

## THE INFLUENCE OF AN EDUCATIONAL PROGRAM ACCORDING TO THE STRATEGY OF PRACTICAL PRESENTATIONS ON THE KINETIC BALANCE AND THE PRECISION OF THE SKILL OF DEFENDING THE COURT OF VOLLEYBALL FOR STUDENTS

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### Abstract

The purpose of this paper is to identify the influence of an educational program according to the strategy of practical presentations on the kinetic balance and the precision of the skill of defending the court of volleyball for students. The researchers used the experimental program by designing the two equal groups to apply the vocabulary of the educational program according to the practical presentations strategy, and the research community was determined to apply the practical presentations strategy to students of the third stage, for the year 2020-2021, which numbered (32) students, and the sample was divided equally into two groups. The two researchers reached good results, as the group that used the educational program according to the practical presentations strategy outperformed the group that used the teacher's exercises in kinetic balance and defense skill in the final tests.

**Keywords:** Educational program. Practical presentations strategy. Kinetic balance. Defending the playing court

### VENTAJA LOCAL EN LAS LIGAS DE FÚTBOL SALA EUROPEAS

### Resumen

Las variables situacionales-ambientales y el efecto de jugar en casa la "ventaja de campo local" pueden influir en el marcador final porque se considera que afecta la mentalidad psicológica de los jugadores. El objetivo es estudiar esas variables de situación ambiental estableciendo si existe alguna relación entre ellas y la puntuación final.

Estudio cuantitativo, descriptivo, comparativo de las mejores ligas europeas de fútbol sala: español, italiano y ruso, durante la temporada 2014-2015. La muestra asciende a 41 equipos, 626 partidos y 4716 goles.

Jugar como equipo local aumenta el 17.73% de las posibilidades de ganar un juego, con una probabilidad 51.27% mayor que como visitante. Se han encontrado diferencias significativas entre jugar como local o visitante en la liga rusa e italiana. Marcar el primer gol como local da un 66.9% más de posibilidades de ganar un juego, 17,3% más que hacerlo como visitante. Esto proporciona diferencias significativas entre las ligas española y rusa. Cuando el equipo local llega al medio tiempo con una ventaja en el marcador, el 76.73% de los partidos terminan en una victoria; 7.67% más que como visitante y si el marcador parcial no está perdiendo posibilidades de ganar un aumento local al 88.36%, 9.06% más que como equipo visitante.

**Palabras clave:** fútbol sala. Gol. Variables situacionales. Ventaja de campo local

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### Foreword

Scientific development included the emergence of ideas and strategies that tend to make the learner take the largest role in the learning process, while the teacher plays his role in guidance and direction and giving the student the opportunity and sufficient time to use various strategies to learn the scientific material that he faces. With the problem, he faces, identifying it and finding appropriate solutions to it according to his own thinking and opinions, and this is why the attention of specialists in teaching various skills in different sports such as volleyball is directed to the use of unconventional strategies in the educational unit. Volleyball is one of the team sports that has taken a distinguished position in terms of its practice and spread in the countries of the world, and the game is distinguished by its inclusion of much basic offensive and defensive skills, which are among the strong pillars upon which the game is built, and that the learner's access to success depends on mastering his skill performance, and it is a skill defending the court is one of the important defensive skills in volleyball, as it is the key to obtaining points for the team in the event of mastery after learning and familiarity with the types and methods of their performance in theory and practice, and the problems that accompany this performance, which usually takes the longest time in the lesson plan or requires the learner a lot of effort and thinking.

### Trouble

Those in charge of the educational process were keen on the positive interaction between students and the teacher, as well as reforming or modifying their behavior during various educational situations. They also stressed the renewal in the methods and methods used in teaching or teaching. While the researchers monitored the performance of students in the developmental units for volleyball, they noted that many of them suffer from problems that accompany the process of learning the skill of defending the court in volleyball, and among these problems is not taking the correct stance before performing the skills, in addition to that not taking the appropriate position when implementing the skill, which negatively affects their skill performance, and therefore the researchers resorted to delving into this experience through the use of an educational program according to the strategy of practical presentations, which includes the preparation of developmental exercises, which will develop the kinetic balance and the precision of the skill of defending

the court in volleyball.

### Objective

- Identify the influence of an educational program according to the strategy of practical presentations on the kinetic balance and the precision of the skill of defending the court of volleyball for students

### Assumption

That there is an influence of an educational program according to the strategy of practical presentations on the kinetic balance and the precision of the skill of defending the court of volleyball for students.

### Domain

- Human : Students of the third stage of the College of Physical Education and Sports Sciences / Babylon University
- Time : (3/8/2020) to (2/11/2021)
- Locative: The closed hall of the college.

### Research Methodology

The researchers used the experimental program, and by designing the method of two equal groups with two tests, the first and the final

### Research community and sample

The research community was identified with students of the third stage of the College, and their number was (32) students, and they were divided into two groups equally.

### Means of data aggregate

- Tests.
- Forms for recording the results.
- Volleyball balls (10) of a type (Molten).

**Table 1:** Shows the results of the control group.

Variables	Measuring U.	First-test		Final-test		T	level sig	type sig
		Mean	standard dev.	Mean	standard dev.			
kinetic balance	Degree	5.31	0.94	6.62	0.80	4.39	0.001	sig
Precision of the skill of defending the court	Degree	11.864	2.812	18.684	2.562	5.234	0.001	sig

**Table 2:** Shows the results of the empirical group.

Variables	Measuring U.	First-test		Final-test		T	level sig	type sig
		Mean	standard dev.	Mean	standard dev.			
kinetic balance	Degree	5.37	0.95	7.68	0.87	6.38	0.000	sig
Precision of the skill of defending the court	Degree	12.457	1.436	15.259	2.954	2.657	0.038	sig

**Table 3:** Shows the results of the final-test.

Variables	Measuring U.	Control		Empirical		T	level sig	type sig
		Mean	standard dev.	Mean	standard dev.			
kinetic balance	Degree	6.62	0.80	7.68	0.87	3.57	0.001	sig
Precision of the skill of defending the court	Degree	15.259	2.954	18.684	2.562	5.135	0.001	sig

### Field research procedures

#### Tests and measurements used in the research

##### Tests of kinetic balance (Hassanein. 2003)

##### Test the precision of the court defense skill test) Abd Zaid and et al. 2015(

Main Experiment Procedures:

##### First tests

The tests for the study variables were carried out on (6/8/2020).

##### Preparing and applying for the educational program according to the practical presentations strategy

The program was prepared according to the following:

- The educational program falls within the second semester.
- The educational program is designed to develop balance and precision in defending the court.
- The program application period (8) educational units.
- The time of the main part ranges between (50-60 minutes), at a rate of (20-25) educational aspects, (30-35).
- The program included the presentation (forms, videos, pictures) of the skill of defending the court in volleyball.
- The practical side included exercises (educational situations) for the knowledge of the skill of defending the court in volleyball, as well as exercises focusing on kinetic balance.

##### Final tests

Conducted on (28/10/2020).

**Statistical methods:** use (SPSS).

##### Results and discussion

##### The results of the first and final tests of the control and empirical groups for the variables under study:

Through what was presented in Table (1 and 2), we note that there are significant differences in the initial and final tests for the two groups, and the researchers attribute this to the educational methods and methods that were applied to the members of the control sample.

While the reason for the development of the empirical group was due, according to what the researchers suggest, to the educational program that was applied according to the strategy of practical presentations, as the program contained various positions and exercises and aimed in a focused and direct way on developing the defense of the stadium in terms of precision and correct performance, as well as the kinetic balance that contributes significantly in developing this skill, and that the interaction of the Empirical

group with the educational program of the practical presentations strategy was reflected in the development of the research variables, as there was a clear role for the students in solving the problems they faced regarding this skill, and this is what (Al-Khurasat. 2013) confirmed that the presentations strategy The process is characterized by "breaking the deadlock of learning between the teacher and the learner, and opening avenues of communication in various educational and cultural forms."

The results of Table (3) showed the superiority of the empirical group over the control group, and it can be said that this is due to the correct planning of the vocabulary of the educational program and its implementation with the number of actual educational hours and its balance between presentation and application during the lesson effectively contributed to that development, as confirmed (Mahmoud Daoud Al-Rubaie and Saeed Saleh Hamad Amin) "that the effectiveness of the teaching method is through "the planning and orderly arrangement for it, where the teacher has to prepare and plan in advance for scientific activities, how to use them and the requirements for their implementation."

The researchers also focused on the aspect of precision, with the presence of the same kinetic direction of the skill that is performed during the competition, as it had a positive and important impact on the development of the skill of defending Court in terms of precision, as it helped the students to control and control the direction of the ball's path to different court places, and this was confirmed by (Farag. 1990) when he pointed out that "the precision of the balls and their correct direction must be taken care of first before paying attention to their strength" (3).

### Conclusion

The educational program according to the practical presentations strategy prepared by the researchers contributed significantly to improving the students' kinetic balance.

- The superiority of the group that used the educational program according to the strategy of practical presentations in the group that used the teacher's exercises in kinetic balance and defense skill in the final tests.

### Recommendation

- The necessity of using the educational program according to the strategy of practical presentations in developing other motor abilities.
- Conducting other studies on various activities and on other age groups.

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