

Effect of Playing Trainings in Different Areas on Developing some of Motor and Skill Aspects for Youth Players of Volleyball Diyala Clubs

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Article Info

Received: March 21, 2014
Accepted: April 22, 2014
Published online: September 01, 2014

ABSTRACT

The investment style of play in different spaces and various forms through the motor performance of the player during training and matches in play regions itself which is a new addition to the development of private motor skills and skill performance and stand on one aspect of training task that may contribute to the supply of trained personnel in the field of volleyball training. So the aim of study is to investigate the effect of playing trainings in different areas on developing some of motor and skill aspects for youth players of volleyball Diyala clubs. 10 youths players of volleyball Diyala clubs participated in present study, researchers used experimental research design method because it is suitable to the nature of the study and we used one group manner with two tests pre and post-tests. Number of measurements was achieved before and after training program such as run test in different directions, nelson test, numbering circle test, serving accuracy test, serving reception test, passing accuracy test, and attack serving accuracy measurement. Data of study was analyzed by using SPSS program and we used mean, standard deviation, and T test. In conclusion, the use of play exercises in various areas had a positive impact in the development of motor skills, especially coordination and agility as well as kinetic response speed as the different areas had a significant role in the multiplicity of new stimulus that show the circumstance of play and thus reflected positively on technical skills (reception, scrolling, crushing and attack) and psychologically create an atmosphere of excitement and fun in dealing between players.

Keywords: playing trainings, areas, motor and skill aspects, youth players, volleyball.

1. Introduction

Most of the worlds makingmaximum effortsandharnessthe vast potentialin order to reachhigher levelsinthe area of sports, especially in a game ofvolleyballtothis gameofbroad interestacquiredthroughthe excitement and funand manly competition characterized by improvethe game of volleyball and scientific planning deliberate by all the factor in the area of the game the competitions is the methods that increase the effectiveness of the positive effect physically and kinetic and it has a high psychology produce for players used by trainers in the setting of because it looks easy orientation. This method is characterized by the development of the physical elements and skill and special tactical as far as in tolerance and speed that shows as the mass games by giving duties in the direction of aim during the game indifferent shape with commitment to the law and rules of activity specialist (Amr, 1988).

Therefore, it means organizing the team with determining the position of every player on the court and it is called the center of the player and the coach puts them within a certain information so that they can perform their duties in a manner offensive and defensive effective influential as explained by Tadeuszlatowski (1981) that "the choice of competitor is the basis of the work, and that the high intensity of working associated with the selection of competitor depends on the period and the degree of training and practices subtle repetition", in addition, this method is suitable for players who have many years of training and less suitable for others, moreover, the contribution colleague in training of play method (competition) has an impact in increasing the effectiveness of special activity.

However, the play method is showed the training method, although the first principles of inclusive training method is to reach all of the players to a high standard of physical fitness and motor fitness, not strong games fitness the one of aim of modern train in a volleyball is developing of functional potential and improve a special physical qualities. In addition to upgrading the skills of the players to be able to cope with the massive developments taking place in the game (Mowafac, 2000) so the important of studies to know how to invest the style game in different area and variety shapes through kinetic performance streamlined for player and the same of style kinetic during the training and match and the same game area either offensive or defensive. It is a new addition to the development of special kinetic abilities and the skills performance and knew on one of important training aspects that may contribute to the supply of coach in the field of volleyball training.

The problem is reflected in the lack of clarity of vision true for most coaches to look at the vocabulary of these exercises and modern methods that lead and how to invest these methods to develop abilities kinetic and skills performance through the creation of scientific formulas for adoption during the training using modern exercises of different areas playing styles of the court in their training units and finding difficulties by reducing and increasing the players when playing in front of the network through the design of playing training different areas of the court because it progress many of the problems faced by the team and the players during play and in which they can reach the goal which is upgrading the special kinetic capacity skills performance is one of the important rules in the training process for the players and the greater the value of those drills and close to reality, and the level of competition through harmony between the mutual influence and the art of kinetic performance and physical susceptibility to the players. So the aim of study is to investigate the effect of playing trainings in different areas on developing some of motor and skill aspects for youth players of volleyball.

2. Methodology

2.1 Subject:

The important thing in scientific research is subject due to it is a part which represents original community of study (Ahmad, 1988). 10 youths players of volleyball Diyala clubs participated in present study, researchers used experimental research design method because it is suitable to the nature of the study and we used one group manner with two tests pre and post-tests.

2.2 Training program design:

Researchers showed competition playing exercises and distributed to the aimed training modules to develop some of the technical volleyball skills for the youth players of the experimental group by three training units week and the training was achieved by Saad Abdul-Karim. Researchers based the principle of gradual in an application of the curriculum from easy to difficult for the experimental group and us continued giving the individual positions by three training modules.

However, we have been identified the appropriate time to conduct the training approach which was special prepare period takes a long time of 12-week 3 training units a week, and the total number of doses of training 36 doses training. Experimental group trained by 3 training units a week, and waving method for weeks of training (1:2) and the same way of training units daily.

2.3 Measurements:

- Run test in different directions figure (1).
- Nelson test figure (2).
- Numbering circle test figure (3).
- Serving accuracy test figure (4).
- Serving reception test figure (5).
- Passing accuracy test figure (6).
- Attack serving accuracy measurement figure (7).

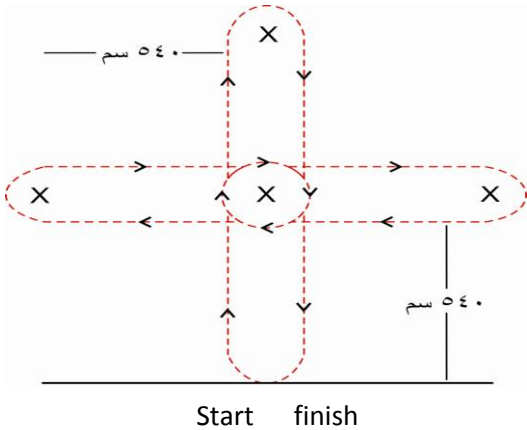


Figure 1. Shows method of run test in different directions

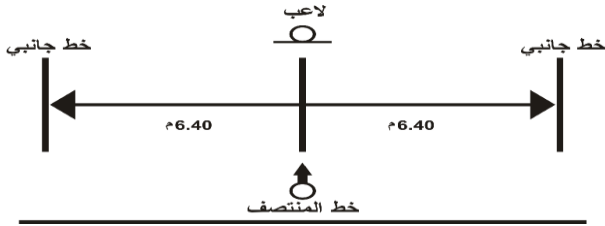


Figure 2. Shows method of Nelson test

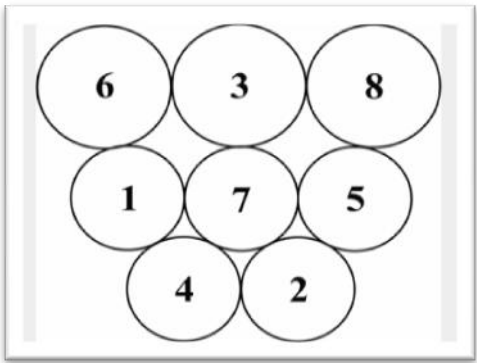


Figure 3. Shows numbering circle test

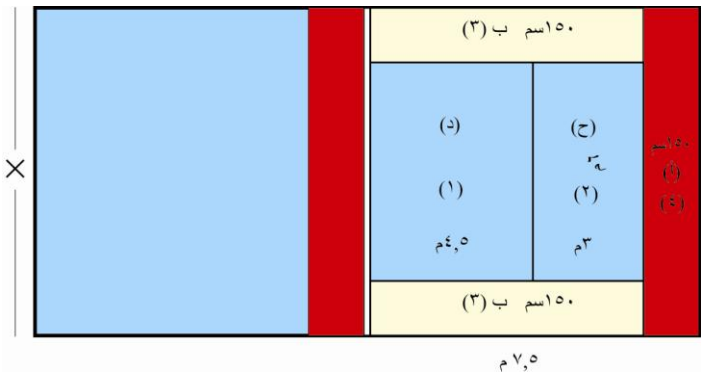


Figure 4. Shows serving accuracy test

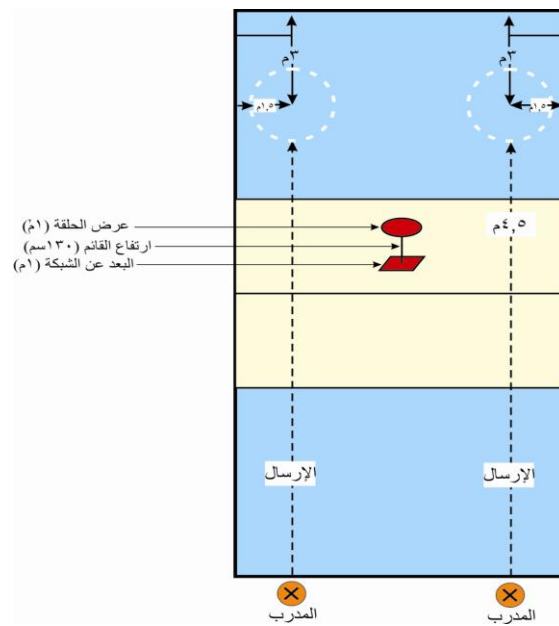


Figure 5. Shows serving reception test

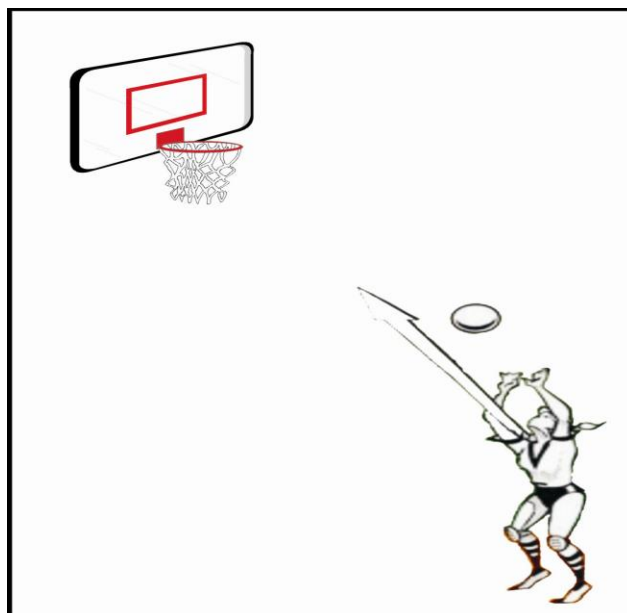


Figure 6. Shows passing accuracy test from up

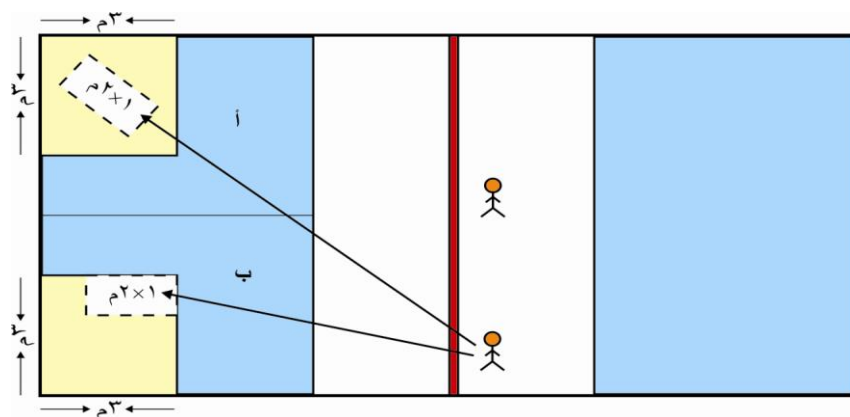


Figure 7. Shows attack serving accuracy measurement

2.4 Statistical analysis:

Researchers used SPSS to analysis data of present study and we used following statistical. Mean, standard deviation, skewness coefficient, simple correlation coefficient, and development percentage.

3. Results and Discussion

(Table 1)

Shows mean and standard deviations for pre and post tests for motor skills

N	Variables	The unit of measurement	N	Pre test		Post test	
				ME	SD	ME	SD
1	Agility	S	10	11.513	0.465	10.685	0.423
2	Motorresponse	S		1.745	0.275	1.521	0.180
3	Compatibility	S		5.045	0.629	4.574	0.444

(Table 2)

Showsmean, standard error and value T and the significance of the differences for the experimental group in motor skills

N	Variables	MU	N	M-D	H	Value (T)		Change ratio
						Calculated	Error ratio	
1	Agility	S	10	.828	.071	11.605	.000	7.749%
2	Motorresponse	S		.224	.032	6.974	.000	14.727%
3	Compatibility	S		.471	.081	5.819	.000	10.297

(Table 3)

Shows mean and standard deviations for pre and post-tests in the technical skills

N	Variable	MU	N	Per test		Post test	
				ME	SD	ME	SD
1	Reception	degree	12	8.300	0.949	10.800	1.135
2	Scrolling	degree		44.000	4.216	50.000	3.859
3	Attack	degree		55.8000	7.743	64.300	7.959

(Table 4)

Showsmean, standard deviations and value Tof technical skills

M	Variables	MU	N	M-D	H	Value (T)		Change ratio
						Calculated	Error ratio	
1	Reception	degree	10	2.500	0.373	6.708	0.000	30.120%
2	Scrolling	degree		6.000	0.365	16.432	0.000	13.636%
3	Attack	degree		8.500	0.619	13.729	0.000	15.232%

Table (1 and 2) showed there are significant differences in favor of the post-tests,so the researchers attribute the result due to play training method in different area which had a positive impact, especially volleyball game is one of the too fast games and players must quickly adapt to changing play situations speedily and accuracy based on kinetic skills (compatibility, speed of kinetic response and agility), in which a player can earn points directly to the team and frustration tactical attempts of the opposing team, in addition the results showed that capacitiesare not affected when servingis simple, but when the attack serve (technical) is achieved the player should be have high kinetic response speed.

Talaha (1997) on behalf of Angelo referred that “each player must has a good dynamic response accompanied by the disposal of a good dynamic and have a capacity of sincerity expectation and an intuition in different play positions, as well as the speed of thinking in changing attitudes in the course of play”. Moreover, increase and decrease the number of players in different spaces may stimulate young players in dealing with cases of play should deal with as ability is very important to the performance of the skill in the game of volleyball, Agility weakness means not being able to move from one place to another very quickly with no possibility of applying tactical formations offensive and defensive, as well as the inability to get to where the ball is expected to fall.

Qassim.(1998) confirmed by citing Harrah “an agility is the ability of the individual to control their consensus compatibility and rapid control capabilities of sport movements and the application of motor performance specifically and suited to the requirements in accordance with the rapidly changing and worthwhile”. The beauty of the performance of volleyball players depends on what they have done agility. The more repetition and circulation between players in different areas and change the number of players in each team was impacted on the kinetic response especially when the performance of the reception of fast attack serves that characterized some of the subject of the study as well as create difficulties for the reception player and accepts reception in all circumstances.

The researchers is seeing week player in this ability can't defense variety serves and enable the transformation, adaptation, and fast transformation as it will do it the competitor. So the good player in the receiver is following the path of the ball, speed, and direction at the moment of leave the hands of the sender in order to be able to choose an appropriate response with equal power and speed of serve. Assam (2007) pointed that kinetic response speed is one of abilities which including any sporting activity but varying degrees of activity needed to time by the skill and tactical requirements. It is importance shows in many of the races that characterized the positions of blitz and fast changing of the conditions of competition.

Tables (3 and 4) showed there are significant differences in favor of the post-tests, the researchers attributed the present results to training through playing method with varying areas which had a positive impact as a result of the use of diverse situations increased the efficiency of the experimental group players on how to guide the ball to the areas accurately. The severity of the situations in the variable cases or in small areas make guide the ball voluntarily in certain areas in which participate each of central nervous system, the muscular system, and adapt the muscles according to the nature of the performance of the skill and circumstances, and this is consistent with the opinion of Mohammed (1995) and Mohamed (1976) which states that "the accuracy associated with the adequacy of the muscular and nervous system as well as the safety of the senses, especially sight and sound, the transfer of information to the brain is done through the senses accurately, nervous system send the neural signals to the muscles so the muscles has to be trained in order to do the required work according to the playing conditions".

The frequent training in different areas imposed on the reception player of the ball of several variables to reach the ball to the player or any center including the consequences of player the second case, whatever his specialty in playing he has to pass the ball perfectly with a high accuracy and work an offensive or a particular tactic. Hussein & Tariq (2011) agreed with the results of present study and they showed that "the prepared player can by depending on his abilities and skills to respond to those situations that require speed, agility, compatibility, intelligence, and right skills performance to carry out the offensive, and looking for methods which enhance superiority of the team to win the game by using every opportunity available to him through the investment of all the possibilities of players at various levels in the right place and time, as well as act intelligently and acumen in critical situations experienced by the team during the course of the crucial points and the important games".

The nature of the competitive play training that made the youth players the experimental group sample to apply the exercises properly and gradual and defer some of the difficulties in positions which increased the application because it is made the exercises or defensive and technical skills very close to the cases of play, depending on the nature of the numbers and accustom the player attacker to use the kinds of multiple of the attack and commensurate with the nature of the situation without relying solely on good preparation for the work of the attack. Talha *et al* (1997) pointed that "the concept of privacy truth notion that the best way for the development of performance is done through training style which is similar to a large degree with competition style itself.

The researchers believe the modern volleyball requires mastering all the players accuracy in performance of passing skill from above as well as motor capacities under study as a result of the emergence of configurations developed in offense, defense and the high speed of balls served or executed by attack serve and if we put the prepare and free players aside, we must get offensive players are proficient in passing from up to enable participation of preparations in the balls in which preparation can't prepared the ball and accessible in a timely so as not to miss the team's efforts when they do not have to passing successful enough, the preparation is "a prompt technical performance, the purpose of innovation ideally attack. So the skill of passing needs to compatibility to control the easy and difficult balls, and the ability to deliver the ball to the right place to perform successful attack serve.

4. Conclusion

The use of play exercises in various areas had a positive impact in the development of motor skills, especially coordination and agility as well as kinetic response speed as the different areas had a significant role in the multiplicity of new stimulus that show the circumstance of play and thus reflected positively on technical skills (reception, scrolling, crushing and attack) and psychologically create an atmosphere of excitement and fun in dealing between players.

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