



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2024; 9(1): 338-342

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Received: 07-12-2023

Accepted: 18-01-2024

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## Percentage of the kinetic expectation contribution of the blocking skill accuracy performance in youth volleyball

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### Abstract

Thousands of years ago yoga originated in India, and in present day and age, an alarming awareness was The kinetic expectation is one of the important capabilities that volleyball players need in the case of defense when performing the wall of the blocking , the player's possession of this ability is a good indicator of his ability to perform the skill of the wall well and in his other defensive skills, the study aimed to identify the percentage of the kinetic expectation contribution of the blocking skill accuracy performance in youth volleyball, and to highlight the important role played by the offensive line player in the formation of the wall while participating in the formation of a defensive line confronts, The researcher chose the descriptive approach because it represents the most appropriate tool through which goals can be achieved, according to the scientific scale that fits with the nature of the study problem and the method of correlation to extract the results for it, the study concluded to a contribution ratio between the kinetic expectation and the accuracy of the performance of the blocking skill among young volleyball players, and a significant correlation between the kinetic expectation (the power characteristic of the speed of the two men, the explosive power of the two men) and the accuracy of the performance of the blocking skill among young volleyball players.

**Keywords:** Kinetic expectation, blocking skill, volleyball

### 1. Introduction

Volleyball in particular is one of the collective games that have a popular base and are practiced by all groups in all open and closed arenas, so the player must possess good motor abilities in the performance of its basic skills, including the ability of motor expectation, which helps in the development and improvement of the players' mental abilities, so plans and programs must be developed that are represented in the use of the expectation strategy of the blocking player in achieving the required skill performance, It is an important and necessary element in the success of the participating player in forming a defensive wall in the face of the attacker.

The kinetic expectation is one of the important capabilities that volleyball players need in the case of defense when performing the wall of the blocking , the player's possession of this ability is a good indicator of his ability to perform the skill of the wall well and in his other defensive skills, so the expectation is an important way he needs to excel in the case of defense in general and the state of the blocking in the stage of defending the ball in particular, The player who has the ability to predict the movement of the attacker when starting the implementation can control most of the balls without difficulty or physical effort, because it is a better defensive position as a result of choosing the right place and time to move and repel the ball, as a result of the correct expectation of the movement of the opposing player for crushing blows of various kinds, high and fast, as the opposing player sometimes makes many and manifold movements in order to give the wrong expectation to the blocking player because he has the ability to defend across the net, The control of the movement of attacking players and identify the strengths and weaknesses and possess the ability to hit the ball across the net, these abilities depend on several factors that help in the success of the kinetic expectation at the stage of performance of the skill of forming a wall facing in front of the

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attacking rival of the team volleyball, the good defensive numbers of the blocking of the most important elements carried out by the team coach in the priorities of planning for the management of the match, Which is based on the ability of the defending player to quickly analyze the expected situations and choose the appropriate defensive response at the maximum speed, and it is due to the choice in the defense mode according to the appropriate kinetic expectation, as the player must have the ability to anticipate the movement of the colleague or her colleagues and the players of the other team, in order to draw a plan for the appropriate kinetic behavior for this move, Therefore, the blocking player must understand the correct position in order to make the right decision to face the player when he tries to hit the ball and prevent him from hitting the ball and achieve a point in his favor.

**1.1 Research Problem**

The subject of the study is one of the main pillars of the defensive lines of the team lack of studies that dealt with the skill of the blocking in volleyball, in order to highlight the important role played by the offensive line player in the formation of the wall while participating in the formation of a defensive line confronts, which called the researcher to conduct his research study on this problem by finding appropriate solutions to develop the levels of skill players through the development of the physical aspect, Because of the correlation between motor expectation and the accuracy of the performance of the blocking skill of young volleyball players. It was found that there is a clear weakness in most of the players of the participating teams, which was evident in the level of their performance in the skill of the blocking while defending the ball to prevent the attacking player from achieving a point in the crushing blow.

**1.2 Research Objectives**

- Identify the percentage of the contribution of kinetic expectation in the accuracy of the performance of the blocking skill in volleyball for young people.
- Identify the relationship of the ability of kinetic

expectation with the accuracy of the performance of the blocking skill with volleyball for young people.

**1.3 Research Hypotheses**

- There is a contribution to the kinetic expectation in the accuracy of the performance of the blocking skill among young volleyball players.
- There is a significant correlation between the kinetic expectation and the accuracy of the performance of the blocking skill among young volleyball players.

**1.4 Research Fields**

- **1-5-1 Human field:** Maysan youth volleyball team players for the year (2023).
- **1-5-2 Time Range:** For the period from (21/2/2024 to 28/4/2024).
- **1-5-3 spatial field:** The closed sports hall of the specialized school in Maysan Governorate.

**2. Research Procedures**

The researcher chose the descriptive approach because it represents the most appropriate tool through which goals can be achieved, according to the scientific scale that fits with the nature of the study problem and the method of correlation to extract the results for it.

**2.1 Research Sample**

**2.1.1 Community and Research sample**

The research community represents the young Maysan volleyball team players participating in the league (2023), whose ages range between (21-17) years, The research sample was selected in a deliberate way from the players beating and adults (38) players, as well as two players were selected to perform the exploratory experiment from the research community, the research sample consisted of (36) players and thus the percentage of the research sample may be (95%), and then homogeneity was conducted in the study variables for the members of the research sample as shown in Table (1).

**Table 1:** Shows the homogeneity of the research sample in the study variables of the sample members

Variables	Measurement units	M.	Median	St.D	Torsion coefficient	Results
Height	cm.	188.400	186.500	6.898	0.826	Homogeneous
Mass	Kg.	75.500	75.000	3.220	0.466	Homogeneous
Age	Year	19.700	19.500	1.532	0.392	Homogeneous
Training age	Year	7.500	7.400	0.487	0.616	Homogeneous

**2.2 Means and tools of data collection**

Legal volleyball court, legal volleyballs (12) device to measure length (centimeters) tape measure (meter) stopwatch (Casio) Survey forms for the opinions of experts and specialists, forms for recording the results of physical and skill tests under study.

**2.3 Determine the research tests**

The main objective of conducting the tests under study is the standard to measure the physical and skill level of the members of the research sample in order to assess their level according to the results achieved, so the researcher prepared a questionnaire form for the purpose of presentation has

included a set of physical and skill tests, which were presented to the experts and specialists in the field of tests, motor learning and volleyball to choose and the number (10) \*, to express their scientific opinions in determining the most important tests for the research with their suitability to the level of the research sample and mention the valuable observations, if any, After completing the evaluation, the researcher adopted a set of tests that obtained an agreement rate (80%) by the experts, as well as the researcher extracted the value of the relative importance of the tests after sorting the results of the study variables.

**Table 2:** Shows the physical and skill tests of the study

Variables	Physical and skill tests	Fit	Does not fit
Physical tests	Bornanfimov attention test		√
	Vertical jump test	√	

	Neuromuscular compatibility test (throwing and receiving balls)		√
	(3) kg Medicine ball throwing test		√
	Power test	√	
	sense of distance of the horizontal jump Testing		√
	Nelson's motor response test		√
	Numbered circuits test		√
Skill tests	Evaluate the technical performance of Blocking skill		√
	Accuracy test for the Blocking skill		√
	Blocking accuracy Testing.	√	

**2-4 Determine the tests under study**

After the researcher nominated the set of tests, he proceeded with the process of applying the test (physical, skill) by recording the data in the special registration form prepared for this purpose, and then processing it statistically according to the requirements of the research. First: Physical tests: Two models were selected from the group of tests presented to apply the physical test of the study on the research sample.

**1. Speed Characteristic Force Test:** Purpose of the test: to measure the strength characteristic by speed of the muscles of the legs. Performance specifications: (from a standing position) bend and extend the knees completely in a time of (20) seconds, noting that no member of the body is supported on the ground or anything else. Calendar: The number of times in a time we estimate (20) seconds (the test is repeated and the best result is recorded).

**2. Vertical jump test of stability:** Purpose of the test: to measure the explosive power of the two men.

**Tools:** A blackboard fixed on the wall so that its lower edge is a height of (150) cm from the ground, to be included after that from (151 400) cm the blackboard can be dispensed with by placing marks on the wall directly-according to the performance conditions.

**Performance specifications:** The player immerses the fingers of the hands with a distinctive material (bork) and from a standing position and the laboratory is facing the wall trying to jump up to the maximum distance he can reach to make a mark on the board or wall with the hand, and each player has three attempts to record the best of them.

**Second: Skill Tests:** One test has been nominated from the set of tests offered for the application. Test name Blocking: Objective of the test, accuracy of the blocking. () Tools: sitting volleyball court, 5 balls and net. Performance description: The attacking player's yard is divided into (a) the

offensive zone and (b) the defensive zone, while the arena of the player to be tested is divided into (c) the offensive area and (c) the defensive area, the coach or the prepared numbers to the attacking player by crushing the player to be tested in the position of No. (3), as shown in Figure (2). Registration: For the player to be tested (5) attempts

1. If the player blocks the ball and it falls in area (A), the player is awarded (4).
2. If the player repels the ball and it falls in the area (B), the player is awarded (3).
3. If the player blocks the ball and it falls in area (C), the player is awarded (2).
4. If the player blocks the ball and it falls in area D, the player is awarded (1).
5. If the player does not achieve the above points according to the rules of the test, he will be awarded (zero).

**2.5 Exploratory Experiment**

It is the mini-experiment of the basic experiment carried out by the researcher to find out the most important technical stages that he uses in order to initiate the steps of the test on the sample of his research by following up and supervising the technical support team assistant in the application of the tests, so it must meet the same objective conditions and stability when conducting his main experiment, and on this basis the researcher conducted an exploratory experiment for physical tests for the study endurance tests and skill test for overwhelming beating volleyball) on the exploratory sample of the research, which numbered one player from the players Maysan volleyball team on Sunday (27/2/2023) at (9) am in the Wissam Oraibi Indoor Sports Hall in Maysan Governorate, and the goal of the experiment was:

1. The suitability of the tests under study for the levels of the sample members.
2. The time spent in the implementation of skill and motor tests.
3. Identify the mechanism of conducting tests by the assistant team.

**Table 3:** Shows the values of honesty, consistency and objectivity of the tests under study

Variables	Measurement units	Honesty	Stability
Legs power	Rep.	100 %	0.93
Legs explosive power	cm.	100 %	0.92
Blocking skill	degree	100 %	0.91

**2.6 Main search experience**

The researcher conducted the tests on the research sample, which numbered (30) players in the variables of the research, which are (vertical jump test of stability, test of strength characteristic of speed) and (volleyball wall test) on Sunday (2/3/2023) at (3) pm in the Martyr Wissam Oraibi Indoor Sports Hall in Maysan. As the researcher, with the help of his assistant team, explained the mechanism of conducting tests to the study sample, represented by the group of young players, so the beginning was to conduct a warm-up for the

purpose of preparing the players physically and skillfully, and with the help of the team in order to start conducting tests and recording results according to the scientific standards of the tests and for all members of the group for the purpose of recording the results in their forms and fixing the data to conduct statistical processing.

**2.7 Statistical treatment**

The researcher used the statistical program SPSS (27) in statistical treatments whose results were recorded through

practical tests and commensurate with the nature of the research.

### 3. Presentation, analysis and discussion of results

#### 3.1 Presentation and analysis of the results of the contribution of kinetic prediction to the accuracy of the

**Table 3:** Shows the descriptive statistical features and torsion coefficient of the search variables

Variables	Measurement units	M.	Median	St.D	Torsion coefficient	Results
Legs power	Rep.	6.111	6.000	0.832	0.224	Homogeneous
Legs explosive power	cm.	256.167	256.000	1.689	0.211	Homogeneous
Blocking skill	degree	15.056	15.000	0.873	0.116	Homogeneous

Table (3) shows the results of the tests for the arithmetic media, the median, standard deviations, the value of the torsion coefficient in the kinetic expectation and the accuracy of the performance of the blocking in volleyball, the arithmetic mean in the test of the strength characteristic of speed for the two men (6.111) and the median (6.000) with a standard deviation of (0.832) and the torsion coefficient (0.224). The arithmetic mean in the explosive power test of the two men was (256.167) and the median (256.000) with a standard deviation of (1.689) and the torsion coefficient (0.211). In the blocking skill test, the arithmetic mean was (15.056) and the median (15.000) with a standard deviation of (0.873) and the torsion coefficient (0.116). This indicates a homogeneity in the results of motor and skill tests under study.

**Table (4):** Shows the simple correlation coefficient, contribution ratio, standard error of estimation, value of (F) and the level of significance between the strength characteristic of the speed of the two men and the skill of the blocking of the research sample

Simple correlation	Contribution rate	Standard error	Freedom degree	F. value	Sig. level	Statistical sig.
0.948	0.899	0.272	29	143.103	*0.000	Sig.

(\*) statistically at the level of significance  $\geq (0.05)$

Through our observation of Table (4), it is clear to us the value of the simple correlation of the skill of the blocking in terms of the strength characteristic of the speed of the two men, as it amounted to (0.948) and the contribution rate (0.899) and a standard error rate has reached (0.272), and it is clear to us that the independent variable (the strength characteristic of the speed of the two men) has contributed to the performance of the skill (blocking ) in the research sample through the moral value (F), as it reached (143.103) and the degree of freedom (29) and the level of significance (0.000).

Table (5) It shows the simple correlation coefficient, the contribution ratio, the standard error of the estimate, the value of (F) and the level of its significance between the explosive power of the two men and the skill of the blocking of the research sample

Simple correlation	Contribution rate	Standard error	Freedom degree	F. value	Sig. level	Statistical sig.
0.963	0.927	0.232	29	203.538	*0.00	Sig.

(\*) D statistically at the level of significance  $\geq (0.05)$

Through our observation of Table (5), it is clear to us the value of the simple correlation of the skill of the blocking in terms of the explosive power of the two men, as it reached (0.963) and the contribution rate of (0.927) and a standard error rate has reached (0.232), and it is clear to us that the independent variable (explosive power of the two men) has contributed to the performance of the skill (blocking ) of the

#### volleyball blocking skill

In order to reach the extraction of the values of the contribution ratios of kinetic expectation in the accuracy of the skill of the blocking in volleyball, the researcher adopted the appropriate statistical features, and the subsequent tables show this.

research sample through the moral value (F), as it reached (203.538) and the degree of freedom (29) and the level of significance (0.000).

#### 3.2 Discussion of the results of the contribution of kinetic prediction to the accuracy of the volleyball blocking skill

Through the moral results of the proportions of the contribution of kinetic expectation to the performance of the blocking skill for volleyball players, and the researcher attributes the reason for this to the existence of a positive moral correlation to the kinetic expectation on the accuracy of the performance of the skill of the volleyball blocking of important motor abilities in volleyball, as it defines (victory of Owaïd) motor expectation as "mental work occurs to initiate movement before the arrival of the stimulus in less than the motor response time, which is one of the components of motor susceptibility that develops continuously as a result of two new experiences and the availability of past experiences and experiences". The performance of the defensive blocking skill of the team aims to prevent the attacker from the opportunity to succeed in hitting the ball from above the net to the team's playground and earn a point from the implementation of the match-winning points, which is in line with the modern game strategy of the game in investing the energies of the players in the best way and in a way that achieves the goals of the coach for what has been planned, so the player must have the ability to move quickly and gracefully in the implementation of skill duty during the match, This requires the front-line players in particular, the ability to anticipate and focus continuously in the offensive preparation of the opposing team during play. Therefore, kinetic anticipation is an essential element when carrying out the duty of defending the field through the blocking of the volleyball player in particular, which is represented in the first line of defense in the first confrontation in the face of the attacking player when performing the crushing blow against the blocking of the opposing team, Therefore, the player of the defending team must focus on the attacker's body, the movement of his arms, the striking hand of the ball, the range of his kinetic speed, and determine the direction of the ball and its level of height, in order to determine the appropriate quick response so that he can properly anticipate as an appropriate reaction to the movement of the opposing player, and this is done through the correct response and reaction to choose the correct and appropriate timing for the player's movement accurately, Which leads to the occurrence of superiority and defensive control of the players of the blocking in the face of the next balls, make the implementation of duties skill is the tactical is to thwart his offensive plans, as it is permissible to surprise the players of the opposing team by moving quickly in the skill of the blocking to address the attacks of the opposing team, which is

what characterizes the game of volleyball has been defined by Singer "as the time it takes to complete the full movement and includes reaction time, reaction time and movement time.

In conclusion, the researcher believes that kinetic anticipation is an important and major factor in the game of volleyball, especially in the skill of the blocking, as the implementation of the skill or the application of the defense plan in the face of the player hitting the ball in the attack stage, and the player needs the ability to anticipate to know the way his movements towards the net before and after the implementation of the ball, so the stage of preparation of the movement is the first indicator of the way the crushing blow is performed by the opposing team's offensive line. Therefore, the correct expectation is through attention and focus on the player's body, the movement of his arms, the striking hand of the ball, the speed, direction and height of the ball, the rapid response to predict the movement of the opposing player can be observed. The style of the team's application of the blocking skill, so the blocking players must correctly realize the quick and sudden situations and the quick response that suits the playing situations, so the player must be characterized by speed and accuracy in the kinetic expectation to carry out the assigned defensive duty without hesitation or error in performance up to master the skills and plans. The good defensive style depends on what the defending player has of the speed of analysis of the expected cases, and in choosing the type of defensive response to them and very quickly return to the kinetic expectation so the defense requires "anticipating the future location of the target on the basis of ongoing and existing information at the time and then doing the kinetic response in order to coincide with the achievement with reaching the goal at a predetermined point.

#### 4. Conclusion and Recommendations

##### 4.1 Conclusion

###### The researcher reached the following

1. There is a contribution ratio between the kinetic expectation and the accuracy of the performance of the blocking skill among young volleyball players.
2. There is a significant correlation between the kinetic expectation (the power characteristic of the speed of the two men, the explosive power of the two men) and the accuracy of the performance of the blocking skill among young volleyball players.
3. It was shown that both (the strength characteristic of speed, the vertical jump of stability) are associated with the same amount with the level of accuracy of the performance of the blocking skill of young volleyball players.

##### 4.2 Recommendations

###### The researcher recommends the following

1. Emphasizing the need to develop the mental abilities associated with the skill of the blocking among young volleyball players in different proportions commensurate with the importance of each ability and its relationship to the performance of the skill.
2. The need to pay attention to the level of players who are characterized by a high level of kinetic expectation in educational units and intensify training on the skill of the blocking in order to develop it.
3. The need for coaches to use modern educational methods within the time allocated to the training unit on special motor abilities in mastering the performance of the blocking skill of volleyball players.

4. Conducting similar studies in tests of motor and skill abilities in volleyball. And work to apply the results reached by the researcher.

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