

# The Relationship Of Some Physical Capabilities To The Accuracy Of The Reception Skill From The Bottom Of The Specialized School Players In Volleyball

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## Abstract

The aims of the research to determining the most important physical capabilities accurately the reception skill from the bottom among players of specialized schools in volleyball and learn about the type of relationship between physical capabilities and the accuracy of the reception skill from the bottom among players of specialized schools in volleyball. The intentional way represented by the players of specialized schools in volleyball, and the researchers defined the most important physical and skill capabilities and identify their tests, The tests were applied to the main sample and then processing its data (SPSS), and the results showed that there is a weakness in the physical capabilities of the players, which causes the weakening of the reception skill from the bottom, and the researcher recommended the need to pay attention to the physical and skill aspects and diversity in physical and skill exercises .

**Key words:** physical capabilities, accuracy, Volleyball.

## Research problem:

Volleyball game is one of the difference games that require a high level in terms of physical capabilities, skill preparation and weakness, one of them affects the other negative And that the skills in volleyball include offensive and defensive skills and that the reception skill from below Volleyball is one of the defensive skills in volleyball, so whatever the team is able to attack the offensive methods, it is in vain if he does not master the defensive skills, including reception from the bottom in the volleyball so that the ball is considered a counter -attack, and in order to be able to keep up with the progress in the game, the researcher focused on an important aspect

in it. It is the special physical capabilities of the reception skill from the bottom because it is an important requirement for the success of the skill side, According to the foregoing, the importance of the research lies in identifying the relationship of some physical capabilities with the accuracy of the reception skill from the bottom among the players of specialized schools in volleyball, Modern playing in volleyball focused on defensive skills a lot. One of these skills is the skill of receiving from the bottom in volleyball is one of the important defensive skills as it prevents the opposing team from obtaining points.

Through the researchers' follow-up to players in specialized volleyball schools in

Baghdad, there is a clear weakness in the accuracy of the reception skill from the bottom in the volleyball and often ending with the loss of a point or poor receipt of the ball to the prepared player and the problem of research lies in answering the following questions:-

- ✓ What are the most important physical abilities of the accuracy of the surname skill from the bottom in volleyball?
- ✓ What is the relationship between these physical abilities and the accuracy of the reception skill from the bottom in volleyball.

#### **The research Aims:**

1. Determine the most important physical capabilities accurately the reception skill from the bottom of the specialized school school players.
2. Learn about the type of relationship between physical capabilities and the accuracy of the reception skill from the bottom among players of specialized schools in volleyball.

#### **Study methodology:**

The descriptive approach by the method of correlated research, which defines it as "a research that quantitatively describes the degree of relationship among variables, because the purpose of data collection is to determine the degree to which quantitative variables are related to each other" (Rajaa ,2006)

#### **Study Society and its sample:**

The research community is determined by the players of specialized schools in volleyball who are continuing with their training in the training task (2021-2022).

#### **Measurement Tools and Test:**

**The first test** / test of the tide of the trunk (Ali, 2004)

The purpose of the test / measurement of flexibility.

The necessary tools / listed or measuring bar

Performance description / The laboratory takes the placement of the abdomen with the arms network flocked behind the back and then raises the stem to the top and the back to the maximum as possible.

Conditions / each laboratory three attempts are the best attempt.

Registration / distance from the ground to the hole over the shear, so that the numbering of the measurement begins from top to bottom, and the results of the best numbers for three consecutive attempts between each attempt and another accurate to rest.

**The second test** / fitness test (Raed, 2012)

The purpose of the test: measuring agility.

The necessary tools / hour stop, whistle, four cones (destinations), and an area free of any obstacle.

Description of performance / the player stands at the starting line in the region (A) and upon hearing the whistle, it will be launched at the maximum speed to the cone (the person) (b) to touch it, then it will start at the maximum speed by running aside to the cone (C) to touch it with his hand, then it will start at the maximum speed by running towards the cone ( D) To touch his hand, then start at the maximum speed towards the cone (B) to touched his hand, then go backward at the maximum speed towards the cone (A) to touch it with a hand.

Class / test degree is the time that the laboratory takes in the performance of the test, in addition to the time of the errors committed by the laboratory.

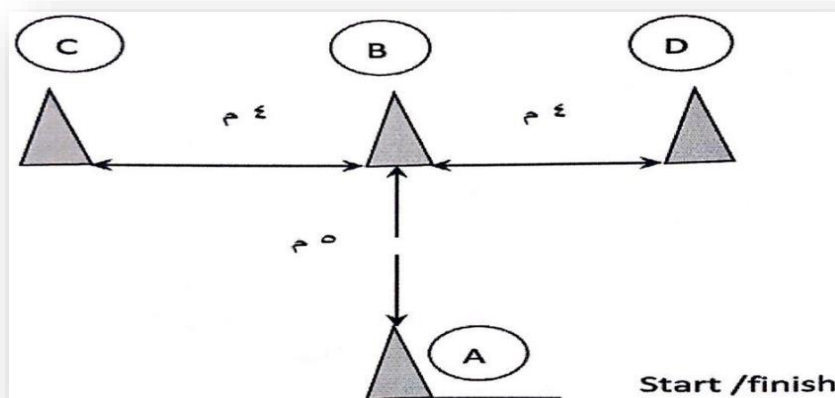


Figure (1) explains the fitness test

**The third test/** reception from the bottom (Omar , 2013)

The purpose of the test / measurement of the accuracy of the reception skill from the bottom.

Tools / volleyball stadium law and flying balls (9), adhesive tape, and measurement tape.

Description of performance / divides the back area of the volleyball stadium into three equal areas and the area of each region is with a width (3 m) and a length of (6 m). 3\*1 M, and then region (a) (3\*2) m, and then region (B) (3\*1) m, and then region (c). (3\*1) m, and then the region (d) (3\*3) A.D. ) Three attempts are received in each region, and the trainer performs the sending from the (1) Center.

the conditions

- ✓ It is used in all attempts to receive from the bottom by two hands, provided that the ball passes from above the network.

- ✓ The attempt in which the ball is sent from the coach is sent to the laboratory in an inappropriate manner or outside the area where the laboratory stands.

#### Register :

Each laboratory has (9) attempts for each (3) score attempts through a set of points he obtained from the nine attempts granted to the laboratory and registration as follows:

- (3) Points for each attempt to enter the ball in which region (A).
- (2) Two points for each attempt to enter the ball in area (B) on both sides.
- (1) One point for each attempt to enter the ball in area (C) on both sides.
- (0) If the ball does not enter the specified areas, if the area (D) enters.
- It is the highest degree (27) degrees.

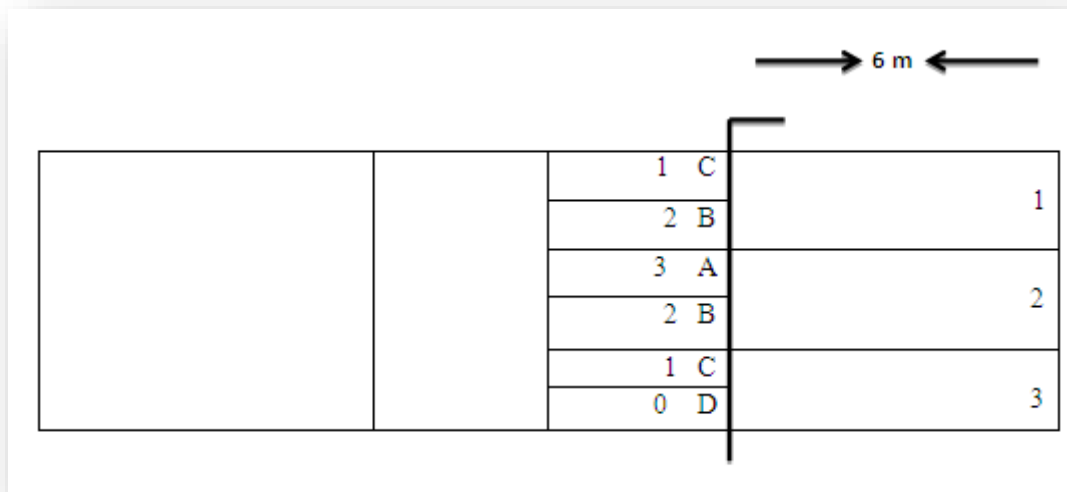


Figure (2) shows the reception test from below

The researchers performed the exploratory experience on Monday, 9/13/2021, at three o'clock in the afternoon on a small sample on the specialized school halls in Baghdad, to ensure the efficiency of the assistant work team, the validity of the tools used, the validity of the tests, their suitability for the research sample and the validity of the place, and then conducted Physical and skill tests on the specialized volleyball school halls, if physical tests were completed on Monday 9/20/2021 at

three o'clock in the afternoon and skill tests on Tuesday 9/21/2021 at three o'clock in the afternoon, and the tests were performed at specific times Within the training units of the players. The two researchers used the statistical bag (SPSS) to extract the following statistical means: the mathematical medium, the standard deviation, and the correlation laboratories (Pearson)

### Results and discussion:

**Table 1:** The Results of the relationship of flexibility with the reception of sending from below

The Test	Mean	±SD	R	S. Err	Ass.
Flexibility (prolonging the trunk)	28.616	4.517	-0.064	0.736	N. S
Receive the send from below	8.466	1.978			

**Table 2:** The Results of the relationship of fitness with the reception of sending from below

The Test	Mean	±SD	R	S. Err	Ass.
fitness	7.384	0.822	-0.019	0.920	N. S
Receive the send from below	8.466	1.978			

### Conclusions and Implications:

- ✓ The majority of the players suffer from a weakness in physical abilities as a result of focusing in the training units on the skill aspects more than the physical side.
- ✓ The continuous and varied repetition of the Tuwairiya exercises increases the players to develop for the better in physical performance.
- ✓ The need to pay attention to the physical aspects with the skill aspects.
- ✓ Variety of physical and skill exercises.

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