

# THE IMPACT OF TWO TEACHING PROGRAMS WITH MOTOR CONTROL SYSTEMS IN DEVELOPING THE ACCURACY, SPEED AND TECHNIQUE OF PERFORMANCE OF SOME BASIC SKILLS IN VOLLEYBALL

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## ABSTRACT

Volleyball is one of group games and has prominent position in performing and attracting great number of players and audience for its special speed rhythm and the accuracy in the speed skillful performance it has. It contains many basic skills that cannot be separated for their significance and integrating.

In volleyball, two teams compete using many of the basic game skills as closed skills and some as opened skills in the learning domain.

The study aims at setting two learning programs with motor control systems , opened and closed , circles in the accuracy , speed and technique of basic skills performance in volleyball , and knowing the effects of the two learning programs with motor control systems , opened and closed , circles in the accuracy , speed and technique of basic skills performance in volleyball , in addition to recognizing the priority of one of the two programs over the other in the accuracy , speed and technique of basic skills performance in volleyball.

The researcher uses the experimental method with two experimental equal groups design to deal with the problem of the study on a sample of (24) randomly chosen beginner students of the third stage during the academic year 2014-2015 in the school of physical education in the university of Garmian. The sample is divided into two group (12) students in each.

The researcher finds the following results:

- 1- The two learning programs with motor control systems have positive effect on the accuracy , speed and technique of performance of front upper serve ( tennis ), receiving the serve and front pass skills in volleyball.
- 2- The priority of the first experimental group that used the learning program with closed circle over the second experimental group that used the learning program of the open circle in the accuracy of performance of front upper serve ( tennis ), receiving the serve and front pass skills in volleyball.
- 3- The priority of the learning program with closed circle over the learning program of the open circle.

KEYWORDS: VOLLEYBALL. IMPACT.TEACHING. SYSTEM. SKILL.

## INTRODUCTION

The nowadays changes motivate the responsible for the process of teaching to review their teaching programs , goals and methods to help the learners achieving helpful cooperation among the learner , the teacher and the way of learning, in addition to considering growing and developing the motor control systems , represented by closed and opened circle systems , which the learners need because of their great importance in improving the accuracy , speed and technique of skillful performance . in addition to interaction with the environment through the visual and audio feelings while paying attention to the motivators which the learner receive to achieve the aimed goals from the learning and coaching processes in sport games .

Programs have significant role in preparing the learner in different types of sport games in general and specially in volleyball, because it aims at increasing the learner's proficiency to fulfill the requirements of the game. The process of learning the motor skills has great importance in the two learning and coaching processes because it aims at getting the learner acquire the motor skill, mastering and using them economically with less effort.

Volleyball is one of group games and has prominent position in performing and attracting great number of players and audience for its special speed rhythm and the accuracy in the speed skillful performance it has. It contains many basic skills that cannot be separated for their significance -and integrating. Playing the game and applying the easiest type of plans cannot be done if we neglect any skill.

In volleyball, two teams compete using many of the basic game skills as closed skills and some as opened skills in the learning domain.

Thus , the importance of the study lies in dealing with active subject that concerns the responsible for the learning process through setting two learning programs with motor control systems , opened and closed , circles in the accuracy , speed and technique of basic skills performance in volleyball, for the rareness of the studies on the subject of the closed and opened circle skills in volleyball in the Iraqi environment , wishing that it may cover a small part of the field which it may need more studies and researches. Despite the appearance of many systems in the domain of motor learning aiming at learning the skills of sport games skills with less time and effort . Through the researcher's observation to a number of researches and studies , in addition to following up the teaching process , the researcher notices that there are some opinions prefers one system on the other , thus the researcher specifies his problems by these two questions:

- 1- Does the use of opened circle and closed circle motor control systems lead to a better accuracy , speed and technique of performance of front upper serve ( tennis ), receiving the serve and front pass skills in volleyball.
- 2- The priority of the two circles accuracy, speed and technique of performance of front upper serve (tennis), receiving the serve and overhead front pass skills in volleyball.

And this aims at contributing in achieving facts that help the specialized setting the suitable future programs to meet the learning the beginners and instruct them and develop their abilities to a better level .The study aims at:

- 1- Setting two programs with motor control systems, opened circle and closed circle, for the accuracy, speed and technique of performance of some basic skills in volleyball.
- 2- Recognizing the effects two learning programs motor control systems, opened circle and closed circle, for the accuracy, speed and technique of some basic skills in volleyball.
- 3- Recognizing the priority two learning program in the accuracy, speed and technique of some basic skills in volleyball.

#### DEFINING TERMS:

- 1- Motor control systems: "systematizing the work on the basis of harmony and concordance between the work of the central neural system and the work of the neural round system to control the physical capacity to produce the movement". ( Adil Fadhil Ali : 1)
- 2- Closed circle system : " it is that system in which the process of comparison is done , which are neural orders from the neural system and getting back again to the neural system for comparison purpose of recognizing the motor action ( skill )" ( Wajeeh Mahjoob , 2000, 101)
- 3- Opened circle system: "it is that system in which there is no comparison done the decision is made in a speed way from the mind, in this system, the environmental circumstances are unknown". ( Wajeeh Mahjoob , 2000, 103)
- 4- The technique of skillful performance: " it is technical , serial and detailed form from the beginning of the skill until its end " ( Wajeeh Mahjoob , 1989, 101)

#### METHOD AND FIELD PROCEDURES

##### METHOD OF THE STUDY:

The researcher uses the experimental method with two experimental equal and random groups design with posttest and pretest for its suitability for the nature of the study.

#### SAMPLE OF STUDY:

The sample of the study is the students of the third stage during the academic year 2014-2015 in the school of physical education in the University of Garmian. They are (49) students representing two classes (29) students in class (A) and (20) students in class (B) after conducting the pretests and parity tests, they have been divided into two experimental groups randomly by lottery then some students have been excluded and they are:

- 1- The injured who are (5)
- 2- Those students who play the game and they are (10)
- 3- The reliability and pilot experiment sample and they are (10)

Thus the final total of the sample are (24) students forming (%48.979) of the main sample who are (49) and with (12) students in each experimental group. Table (1) explains this.

Table (1) Shows explains the sample of the study

Total Sample	Main Sample	The excluded from the sample	Sample after exclusion		The reliability and pilot experiment sample
			Experimental	Controlling	
(49)	(24)	(15)	(12)	(12)	(10)
			(24)		
The Total of sample			(34)		

The researcher says that the sample of the study is in harmony because they represent on academic stage and the sample can be distributed normally on its arithmetic mean.

#### TOOLS OF THE STUDY:

- 1- Official volleyball play court
- 2- Volleyball balls ( micasa ) (10)
- 3- Form of a questionnaire
- 4- Calculator
- 5- Measuring line
- 6- Column (10)
- 7- Form of a questionnaire

#### MEANS OF COLLECTING INFORMATION:

- 1- Arabic and foreign resources and references
- 2- Observing and experiment
- 3- Tests and assessments

#### THE USED TESTS:

1. The test of front upper serves (tennis). ( Adnan Hadi Mosa and Polos Hanona: 219)
2. The test of receiving the serve from down. (Mohammed Subhi Hasaneen and Hamdi AbdulMoni'm: 243)
3. The test of overhead front passes. (Adnan Hadi Mosa and Polos Hanona: 225)

#### PILOT EXPERIMENT:

The researcher made a pilot a study on (10) sample students of the third stage , who are randomly chosen from the total sample of the study , in the closed court in in the school of physical education .on 27<sup>th</sup> of Oct. 2013.

#### THE SCIENTIFIC BASES FOR THE TESTS THAT ARE USED:

To know the scientific bases for the test that are used, and after looking into many studies and resources, it has been made clear that the tests are typified to the Iraqi environment and they have been used in many studies in addition to using them on similar samples. And those are clear and understood and cannot be misinterpreted and far away from the subjectivity. Thus the researcher concluded not to find the scientific bases for the tests because they have the scientific conditions (Validity, reliability and objectivity).

## THE PRETESTS

Before conducting the pretests, an introductory session has been given to all the individuals of the sample to know the first form of the skills and how to perform them. Then the pretests have been made on 28<sup>th</sup>-29<sup>th</sup> Oct. 2013 for the two experimental groups on two days, one day for each experimental group.

## PARITY OF THE SAMPLE

The researcher made the parity between the two experimental groups and for all the skillful tests, T-Test has been made for the samples. The results showed that there no incorporeal differences between the two groups and this certifies that there is parity between them as explained in table (2).

**Table (2) Shows the parity between two experimental groups in the skillful pretests, for the accuracy , speed and technique of performance of some basic skills in volleyball , and the values of counted and table "T" and their Statistical reference**

No	Statistics Tests	The Two experimental groups					Counted "T" Value	Statistical reference
		Measuring Tool	Closed		Opened			
			Mean	Std. Deviation	Mean	Std. Deviation		
1	Accuracy of front upper serve	Degree	11.416	2.274	10.333	1.497	1.320	Not incorporeal
	Speed of front upper serve	Second	2.018	0.109	2.047	0.109	0.659	Not incorporeal
	Technique of front upper serve	Degree	3.666	0.492	3.583	0.514	0.179	Not incorporeal
2	Accuracy of receiving serve	Degree	12.916	4.757	12.583	5.632	0.149	Not incorporeal
	Speed of receiving serve	Second	41.653	2.206	40.238	3.066	1.243	Not incorporeal
	Technique of receiving serve	Degree	4.231	0.241	4.363	0.281	1.211	Not incorporeal
3	Accuracy of overhead front pass	Degree	30.750	3.222	29.667	4.997	0.604	Not incorporeal
	Speed of overhead front pass	Second	41.853	3.380	41.911	3.066	0.042	Not incorporeal
	Technique of overhead front pass	Degree	3.042	0.450	2.958	0.396	0.472	Not incorporeal

Table "T" value under (0.05) and freedom degree (22)= 2.07

The above table shows that there are no incorporeal differences. The total value of counted "T" is more than table "T" which is (2.07) and Reference level under (0.05) and freedom degree (22) and that certifies the parity in the learning and skill level in that they are beginners.

## LEARNING PROGRAM:

The researcher sets two programs two programs with motor control systems, opened circle and closed circle, for the accuracy, speed and technique of performance of some basic skills in volleyball. Taking into consideration the scientific bases in setting and applying the two programs and variety in doing the exercises in the session, in addition the following:

- 1- Both the first and second experimental groups, open and closed circles implemented the exercises.
- 2- The two learning programs were implemented in the closed court in the school of physical education.
- 3- The two learning programs were implemented during the period from 10/10/2013 until 4/11/2013
- 4- Motivating the players to paying attention and be committed to the learning sessions.
- 5- The number of the learning sessions were two in a week for each experimental group
- 6- The total number of the learning sessions are (16) sessions
- 7- The period of implementing the two learning programs is (8) weeks
- 8- The period of the learning session is (90) minutes

#### THE POSTTESTS:

Having finished with implementing the two learning programs, the researcher conducted the posttests for the variables that are being studied and that was on 5-6/11/2013, the researcher followed the same standards of the pretests in addition to taking into consideration the time and place circumstances and the means of the tests and the tests tools.

#### THE STATISTICAL MEANS:

The researcher used the following statistical means (Wadeea' Yaseen Al-Tikrity and Hassan Mohammed Al-Obiedy, 1999): The arithmetic mean, the standard deviation and the "T" test for the asymmetric sample and "T" test for the independent samples.

#### DISPLAYING THE RESULTS AND DISCUSSING THEM:

#### DISPLAYING AND ANALYZING THE RESULTS OF THE PRETESTS AND THE POSTTESTS FOR THE TWO EXPERIMENTAL GROUPS IN THE ACCURACY, SPEED AND TECHNIQUE OF PERFORMANCE, OF SOME BASIC SKILLS IN VOLLEYBALL

**Table (3) Shows The arithmetic means, the standard deviations and the values of the counted and table "T" and their statistical references for the pretests and the posttests for the two experimental groups in the accuracy of performance of some basic skills in volleyball**

No	Skills	Experimental groups	Tests					Counted "T" Value	Statistical reference
			Pretest			Posttest			
			Measuring Tool	Mean	Std. Deviation	Mean	Std. Deviation		
1	Serving	1 <sup>st</sup> group closed circle system	Degree	11.416	2.274	19.416	2.609	9.285	Incorporal
		2 <sup>nd</sup> group opened circle system	Degree	10.333	1.497	18.333	2.708	9.101	Incorporal
2	Receiving the serve	1 <sup>st</sup> group closed circle system	Degree	12.916	4.757	19.916	7.304	6.846	Incorporal
		2 <sup>nd</sup> group opened circle system	Degree	12.583	5.632	28.166	4.174	9.055	Incorporal
		1 <sup>st</sup> group closed circle system	Degree	30.750	3.222	54.000	8.068	8.844	Incorporal

3	Passing	2 <sup>nd</sup> group opened circle system	Degree	29.667	4.997	48.833	5.778	6.863	Incorporeal
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Table "T" value under (0.05) reference and freedom degree (11)= 2.20

It is clear from the results of the table of the pretests and posttests, for the two experimental groups in the accuracy of performance of some basic skills in volleyball, that there are incorporeal differences between the pretests and posttests and the priority is for the posttests because the values of the counted "T" more than the Table "T", which is (2.20) under (0.05) reference and freedom degree (11).

**Table (4) Shows The arithmetic means, the standard deviations and the values of the counted and table "T" and their statistical references for the pretests and the posttests for the two experimental groups in the speed of performance of some basic skills in volleyball**

No	Skills	Experimental groups	Tests					Counted "T" Value	Statistical reference
			Pretest			Posttest			
			Measuring Tool	Mean	Std. Deviation	Mean	Std. Deviation		
1	Serving	1 <sup>st</sup> group closed circle system	Degree	2.018	0.109	1.898	0.104	2.554	Incorporeal
		2 <sup>nd</sup> group opened circle system	Degree	2.047	0.109	1.972	0.151	3.138	Incorporeal
2	Receiving the serve	1 <sup>st</sup> group closed circle system	Degree	41.653	2.206	40.226	1.614	5.009	Incorporeal
		2 <sup>nd</sup> group opened circle system	Degree	40.238	3.066	37.485	1.741	4.217	Incorporeal
3	Passing	1 <sup>st</sup> group closed circle system	Degree	41.853	3.380	38.587	2.074	3.432	Incorporeal
		2 <sup>nd</sup> group opened circle system	Degree	41.911	3.066	40.226	1.614	2.729	Incorporeal

Table "T" value under (0.05) reference and freedom degree (11)= 2.20

It is clear from the results of the table of the pretests and posttests, for the two experimental groups in the speed of performance of some basic skills in volleyball, that there are incorporeal differences between the pretests and posttests and the priority is for the posttests because the values of the counted "T" more than the Table "T", which is (2.20) under (0.05) reference and freedom degree (11).

**Table (5) Shows The arithmetic means, the standard deviations and the values of the counted and table "T" and their statistical references for the pretests and the posttests for the two experimental groups in the technique of performance of some basic skills in volleyball**

No	Skills	Experimental groups	Tests					Counted "T" Value	Statistical reference
			Pretest			Posttest			
			Measuring Tool	Mean	Std. Deviation	Mean	Std. Deviation		
		1 <sup>st</sup> group closed circle system	Degree	3.666	0.492	6.167	0.615	12.845	Incorporeal

1	Serving	2 <sup>nd</sup> group opened circle system	Degree	3.583	0.514	5.708	0.752	8.878	Incorporeal
2	Receiving the serve	1 <sup>st</sup> group closed circle system	Degree	4.231	0.241	6.063	0.720	10.490	Incorporeal
		2 <sup>nd</sup> group opened circle system	Degree	4.363	0.281	6.713	0.624	16.790	Incorporeal
3	Passing	1 <sup>st</sup> group closed circle system	Degree	3.042	0.450	6.083	0.973	8.300	Incorporeal
		2 <sup>nd</sup> group opened circle system	Degree	2.958	0.396	5.792	0.782	9.741	Incorporeal

Table "T" value under (0.05) reference and freedom degree (11)= 2.20

It is clear from the results of the table of the pretests and posttests, for the two experimental groups in the technique of performance of some basic skills in volleyball, that there are incorporeal differences between the pretests and posttests and the priority is for the posttests because the values of the counted "T" more than the Table "T", which is (2.20) under (0.05) reference and freedom degree (11)

**DISPLAYING AND ANALYZING THE RESULTS OF THE POSTTESTS FOR THE TWO EXPERIMENTAL GROUPS IN THE ACCURACY, SPEED AND TECHNIQUE OF PERFORMANCE, OF SOME BASIC SKILLS IN VOLLEYBALL:**

Table (6) shows the arithmetic means, the standard deviations and the values of the counted and table "T" and their statistical references for the posttests for the two experimental groups for the accuracy, speed and technique of performance of some basic skills in volleyball

No	Statistics Tests	Measuring Tool	The Two experimental groups				Counted "T" Value	Statistical reference
			Closed		Opened			
			Mean	Std. Deviation	Mean	Std. Deviation		
1	Accuracy of front upper serve	Degree	19.416	2.609	18.333	2.708	0.955	Not incorporeal
	Speed of front upper serve	Second	1.898	0.104	1.972	0.151	1.370	Not incorporeal
	Technique of front upper serve	Degree	6.167	0.615	5.708	0.752	1.577	Not incorporeal
2	Accuracy of receiving serve	Degree	19.916	7.304	28.166	4.174	3.253	Incorporeal
	Speed of receiving serve	Second	40.226	1.614	37.485	1.741	3.833	Incorporeal
	Technique of receiving serve	Degree	6.063	0.720	6.713	0.624	2.272	Incorporeal
3	Accuracy of overhead front pass	Degree	54.000	8.068	48.833	5.778	1.727	Not incorporeal
	Speed of overhead front pass	Second	38.587	2.074	40.226	1.614	2.072	Incorporeal

	Technique of overhead front pass	Degree	6.083	0.973	5.792	0.782	0.776	Not incorporeal
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Table "T" value under (0.05) reference and freedom degree (22)= 2.07

Table (6) of the posttest, for the two experimental groups for the accuracy, speed and technique of performance of some basic skills in volleyball, shows that there are incorporeal differences in the test of the accuracy and technique of and speed performance of receiving serve and the speed of overhead front pass. The value of the counted "T" is more than the table "T" (2.07) under (0.05) reference and freedom degree (22).

## DISCUSSING THE RESULTS:

Through what has been displayed in tables (3,4,5) , we can find that there are incorporeal differences between the pretests and posttests of the two experimental groups : the first one used the program of the closed circle system and the second group that used the program in the opened circle system in the accuracy , speed and technique of performance for the skills of front upper serve ( tennis ), receiving the serve and front pass and the priority is for posttest .

The researcher says that the reason behind this is the positive effect of the two learning programs and what was contained in the training lessons of the varied exercises for the skills of the current study, which contributes in improving the accuracy through relying on the scientific bases in selecting the exercises according to the systems of motor control systems, the opened and the closed circles; and this answer the first question.

This improve in the skillful performance , its accuracy and its speed due to the resemblance of the quality exercises set by the researcher that leads to control the level of performance. The principal role of the quality exercises is that they work on the same path of the motor performance, thus, the work will be specified to specific group of muscles in the performance (Suleiman Farouq Sulieman, 200, 148)

Generally , the researcher thinks that all the repetitions were performed by the learners in each learning session and in different repetitions according to the difficulty and time of the exercise and tis leaves effect and image in the memory of the learner and this image to be used by the learner to or develop the next movements because the repetition of the information moves it from the short term memory to the long term memory which makes it easier to remember in any moment , besides , the availability of accuracy in the performance has great effect in learning the skills of the current study. The variation in the exercises and the type of skill and explaining and the clarification by the coach have positive reflection in the speed of skill performance, specially the skillful abilities which to be considered the backbone to achieve the sport aim.

The serve skill is of the closed skills which has individual role to the right place quickly and accurately and for important reasons that make it one of the important and direct offensive shots (Mohammed Saad Zaglol and Mohammed Lutfy Al-Said, 2001, 60). Whenever the player undergoes application experiences and develop in the application stage , he will be make positive differences in performing the learned skill (Mofty Ibrahim Hammad ,2002,228), Besides, each leaning program has strength points that can be made use of in the process of skillful learning in volleyball through the explanation , clarification and complete accuracy for the skills of the current study which contributes in giving complete image aand an understanding of the nature of and their meanings while performing , because the clearness of the learning goals and their values and concordance with the level of the learner lead to clear improve in his performance and gives him motive to learn and physical and motor readiness to fulfill the duty and training on it . (Yaarub Khayoon, 2002, 193) The researcher says that the reason behind this is the repetition and the desire to learn by the sample because they are beginners, for the feature this age stage in, i.e. speed in learning because of maturity, this is so because there a real relation between leaning and maturity, learning depends heavily on maturity and the level of what the learner can do of activity and the quantity of the experiences and skills ( Mohammed Hassan ALawy , 1992,102) , in addition to increase the concepts and recognitions of the beginners and establishing the information in their minds and this cannot be done only if the process of learning accompanied by the exercise which are the base of the motor learning .

The two learning programs were new to the beginners which led to rejecting the boredom factor and evoking the spirit of actual participation.

The success of the of performance in the first attempts of the skills and knowing the results of their performance, whether be by the feedback of from the teacher or personal, led to increase their enthusiasm an motivation to continue; because there would be no development no improvement in the performance without feedback, which should be suitable to the mental, age and stage levels (Abdullah Hussein AL-Lami, 2006, 78)



As for table (6) of the posttest ,for the two experimental groups , we notice that there are incorporeal differences between the arithmetic means and the standard deviations of the posttests degrees for the two experimental groups, the first and the second , in the variables of the accuracy and technique of and speed performance of receiving serve skill , and there is no in corporeal differences for the variables of accuracy , speed and technique of performance of the serve skill , and the accuracy and technique of performance of overhead front pass , and answers the second questions.

The researcher says that the reason behind the differences with no statistical references is the hastening of some learners of the first experimental group the performance despite the correct set out stand which is considered as the base upon which skillful success may be achieved. That hastening led to weakness in suitable timing with the ball. Despite the importance of the skills of serve and pass ,and paying great t attention to them in the learning sessions but some game teachers do not give them great importance or they do not take them seriously in addition to the less in the experience and the illness in some senses of some learners of the first experimental group which implemented the learning program in the closed system , what led to the happening of mistakes in the recognition process, because presenting the information and explaining them requires motivating many of the sensual organs because the process of recognition is a complicated process and any error in the senses leads to mistake in the recognition of the movement because there is a relation between the recognition and the sense of the motor duty (Nabeel Mahmood Shakir , 2007,118) , in addition to the error in reading by the learner because of the luck in field experience; the more applying and correcting experiences the learner undergoes ,the more positive changes happen in the performance the learned skill , the recognition of the volleyball may a develop by repetition and performance an what effect this may have on the accuracy and speed of performing many of the game skills technically and tactically . Nevertheless, recognition never come surprisingly, because the experience and ex-performance and repetition develop recognition, thus there is primary recognition of the movement and comes from the explanation and clarification displaying the movement (Forat Jabbar SaadAllah, 2008 113),

Despite this , the means of the posttests of the two experimental groups are better than those of the pretests as shown in table (3,4,5) and this means the nearness of all posttest of the two experimental groups but there is priority in the surface difference between the arithmetic means for the two experimental groups and for the benefit of the second experimental group that implemented the learning program in the opened circle system, the researcher believes that the first experimental group implemented the learning program in the closed system for the skills of the current study , after explaining and displaying the skill by the teacher the learners perform all the repetitions of the exercises in the closed system in each learning session to a specified place then moves to another place and with the same repetition and durations, the correcting of the errors and giving the immediate feedback by the teacher or using the self- correction leads to learn the studied skills and improving their accuracy , speed and technique of their performance . The application and the theoretical aspects help the learners to control their movements and increase the motor harmony while performing the skills. While the second experimental group implemented the learning program in the opened circle system for the skills of the current study, after explaining and displaying the skill by the teacher ,with a model, the learners perform the required skills practically during learning session, the learner perform all the repetitions of the exercises randomly , in that there is no repetition for two attempts -in any place until the learner finishes the required repetitions , thus the learner perform m in each repetition anew program because he does not repeat the exercise in two sequenced attempts , and her the learner cannot correct the error he makes because the stimulus is different every time quick response ,the performance of the skill practically according to specified repetitions and durations within the main part of the program the teacher corrects the errors and gives the postponed feedback.

## CONCLUSIONS:

- 1- The two learning programs in the motor control systems have positive effect the accuracy, speed and technique of performance of front upper serve ( tennis ), receiving the serve and front pass skills in volleyball.
- 2- The priority of the first experimental group that used the learning program of the closed circle system over the second experimental group that used the learning program of the opened circle system the accuracy, speed and technique of performance of front upper serve ( tennis ), receiving the serve and front pass skills in volleyball.
- 3- The priority of the second experimental group over the first experimental group the accuracy, speed and technique of performance of receiving the serve in volleyball.

## RECOMMENDATIONS:

- 1- The learning program in the closed circle system should be depended on in the accuracy, speed and technique of performance of front upper serve (tennis) and overhead front pass skills in volleyball.
- 2- The learning program in the opened circle system should be depended on in the accuracy, speed and technique of performance of receiving the serve skill in volleyball.
- 3- The necessity of reviewing the current learning programs to greatly contribute in the accuracy, speed and technique of performance of front upper serve (tennis); receiving the serve and overhead front pass skills in volleyball.
- 4- Conducting similar studies converging the (the closed - the opened circles) and (the opened – closed) circles on the skills of volleyball.
- 5- Conducting similar studies on different skills and activities

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