests under the study , the researcher adopted the test (t) of the independent samples for verification of the significance of the differences so the value of calculated (t) of the side stepping speed (4.656) and with error ratio of (0.006) which is lower than the level of significance (0.05) and degree of freedom (5) which indicates the presence of a significant difference in favor of post-test and the researcher attributes this difference to the impact of the smooth arena on the muscular groups of the lower and upper limbs which gives the ability to deliver high physical work to overcome the surface of the court surface resistance and therefore it is reflected positively on the motor speed of the player during transmission to the usual playgrounds "The development of the muscular sufficient of the muscular groups gives a noticeable impact lead to raising the level of muscular strength which has a positive effect on the motor speed of these parts when applying the various movements " Talib Faisal Abd Al- Hussain 2003: 24].

The value (t) of the skill of the court defending was amounted to (5.848) and the percentage of error (0.002) which is also less than the significance level (0.05) and with degree of freedom (5) which means that there is a significant difference and in favor of the post-test , the researcher attributes that to the effect of special exercise that used on the smooth arena to develop this skill, as the researcher believes that the speed and the strength of overwhelming strikes especially the type (AB) of low-lying and rebounding balls in the bulwark or falling behind it requires a high level of motor reaction to get to the ball in different directions , the defense is "is the important mean to respond to the balls and to defense of the playing area in the attack of the opposing team and the protection of the court behind the bulwark of his team behind the strikers "[Marwan Abd Al- Majeed 2001: 151] while the value of (t) of the bulwark skill was (4.540) and error rate of (0.006) which is less than the significance level (0.05) and with motor degree (5), which means that there is a significant difference also and in favor of post-test and the researcher attributes that to the effect of special exercises that prepared on the smooth area in the development of potential players in the fast moving at the network which gives the ability to form the closed bulwark against the crushing strike of the opposing team.

The researcher also believes that the good bulwark gives enough time for the team members to take their defensive positions as well as alleviate the power and speed of the overwhelming strikes making it easier for the defense

process and the initiative to attack , on the other hand, "The skill of bulwark has a positive influence in the psyche of the team defender as it raises their morale, making the task players easier in the defense of the court and give them enough time to make the right defensive positions. "[Thurayia Abd Allah 1989: 24].

4. CONCLUSION

1. There is a significant difference in the post-test in the side stepping speed of the research sample.
2. There is a significant difference in the post-test in the skill of court defense of the research sample.
3. There is a significant difference in the post-test in bulwark skill of the research sample.

5. REFERENCES

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6. APPENDAGES

The skilled adopted in the search:

1. Players from the center (6) moving by side rolling to the right and left after throwing balls to the two sides by the coach which stands in the center (3).
2. the defense on the shape (M) the first overwhelming Center (5) and the second coming in the center (4) and third overwhelming Center (6) and fourth fallen Center (2) and fifth fallen Center (1).
3. Player moves from center (2) to the center (4) by running to work individually block, the coaches strike balls from the opposite side of the player.
4. coach center (6) raising center (3) striker player center (4) and another center (3) pivot player center (3) of the opposite side;the coach threw the first ball, plays fast attack and then followed by another ball by strong attack on the pivot player and doing block with the first and then moving to do another block with the second ball repeat the exercise.
5. Two player's center (2) and (4) attackers, block pivot player midfield center (3) center coach.
6. The coach throwing balls alternately, the preparing one prepares the ball how he wants to move, the pivot player moves to do bulwark, repeats the exercise.
7. pivot player center (3) three coaches , one behind the player and the other two on two wooden boxes (2-4) the dimension (23) , the coach behind the player gives the signal to one side by hand , the trainer on the box start throwing the ball high to himself to do attack , the midfielder moves to do bulwark , repeat the exercise.
8. Pillars (2) the distance between them (2 meter) the pivot player moves to do the figure (8) in English for defending against the overwhelming balls.
9. At the arc basketball in the middle, the pivot player holds a ball the midline player moves laterally to the corners to do bulwark on the network.
10. Midfielder with a ball and player behind him also holds a ball, the midfielder moves sideways to catch the player which is behind him by a semi-circular motion to do a double bulwark.

11. Three pillars center (4) and the same at center (2) at signal, the player dose three quick steps above the pillars and then return to do side movement to do three steps at center (2) , repeat the exercise.
12. Three players in the centers (1 - 5-6) in front of them three coaches at the network holding balls, at signal moving toward the wall and during return the ball thrown to them for defense, repeat the exercise.
13. the pivot players stand at center (5) behind the transmission line , two coaches at centers (4-2) , at signal the coach at center (4) strikes the ball , the pivot player moves to defense and then move by side-step toward the center (1) to defense another ball again from his coach who is standing in the center (2).
14. Three coaches are standing on the wooden boxes in the centers (2-3-4) and in front of them three pivot, at signal the coach of center (3) strikes the ball toward the individual repel and then the player moves to the center (2) to do double block, as the coach strikes another ball toward the bulwark and then return to the center and the center (4), repeat the exercise.
15. pivot player at the center of volleyball court , two coaches ; one in front of him and another behind him , at the signal the player turns to defense of the ball of the coach and then turn around to defend of the ball of the other coach, and so repeat the exercise.
16. Coach stands on a wooden box in the middle of the court at center (3) three pivot players in the center (4.3.2) , at the signal , the coach drops short balls to defense of the frontal area , repeat the exercise .

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