Turkish Online Journal of Qualitative Inquiry (TOJQI)
Volume 12, Issue 8, July 2021: 2297 - 2314

The Effectiveness of an Educational Field in Developing the Skills of the Defense Wall and Blocking the Field for the Players of the Specialized School in Volleyball

Dr. Othman Majeed Rasheed Al-Ani[1],
Dr. Ihab Saadi MohammedAlshglawi[2]

Lecturer Ministry of Education,
the General Directorate of Al-Anbar Education, Iraq
Email :Uthmin1970@gmail.com , maximos85@yahoo.com

Abstract

This work is important because it prepares an educational field in the development of the skills of the wall and the defense of the stadium in volleyball for the players of the Specialized School in Baghdad.It depends on the stock of motor skills that were learned in a previous period, which are prerequisites for motor learning and achieving good technical performance that secures a level of performance.The research problem is that in the researcher's field experience, the researchers noticed a lack of interest in the performance of the skills of the wall defense and blocking the stadium in volleyball for players of specialized schools.Also, the level of performance of the skills of the defense and blocking in the stadium in volleyball does not correspond to the level required for this stage. In addition, the direct attention to the skills of the wall of the blocking and defense of the field in in skill exercises is not enough to reach high performance without paying attention to the effectiveness of the educational field. This is what the junior teams suffer from, at least in our dear country. If there is an interest in these variables, it is random and includes training that does not distinguish between the important and most important dimensions and components of these variables. So, the researcher decided to prepare an educational field in developing the skills of the wall of defense and blockingthe field of volleyball in order to reach the desired and intended achievement.The research aimed to prepare an educational field to develop the skills of the wall of the wall and the defense of the field of volleyball.The researcher used the experimental method to solve the research problemand the research community. The research community was determined by the specialized school players aged (14-17) years, and they were divided equally in a simple random way.The study concluded that the duration of the independent variable, represented by the number of educational units. They were suitable for developing the skills of the wall of defense and blocking the field in volleyball.The study recommends the adoption of the educational field as basic data when learning the players of specialized schools and the cubs in volleyball.

Keywords:volleyball, effectiveness, educational field

1-Introduction

1- 1-Introduction and study importance:

Volleyball is one of the games that ranks first in the spread among the countries of the world because of its great popularity among the masses. It includes a set of defensive and offensive skills that must be mastered in performancesuch as the skills of the wall of defense and block in the stadium.Also, each skill has a specific effectiveness in the match. To take the players to the best performance during the match, it is necessary to use qualitative exercises and introduce modern techniques that contribute to the development of skills, while linking them with qualitative exercises, by directing total attention to the stages of learning basic motor skills and following the steps of the correct motor learning process in terms of starting with the easy and graduating to the difficult. This facilitates the process of skill performance, as the gradient in performance from easy to difficult and building each exercise on the previous exercise correctly gains many experiences for the players.

On this basis, the importance of the research lies in the importance of the research in preparing an educational field to develop the skills of the wall and the defense of the field in volleyball for young players. This depends on the stock of motor skills that have been learned in a previous period, which are prerequisites for motor learning and achieving good technical performance. This performance secures a level of skills as well as introducing the factor of suspense and excitement to the players by introducing situations similar to the cases of play that may work and help in this purpose better than the usual used methods.

So, through their experience of the field, the researchers identified the problem of the research. They also noticed the lack of interest in the performance of the skills of the wall of defense and blockingthe field in volleyball for players of specialized schools, and that the level of performance of the skills of the wall of defense and blockingthe field in volleyball is not commensurate with the level required for this stage. Thus, the direct attention to the skills of the wall and the defense of the stadium through skill exercises is not enough to reach high performance without paying attention to the effectiveness of the educational field. This is what the junior teams suffer from, at least in our country. Also, if there is interest in these variables, it is random and includes training that does not distinguish between important dimensions and components. Therefore, the researcher decided to prepare the most important variable of these such as educational field in developing the skills of the wall of defense and blockingfield with volleyball in order to reach the desired and intended achievement.

Thus, the researcher determined the goal of the research, which is to prepare an educational field to develop the skills of the wall of defense and blockingthe field in volleyball.

There could be an effect of the educational field on the development of the skills of the wall of the wall and the defense of the field of volleyball.

The fields of research were represented by the players of the Specialized School aged (14-17) years for the province of Baghdad. Also, the time of conducting the experiment was from 10/19/2020 to 1/24/2021. The place of conducting exercises and field trials were the hall Sports Talent Care Center/ Baghdad.

2-Methods and fields of research:

1-2Methods of research :

The method is one of the important factors that the researchers follow to solve his problem. It is chosen according to the nature of the problem to be studied, as the nature of the problem necessitated the researchers to use the experimental method because it fits the nature of the research problem. This is designing the method of the two equal groups (experimental and control) with two tests, pre and post.

2-2Study population :

The research population was determined by (28) specialized school players aged (14-17) years as the researchers chose a sample of them by (14) players. They were divided equally by the simple random method.

3-2Tools of the study:

1-3-2Means of collecting data:

•Arab and foreign sources and references.

•Personal interviews.

•Tests and measurements.

•Special forms for recording test results for players**.**

2-3-2Tools and devices of the study-:

•A legal volleyball court with its annexes.

•Legal volleyballs.(16)

•One measuring tape (linen).

•Sticky tape.

•Medical scale (1) type Toshiba.

•Hard disks (CD).

• A Casio electronic stopwatch number.

•One HP laptop.

• Two Sony cameras.

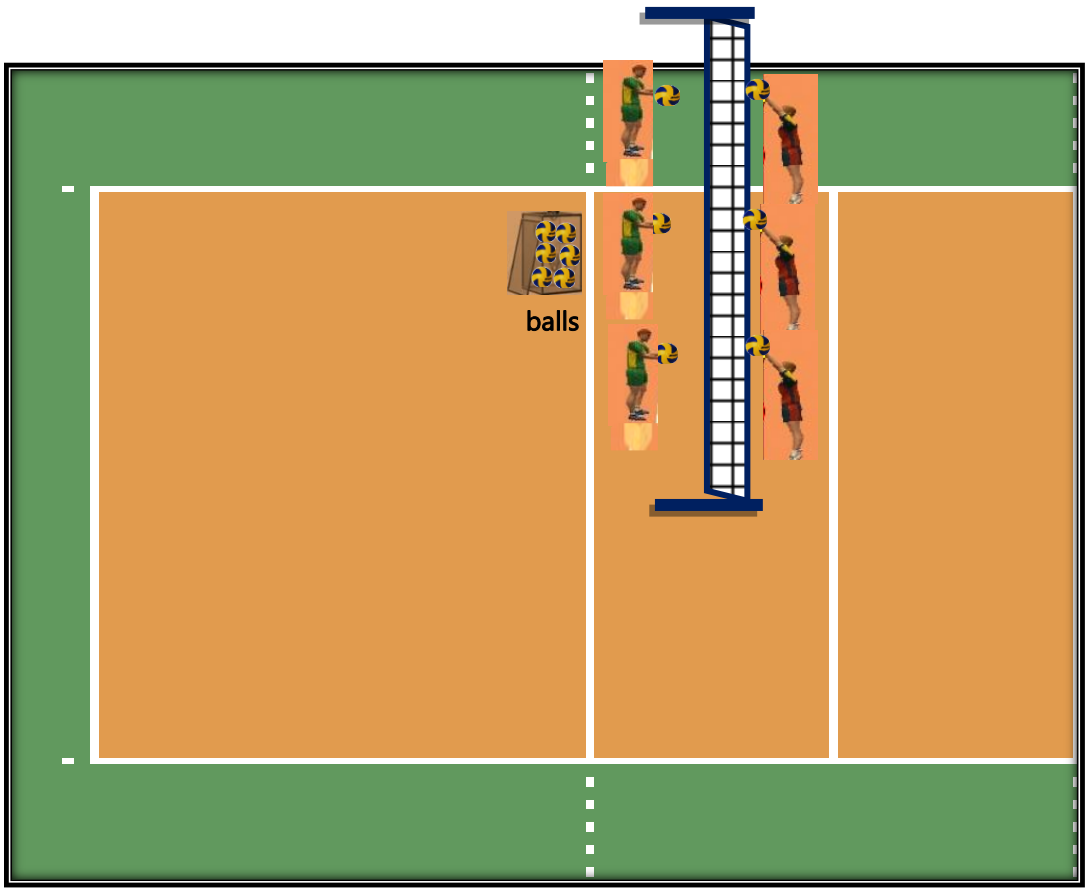
4-2Field Research Procedures:

1-4-2Determining the tests for the variables: Variables:

1-1-4-2Tests of volleyball blocking wall skill:

First: the technical test of the skill of the wall of the wall(Al-Dulaim 2016):

- Test name: Technical performance of the skill of the wall
- -The purpose of the test: measuring (technique) the technical performance of the skill of the wall in volleyball and its three sections (preparatory, main and final).
- Tools used: five volleyballs, a volleyball court, a video camera, and three deck.
- Performance specifications: The three terraces are placed in the centers (2, 3 and 4) at a distance of (50) cm from the net. The coach stands on each terrace holding the ball with both hands above the level of the net at a height of (30) cm. The lateral distance between the three terraces is equal and is (2.25) meters, and the tester stands in the center (3), and when the start signal is given, they begin to move to the center (4) to perform. This is by touching the ball over the net with both hands, and then returning to the center (2) to perform the same skill, respectively, and as shown in Figure.(1)
- -Conditions of performance: Each laboratory is given three attempts.
- Record: The three attempts are recorded through the video camera of each laboratory and then presented to three residents for the purpose of evaluating them. Each resident is given three marks for each laboratory according to the chosen division. Also, each is awarded (3) marks for the preparatory section and (4) for the main section. (3) grades for the final section, bearing in mind that the total grade for the attempt is (10) grades. This is after the best grade is selected for each resident and by extracting the average of the best three grades, the final grade for each laboratory is calculated.



Figure(1)

Second: Test the accuracy of the skill of the blocking wall(Al-Dulaim 2016).

Test the accuracy of the skill of the wall in volleyball.

Test name: Accuracy of the skill (blocking wall).

-Purpose of the test: measuring the accuracy (of the skill of the wall of the wall) in volleyball

Tools used: volleyballs (6), volleyball court, adhesive tape to divide the court.

Performance specifications: The lab stands in the center (3) in front of the net and at a distance of (50) cm from the net and prepares to repel the ball, as the coach performs the crushing beating of the ball from the opposite side, and the lab performs the skill of the wall of the block as previously agreed, and as shown in the figure (2).

Performance conditions: Each tester has (5) consecutive attempts, and the crush must be good in each attempt.

-In the center (2) two steps.

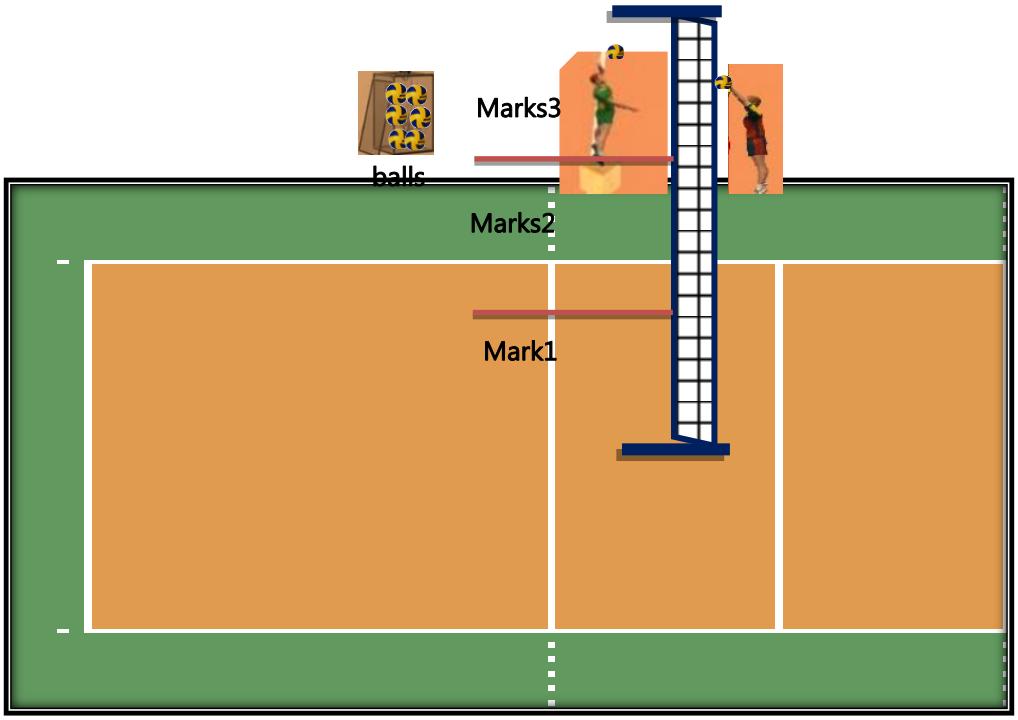
-In the center (3) three degrees.

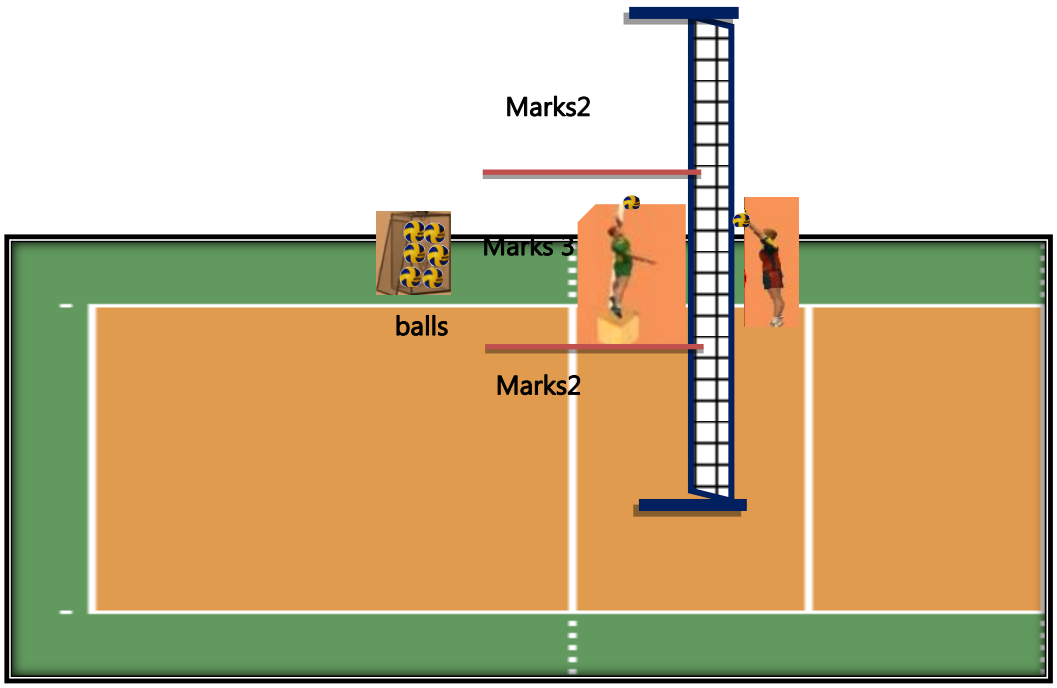
-In the center (4) two steps.

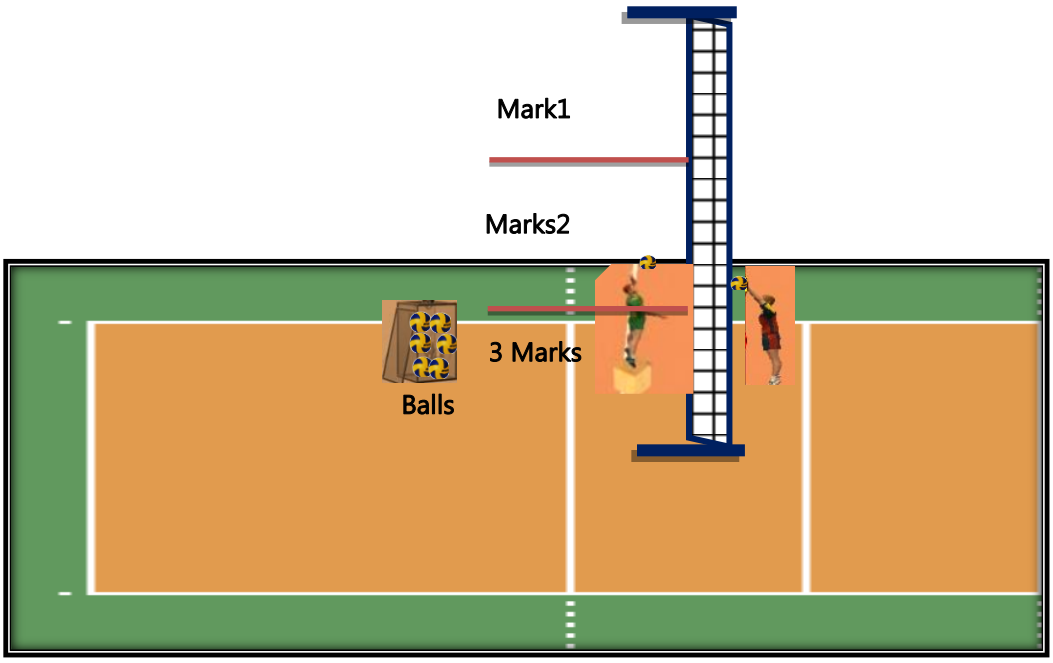
-Outside these areas (zero) of degrees.

Record: The laboratory will be given the marks it has obtained in the five attempts, bearing in mind that the maximum mark for the test is (15) marks**.**

Figure (1) Shows the technical performance of the wall skill in volleyball




Marks2
Marks 3
balls
Marks2



Figure(2) the accuracy of the volleyball blocking wall skill

2-1-24Tests of playing field defense skill:

First: The technical performance test for playing field defense skill (Al-Dulaim 2016):

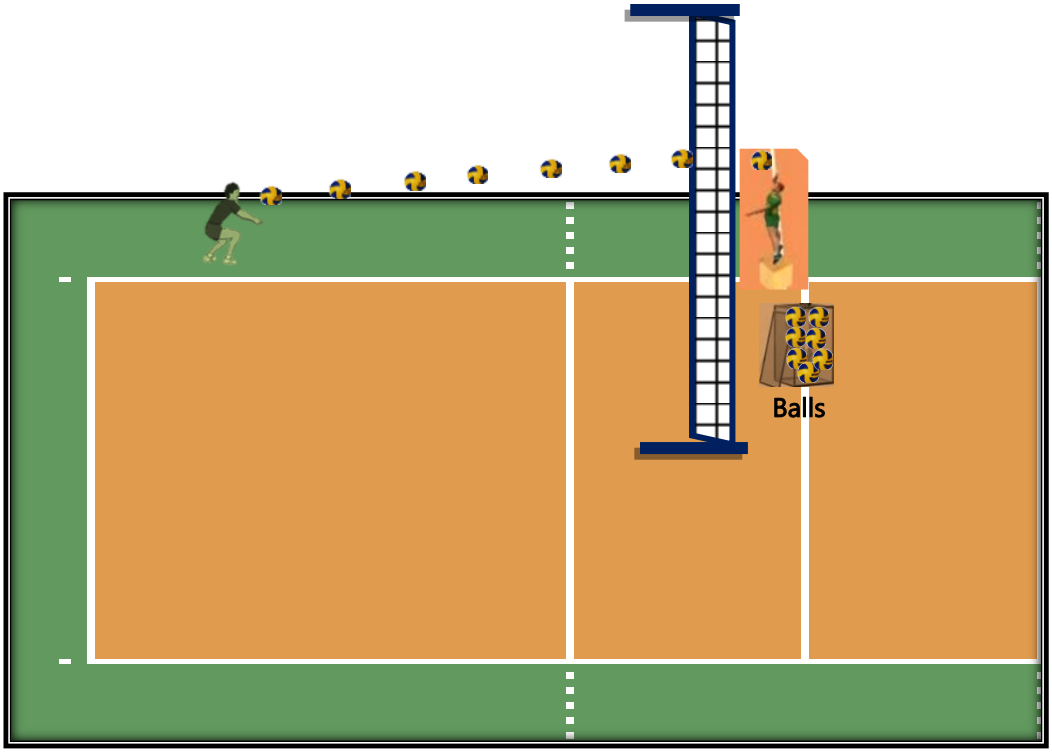
-The objective of the test: evaluating the technical performance of the skill of defending the field of volleyball through the three sections of the skill (preparatory, main, and final).

Tools used: a legal volleyball court, (3) legal volleyballs, and a pre-prepared performance evaluation form.

-Method of performance: The tester performs the skill of defending the field, from a standing position, for three consecutive attempts, as s/he places a chair behind the net (in the opposite half of the field where the laboratory is located) for the coach to stand on and direct the crushing blow to the tested player.

Record: Three assessors evaluate the three attempts for each laboratory, and three marks are awarded for each assessment. Note that the final assessment score for each attempt is (10) marks divided into the three skill sections, which are (3) for the preparatory section, and (4) marks for the main section. Also, there are (3) grades for the final section, after which the highest grade is selected for each

ingredient, and while extracting the arithmetic mean for the best three grades, the final grade is extracted for each laboratory student, as shown in Figure 3.

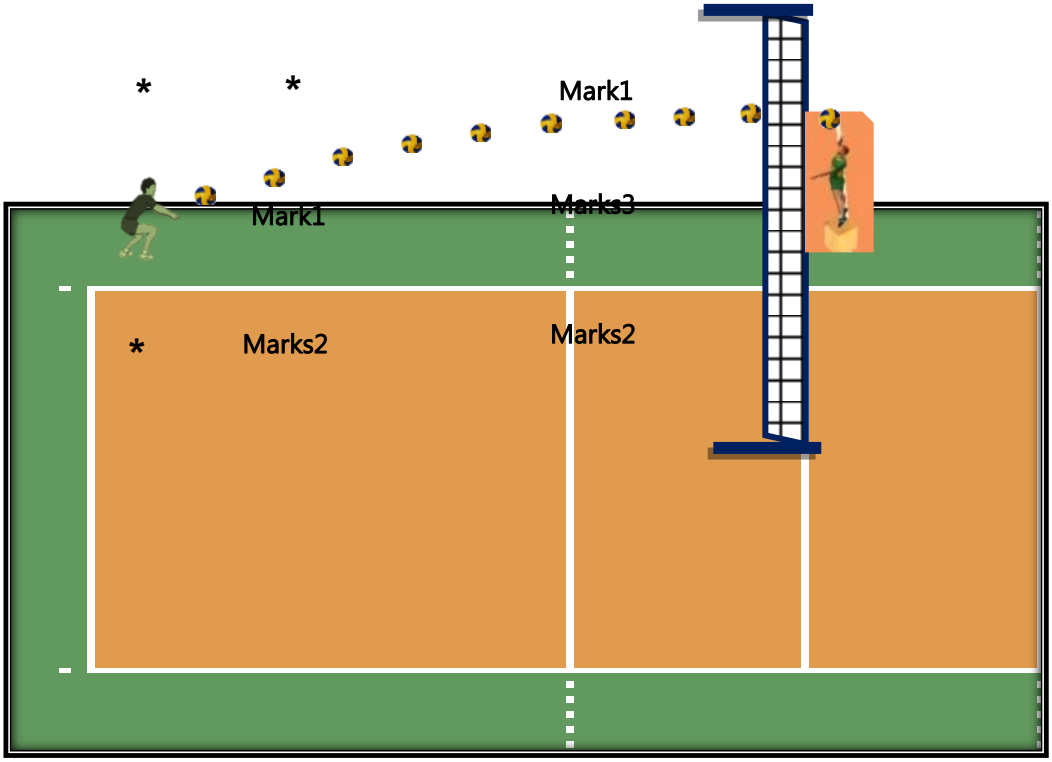


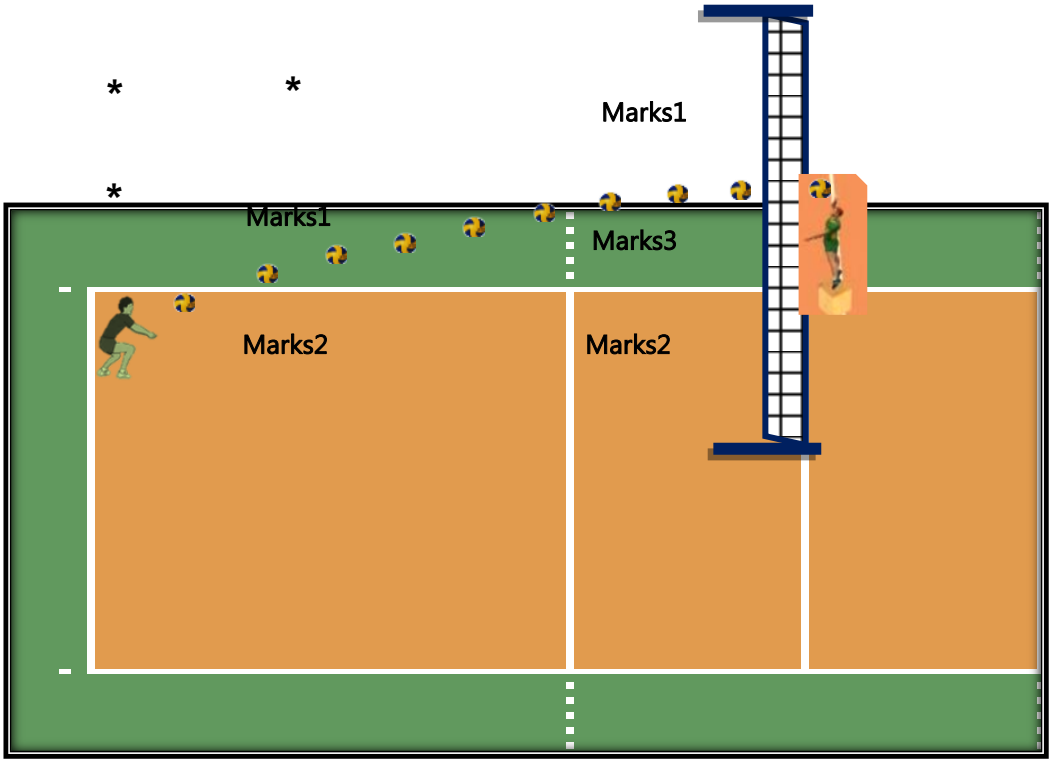
Figure(3) Technical performance of the skill of defending the stadium

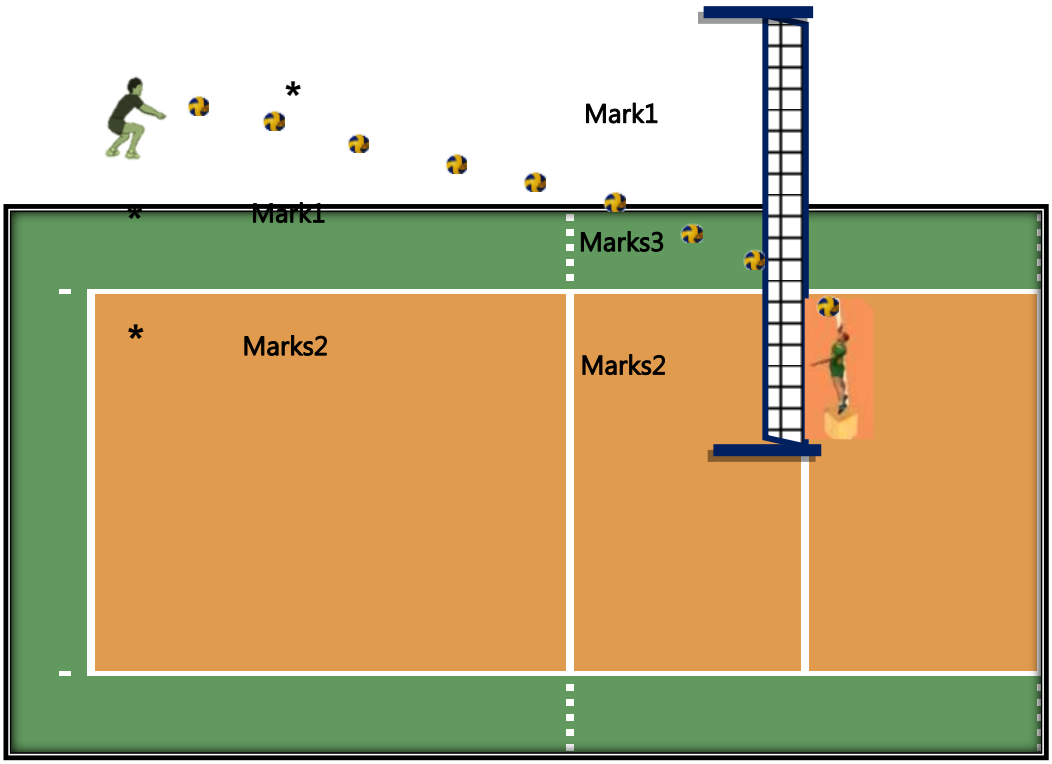
Second: The accuracy assessment test for the skill of defending the field from the back area(Taha 1999).

- The objective of the test: to measure the accuracy of the skill of defending the field.
- The tools used: a legal volleyball court, (5) balls, and a colored tape to divide the court, as shown in Figure (4) below:
- Performance specifications: The player stands ready to defend against the balls that are crushed in the center (1), and the coach stands in the opposite court on a table to perform the crushing strike towards the back area, so the player performs the defense as required by the situation.
- Performance conditions: Each player is given three attempts for each area (1, 6, 5), so that the maximum score is (27). In the event that the defending ball goes outside, a zero is given for the attempt.

- Scoring: The player is given the score of the area in which the ball falls.




Marks1
Marks1
Marks3
Marks2
Marks2



Figure(4) Accuracy measurement test for pitch defense skill

2-4The main experience:

2-4-1 Pre-tests:

The researcher applied the main experiment by applying tests and measurements to the research community, and the tribal tests were conducted on Thursday 10/22/2020.

2-4-2Preparation and implementation of the educational field:

The researcher prepared an educational field based on personal experience, and the educational field was initiated to be applied to the experimental group on Sunday 25/10/2020.

The details of the educational field are as follows:

•The period of implementation of the educational field is (6) weeks.

•The number of educational units per week is three educational units on Saturdays, Mondays and Wednesdays of each week.

•The total number of educational units is (18) units.

•The time of the educational unit is (90) minutes.

•The time of the main section of the educational unit is (60) minutes.

•The educational field items of the experimental group was implemented through the educational units within the main section of the educational unit under the direct supervision of the researcher.

•The researcher took into account the following in the development of the educational field-:

-1Diversity of exercises and educational situations to prevent the state of boredom that may affect the members of the experimental group.

-2Graduation from easy to difficult in the implementation of the educational field.

•The objective of implementing the educational field was to learn and master the skills of the wall of defense and blockingthe field with volleyball for the players of the specialized school.

•The members of the control group followed the training method followed by the coach of the same team, with the same number of educational units and the time of the educational unit as well.

3-4-2Post-tests:

The researcher, with the help of the assistant work staff, conducted the post-tests of the research sample after completing the application of the educational field on Thursday (10/12/2020). The researcher took into account the same conditions in which the tribal tests were conducted in terms of the sequence of tests.

5-2The statistical methods used:

The researchers used the statistical bag (SPSS) to analyze the research results, including:

- Arithmetic mean.
- Mean.
- standard deviation.

•Test (t) for correlated samples.

•Test (t) for independent samples.

-3Presentation, analysis and discussion of the results:

1-3Presentation and discussion of the results of the pre and posttests of the control and experimental groups for the variables under study.

1-1-3Presentation of the results of the pre and post tests of the control group

Table (1) Arithmetic means, standard deviations, the calculated (t) value of the correlated samples, the level of test significance, and the significance of the variation for the pre and posttests of the control group for the variables investigated.

Statistical parameters The variables investigated	Measurement unit	Pre		Post		value (t) calculated	Statistical Significance	Function type
		S	±A	S	±A			
Technical performance of the skill of the wall	Mark	4.75	0.44	8.06	0.45	10.77	0.000	Significant
Brickwall Skill Accuracy	Mark	15.10	3.70	20	1.70	15.78	0.001	Significant
Technical performance of the skill of defending the stadium	Mark	6.16	0.34	8.04	0.41	13.24	0.000	Significant
Accuracy of the skill of defending the field	Mark	14.8	3.6	19.9	2.08	12.90	0.002	Significant

Presentation of the results of the pre and post tests of the experimental group for the variables investigated:

Statistical parameters The variables investigated	Measurement unit	Pre		Post		value (t) calculated	Statistical Significance	Function type
		S	A±	S	A±			
Technical performance of the skill of the wall	Mark	4.81	0.51	6.56	0.33	8.15	0.003	Significant
Brickwall Skill Accuracy	Mark	15.4	3.1	17.5	1.9	5.14	0.02	Significant
Technical performance of the skill of defending the stadium	Mark	5.97	0.57	7.27	0.72	10.51	0.001	Significant

Accuracy of the skill of defending the field	**Mark**	**14.1**	**3.14**	**15.7**	**3.8**	**11.17**	**0.061**	Not Significant

Table(2) It shows the arithmetic means, standard deviations, the (t) value calculated for the interconnected samples, the level of test significance, and the significance of the variations for the pre and post tests of the experimental group for the variables investigated.

Presenting the results of the tests (post-test) for the two experimental and control groups for the variables investigated.

Table(3) the value of (T) calculated for the independent samples, the level of test significance, and the significance of the variation between the test results (post-test, post-test) for the two experimental and control groups for the studied variables.

Statistical parameters The variables investigated	Measurement unit		Measurement unitف		**Pre**		**Post**	**value (t) calculated**	**Statistical Significance**
			S	**±A**	**S**	**±A**			
Technical performance of the skill of the wall	Mark		**6.56**	**0.33**	**8.06**	**0.45**	**15.78**	**0.000**	**Significant**
Brickwall Skill Accuracy	Mark		**17.50**	**1.90**	**20**	**1.70**	**10.51**	**0.000**	**Significant**
Technical performance of the skill of defending the stadium	Mark		**7.27**	**0.72**	**8.04**	**0.41**	**13.24**	**0.001**	**Significant**
Accuracy of the skill of defending the field	Mark		**15.70**	**3.80**	**19.9**	**2.08**	**14.258**	**0.000**	**Significant**

2-2-4Discussion:

The results in Tables (1 and 2) showed that there were significant differences between the tribal and remote tests of the skills investigated and in favor of the post tests, for both the control and experimental groups. Here, the researcher attributes the reason for these differences for the control group, to the reliance of the members of this group on repetition. The exercises to carry out the

motor duties required of them during the educational units, which led to their enjoyment of good amounts of the skills in question (the wall of defense and block) except for the skill of defending the stadium despite the presence of a slight improvement. This is followed and recognized in the educational units and their regularity in implementing and applying these exercises. This is consistent with what Al-Dulaim (2016)mentioned that repetition is a semi-stereotypical process of repetition without a noticeable change in the motor responses. In addition, the researchers attributed that the reason for the members of the control group is due to the trainer's method in implementing the educational curriculum and exercises that played a key role in developing those skills.They use it to diversify and change in the appropriate exercises and repetitions that are commensurate with the level of each exercise. This was of great importance in making the moral difference, as the coach should give the largest possible amount of repetitions when performing any exercise to develop the required attribute or skills(Khreibet 1988).

In the experimental group, the researchers see the reason for the moral differences between the pre and post tests and the superiority of the post tests to the application and implementation of the members of this group in the educational field prepared by the researchers. It included aids, as the aids have a major role in the process of improving the technical and physical aspects and the mentality, where the exercises and educational activities were developed and selected. These activities were appropriate to the nature of the sample, and this was evident in most of the results of the post-test, and that the educational field that it applied to the members of this group included auxiliary tools, including (posts, rings, ground stairs, barriers, balance balls). These tools help learners to acquire and improve the skills they want to learn. Thus the player can improve the motor level and thus learn technical skills quickly and efficiently, and this was confirmed by Al-Rubaie (2010)that the auxiliary devices and tools work to improve and speed up the learning process when Learners learn sport skills. This is because of their positive effects for their contribution to the learning process in the least time and effort, as they contribute to the integration of the educational unit and training to implement the curriculum with the aim of raising the level of the learners(Al-Rubaie 2010).

In addition, when developing exercises in the educational field, the researchers took into account the organization and the principle of gradual difficulty in those exercises. Ismail (1996) asserts that the educational curriculum inevitably leads to the development of the level if it is built on a scientific basis in organizing the educational process. Also, the selection of exercises is gradual with difficulty.Individual teams are taken into account and the use of educational aids under specialized supervision under good educational conditions in terms of place, time and tools used.

The researchers also suggest the reason why the members of the experimental group outperformed the members of the control group in technical skills tests (the wall of defense and block) as a result of the influence of the educational field, which was a mixture of physical and motor exercises and combined with skill exercises and the majority of the exercises were used by means of assistance, as they were inspired by situations. The actual competition, as the researchers believe that it has an effective impact on the development of the motor aspects related to the basic skills of volleyball for the members of the experimental group because the aids make the player able to address the shortcomings, especially those whose legs are slow and increase the effectiveness of the training unit. Therefore, it is the duty of workers and specialists in the field of volleyball to pay attention to the training tools and means that will raise the level of their players physically, kinesically and skillfully.Thus the researchers believe that using the movements of the two legs that are

characterized by speed will help the player to master the main stages to perform the motor skills more effectively. Also, the researcher said that the educational field that included a set of exercises and educational situations that was prepared and that its application in educational units was effective, as its goal was to improve and raise the level of technical skills. Al-Heila (1999)asserts that when implementing exercises and educational situations effectively, the general performance of learners improves significantly. It then enables them to gain an additional benefit is the development of new learning about How to learn skills.

Mahjoub (2001)states thatexercises and educational situations are of great importance in general and private physical preparation and skill preparation, if they are for beginners or higher levels.

The researchers were also keen on mixing motor and skill exercises in the educational field, as they had a great role in generating additional strength for the working muscles and accelerating the movement of parts of the body. This led to an increase in the physical and motor aspects(Abdel-Khaleq 1999).The motor performance of the skill depends On the special physical and motor abilities.The researchers also took into consideration when preparing the educational field, firstly relying on the physical and motor abilities according to the practiced sports activity. This is the game of volleyball, as he focused through educational situations and educational activities and exercises on the development of joint movement and increasing the degree of its flexibility as well as the elasticity of the muscles, tendons and ligaments surrounding them according to what the nature of the game requires, as well as the speed of motor performance. Secondly, it relied on giving exercises that maintain the level of motor response reached by the players and motor compatibility because neglecting it leads to a gradual loss, which will negatively affect the level of skill performance in general.This requires that the planning of the educational curricula be inclusive of all physical and motor abilities and overlap with each other and all this was worthy of raising the level of skill performance represented in technical performance and accuracy of the skills of the wall and the defense of the playing field with volleyball. This is all for the members of the experimental group and over the members of the control group.

4-Conclusions and recommendations:

4-1-Conclusions: Based on the research results that were reached within the limits of the research community, the following conclusions could emerge:

-The educational field contributed to the development of the skills of the wall of the block and the defense of the field in volleyball for the players of the specialized school.

-The duration of the independent variable, represented by the number of educational units, was suitable for developing the skills of the wall of defense and block of the field in volleyball.

4-2-Recommendations: In light of the conclusions which proved the effectiveness of using the educational field, the researcher recommends the adoption of the educational field as basic data when learning the players of specialized schools and the cubs in volleyball. The study also conducts similar studies on different activities and age groups.

References

1. www .Angelfair . Com / m n / almoalem . html (2005) ".

2. Abdel-Khaleq, Essam. 1999. Sports Training - Theories and Application. 9 ed. Alexandria: Mansha'at Al-Maaref,.
3. Al-Dulaim, Nahida Abdel Zaid. 2016. Scientific foundations in learning the movement. Amman: House of Methodology for Publishing and Distribution,.
4. Al-Heila, Muhammad Mahmoud. 1999. Instructional Design Theory and Practice. 1 ed. Amman: Dar Al-Maysara for Publishing, Distribution and Printing.
5. Al-Rubaie, Mahmoud Daoud. 2010. Contemporary Teaching Methods and Methods. 1 ed. Amman: Modern Book World.
6. Ismail, Saad Mohsen. 1996. "The effect of teaching methods for developing the explosive power of the legs and arms on the accuracy of long-distance shooting by jumping high in handball."PhD, College of Physical Education, University of Baghdad.
7. Khreibet, Raysan. 1988. Sports Training. University of Mosul: Dar Al-Kutub for Printing and Publishing.
8. Mahjoub, Wajih. 2001. Encyclopedia of Kinesiology, Learning and Scheduling of Sports Training. Amman: Wael Publishing House.
9. Taha, Ali Mustafa. 1999. "Volleyball, history, learning, training, analysis, law, Cairo: Arab Thought House, 1999.".