



## The Impact of Quality Exercises in the Development of Compatibility and Motor Elasticity and Learning the Skill of Preparing for Students in Volleyball

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### Abstract

The importance of research lies in the set of quality exercises, their knowledge of compatibility, motor elasticity, and learning the skill of preparing volleyball for students.

The problem of research: it was centered on the fact that most students are slow to learn motor skills, especially in the skill of set, because they are skills that require dynamic compatibility and high flexibility and lead in multiple forms while, and they need a great deal of time to learn and master this skill correctly in terms of ringing, cruise and proper timing, researchers believe that the reason for this is that teachers are less likely to use a variety of exercises and limit them to a specific type of exercise, which makes learning the skill of the set need a great deal of time.

#### The Objective of Research

- Prepare quality exercises in the development of compatibility and motor elasticity and learn the skills of volleyball set for students.
- Identification of the impact of specific exercises in the development of compatibility and mobility flexibility for students.
- Identify the impact of specific exercises in learning the skills of volleyball set for students.

#### Research Hypothesis

- There is an impact of quality exercise in the development of compatibility and mobility flexibility for students.
- There is an impact of specific exercise in learning the skills of volleyball set for students.

As for research methodology and field procedures, researchers used the experimental approach to solve the research problem, and the research community was identified by the second-stage students of the Faculty of Physical Education and Sports Sciences/University of Kufa, and distributed to two groups (experimental and female officers) in the simple random manner (The draw).

The most important conclusions and recommendations are as follows:

- Specific exercises have helped to develop the kinetic compatibility of the men and the arms of the experimental group.
- Specific exercises have helped to develop mobility flexibility.
- Specific exercises have helped to learn the technical performance of the volleyball set skill of the pilot group.

**Keywords:** *Quality exercises, Motor elasticity and learning.*

### Introduction

The development of the artistic level of sports and sporting events in general at present is not a coincidence but a result of the follow-up by interested, specialized and researchers in the continuous development of the educational process in order to improve the

quality of performance and achieve results, and education is fat and sports are important areas in the development of skilled performance, the physical and professional set of learners and their assistance in communicating with society and the world,

and the educational unit is the basic foundation of the mathematical education curriculum, helping learners to acquire basic motor skills and develop their performance. Of the activist and provides him with educational experience for the exercise of sporting activities through various educational methods, which is one of the ingredients in which any educational curriculum in physical and sporting education is required, and the teacher has a duty to be fully conversant in its organization and the rules necessary for its exercise.

The teacher must consider the educational curriculum that he or she wants to use or introduce into the educational unit, because the educational material (motor skill), the specific goals and the characteristics of the learners determine the appropriate and effective approach to the success of the educational process achieved through interaction between teacher, learner and educational process the more successful the teacher is in choosing the optimal learning method, the better the learning process and the positive results, and the quality of the educational exercises taking into account the needs and requirements of all learners when designing the unit Education, materials and objectives, and during these exercises, the teacher tries to avoid all the obstacles that prevent any learner from learning effectively while maintaining the high level of educational curriculum requirements [1].

A more interesting and sophisticated sport is the volleyball, which is one of the most widely spread games in various countries around the world, featuring several offensive and defensive skills as prerequisites for optimum performance, which should be the most important for the pain Learning, mastery and knowledge of all its artistic and practical aspects, and the use of such qualitative educational exercises, does not disrupt or diminish the role of the teacher in the educational process, but works to create a state of mixing of all that is new in the process of motor learning and to encourage learners to learn from For excitement and thrill, apply the new thing that differs from the method followed in the educational process [2].

Through the experience of researchers and their presence in the educational process, they noticed that a large number of students (learners) in the second stage are slow to

learn motor skills, especially in set skills, because they are skills that require dynamic compatibility, high elasticity, and multiple forms. During the game, they need a great deal of time to learn and master this skill correctly in terms of accuracy, fluidity and timeliness, and researchers believe that this is because teachers are less used for various exercises and limited to a specific type of exercise, which makes learning skills. The numbers need a great deal of time, so researchers have considered the set of quality exercises and the goal of trying to learn the skill of volleyball set quickly, as well as developing the most important motor skill capabilities to be able to perform in an integrated manner, so researchers wanted to go into this experiment [3].

One of the important skills that you learn for a great deal of time is the skill of set because it is an important skill and consists of artistic stages through which an educated person is able to perform with formulas and images adapted to his or her own abilities and which distinguishes him from other peers.

This skill is a skill that helps the free The games are decided, as good numbers contribute to the success of the most difficult skill, which is crushing, and the success of the crushing skill of beating will lead to the team's success by getting points and winning the game, hence the importance of searching for quality exercises to learn the skills of set as well as developing the flexibility and the Kinetic compatibility [4].

### **Research methodology:**

The researchers followed the experimental approach as it suited the nature of the research problem, and also opted for the design of the two equal groups (experimental and female), which have pretest and posttests.

### **Community and Sample Search**

The research community of the (74) students of the Faculty of Physical Education and Sports Sciences/University of Kufa, which has a membership of two groups (B) and (C), is the basis for the availability of research requirements and the researchers have excluded a group of students who represent the following:

- Students who fail and number (6).
- Postponed students (2).

- Practicing students and their number (4).

The total number of research community (62) has thus become a student, and, in this light, researchers have opted for the key research sample of (32) students divided into two female officers and pilots (16) per group,

selected and divided in the simple random manner (Draw), as Division (B) The experimental group, Division (C), the officer group, so that the percentage of the research sample becomes the amount (51.61%). From the original search community, as shown in Table (1).

**Table 1: Shows the community, the selected research sample and the percentage**

Original research Community	Variables	N	Research community	Sample Survey Experience	Research sample	Percentage of the research community
74	Students who fail	6	62	10	32	51.61%
	Deferred students	2				
	Students practicing volleyball game (players)	4				

### Sample Homogeneity and Equivalence of the two Research Groups

#### Sample Homogeneity

In order to adjust the variables that affect the accuracy of the search results, researchers have resorted to checking the homogeneity of the search sample that

relates to morphological measurements (length, body mass, temporal age), as researchers used the convolution coefficient before embarking on the application of the main experiment to the two search groups (Control and Experimental) as shown in Table (2).

**Table 2: Shows the homogeneity of the search sample**

Variables	Unit measurements	Mean	Median	STD.EV.	Skewness	Result
Tall	Cm	173.75	174	1.879	0.826	Homogeneous
Weight	Kg	73.812	74	2.286	0.11	Homogeneous
Age	Year	19.5	19.5	0.516	0.00	Homogeneous

By Table results (2) the convolution coefficient values are smaller than (1 ±) indicating the homogeneity of the search sample in the variables (length, body mass and age).

#### Equal two search groups

Prior to the implementation of the specific exercises, the researchers sought to ascertain the equivalence of the two research groups in

the variables relating to the kinetic and skill tests (compatibility, motor elasticity, technical performance of volleyball set skills), as shown in Table (3).

**Table 3: Shows the equality of the two research groups in kinetic and skill tests (compatibility, motor elasticity, volleyball set skills)**

Variables	Unit measurements	Control group		Experimental group		(t)calculated	Significance	Type of significant
		Mean	STD.E V.	Mean	STD.E V.			
Motor elasticity	Cm	57.68	2.65	57.62	3.20	0.06	0.952	Non sig.
The harmony between the eyes and the legs	Sec.	10.19	0.63	10.17	0.26	0.10	0.914	Non sig.
Eye-arm harmony	Grade	9.25	0.93	9.18	0.75	0.20	0.836	Non sig.
Technical performance of volleyball set skills	Grade	4.27	0.44	4.29	0.31	0.15	0.880	Non sig.

By Table (3) we find that the value of the test significance level (SIG) is the largest value of the significance level (0.05), and for all variables in question, so the test connotation is non-significant.

Means, Tools and Devices used in Research

- Arab and foreign sources and references.
- Personal interviews.
- Observation.
- Testing and measurement.
- The volleyball court is legal.
- Legal Volleyball Number (15) type (Mikasa).
- Duct tape Colored number 4.
- Measuring Bar (20 m).
- Colored plastic Cones number (10).
- Episodes in Qatar (50 cm) (8).
- Sports hour timer number (2).
- Whistle Number (2).
- Wooden pallet number (1).
- Office Tools (papers and pens).
- Canon camera Number (2) with backup.
- Laptop Type calculator (Lenovo) number (1).
- CD number (5).
- Ruler with a length of (30) cm number (1).
- An electronic device for measuring the length and weight of China-made.

### Procedures of Field Research

#### Select of Research Variables

The search variables are defined to fit the search problem:

**First, Motor Capabilities**, which include the following:

- Kinetic harmony.
- Motor elasticity.

**Second, the Skill of Volleyball set** which includes:

- Learn the artistic performance of the volleyball set skill.

#### Select Variables Tests

After looking at several sources, scientific references and similar studies, in addition to the personal interviews of some experts and specialists in the field of motor and volleyball learning, tests have been defined to measure the research variables, which can measure and express their measurement of kinetic abilities and skill.

#### Kinetic Capability Tests

##### Test the Bend of the Trunk Behind from the Lie [5]

##### The Purpose of the Test

To measure the rear elasticity of the spine.

##### Tools

Court, tape gauge, yard, assistant.

##### Performance Description

From Lay down. The arms behind the back with the lower end fastened by a colleague the lab is slowly bending the trunk back to the maximum extent it can and stability for two seconds. The distance from the bottom of the chin to the ground level is measured by a measurement bar so that the tape is in vertical position on the ground and in front of the laboratory head while measuring zero in touch with the Earth.

##### Registration

Each laboratory has two attempts to record their best attempt, as illustrated in Figure (1).



Figure 1: The stem bending test shows a successor to measure the rear elasticity of the spine

## Testing of Numbered Circles [6]

### The Purpose of the Test

To measure the kinetic compatibility between the eye and the two men.

### Tools

A Stop clock, drawing on the floor (8) circles, each with a diameter of (60 Cm) and the number of circuits (1 to 8) as in the Figure (2).

## Performance Description

The student is a laboratory within the circle (1) and when the starting signal is heard, it will jump depending on the circle (2) and then (3)... Until the end of the circle (8) and have the two men jump together.

### Registration

The time taken by the laboratory student to move on the eight circuits per second, as illustrated in Figure (2).



Figure 2: shows the test of numbered circles to measure the compatibility between the eye and the legs

## Test Throw and Receive the Ball on the Wall [7]

### The purpose of the test

To measure the kinetic compatibility between the eye and the arm.

### Tools

Tennis ball, wall, draw line 5 m from wall.

### Performance Description

The laboratory stands in front of the wall and behind the line on the ground where the test is conducted according to the following sequence:

- The tennis ball was thrown five times in a row by the right hand and the laboratory

received the ball after it had bounced from the wall with the same hand.

- The tennis ball was thrown five times in the left hand and the laboratory received the ball after it had bounced from the wall with the same hand.
- The tennis ball has been thrown five times in the right hand and is received by the laboratory after it has bounced from the wall with the left hand.

### Registration

Each correct attempt is calculated at the level of the laboratory and the final score of 15 degrees. As shown in Figure (3).



Figure 3: The ball throw and receiver test shows the wall to measure the eye-arm harmony



## Test the Technical Performance of Volleyball set Skills

### The Objective of the Test

To evaluate the technical performance (technique) of set skills through the three sections of the skill (preparatory, President, closing).

### Tools

Legal volleyball stadium, volleyball number (3) Pre-prepared calendar form.

### Performance Method

The tester performs the set skill in the area specified for the setting, i.e. from the Center (3) trying to perform the set skill correctly and for three attempts, provided that the ball

and the player's body does not touch the grid, or passes the competitor's playground, as shown in Figure (3) below.

### Registration

Three rectifier asses The three attempts of each lab player and is given three grades for each of the rectifier, with the final assessment rate for each attempt (10), divided by the three skill sections, (3) degrees for the preparatory section, (5) degrees for the head section, and (2) degree for the section ,after which the best score is chosen for each of the rectifier, and by extracting the arithmetic medium for the best three degrees, the final score is extracted for each lab player and as shown in Figure (4).

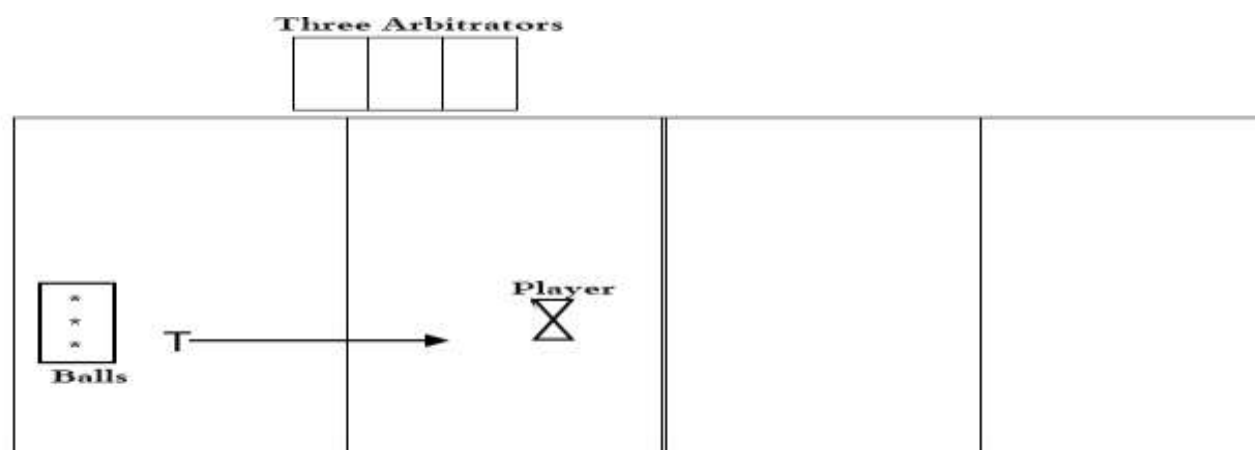


Figure 4: Describes the technical performance assessment of the volleyball set skills

### Pilot Study

The researchers conducted an exploratory test of the tests (compatibility, motor elasticity, and technical performance of volleyball set) on a sample of the original research community, from outside the research sample and with 10 students in the second phase, faculty of Physical Education and Sports Sciences/University of Kufa and with the help The Assistant Working Group on Sunday, 11/3/2018, where the exploratory experiment aims to:

- Verify the suitability and ease of application of the tests for the sample personnel.
- Verification of the suitability of the devices and instruments used in the search.
- Identification of the time required to carry out the tests.
- Verifying the understanding and efficiency of the Assistant Working Group in

conducting measurements and tests and recording the results.

- Recognition of the time and frequency of exercises.
- Identify the impediments that may arise and avoid errors and overlaps in the work.
- To find the scientific weight of the tests by finding the scientific transactions of the tests used.

### Main Experience Procedures

#### Pretest Tests

The researchers carried out pretest tests on the research community of the two sets of study variables (the technical performance of the set skill, flexibility and kinetic compatibility) on Tuesday, 20/3/2018, at 10 a.m. in the closed inner hall of the college. Physical Education and Sports Sciences/University of Kufa, researchers have used the canon to photograph the artistic performance of volleyball set and

record it manually via (CD) for presentation to the for analysis and recording of the results of their evaluation of the technical performance through the evaluation form Prepared for it beforehand.

### Implementation of Specific Exercises

Researchers have developed and organized quality exercises based on the personal experience of researchers, and have started to apply the specific exercises to the experimental group, dated 22/3/2018 and up to 19/4/2018. The learner's specific exercises helped to upgrade his skills and mobility, as these exercises were suited to the age and characteristics of students in terms of their past abilities and experience.

### The Details of the Specific Exercises are as Follows

The specific exercises were carried out starting on Sunday 25/3/2017 and as follows:

- The duration of the specific exercises is 4 weeks.
- The number of educational units per week is two educational units on Sundays and Tuesdays per week.
- Number of total educational units (8).

- Educational unit time is 90 minutes.
- Time of the main section of the Education Unit (60) minutes.
- Researchers have taken into account the quality of the exercise:
  - A. Diversity of specific exercises to prevent boredom and boredom that may infect the members of the experimental group.
  - B. Gradualism is easy and difficult to implement in specific exercises.
- 1. The implementation of the specific exercises was completed on 22/4/2018.

### Posttests

After the completion of the specific exercises, the following tests were performed on the two trial and experimental groups, on Sunday (22/4/2018), as the researchers took into account the same circumstances in which the pretest tests were conducted in terms of the sequence of tests.

### Results and Discussions

#### View the Results of the Pretest and Subtests of the Control Group for Compatibility, Kinetic Elasticity, and Technical Performance of the Volleyball set Skill

**Table 4: Shows the arithmetic circles, the standard deviations and the calculated value (s) of the associated samples, the level of the test significance and the morale of the difference for the pretest and other tests of the control group for compatibility, kinetic flexibility and technical performance of volleyball set skills**

Variables	Unit measurements	Pretest		Posttest		(t)calculated	Significance	Type of significant
		Mean	STD.EV.	Mean	STD.EV.			
The harmony between the eyes and the legs	Sec.	10.19	0.63	9.60	0.50	3.08	0.008	Sig.
Eye-arm harmony	Grade	9.25	0.93	11.25	0.77	6.07	0.000	Sig.
Motor elasticity	Cm	57.68	2.65	60.50	2.16	4.92	0.000	Sig.
Technical performance of volleyball set skills	Grade	4.27	0.44	6.64	0.46	14.78	0.000	Sig.

**Table 5: Shows the arithmetic circles, the standard deviations and the calculated value (t) of the associated samples and the level of the test significance and the morale of the difference for the pretest and other tests of the experimental group for compatibility, kinetic flexibility and technical performance of volleyball set skills**

Variables	Unit measurements	Pretest		Posttest		(t)calculated	Significance	Type of significant
		Mean	STD.EV.	Mean	STD.EV.			
The harmony between the eyes and the legs	Sec.	10.17	0.26	8.86	0.45	9.92	0.000	Sig.
Eye-arm harmony	Grade	9.18	0.75	13.06	0.57	17.51	0.001	Sig.
Motor elasticity	Cm	57.62	3.20	62.37	1.20	5.38	0.001	Sig.
Technical performance of volleyball set skills	Grade	4.29	0.31	7.81	0.27	38.63	0.002	Sig.

### **Discuss the Results of the Pretest and Posttests of the two Groups, which are for Compatibility, Kinetic Flexibility and the Artistic Performance of the Volleyball Set Skills**

The results presented in Tables (4) and (5) of the middle values of arithmetic, standard deviations and computed (t) values for Kinetic capability tests (compatibility, kinetic elasticity) showed the existence of moral differences for pretest and pre-test groups for the trial and experimental groups in favor of the tests. After all, the researchers attribute the reason for these differences to the group of officers to the exercises that were used by the material teacher, as he used exercises in multiple ways and methods, as well as the use of general and special physical exercise at the beginning of the preparatory section and the jogging and speed movements contained in these exercises And jumped, as these exercises together contribute to the development of physical and motor capabilities.

As for the moral differences between the two tables for the members of the experimental group in compatibility and motor elasticity, the researchers attribute them to the application of the specific exercises they have prepared, as these exercises focused on the fact that the sample members performed complex and varied movements aimed at changing the body's position on the ground Or in the air, and also the researchers have used the tools to help perform educational attitudes which are (especially, loops, stairs, rug) and that, as used during physical and skill performance, these tools will contribute to the development of physical and motor capabilities, as "assistive devices and tools are working to improve and apply The learning process when learning and training of learners in sports skills, with positive effects on their contribution to the learning and training processes in the least time and effort to contribute to the integration of the education and Training Unit to implement the curriculum designed to raise the level of the learner, tactical, physical and cognitive "[8].

The effectiveness of the specific exercises applied by researchers in the educational units was aimed at improving and upgrading motor capabilities (compatibility and motor elasticity) and the skilled performance of the set and self-fulfillment of learners and giving

them the satisfaction of their overall performance, since it "when implementing The quality exercise effectively the overall performance of the learners improves considerably and thus enables them to gain the added benefit of developing a new learning about how to learn skills "[9]. The results of Tables (4) and (5) of the middle values of arithmetic, standard deviations and (t) values calculated in the posttest tests of the technical performance of volleyball set also showed the existence of moral differences between the pretest and the pre-tests and the benefit of the posttest tests in both groups Officer and pilot, researchers see the reason why the technical performance of the members of the group has evolved due to the repetition of the material teacher exercises performed by students in educational units and the regularity of the education process, and that the repetition leads to the institutionalization of the learner's mobility programmer and broaden its understanding and concepts in order to understand and articulate the skill that "redundancy of any work will reduce the ratios of error and increase the learning ratios as well as result in the rapid withdrawal of information from memory so that the learner gives many attempts during the initiation of learning"[10].

As for the moral differences shown by the two tables for the members of the experimental group, the researchers attribute it to the application of the specific exercises developed by the researchers, which are required for the technical performance of the set skills, focusing on the easy progression of the manifold, the variation, the diversification of the specific exercises and the use Educational tools as well as giving them feedback, and also include performing individual, conjugal and group exercises, as well as educational and competitive competitions, and that the regularity and continuity of the educational units by AFRA experimental Search group and their practice of quality exercise Taking advantage of the time invested in the technical performance of the set skills has effectively contributed to the acceleration of skill learning, as increasing the actual time of skilled performance leads to a greater understanding and absorption of the movements, and this situation gives consistency, consolidation and absorption, thus increasing the experience of these Students in performing the skills, the



curriculum must include the required iterations because "the skill can only be performed through the actual exercise of skilled and skilled performance that does not come through a little performance, but rather through a refined performance coupled with learning"[11].

In the opinion of the researchers, the repetition supported by the feedback helps the learner to master the motor skills because the feedback serves to refine the kinetic performance of the learners, as increased repetition and correction reduces errors and shows compatibility in the movement, so that the feedback increases the learner's motivation and motivate him. In the

opinion of the researchers, the development of abilities and mobility (compatibility and motor elasticity) among students has contributed to the development of the artistic performance of the set skills, as the set process requires a high, streamlined, agile and flexible movement, which is confirmed (Elaine Wadih Faraj) as "the development of physical and motor capabilities The learner is able to perform the motor of the skill in the best possible manner"[12].

**View the Results of the Tests (posttests) of the two Sets, Experimental for Compatibility, Motor Elasticity and Technical Performance of the Volleyball set Skill**

**Table 6: The calculated value (t) of the independent samples and the level of significance of the test and morale indicate the differences between the test results (posttests) of the two operational and experimental groups for compatibility, motor elasticity and technical performance of the Volleyball set skills**

Variables	Unit measurements	Control group		Experimental group		(t)calculated	Significance	Type of significant
		Mean	STD.EV.	Mean	STD.EV.			
The harmony between the eyes and the legs	Sec.	9.60	0.50	8.86	0.45	4.31	0.000	Sig.
Eye-arm harmony	Grade	11.25	0.77	13.06	0.57	7.52	0.000	Sig.
Motor elasticity	Cm	60.50	2.16	62.37	1.20	3.03	0.005	Sig.
Technical performance of volleyball set skills	Grade	6.64	0.46	7.81	0.27	8.69	0.000	Sig.

**Discuss the Results of the Tests (posttests) of the two Operational and Experimental Sets of Compatibility, Motor Elasticity and Technical Performance of the Volleyball Set Skills**

Through what is presented in table 6, it is found that there are distinctions of a moral significance in the two-group tests (the officer and experimental) in the tests (compatibility, kinetic elasticity) and for the experimental group, and that this confirms that the specific exercises developed by the researchers It has been used for the motor and skill performance of the students in the volleyball game, especially the set skills, as this skill is particularly special when implemented, it differs from other skills by the nature of its performance, because it requires a range of physical and motor capabilities, as well as its crucial role in the outcome of the Games , therefore, researchers have focused on developing and improving the kinetic abilities of students at groomed for quality exercise, as these exercises include a range of composite movements that

contribute to the development of kinetic abilities (compatibility and flexibility), as well as the use of exercises involving speed, leap and change movements Body conditions, as these exercises together contribute to the development of motor capabilities, and researchers have also used some of the tools to assist in carrying out these exercises. In the opinion of researchers, learning volleyball skills requires the availability of many physical, motor and cognitive capabilities, and the development of these capabilities contributes to the rapid and accurate development of skill performance, as "the skill of the set needs the needs of the learners and the physical abilities The diverse dynamics and mentality they must characterize to perform their skill precisely, such as agility, flexibility, harmony, cognition, self-esteem and courage"[13]. The qualitative exercises, accompanied by teaching aids and tools, prepared and carried out by researchers, have contributed to the development of motor capabilities, since "the amount of time spent by the learner in exercise is not only the only influence in the

development of learning but also the quality of the exercise within the time limit We find that learners sometimes make a great effort and for many hours in ineffective exercises, causing them to fail and to be frustrated. The teacher or trainer must, in his mind, be careful, diligent and orderly in order to build the structure of the exercise and in a meaningful way [14].

Also, as shown in Table (6), there are significant differences in the after-service tests between the two groups (Petty Officer and experimental) in the technical performance test of volleyball set skills and for the experimental group, which, in the opinion of the researchers, is due to the fact that the specific exercises were Designed to contribute to the success of the learning process and students access to a stage of proficiency in the artistic performance of this skill, as these specific exercises were a combination of individual, conjugal and group exercises, as well as diversification and change in the performance mode as well as the easy-to-difficult gradient during application, as seen Researchers that the utilities used to implement these exercises have contributed to learning the artistic performance of the set skills because they help the learner to adjust the ball path, performance, and time taken to perform and thus have provided stability to the movement by installing the performance location, using the exercise Quality by means of helping to bring about the reality of the desired mobility or skill learned in the learner's mind, since

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"the player's sense of ability to perform the skill means a sense of movement, which plays an important role in the kinetic compatibility process"[15]. The purpose of learning is to bring about changes and development in the learner's body, and to learn it includes a teacher activity that serves to stimulate the learner's motivation to learn and create inclinations and desires through the use of the means of assistance that lead to the proper development of the skill and its functionality [16].

Researchers are also of the view that the evolution of kinetic abilities enables learners to perform the motor of the skill in the best possible way, without which the learner cannot perform this skill either by jumping or standing, changing the trend at high speed and seeing the right places to steer the balls well.

## Conclusions

Based on the research findings reached within the research community, the following conclusions were reached:

- The specific exercises helped to develop the kinetic compatibility of the men and the arms of the experimental group.
- Specific exercises have helped to develop the kinetic flexibility of the experimental group.
- Specific exercises have helped to learn the technical performance of the volleyball set skill of the pilot group.

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