

The effect of complex exercises (physical skill) in developing response speed and blocking wall for beach volleyball players

Hatem Falih Hafith¹ Firas Kassoub Rashid²

Abstract:

The goal of the research is to prepare complex (physical and skill) exercises for beach volleyball players. Knowing the impact of complex (physical and skill) exercises in developing response speed and blocking for beach volleyball players, as the researchers hypothesized that there was a significant statistically indicated effect of complex (physical and skill) exercises in developing response speed and the blocking wall of the beach volleyball game players. The researchers have used the experimental approach with design of equal groups (experimental and control) on a sample of beach volleyball players for the 2019-2020 season, from the original research community, with (16) players who were divided into two equal groups, the first is experimental, as the number is (8) players, the second is a control, the number is (8) also.

After excluding (4) players for the explorant experience, the homogeneity and parity operations were performed, as well as using the appropriate means, tools and devices for the research procedures and selecting tests for response speed and block wall in the beach volleyball game, after that, the researchers conducted the pre-tests and then applied the complex exercises for a period of (6) weeks with two educational units per week, then conducting the post-tests with the same conditions and cercomstances in which the pre-tests were conducted. After that the results of the research were treated by their own statistical means, through these results several conclusions were reached from them, as special designed combined exercises and followed exercises achieved a positive effect in developing the response time of movement and the skill of the blocking wall in varying proportions.

Special designed complex exercises were the best in developing kinematic response time for members of the experimental group of exercises which are used for members of the control group.

Special complex designed exercises were the best in developing (blocking wall skill) among members of the experimental group of exercises which used for members of the control group.

Keywords: Complex exercises, developing response speed, beach volleyball players

The Recommendations of the researchers:

1-Emphasising on developing the speed of response in the early stages of its importance in technical performance and accuracy of skill.

2-The necessity of introducing complex exercises (physical and skill) because of their positive impact in developing response speed and then developing the skillful performance of the blocking wall of beach volleyball.

I. THE DEFINITION WITH THE RESEARCH

1-1 The introduction of the research and its importance: The speed, surprise with movement of players in different places and directions is what the description of performance in the game of beach volleyball, with the continuous movements of the eyes to follow the path of the ball, the player's movements in the team, locate the network and the movements of the opposing team as well as their successive and sequential skills that require a high level of accuracy in the performance of defense skill of the field, attention and focusing on the smallest details of performance. The success in the skillful performance of beach volleyball game depends on the extent of

¹ hatemvollyball@gmail.com

interdependence among the physical, planning, psychological and mental fitness components, the volleyball game is one of the games that needs more physical and motor capabilities, especially the speed of response, as "the volleyball player is characterized by the length and the height of the center of gravity of the body from the ground relatively, as he must move quickly and harmoniously from attack to defense or from defense to attack, as well as the performance of reaction movements and neuromuscular compatibility."

The privacy of this game requires from the blocker to cover the field

along the entire high edge of the net, as it is practiced on a ground that is completely different from the volleyball floor which it practiced in the halls, that is characterized as it is a sandy ground and not solid, that ground leads to many burdens on the volleyball beach players that lead to limiting the ability of players to continue in the same style that was followed by the team, "This skill is also very difficult for the accuracy of its special requirements for physical and motor components in muscle strength, kinetic speed, reaction speed, agility and blocking wall skill which are the technical characteristics skills in beach volleyball, as the most difficult in terms of performance due to the nature of the field ground, number of players, how to move in order to reach the balls to repel them. The defense is equal to the attack in the importance, so the team should be skilled in defensive and attacking skills.

Hence, the importance of research lies in the positive impact that exercises leave with light effects in developing response speed with the level of skill of the blocking wall, which will inevitably lead to the development of the game in general.

1-2 The Research Problem: - The blocking wall skill is one of the skills that is characterized by fast and surprising performance. Therefore, it requires players to perform it at a high speed and elaborately, and that any failure or weakness in its performance leads to a defect in the performance of the skills that follow. As volleyball players are distinguished by their tallness and limbs, which leads to the height of the center of gravity of the body from the ground, which requires a greater effort in achieving a high level of motor capabilities and response speed, that players who have the speed of response is necessary to implement the offensive duties, through the researcher's following-up for playing as a teacher and trainer, he noticed the apparent weakness in the players' performance for the skill and the blocking wall, because it needs a high ability to respond quickly and to the privacy of the beach volleyball game, as it is practiced in sandy land.

Therefore, the researchers realized the possibility of putting complex **(physical and skill) exercises to develop response speed and the blocking wall of beach volleyball players with** minimal effort and fastest learning.

The two goals of the research:

- 1- Preparing complex physical exercises for the beach volleyball players
- 2- Knowing the effect of complex (physical and skill) exercises in developing response speed and blocking walls for beach volleyball players.

1-4 The Hypothesis of the research:

1-Complex exercises (physical and skill) have a positive effect in developing response speed and the blocking wall of beach volleyball players.

1-5 The research domains

1-5-1 The human domain: - Beach volleyball players (Najaf Governorate clubs) (2019-2020).

1-5-2 The Time domain: 11/8/2019 until 10/18/2019.

1-5-3 The Spatial domain: - Beach volleyball court in Kufa.

The Third Topic

II. RESEARCH METHODOLOGY AND FIELD PROCEDURES

3- Research methodology: - The two researchers used the experimental approach, with the design of equivalent groups (experimental and control), as it is appropriate to the nature of the problem.

2-3 The research community and its sample: The researchers determined the research community, which are (20) beach volleyball players from Najaf club, due to the availability of requirements to conduct the research, after excluding four players for the exploratory experience, that remaining number became (16) players, then the researchers conducted the lottery process, as this sample was divided into two groups (experimental and controlling) and about (8) players for each group, in order to avoid the influences that may affect the results of the research, the two researchers performed the two processes of homogeneity of the sample in variables (length, weight, and age) and the equivalence of the two research groups in the tests, the response speed and the blocking wall, that these variables were statistically treated by using the Homogeneity Coefficient Law for homogeneity and the test (t- test) for parity as shown in tables (1,2).

Table (1) shows homogeneity in the variables (length, mass, and age)

The details Variables	Arithmetic mean	standard deviation	Coefficient of variation%
Length / cm	177.31	2.12	1.83
Mass / kg	75.35	2.72	3.78
Age / year	20.45	0.86	4.09

Table (1) shows the homogeneity of the research sample, variables (length, weight and age), because the values of the coefficient of difference came lesser than (30%).

Table (2) shows the equivalence of the two research groups in the variables under discussion of the research

The group The variables	Control group		Experimental Group		Accounted value	The indication
	S -	+P -	S -	+P -		
The speed response/sec	1.54	0.12	2.22	1.16	1.36	Not significant
Blocking wall/ degree	5.33	1.67	7.66	1.45	0.50	Not significant

* **Table value (t) = (2.02) at the significance level (0.05) and the degree of freedom is about (14).**

Table (2) shows that the type of significance for all the variables was not significant because the calculated (t) values for all variables were smaller than the tabular value of (2.02) at the level of significance (0.05) and degree of freedom (14).

3-4 devices, tools and means of collecting information

First: The Devices

- Personal Computer (HP).
- A device to measure the motor response time called (Sakar)
- Camera type Samsung.
- - CASIO handy calculator
- Watch Type LG
- A device for measuring length
- A medical scale for measuring mass

Secondly: The tools

- Legal beach volleyball court
- Volleyball game balls
- 2 ropes with a length of (10 m)
- two tennis balls

- Sticky tape
- tape measure
- 4 flexible plastic rings
- Sport shirt
- height barrier (50) and length(70)
- Whistle
- Cloth to block visibility
- Mastaba
- Ladder of fabric(4)
- 6 Signs

Third: collecting information

- Arab and foreign sources.
- Internet.
- The Scientific Committee that approved the title (Annex 1)
- The assistant working group (Annex 5)
- Tests and measurements.
- A questionnaire to determine the most important tests for the dependent research variables (Annex 4)

3-5 The Determining of the research variables

3-5-1 Kinetic response time measure test:

The name of the test : Saker Test

The Purpose of the test: Measuring Kinetics response time with visual stimulation:

Method of performance: The experimenter stands in front of the device and sideways with a distance approximately (30-40) cm. Upon hearing the beep or instructing by the person in charge of the test, he passes the device and cuts the photosensitivity, which will give him a visual signal to one of the four colors (the lights), the experimenter will touch that color, which the compressor of stoping, according to the target color, which is installed on the funnel and back up in front of the device again, repeating the performance for six times, the time of each repetition is calculated separately, by using an electronic timer presented in the device, then it starts with calculating the time electronically from the moment the instruction is given and the count stops when touching the funnel and extracts the kinetic response time for each laboratory by taking the best time from the six attempts, knowing that the distance between the device with the funnel and between the funnel and the other is (2 m)

Conditions of performance:

-The experimenter stands in front of the device and focuses its attention on the person based on the test, who will give him the starting instruction

-The person based on the test records the time of each touch to extract the time has taken during 6 attempts

- The experimenter will be retried only in the event of injury or fall after a sufficient rest period

Recording: calculates the time of the 6 touches, each individual touch and takes the time of the best attempt

Test to measure the accuracy of the blocking wall skill

Purpose of the test: To measure the accuracy of the individual block wall skill-.

The tools used: a volleyball court divided as shown in the figure, a goal-setting tape, a tape measure, 10 volley balls

Performance specifications: The trainer crushes the experimenter and stands (25) cm from the network and repels.

Registration requirements: The experimenter has three attempts

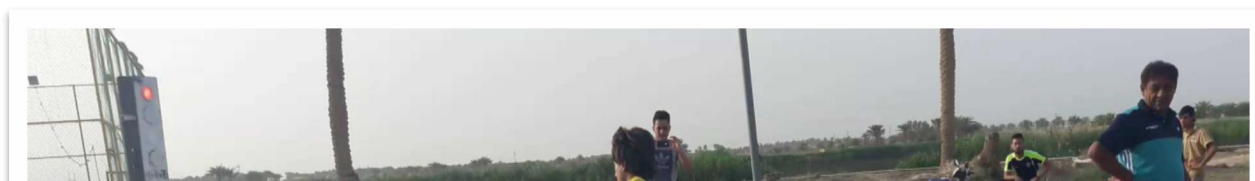
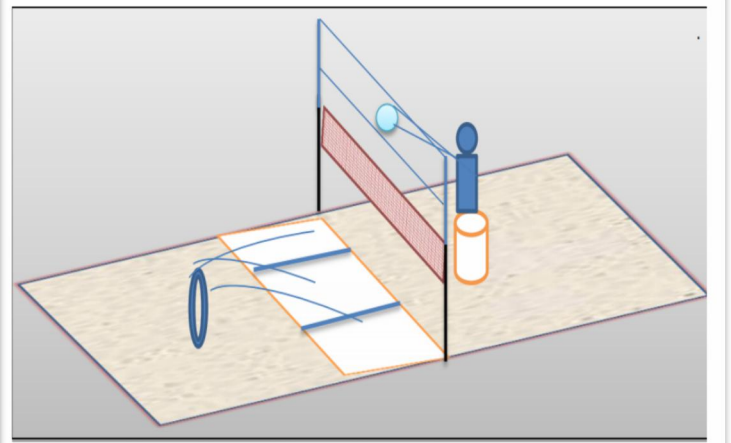


Figure (4)
Showing a response time measure by Saker device

- 4 points for every attempt within Zone (A).
- 3 points for every attempt within Zone (B).
- 2 points for every attempt within Area (C).
- 1 Point for every attempt within the region (D).
- When the ball falls on a common line between two regions, the score for the higher region is calculated.
- The attempt is canceled if the experimenter who committed a legal mistake.



procedures that follow this experiment, because it is one of the basic conditions in scientific research.

3-7-1 The first exploratory experience

This experiment was conducted on Monday 8/8/2019 on the beach volleyball club in Kufa, with a sample of (4) players representing “Al Mishkhab” Club in beach volleyball, while they were out of the sample, while the goal was to know the following items:

- Knowing the maximum performance for each exercise
- Determine the rest period between exercises
- Knowing the time that required to conduct the experiment
- Learn about the mechanism of conducting the exercises
- Knowing the suitability of the exercises for the research sample
- Knowing the validity of the devices which are used
- Training the assistant team and the sample in the use of the Saker device

- Knowing the time which is required for the tests
- The adequacy of the support team and the number necessary to conduct the tests
- Verify the location and the suitability for performing the tests

3-8 The scientific foundations of the test:

3-8-1 The Stability of the test:

The stability of the test is one of the main factors for the success of the test, so a stability factor was found for the tests by applying the tests to the research variables on the above sample, the tests were repeated on the sample under the same conditions, after (3) days had passed since the application of the first test, after that, the value of the correlation coefficient (Pearson) between the results of the tests was extracted and had high levels of stability as in Table (3).

3-8-2 The Validity of the test:

The researcher has achieved the apparent validity of the tests through the agreement of experts and specialists, that these tests measure what was placed for a period after presenting the tests to them. In addition, the researcher extracted the self-validity of the tests. As in Table (3).

3-8-3 The Objectivity of the test:

In addition to that the tests were presented to the experts and specialists and got an agreement rate (75%) or more. The researcher extracted the value of the Spearman correlation coefficient between the two leading experts in the two tests.

Table (3)

Shows the scientific foundations of the tests

Variables	Name of the test	Unit	Stability	Self validity	Objectivity
Response time	Saker test	Sec.	0.90	0.94	0.91
Blocking wall	Blocking wall	degree	0.92	0.95	0.95

-8- Field research procedures: -

Research procedures determined by the conducting of the researchers the pre-tests on 11/8/2019, then applied special exercises to develop the speed of the motor response and the skillful performance of the beach volleyball blocking wall on the members of the experimental and controlling groups for the period from 15/8/2019 to 9/30/2019, as it included the items of special complex exercises in the main section of the team's special training unit * under the supervision of the team coach, these items were lasted (6) weeks, with (2) training units per week, so the total number of units was reached to (12) training units, the time of each one training unit was (90) minutes, then conducting post-test on 10/10/2019 under the same conditions and circumstances that the pre-test was.

3-9- Statistical means: - To treat the data statistically, "the use of statistical means has been used :-(1,1)"

- Arithmetic mean.
- Standard deviation.
- Twisting coefficient.
- Correlation coefficient (Spearman).
- Test (t) for symmetrical samples.
- The (t) test of independent samples.
- Present, analyze and discuss the results

1- Presenting, analyzing and discussing pre- and post-tests results

4-1-1 The Presenting the results of the post and pre kinetic response time tests for the experimental and control groups, also analyzing and discussing them.

Table (4)

Arithmetic circles for pre and posttests, arithmetic mean for differences, standard deviations, calculated (t) values and significance in the kinematic response time for the two research groups.

The Group	The pre-test		Post test		S F	S F	Accounted Value	Indication
	S	P ±	S	P ±				
Experimental	1.25	0.2	1.06	0.04	0.19	0.14	5	Indicated
Control group	1.25	0.22	1.17	0.08	0.09	0.1	3	Indicated

The tabular (T) is (2.36), degree of freedom (7) and indication level (0.05).

It is clear that from Table (4) which is specialized to the differences between the pre and post tests in the kinematic response time for the experimental and control groups, as the calculated (t) value for the experimental group (5), while the calculated (t) value for the control group (3) for the variable dependent research (Kinetic response time), since the calculated (t) value for the experimental and control groups is greater than the tabular (t) value (2.36) before the degree of freedom (8-1 = 7) the level of significance or indication (0.05), as the differences are a statistical function and in favor of the results of the dimensional tests. Thus, the researcher attributes this development to the quality of the complex and designed exercises and what they have in their effective developing to the level of motor response, as the association of skill exercises with the speed of performance within unexpected situations has helped to stimulate the central nervous system, as the nervous system plays a great role in finding the required alignment between nerves and muscles until the contraction occurs at the required moment and as quickly as possible to perform, Because "the basis for speed training is the appropriate case for arousing the central nervous system, this is done by the athlete's previous activity and free of fatigue only" (1).

The researcher also attributes this development in the time of the motor response, that the complex exercises helped in the development of the motor response time because it contains movements and formations characterized by its motor performance by moving the of the body from one skill to another, which will increase the speed of the efficiency of the player's nervous system in managing the muscular action, that leads to access to the flexibility of the nervous processes with a high ability, as the use of various complex exercises and repetitions will lead to the ability of the muscle to contract and stretch with a high speed, "The ability of the muscle to relax and stretch is an important factor in achieving high speed and good skill performance" (1).

4-1-2 The Presenting of the results of the pre and post-skill tests for the experimental and control groups, analyzing and discussing them.

Table (5)

Arithmetic mean for pre and posttests, arithmetic mean for differences and standard deviations, Calculated (t) values, the significance of the blocking wall skill of the two research groups

The Group	Variable	Measure	Pre-test		Post-test		S F	P F	Accounted	Significa
			S	P ±	S	P ±				
Experimenta up	Blocking	degree	5.5	1.19	3	2.34	4.25	1.03	11.80	Significa

Control p	Blocking	degree	5.3	1.03	5.12	1.80	3.25	2.60	3.53	significa
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The tabular (t) (2.36), degree of freedom (7), and significance level (0.05).

Table (5) shows the differences between the pre and posttests in the blocking wall skill of the experimental and control research groups that its calculated (T) values for the experimental group is (11.80), while the control group reached to (3.53) in the blocking wall skill variable, that the calculated (t)value of for all tests and for the two groups which was greater than the tabular(t) value in front of the degree of freedom (8-1 = 7) and the level of significance (0.05). This means that the variables are a statistical function and in favor of pretests, so the researcher attributes this development to the effectiveness of special complex exercises which were designed by the researcher and their direct effect in creating a qualitative transfer for the research sample, in addition to diversification and suspense in the exercises that are used in the educational units as (Muhammad Jameel 1993) asserted that:” "The use of interesting exercises in training is an important factor to improve the technical, physical and psychological level of the player”. While (Rasha Talib, 2007), quoting from Ibrahim Ismat, that "If exercises are well chosen and their programs are used and evaluated, you can excite the player, arousing his interest, expand his experiences and help him to understand, as they took the idea and help him in teaching skills and developing trends. Therefore, the use of the various complex exercises that were given to the experimental research sample had an active and positive role in developing the skill of the blocking wall. that the use of complex exercises helped the members of the experimental group to provide ideal responses to suit real situations to play, as complex exercises are the effective tool for all problems that occur during performance, so this is consistent with what he indicated (Essam Abdel Khaleq, 1993) "The skill performance is closely related to the special physical and motor capabilities as mastery of skills depends on the extent of the development of the requirements of this performance of physical capabilities, special mobility ". (Wassan Jasim 2007), quoting from (Iman Hamad Shehab), stresses that" the longer the training period for the player, increasing his experience and skills in different playing positions “. (Saad Hammad, 2006) states, "It is considered one of the difficult skills in volleyball for the accuracy of its components and physical components in the muscle strength, reaction and balance in the movement speed, agility, flexibility and ability to save the balls" · As (Wajih Mahjoub, 1987) affirms that "movement develops with training and systematic learning as a result of the development of the mental and intellectual level and the development of physical and motor qualities, in addition what was increasing the kinetic experiences in the brain”.

In light of the foregoing, the researcher believes that the necessity of repeated exercises and training on these skills in similar atmosphere in the different situations and the conditions of play, which will lead to speed reaction and appropriate decision-making to reach the balls, therefore, the difficulty of this skill lies in its physical requirements, as a good defender needs a correct reading of the competitor's playing method and the correct movement towards balls, as well as the researcher attributes this development to the use of complex exercises (physical - skill), thus achieving the first research hypothesis and its goal.

4-2 Presenting the results of the post-tests for the experimental and control groups, analyze and discussing them

4-2-1 Presenting the results of the post tests for the kinematic response time in the experimental and control groups, analyzing and discussing them.

Table (6)

Arithmetic mean, standard deviations, accounted (t) values and significant for dimensional tests in the kinematic response time variable for the experimental and control groups

Variables	Measure	Experimental group	Control group	Accounted	Significan
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		\$	p	\$	p	value	
Kinematic response time	Sec.	1.04	0.04	1.17	0.08	4.33	Significan

The tabular (t) (2.14), degree of freedom (8 + 8-2 = 14) and significance level 0.05

Table (6) shows the results of the tests for the variables between the post-tests in the kinematic response time for the experimental and control groups, as it was found that the accounted (t) value was (4.33), as to reveal the significance of these variables, it was found that the calculated (T) value is greater than the value of the tabular (t) (2.14) before the degree of freedom (8 + 8-2 = 14) with the significance level (0.05),

Thus, the variables form a statistical function in favor of the experimental group, as the researcher attributes this development in the experimental group to the complex exercises that are designed by the researcher, which have influenced and effectively, As well as the mechanism of choosing exercises and throwing them into educational units with regular repetitions and graduation from easy to difficult in giving complex exercises to improve the level of performance for the better, so the player must prepare in such a way as to facilitate the defense and swift action to save the remote balls, as "taking the appropriate stance and following the ball, focus as well as attention will have a positive effect on reception".

The researcher also attributes this to the fact that the exercise time is almost identical to the performance time in competition, which will lead to reduce the player's response time for movement, as well as the method that which used to give complex exercises, taking into consideration the number of iterations, groups, rest periods and the nature of the duties that are assigned to the defending player, which imposes on him a rapid and continuous movement on the field, due to his responsibility to defend the empty area and save the balls that which coming from the opponent, so the player is required to perform the correct and appropriate response to the situation with the utmost speed, likewise, " when it ever the response time is shortened, the player can perform the proper behavior at the appropriate time, especially in the deception games of the competitor and follow the fast balls in the field according to the different and consecutive positions".

The researcher believes that the diversity of the designed exercises helped the experimental group members to store a large number of motor programs that are related to defensive skills, which helped to develop the response time of the motor, with through continuous and systematic training on the speed of the motor response, it reduced its time, which is one of the necessary learning requirements, as this applies to fast-track games that occur according to unknown parameters, more over the speed of the kinetic response is necessary to perform the defensive skills. As the player needs to adapt, fast turnover, control the ball and what the opponent is doing, that this depends on the player's speed of movement because the speed of the ball is fast which needs a quick response, as it was mentioned before shorten the speed of the kinetic response time, the player can perform the proper behavior at the appropriate time, especially the opponent's deception games, the opponent's attack and the continuous follow-up throughout the playing period to perform the defensive duty to the fullest.

4-2-2 Presenting the results of post-tests of the defensive skills for the experimental and control research groups, analyzing and discussing them.

Table (7)

Arithmetic mean , standard deviations, Accounted (t) values for the post-tests in the blocking wall skill variable for the experimental and control groups

Variables	Measure	Experimental group		Control group		Accounted	Significa
		\$	p	\$	p		

Blocking wall	degree		.19	5.12	.08	2.26	significa
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The tabular (t) is (2.14), degree of freedom ($8 + 8 - 2 = 14$), and significance level 0.05

Table (7) shows the results of the tests for the variables between the post-tests in the variables of the skill tests for the experimental and control groups, where it was found that the calculated (t) value was (2.26) and the accuracy of the blocking wall skill. To reveal the significance of these differences, it was found that the calculated (t) value for the blocking wall is greater than the tabular (t) value (2.14) before the degree of freedom ($8 + 8 - 2 = 14$) Under indication level (0.05)

Thus, the differences form a statistical function in favor of the experimental group. The researcher attributes this to the beach volleyball game, by virtue of its sandy ground nature and the presence of quantities of uneven sand in which the player tries to overcome two resistances which are body weight as well as the resistance of the sand itself, which affects defensive skills, especially the wall-blocking skill, Some members of the experimental group are not specialized in beach volleyball game as players, so players must make moves that are similar to those they encounter during matches.

Therefore, the complex exercises which experienced by the experimental group are very similar to the skills and movements that are in competition and official matches in terms of skill performance, as well as movements on the field and the nature of exercises that are designed for that have had a positive impact in developing this skill, as "the importance of exercises lies in operating the largest possible number of muscles while improving basic skills and developing fitness features for skillful preparation and access to mechanical alignment", as well as a good choice for the type of exercises that gave the player a good interaction with the learning environment during the spirit of competition and suspense without the appearance of boredom or fatigue during the performance, as well as the method which is used by the researcher to give exercises and the number of repetitions in re-exercises, all these factors helped to develop the skill of the blocking wall, as the movement that the player performs during learning or training must be similar to the movements that the player will face during the matches, so this agreed with what was stated that "The trainer will give as many repetitions as possible when performing any exercise to develop the required trait.

The researcher attributes this progress to the repeated skill performance, because repetition helps to progress, mastering and understand the skill, as this is was confirmed by (Sayed Muhammad and Mamdouh Abdel Moneim, 1983) when they stated "that repetition leads us for learning according to the theory that says that a successful response which is the most frequent and modern response, therefore, the use of exercises helped the members of the experimental group to identify various stimuli and situations that this helped the members of this group to expand their motor, skill and physical capabilities, which had a great role in the speed and accuracy of decision-making, as (Khalil Al-Hadithi, 2013) asserts that ""Repeating the exercise during the learning process expands the base of perceptual awareness and increases the learner's ability to understand and being aware about the stimuli which is coming from the environment with an increase in the base of that understanding and perception, which will facilitate the teaching processes and the ability to classify, organize, and prune the motor program, thus a better level of learning and ability to Storage, recall and execution speed when it needed "".

As in open skills, the coach must present various skills practices, diversity and manifold in the motor patterns are necessary in order to be able to facing the changing needs of skills. The preparation of the player must be at a good level in order to be able to excel when exposed to different playing positions, so it requires him to stand in front of his competitor and being ready and focusing all his senses to observe the various movements of the competitor from the moment their appearance, as exploiting these positions to make the appropriate movements to respond (the speed of response) to those positions, this requires a developed rapid response at the appropriate time with great accuracy as this

requires an advanced motor and neuromuscular compatibility that also enters into the aspect of skill integration and development.

In addition to that the results of the tests for the research variables of the experimental group which compared to the control group where the researcher attributes the reasons for this to the proposed exercises which were designed in a manner consistent with the capabilities of the members of the research sample, this confirms the validity of the exercises to achieve the goal for which they were set in comparing with the approach which was applied with the control group, therefore, the concluded results that the specificity of education had an active and prominent role in the development of dependent research variables as well as following the best method in conducting the designed exercises, as this is confirmed by (Saad Mone'im and Haval, 2004) as they asserted: "The diversity is by using exercises, methods or other different means, which increases the ability to adapt for the requirements of the play, controlling the performance in order to meet the various game variables as well as meet the requirements of the competitive environment. The good organization of exercises through the optimal use of all forms of one skill and pairing it with other abilities and playing situations similar to what happens during the competition helped members of the experimental group to develop the accuracy of the performance of the studied skills and significantly from the control group. This is what distinguished the members of the experimental group, thus the second research hypothesis and its objective were achieved.

The Fifth Topic

III. 5- THE CONCLUSIONS AND THE RECOMMENDATIONS

5-1 The Conclusions: In light of the obtained results, the researchers concluded the following: -

1-The special designed complex exercises and the conducted exercises have achieved a positive effect on developing the kinetic response time and the skill of the blocking wall in varying proportions.

2-The special designed complex exercises were the best in developing the kinetic response time for the members of the experimental group from the exercises which is used for the members of the control group.

3 - Special designed complex exercises were the best in developing (blocking wall skill) among members of the experimental group of exercises which were used for members of the control group.

4-The kinetic and physical characteristics which is associated with the skill, despite its difficulty, can be developed and benefit in developing the technical performance of the blocking wall in beach volleyball game.

5- The specific exercises that are used in the educational units accompanying the performance had an effective role among the members of the experimental group.

5-2 The Recommendations:

The researchers recommend the following:

1- Emphasizing on developing speed of response in the early stages of its importance in technical performance and accuracy of skill.

2- The necessity of introducing complex exercises (physical and skill) because of their positive impact in developing response speed and then developing the skillful performance of the blocking wall in the beach volleyball.

3- Conducting researches and studies on other kinetic characteristics because of its great importance in developing the technical performance and accuracy of beach volleyball players in particular and other games in general.

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Appendix 1 shows the specific exercises for the skills in researching

- (The coach) stands on a table holding a ball with his hands together at the top of the upper edge of the net, the player stands on the other side of the field and near the net, facing the coach, the player starts from a light squatting position by jumping high, raising his hands to the top to push the coach's ball down with his both hands.

-- The coach stands in one half of the field, the player stands at the opposite side. The coach starts throwing the ball low to the top. The upper edge of the net is for the player to jump to the top to block.

- Six students each standing on a seat inside the attack area near the net, holding a ball with his two hands above the top edge of the net. On the opposite side, the player stands on the line (3) meters. Upon hearing the coach's signal, the player moves in front to perform a blocking movement on the first ball, then he moves aside to make a blocking movement on the ball that follows ... etc and then goes to the end.

- The player stands behind a line (3) meters and delivers the ball to the coach who prepares it to the player on the opposite side to hit it overwhelmingly, as the player stands in front of him to perform the blocking skill.

- The players stand in the form of a train behind the attack line to perform the blocking wall skill on the opposite side of the stadium. Six students stand on the line of attack and with each of them a ball advances quickly. The first player with the ball placing it over the net at the same time the first player of the train advances from the back (3) Net direction meters to perform the blocking skill.

- One of the players delivers the ball to the coach to prepare it to the other player to hit it overwhelmingly standing on the opposite side students in the form of a train, one after another advances to perform the skill of the blocking wall in exchange for crushing hitting.