

Setting standard levels for some physical and skill variables for the players in the National Center for the Care of Sports Talent in Volleyball

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Abstract:

The research problem lies through the question

- What are the standard levels of the most important physical and skill abilities that can appear in the players of specialized centers in volleyball,

- What are the physical and skill capabilities that the standards can provide as short variables?

- Do these independent variables express us the performance efficiency in competitive situations,

That the answer to the above questions can set us standard levels for the most important physical and skill capabilities as indicators for the selection of volleyball players, which helps in achieving a range of benefits for the training process to reach the highest levels and achieve the best achievements.

The importance of the research came in determining the most important physical and skill capabilities of volleyball players by setting standard levels in order to find a single standard that can be judged by the performance of the players, in order to stand at the level reached by the player, and thus provide a successful evaluation method according to the scientific methods studied and correct in the evaluation And the selection of players in a transparent manner away from chance, random and bias by coaches, which helps the economy in time, effort and money in order to raise the level of the player in the future, which is the first and necessary stop for the players to reach the important championships in international forums.

The research objectives are: Defining some physical and skill variables to evaluate the performance of the National Center for Sports Talent Care in volleyball game at the age of (14-16 years), building normative levels for the most important physical and skill variables for the players of the specialized school in volleyball, and setting the

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model for effectiveness (paraffin for effectiveness) The standard levels for the most important variables, physical and skill of volleyball.

The researcher used the descriptive method in the survey method to suit the nature of the research and its goals. As for the research community, it represents the players of specialized schools in volleyball, whose number is (60) players, and then the sample was divided into an exploratory and main sample.

The researcher reached a number of conclusions:

- The best level of physical and skill abilities was distributed at (intermediate) level followed by (good) and then (acceptable) level in the objective evaluation of the talented in the talent centers in volleyball.

- The results proved that it is possible to draw a profile map to evaluate and direct the players in the centers of sports talent to the game of volleyball, which is commensurate with its physical and skill capabilities, according to the standard grades and levels reached by the researcher.

The researcher recommends: adopting the results that the researcher reached by the talent centers, especially in the selection, evaluation and orientation process, and circulating them in order to adopt them in selecting the qualified players to play volleyball.

Key words: *levels, physical and skill variables, the national center for the care of sports talent in volleyball.*

I. Introduction:

The rapid scientific development opened new horizons for research and learning about what is new in measurement and evaluation in physical education through the use of tests, and building the standard levels of volleyball players that describe their levels honestly and objectively as it transforms the quantitative formula into units of measurement that can be interpreted and clarified by dependence The units of test and measurement and the conversion of raw grades from the tests conducted on volleyball players to understandable degrees that can be interpreted and give meaning and significance and thus convert them to standard grades that explain the results of the test and its evaluation in every objectivity.

Volleyball is one of the popular and Olympic games that are popular with all groups of society due to its low costs and ease of exercise, and reaching high levels in this game requires a lot of effort and time by specialists and coaches to choose athletes who have physical and skill specifications as well as talent.

The evaluation of the player's performance is of great importance by saving time and effort as well as the low costs involved, and as it is known that the performance evaluation depends on several stages and it is an ongoing process that is uninterrupted and not limited to a specific stage or a specific age group, but most of the issues of the performance evaluation in the ball The plane focused on the small age groups, the development of capabilities and the talent is strengthened to reach its climax, and everyone agrees on the existence of individual differences between individuals and all age groups according to the requirements of each game and these differences are approved by the

science of dynamic learning and tests as well as the science of sports training through the demand for practice and increase competition, justice and motivation Safety and the success of the training process, and all of this is done through convergence of levels and knowing the extent of improvement for each individual and identifying weaknesses that occur in several determinants or in a specific determinant, whether it is a physical or skill deficiency, and therefore the real level of physical and skill performance of the players of specialized centers for volleyball game must be identified And also knowing the model for it, in addition to determining the real levels of players, which makes it imperative that we take advantage of the appropriate conditions and take appropriate steps in preparing The player early and in line with the development of the game he practices as directed by the International Federation for the game, it must work to create the best conditions that help the players develop and give them different features to develop their physical and skill capabilities, relying on tests and measurement as a first stop to detect these capabilities and adopt them in learning And sports training to achieve the appropriate development.

From the foregoing, the importance of the research lies in determining the most important physical and skill capabilities of the volleyball game, which is one of the most important basic variables upon which it depends in knowing the levels as well as standing at the level reached by the player, and this helps in evaluating the performance of the players according to the studied and correct scientific methods and not relying on randomness Self and serendipity, and then economy in time, effort and money in order to raise the level of the player in the future, which is the first and necessary stop for players to reach important tournaments in international forums, as these calendars have a great benefit for coaches through which evaluation and selection of specialized school players can be made, so the care of the player It comes from its primary importance in determining the physical and skill variables as a basis in the evaluation process for the player's performance of the appropriate game for him, as those interested in the game of volleyball have taken the process of preparing and qualifying the player according to accurate scientific curricula. Several studies and research have been conducted in order to reach the best ways and means for the purpose of preparing the player for preparation It is true that it is commensurate with his performance during the match and reaching good results.

As for the research problem, the research problem emerged through the question: What are the standard levels of the most important physical and skill capabilities that can appear in the players of specialized centers in volleyball and any of the physical and skill capabilities that the standards can provide as brief variables and whether these independent variables, which can express to us On the efficiency of performance in competitive situations, the answer to the above questions can define standard levels for the most important physical measurements as well as physical and skill capabilities as indicators for the selection of volleyball players as its own indicator, which helps in achieving a range of benefits for the training process to reach the highest levels and achieve the best achievements .

research aims:

- Determine some physical and skill variables to evaluate the performance of the National Center for the Talent Sports Volleyball (14-16 years).

Building standard levels for the most important physical and skill variables for volleyball players

- Formulation of the effectiveness model (the program for effectiveness) for the standard levels of the most important physical and skill variables of volleyball.

Research Areas:

- The human sphere: specialized volleyball school players in Baghdad.
- Timeframe: From 1/7/2019 to 9/10/2019.
- Spatial domain: The volleyball school hall and playgrounds of the Ministry of Youth and Sports / Sports Talent Care Departments.

II. Research methodology and field procedures:

Research methodology: The researcher relied on the descriptive approach due to its relevance to the nature of the research problem

The research community and its sample: The research community was represented by the (35) volleyball specialized school in Baghdad, and the researcher selected the research sample in an intentional way and for one category at the age of (14-16) years.

Tools:

- Electronic calculator for dell type laptop.
 - Manual calculator.
 - Japanese type sonny recording camera.
 - Japanese-made electronic stopwatch type (caseo), count (1).
 - ruler included.
 - 50m tape measure.
 - Chalk colored.
- Medical ball weight 2 kg.
- Whistle number 1.
 - 10 balls of flying balls
 - Wooden boards to define areas of precision.

Define search variables:

- Physical and skill tests.

Main experience:

After making sure of the safety and correctness of all the procedures implemented, the field application was applied to the players of the National Center for Volleyball, who numbered (32).

On Thursday, corresponding to (25/7/2019), the candidate's skill tests were conducted on the players of the National Volleyball Center in Baghdad, as they were taken inside the Volleyball Specialized School at nine o'clock.

On Saturday, corresponding to (27/8/2019), the nominated physical tests were performed on the players of the National Volleyball Center in Baghdad, as they were taken inside the Volleyball Specialized School at nine o'clock.

On Saturday, 3/8/2019, the candidate's skill tests were conducted on the players of the National Volleyball Center in the closed hall in Diyala

On Tuesday (6/8/2019) nominated physical tests were performed on the players of the National Volleyball Center in the closed hall Diyala.

III. Results and discussed:

- The results of physical tests for volleyball players and discussed															
Sitting out of sleep 10se				Three jumps for the farthest distance (left)				Three jumps for the farthest distance (right)				Push up 10 se			
T	Z	Rep	Raw	T	Z	Rep	Raw	T	Z	Rep	Raw	T	Z	Rep	Raw
36.90	1.46059-	7	8	21.05	2.36864-	1	4.10	37.75	1.370-	3	4.10	33.45	1.428-	5	7
41.25	1.09545-	15	9	27.26	1.86507-	1	4.50	38.49	1.296-	3	4.20	38.07	1.020-	6	8
45.59	-.73030-	8	10	35.01	1.23561-	1	5.00	38.85	1.259-	3	4.25	42.69	.6123-	10	9
49.93	-.36515-	4	11	38.11	-.98383-	4	5.20	39.00	1.244-	1	4.27	47.31	.2041-	10	10
54.27	0	10	12	38.26	-.97124-	3	5.21	39.22	1.2222-	3	4.30	51.93	0.204	9	11
58.62	0.36515	5	13	39.66	-.85793-	1	5.30	40.70	1.0739-	1	4.50	56.55	0.612	4	12
62.96	0.7303	6	14	41.21	-.73204-	1	5.40	41.29	1.0146-	1	4.58	61.16	1.020	9	13
67.30	1.09545	3	15	43.07	-.58097-	1	5.52	41.44	-.9998-	1	4.60	65.78	1.428	7	14
71.64	1.46059	2	16	43.54	-.54320-	7	5.55	45.14	-.62920-	2	5.10			60	
		60		46.79	-.27883-	3	5.76	45.29	-.61438-	1	5.12				
				48.96	-.10258-	4	5.90	45.36	-.60697-	2	5.13				
				50.51	0.02331	1	6.00	45.51	-.59214-	4	5.15				
				52.06	0.14921	5	6.10	45.58	-.58473-	3	5.16				
				52.53	0.18697	2	6.13	45.88	-.55508-	1	5.20				
				52.68	0.19956	1	6.14	47.35	-.40682-	3	5.40				
				53.61	0.2751	3	6.20	47.50	-.39200-	2	5.42				

				55.16	0.40099	4	6.30	49.57	-.18444-	1	5.70				
				55.47	0.42617	1	6.32	50.31	-.11032-	1	5.80				
				55.78	0.45135	3	6.34	50.75	-.06584-	3	5.86				
				56.71	0.52688	3	6.40	52.53	0.11206	2	6.10				
				57.33	0.57724	1	6.44	52.75	0.1343	1	6.13				
				57.49	0.58983	2	6.45	52.82	0.14171	1	6.14				
				59.81	0.77867	1	6.60	54.01	0.26032	1	6.30				
				63.85	1.10599	1	6.86	55.48	0.40857	1	6.50				
				67.57	1.40813	1	7.10	59.92	0.85333	2	7.10				
				68.03	1.4459	3	7.13	61.03	0.96452	1	7.25				
				74.54	1.97464	1	7.55	61.40	1.00158	1	7.30				
						60		61.77	1.03865	2	7.35				
								62.14	1.07571	1	7.40				
								63.25	1.1869	1	7.55				
								66.57	1.52047	1	8.00				
								68.79	1.74285	1	8.30				
								69.16	1.77991	4	8.35				
								71.38	2.00229	1	8.65				
										60					

Physical abilities tests chosen in volleyball and the results were (average - good - acceptable) and for all tests, as the force distinguished by speed helps in the necessary change in reaction and response to the next ball from the opposite team and indicates [1] that the strength marked by speed helps change the extreme direction. In response to a particular stimulus, the condition of the muscle between contractility and relaxation, and it plays a large role in all types of sports activity and helps in the process of throwing, hitting, jumping and deception, especially in various games (football, basketball, volleyball, handball) [2], and the explosive power is important. In volleyball, especially for the front line players when performing the Block wall skill as the first defense for the balls coming from the opposite team as this force helps to rise to the top as well as the performance of Attack hitting, and this is confirmed [3]. "The performance of vertical jumping and jumping from the back Forward to perform offensive strikes in the rear area, as well as preparing with jumping and crushing and corrugated jumping, all of this requires the ability of the force distinguished by the speed and explosive power of the legs, trunk and arms. Fitness, nervous compatibility, and accuracy" [4], and volleyball does not differ from the rest of the games because it needs the transition speed even if it plays in a smaller stadium than others. [5] indicate that "the transition speed is of great importance to volleyball players due to the development of its skills and the degree of increase Difficulty in its performance and due to the rapid development in the players' performance of the offensive and defensive plans, for example, the player who is hitting the wall of the blocker must reach the ball quickly so that the Attack hitting takes place before the opposing team takes the appropriate defensive methods and this appears in the Attack rapid hitting, as well as are important for the player who repulsed. When trying to get to the ball quickly and do a proper Block wall, on the other hand, due to the strong hitting power as a result of the speed of performance and its strength, the player defending the field must have a transition speed due to trying to reach the ball before it falls and when he can reach the ball, especially the hard balls,

it is often Receiving the ball is not of the required accuracy, which requires the equipment to move quickly to the location of the ball to try to prepare it well for Attack beating ", and flexibility helps in Any athlete with sporting injuries and also helps the player in the kinematic range as broadly as possible to perform defensive and offensive duties[6]indicate, "Flexibility has a great impact on the ability to jump, as the more flexibility of the joint, the muscles and ligaments surrounding it from injury, the greater the burden the reality On the joint during elevation and descent, as well as during Attack hitting and doing repulsion or preparation with jumping, as well as the flexibility of the shoulder joint and wrist and elbow wrist assist in the process of directing Attack hitting and Attack transmission and preparation, as well as Block, as the kinetic range of specific joints of the volleyball player increases, this leads to the excitement of the working muscle group On these joints and thus these muscles with the required strength and flexibility is one of the necessary components of volleyball. The effectiveness of the individual in many activities is united by the degree of overall body flexibility or the flexibility of a specific joint and the person with high flexibility makes less effort than the less flexible person "[7].

Results of basic skills tests and discussing volleyball											
Block				Attack				Serve			
T	Z	Rep	Raw	T	Z	Rep	Raw	T	Z	Rep	Raw
30.40	-1.42887-	2	4	35.10	1.42887-	7	5	34.12	1.60579-	4	17
36.08	-1.02062-	11	5	39.93	1.02062-	11	6	35.75	1.43676-	2	18
41.76	-.61237-	6	6	44.77	-.61237-	7	7	37.38	1.26773-	3	19
47.44	-.20412-	6	7	49.60	-.20412-	7	8	39.01	1.09870-	3	20
53.13	0.20412	15	8	54.43	0.20412	12	9	40.65	-.92967-	5	21
58.81	0.61237	15	9	59.27	0.61237	9	10	42.28	-.76064-	2	22
64.49	1.02062	4	10	64.10	1.02062	3	11	43.91	-.59161-	4	23
70.17	1.42887	1	11	68.93	1.42887	4	12	45.54	-.42258-	1	24
		60				60		47.17	-.25355-	3	25
								48.80	-.08452-	1	26

								50.44	0.08452	2	27
								52.07	0.25355	4	28
								53.70	0.42258	2	29
								55.33	0.59161	4	30
								56.96	0.76064	5	31
								58.60	0.92967	1	32
								60.23	1.0987	3	33
								61.86	1.26773	2	34
								63.49	1.43676	5	35
								65.12	1.60579	4	36
										60	

The serve is the only skill in the game whose success depends on only one player, the sending player. When the ball is put into play, the goal of the sender must be several things, including obtaining a direct point that cannot be returned, or transmission that is implemented in a way that does not allow the opposing team to perform any kind of effective attack or sending away from the opponent one of his attacking options while giving his team of defenders and the Block wall a better opportunity to tackle the next ball from the opponent's attack "[8], and the front facing front from the top (tennis) is one of the most important offensive strikes that players use during play for several reasons. It is considered a direct attack hit if he mastered his performance and obtained from him a direct point, and it is considered a safe way for the sending team when it is good at it and it is difficult for the successful reception of the opposing team and carrying out effective attack operations, therefore the serve is one of the effective attacking skills and has a positive impact on the sending team and passive on the receiving team by scoring a direct point.

As for the skill of straight and Attack hitting, as they regain the skills that play a role in achieving victory by earning guaranteed points if the player's performance is correct and effective, which makes his proper response a difficult issue for the opposing team, as it is among the skills that enhance the players' confidence in themselves and prove their enthusiasm. To achieve victory, it is considered one of the most important offensive skills in volleyball because through it it scores most points and is the key to winning games, [9] states that "Attack hitting is

one of the most important and strongest methods of attack that the team uses during play, which is about hitting the ball with one of the Hands firmly from above the net towards the opposing team's court and with one of the arms ".

And that Block skill is an offensive and defensive skill, it is the team's first defensive line and an effective weapon at the same time, and the importance of the Block wall is in discouraging the opposing team by preventing its attackers from hitting the ball Attackly over the net and thwarting the opponent's attack plan by trying to control Attack strikes and dispatch by the opposing front players of the opposing team, as well as how to monitor the opponent's attack to create the appropriate wall, and the result reached by the researcher is consistent with what he indicated [10]that this skill requires basic physical requirements, including explosive power and speed of performance after Performing theBlock process, the player will attack and this requires speed, accuracy, and control in performance to prevent network damage during performance. It is clear that theBlock wall is important in that it absorbs the Attack strike force and contributes to obtaining points as it distracts the opposing team and leads to its lack of focus and confusion

IV. Conclusions and recommendations

Conclusions:

1. There are different standard levels and scores for assessing players in the Talent Sports Center for Volleyball.
2. The best level of physical and skill abilities was distributed at a (intermediate) level followed by a good level and then acceptable in the objective evaluation of the talented in the centers of sports talent for volleyball.
3. The results showed that it is possible to draw a profile map to evaluate and direct the players in the sports talent centers to the volleyball game that suits their physical and skill capabilities according to the standard grades and levels reached by the researcher.

Recommendations:

1. Adoption of the standard levels and scores reached by the researcher in the objective evaluation process for the athlete talent centers towards the volleyball game that suits the variables and physical and skill capabilities of the players.
2. Approving the profiles that the researcher reached in the objective evaluation process for the athletic talent centers and directing them towards the volleyball game that suits the physical and skill capabilities of the players.
3. Approving the results of the researcher by the sports talent centers for volleyball, especially in the evaluation process in selecting the players who are qualified to play volleyball.
4. Taking into account the addition of other capabilities (physical, mental, functional, and motor measurements) in the process of evaluating players in sports talent centers in volleyball

5. Re-conduct such research every four years due to the change in the levels of players and the emergence of new sports talents, which can be embraced and directed in a manner that suits their physical and skill capabilities.

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