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## **The effect of special exercises with auxiliary means according to the offensive playing centres in developing the agility and accuracy of the skill of the blocking wall for the players of the Kufa Volleyball Club**

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**Abstract**---The problem of the research was through the researchers' observation and follow-up of the league matches and developments in the game of volleyball and their follow-up to the training processes of youth teams. I found that most of the coaches put in their training curricula exercises to develop physical, motor and skill abilities in general and for all players without focusing on the offensive playing positions of the players to resolve the matches Also, it does not take into account the interdependence between physical, motor and skill abilities in the exercises and does not give enough space in their training curricula. Hence the research problem in preparing special exercises with auxiliary means according to the center play to develop agility and accuracy of the volleyball wall to reach the players to the higher levels Achieving outstanding results in matches.

**Keywords**---special exercises, auxiliary means, offensive playing centers, agility, volleyball.

## **Introduction**

### **Research objective**

1. Preparing special exercises with auxiliary means according to the offensive playing centers in developing the agility and accuracy of the skill of the blocking wall for the Kufa Volleyball Club players.
2. Recognizing the effect of special exercises with auxiliary means according to the offensive playing centers in developing the agility and accuracy of the skill of the wall of the Kufa volleyball club.

As for the most important conclusions, they are: The exercises for the auxiliary means according to the offensive playing centers have a positive effect on the development of agility and the accuracy of the wall skill of the Kufa Volleyball Club players. Develop the agility and accuracy of the wall skill of the Kufa Volleyball Club players.

To raise the technical level of the players, it is necessary to focus on the physical, motor and skill abilities and to improve them, because the skills of the volleyball game are mostly open skills and changing circumstances. This requires exercises similar to the actual performance in the matches and according to the players' specialization to develop the physical, motor and skill abilities of volleyball players, which occur in conditions similar to the conditions of matches, as the coach must be aware of choosing exercises that are similar to what happens in matches, with the need to gradually perform them so that the player gets used to performing them with strength and speed with which they must be performed during matches.

The problem of the research Through the researchers' observation and follow-up of the league matches and developments in the game of volleyball and their follow-up to the training processes of youth teams, I found that most of the coaches put in their training curricula exercises to develop physical, motor and skill abilities in general and for all players without focusing on the offensive playing positions of the players to resolve the matches. It also does not take into account the interrelationship between physical, motor and skill abilities in the exercises and does not give enough space in their training curricula. Hence the problem of, the research problem in preparing special exercises with auxiliary means according to the centers of offensive play and accuracy of the wall in volleyball to reach the players to the higher levels and achieve Distinguished results in matches.

### **The aim of the research**

1. Preparing special exercises with auxiliary means according to the offensive playing centers in developing the agility and accuracy of the skill of the blocking wall for the players of the Kufa Volleyball Club.
2. Recognizing the effect of special exercises with auxiliary means according to the offensive playing centers in developing the agility and accuracy of the skill of the wall of the Kufa volleyball club.

## **Practical part**

The two researchers used the experimental method on the young players aged (14-16) years for the Kufa Volleyball Sports Club for the sports season (2021-2022), which numbered (13) and the two researchers excluded the free player (libero), and thus the total number of the research community became (12) players. They were divided into two groups (controller and experimental) equally by random method.

## **Field research procedures**

### **Tests and measurements used in the research**

First: Shuttle running test of different dimensions (9-3-6-3-9 meters): (1)

Second: Test the accuracy of the skill of the blocking wall:

### **The exploratory experience of the tests used in the research**

The two researchers conducted the exploratory experiment of the tests used on a sample of (4) players representing the Kufa Sports Club from the same research sample in the Kufa Sports Club hall at four o'clock in the afternoon.

- The purpose of the exploratory experiments for the tests was as follows:
  1. Ensuring the validity of the playing field and the tools used and their suitability for the tests.
  2. Ensuring the appropriateness of the components of the training loads for others in the research community.
  3. Preparing the auxiliary work team, as well as identifying the difficulties they may face.
  4. Knowing the extent of the sample's readiness to perform the tests and when the tests were taken.
  5. Knowing the field difficulties that the researcher may face during the application of the exercises.

## **Main Experiment Procedures**

### **Pre-tests**

The two researchers conducted tribal tests on the research community for the two groups (control and experimental) for the study variables on Wednesday (6/4/2022).

### **Preparing and applying exercises for auxiliary means**

The two researchers prepared and organized the exercises with auxiliary means based on personal experience, and began to apply the method to the experimental group on (9/4/2022) from (2/6/2022), taking into account (intensity, repetitions, and appropriate rest periods). Their training curriculum is according to the first anaerobic energy system, as it was based on a scientific basis, as well as the physical and skill ability of the research community, the tools used and the

method of training, to be able to develop the agility and accuracy of the skill of the volleyball wall to achieve the purposes and objectives of the training process.

### Post-tests

The Post-researchers, with the help of the assistant work staff, conducted the post-tests for the post-tests community after completing the application of the exercises with the aids, and that was on Saturday (4/6/2022) and in the same sequence as the tribal tests, as the researchers took into account the same conditions in which the tribal tests were conducted in terms of the sequence of tests.

Statistical means: The researchers used the statistical bag (spss).

### Presentation, analysis and discussion of the results

3-1 Presenting the results of the pre and post-tests for post-tests and experimental groups for the variables under study:

Table (1)

It shows the arithmetic means and standard deviation in the results of the two tests, pre and post-tests for the post-test group for the variables investigated

Variables	Statistical parameters	Unit of measurement	Pre-test		Post-test		value (T) calculated	Type indication
			mean	Standard deviation	mean	Standard deviation		
Agility		second	11.543	0.302	10.11	0.152	9.170	Significant
Brick wall skill accuracy		degree	6.833	1.94	9.5	0.547	2.793	Significant

Tabular value (t) = (2.571) at the level of significance (0.05) and the degree of freedom (5)

Table (2) shows the arithmetic means and standard deviation in the results of the pre- posts-essential group for the variables investigated

Variables	Statistical parameters	Unit of measurement	Pre-test		Post-test		value (T) calculated	Type indication
			mean	Standard deviation	mean	Standard deviation		
Agility		second	11.625	0.282	10.88	0.348	5.348	Significant
Brick wall skill accuracy		degree	7	2.001	11.83	0.752	5.54	Significant

Table (3)

It shows the arithmetic means and the standard deviation in the results of the post-tests of the control and experimental groups of the variables under study

Variables	Statistical parameters	Unit of measurement	control		experimental		value (T) calculated	Type indication
			mean	Standard deviation	mean	Standard deviation		
Agility		second	10.88	0.348	10.11	0.152	4.781	Significant
Brick wall skill accuracy		degree	9.5	0.547	11.83	0.752	5.856	Significant

Tabular value (t) = (2.571) at the level of significance (0.05) and the degree of free (8)

### Discuss the results

Through the results presented in tables (1 and 2) related to the tests of motor abilities, the results of the tests of agility and accuracy of the skill of the wall showed that there were significant differences between the pre and post-tests for the control and experimental groups and in favour of the post-tests. It was applied from exercises with methods and methods prepared by the coach in his training units, as it caused the development of those variables that are among the most important pillars of the game of volleyball, which enables the player to perform offensive and defensive skills well, which led to the presence of moral differences and in favour of dimensional tests.

As for the moral differences that appeared in the two tables above for those abilities of the members of the experimental group, the two researchers see it as a result of their use of exercises for auxiliary means according to the centres of offensive play. Collectively for the muscles of the body during the exercises and in a high agreement between them, and its reflection on the increase and development of muscular strength as a basis for the rest of the motor and physical abilities, and this is what was found in the special aids prepared and applied by the researcher to the members of the experimental group, as the special exercises aim directly at developing and developing All the characteristics, skills and abilities that characterize the type of sports activity practised" ( ) In addition, special exercises work to reduce or limit the occurrence of errors in motor performance, as "special purpose exercises are considered as an aiding factor aimed at preparing the player and developing his level in the type of sports activity." in which he specializes".

This is what the researcher worked on and was confirmed by (Mohammed Al-Daysti) "The use of modern devices and tools is one of the most important methods or alternatives to increase the effectiveness of the training process, which contributes to the development of shortcomings" (3), as well as the researcher's observance of the principle of repetition and repetition in addition to the principle of diversification and the complexity of training loads The occasion to create a state of adaptation for the working muscles of the members of the

experimental group, so the special exercises were applied on a regular and scientific basis, taking into account the components of the training load, and this was confirmed by (Mohammed Reda Ibrahim), as he indicated that “all components of the training load must increase relative to the overall improvement that it is achieved by the athlete, that is, the higher the level of the player’s improvement, the more the need to increase the components of the training load” (4), and the researcher was keen that these exercises be in multiple and varied directions in the movement because this will contribute to the player’s ability to perform skillfully better, as well as it can. Noting that the special exercises have improved the speed of motor movement represented by agility and coordination by regulating muscle work between contraction and relaxation of the working muscles, which helps in performing the movement easily and smoothly. Each is organized, and the exercises with auxiliary means include multi-directional movements, which makes them one of the best exercises used to improve physical abilities, because speed, direction and change in play from one skill to another, whether it is a defensive or offensive skill, requires the player to have a high degree of speed and speed of response. He did, as (Saad Muhammad, and Louay Ghanem) see that “volleyball is one of the games that have fast and variable positions” (1), so the researcher paid attention to the speed exercises and linked them to the accuracy factor to make the response integrated with its speed and accuracy, and this contributed to the development of capabilities Kinetic, and in this way, the exercises prepared with auxiliary means according to the centres of offensive play effectively contributed to the development of the motor abilities represented in agility, compatibility and balance in a fundamental degree because they are among the main factors for the success of the motor performance, and this is reinforced by what (Qasim Hassan) said, “The performance of tactical skills or duties is carried out First, intellectually, secondly, kinesthetically, and this leads to the implementation of the duty quickly and in the shortest possible time.” (2) Thus, the special physical and motor exercises accompanying the skill exercises showed significant results in the Differences because it works to integrate the physical and motor abilities in performance, as well as the compatibility in performance among the parts of the body for skills in the movements of the legs and hands as a result of the compatibility of the work of its muscles in the movement of the skill, and the compatibility of the work of the legs and hands with the eyes, as the researcher was keen to use auxiliary tools in the exercises Prepared by the researcher, such as the use of the ground ladder, which contributed to the development of kinetic compatibility and agility, as well as the use of plastic collars, which helped in the development of kinetic compatibility, and (Mahmoud Al-Rubaie) indicates that "the motor performance of the skill depends on the physical and motor abilities of the person" (3).

## **Conclusions**

1. The exercises for the auxiliary means according to the offensive playing centres have a positive effect in developing the agility and accuracy of the skill of the blocking wall for the Kufa Volleyball Club players.
2. The use of exercises for assistive devices according to the offensive playing centers was more influential than the method used by the coach in developing the agility phase and the accuracy of the skill of the blocking wall for the Kufa Volleyball Club players.

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