



USING EXERCISES (PHYSICAL, SKILL) TO DEVELOP AGILITY AND THE SKILL OF DEFENDING THE FIELD WITH VOLLEYBALL

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Abstract

The research aimed to identify the impact of physical exercise skills on developing agility and the skill of defending the field with volleyball, and the researchers assumed that there are statistically significant differences between the pre- and post-tests in agility and the skill of defending the field with volleyball. The experimental approach was used to suit the nature of the research and its objectives. The research sample represented the players of the Volleyball Club for the sports season (2024-2025), and the researchers concluded that the prepared exercises had a positive impact on the development of agility and the skill of defending the field, and the researchers recommend adopting exercises (physical - skill) because of their practical impact on the players of the research sample.

Keywords: physical, skill, skill of defending, volleyball

Introduction

The tremendous development in the level of technical performance of various volleyball skills may require a full study and a broad understanding and requires the presence of high physical and skill specifications that players must perform skills with and in all circumstances surrounding performance, and volleyball is one of the sports that are characterized by a fast pace, so every player must be good at playing in all positions, whether in defense or attack, each player must contribute to the defense process, as well as in the attack with the team members, and thus must The volleyball player is a good preparation in terms of mastering all the basic skills of volleyball, which enables him to move on the field according to what is required for situations during play, whether defensive or offensive, and for the purpose of bringing the player to the highest levels of sports, he must be prepared comprehensively and in all respects, according to his qualifications, specifications, abilities and readiness in line with his specialization, and in order to achieve the training process and its objectives, attention must be paid to the components or contents of training for the effectiveness Physical preparation, skill preparation, tactical preparation and psychological preparation (Good luck Asaad Mahmoud Al-Hiti, 2011), and the game of volleyball is one of the most exciting and interesting games, and this great interest is due to the nature of the game, and the multiplicity of its skills and the integration and interdependence of its physical and skill aspects, and on the basis of this balance that this game has as it is common among people and enjoyable for peoples, those interested in it from coaches, educators and academics in continuous research and diligent pursuit to upgrade it for the better, so that the compound exercises are important exercises that develop the physical, skill and psychological aspects of the player Volleyball, being similar to the player's duty in the conditions of competitions and combining more than one skill in one exercise, it is performed in the stages of special preparation and competitions, as well as its diversity, which helps to increase the elements of desire and suspense when practiced, and to integrate skill performance and upgrade the tactical understanding of the players, and its impact is effective and complete compared to other means of training,



thus maintaining good coherence between the components of training and its development, and the skill of defending the field is one of the skills of high difficulty because it is adopted at the level of This skill depends on strength, speed, agility, speed of motor response and the ability to focus, as well as courage and boldness in saving balls far from the field, and this is with the availability of elements of high physical fitness and composite capabilities for the purpose of implementing the skill accurately, especially in variable direction balls, as well as requiring slides, dives or side rolls (Juma Awad, Ali Mikhlif, 2022).

Hence, the importance of research into the possibility of using physical exercises appropriate to the level of players to develop agility and the skill of defending the field with volleyball.

Problem statement:

The game of volleyball has been subject to scientific foundations and principles for a long time, hence the significant development in the preparation of players, whether related to physical, skill, psychological or mental preparation, and the elements of team preparation must be integrated and work together in one line to achieve its goal, the importance of compound exercises to move in all areas of the area of the field, and the speed and intensity of these movements, in all performance conditions and situations that players are exposed to during the match Changing and unfixed situations because of their association With the movements of play, and through the work of researchers in the field of training and teaching of basic skills in volleyball, they noticed a decline in the skill of defending the field with volleyball, and the problem of the study is that despite the ability of the players to apply physical performance and skill, so the researchers decided to study this problem through the use of physical exercises skill to develop the variables of the study and improve the training process for the better.

Objective of the study

- Identify the effect of physical exercises on developing agility and the skill of defending the field with volleyball.

Study hypothesis

- There are statistically significant differences between the pre- and post-tests in agility and the skill of defending the court with volleyball.

Material methods

Study Design

The researchers used the experimental method to suit the nature and objectives of the research (Ali et al., 2024; Ali & Hamid, 2021; Y. A. Khalaf et al., 2025).

Participants

The research sample represented the 12 players of Al-Sumud Volleyball Club for the sports season (2024-2025), one of the premier volleyball clubs. The sample was deliberately selected from the research community.

Tools and devices used, Means of collecting information

1 Used device

- Electronic computer type (HP).
- 4 stopwatches.

2 Used tools

- Volleyball court.
- Number of balls (15).
- Tape measure.
- Colored adhesive tape.

3 Means of collecting information

- Sources and references.



- Observation.
- Tests and measurements.

Determine the variables of the study

- The researchers identified the dependent search variables represented.
- Independent research variables (skill physical exercises).
- Dependent search variables (pitch defense skill test).

Tests used

The first test: the Japanese test (9 PM - 3 m - 6 m - 3 m - 9 m) (Mohamed Hassanein and Hamdi Abdel Moneim, 1997).

Second test: Dive front dive test. (Khalil Ibrahim Al-Hadithi and Juma Mohammed Awad, 2011)

The third test is the test of recovering the ball from the net.

Fourth test: Rolling.

Exploratory experiment

The exploration experiment was conducted on 6 six players from the research sample on Sunday, corresponding to (3/11/2024) at three o'clock in the afternoon at the indoor sports hall in Ramadi to ensure the suitability of the prepared exercises and skill tests, and to provide some matters related to time, measurements and the assistant team.

Field Research Tools:

Cardiac tests

The pre-tests were conducted on the members of the research sample on Thursday (7/11/2024) at three in the afternoon at the indoor sports hall in Ramadi, with the help of the assistant work team.

Main search experience

The main search experiment was applied on Sunday, 10/11/2024 at three in the afternoon on the closed sports hall in Ramadi, as the application lasted (10) weeks and by (3) training units per week and for days (Sunday, Tuesday, and Thursday), in which physical exercises were applied skillfully and in (15) the first minute of the used part of the main section of the training unit, and these exercises were repeated several times for the purpose of affecting and stabilizing the movement of players, and the search experiment ended on Thursday, 9/1/2025.

Post-tests

The post-tests were conducted on Sunday, 12/1/2025, under conditions similar to those of the tribal tests in terms of time, place, and assistant team.

Statistical Methods

The researchers used the Social Science Statistical Package (SPSS) software to analyze the quantitative data collected, ensuring the accuracy and reliability of the results(H. H. Khalaf et al., 2024; Mohammed Hammood et al., 2025; Omar et al., 2025).

Results

Table 1 shows the arithmetic means, standard deviations, values of (T) and their significance between pre- and post-tests

audition ns	Unit of measure ment	Pre-test		Post-Test		Tea ms of the medi a	Standa rd deviati on differe nce	Calcula ted value (T)	Tabul ar value (T)	Significa nce
		Arithm etic mean	Standa rd deviati on	Arithm etic mean	Standa rd deviati on					



Agility	second	8.5	0.797	7.833	0.577	0.66 6	0.887	2.664	2.201	Moral
Defending the field	degree	19.5	2.430	20.25	1.912	0.83 3	1.114	2.509		Moral

IN FRONT OF A DEGREE OF FREEDOM (11) AND BELOW THE LEVEL OF SIGNIFICANCE (0.05)

Table 1 shows that the calculated values of (T) between the results of the pre- and post-tests of the research variables were greater than the tabular value. The results of the above table, especially the results of the pre- and post-tests for the two research groups, showed statistically significant differences in favor of the post-test.

Discussion

Through the results of the above table, for the pre- and post-tests of the two research groups, it was found that there are statistically significant differences. In favor of the post-test, this indicates the positive impact of the skill-skill exercises prepared by researchers to solve the problem and achieve the objectives of the study, as defined by (Qasim Hassan Hussein, 1998) Special agility as: "The ability to master complex compatibility movements, speed in learning and developing motor performance, and the use of performance art according to the requirements of the situation that changes quickly and accurately and the ability to re- Most sports training scientists agree that agility means "the ability of an individual to change the positions of his body or quickly change direction, whether it is the whole body or parts of it, whether it is on the ground or in the air" Adel Abdel Basir, 1999).

The researchers believe: The agility in the volleyball game is very important, as this game requires quick responses by changing the direction of the player by advancing and returning in the case of defense, and requires speed in changing the direction of movement in the case of attack or defense, and needs to develop agility in the players in order to obtain a continuous performance and well, the position of the body in the skill sections is no different from the field from below, but here is to take a wide step to the side that the ball ignores Access to The ball to defend by taking a wide step to the side that the ball ignores Trying to reach the ball to defend the field with two hands or one hand through the front fall Diving (flying), and agility plays an essential role in the process of defending the field and this is done by moving quickly towards the ball by taking a big step forward and then doing the flight process to save the ball with one of the arms or arms, and after hitting the ball, the body arches high and then rides the ground with the arms, and then skates on The chest and then the abdomen and thighs with the arms pulled behind high and with the legs bent and rise together as soon as possible, as the researchers believe that one of the reasons for the modest level of the sample members in the skills of deep defense of the stadium, is the lack of training on those skills and not a deficiency in the training curricula or coaches, but the availability of basic material supplies, such as: sports halls covered with industrial materials and others, which pushes players to stay away from such movements, because they are characterized by a great degree of danger, which Leads to a low level of performance of these skills, and confirms (Hussein Sobhan, and Tariq Hassan, 2011) that there is a prerequisite when training players for defensive work, which is that the defensive training is carried out for conditions similar to the situations and situations of play in competitions, and this can only be achieved by the availability of material supplies from stadiums and others, because the skill of defending the stadium is performed by falling and rolling to the side or in front or flying gives an interesting picture to the viewer, as it shows the strength of the team and the degree of cohesion in the field of defending the field with a game of ball The plane, has confirmed (Najla Abbas Nassif, 2012): "The skill of defending the field requires a high level of muscular strength of the legs, agility, the ability to react and focus for a long time and the courage to use all parts of the body to save distant balls, because any mistake



in moving to save the crushing falling ball will lead to losing a point and the inability to build a counter-offensive plan."

Conclusion

- The exercises prepared had a positive impact on the development of agility and the skill of defending the field with volleyball.
- There was an improvement in the post-tests from the pre-tests of the research sample members in the variables studied.

Recommendations

- The researchers recommend adopting exercises (physical skills) because of their practical effect on the players of the research sample.
- Conducting studies on other variables for different age groups and both sexes.

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