

Developing the character of the resistance to improve the skill block performance of the volleyball player through a training program.

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ABSTRACT

This study aims to attempt to access the impact of the training modules in the character of resistance development, as well as the knowledge of the underlying relationship between the resistance and the impact on the skill block, and all this trying to provide a full diagnosis of the subject and improve the performance of the skill block, and I've got an idea topic after noticing the outcome of the national teams the suffering in this skill, With an attempt to give some solutions and recommendations on the subject. I have been using the experimental method, which is the most important methods used in the field of sports, we have supported our study with data that enabled us to choose an appropriate training program, which serves the subject of our study tests.

Keywords: resistance - skill block - volleyball

Introduction

Considered a game of volleyball in its current form a high-end gaming practiced in the international Olympic meetings, and bring many of the audience due to being one of the ball games marked by special advantage from the rest of the mass games characteristics, lack a certain time-linked, lack linked to time-bound, as well as how to deal with the ball where he sometimes found concrete, and other multiplied, plus a wonderful combination of technical and aesthetic performance that appears through the players move on the court, as well as high-level skills and tactical performance played by the players not fail volatile and exciting, which raises the level of excitement among players and spectators positions, all while Applied practice it, and all of the properties and put the game in the ranks of the Olympic Games.

And the game of volleyball is also considered one of the mass games, which now has a future and a better picture of what it was, because of the continuing evolution and of the evolution of performance skills form, as well as the offensive and defensive game plans, and perhaps among these skills, we find the skill block wall which is a defensive tactic used teams to win interviews, this technique is also a mix between artistic movements covered exacted physical

ability as it requires the port this skill high jump over the network inadvertently discount obstruction of the moment attack overwhelming since the jump to higher speeds requires and must gain tremendous physical ability depends mainly on the development of the power upgrade that have a great relationship with one of the important volleyball player physical attributes namely recipe resistance.

The latter depends on the improvement of anaerobic ability to get to the good improvement, recipe resistance effectively intervene in determining the strength of the jump to the top of what makes it a key factor in determining the skill block wall, which depends on the strength of rising to a higher over the net and quickly, that made us think about the recipe resistance factor we developed to improve the skill block and this is what makes us touch upon the following question:

Are there significant differences between the two groups and the experimental subject officer training units proposed in the development of resistance recipe?

Through this we can ask questions of partial following:

-Is the proposed training modules have an impact on improving the block technique?

-Is developing a recipe resistance affects the ability of upgrading?

2-Research Hypotheses:

2.1 General hypothesis:

There are significant differences between the two groups and the experimental subject officer training units proposed in the development of the recipe resistance.

2-2 Partial Hypotheses:

- The proposed training modules have an impact on improving the block technique.
- Development of a recipe resistance affects the ability of upgrading.

3. The Importance of the Study:

The importance of the study are as follows:

Highlight the importance of training modules in the character of the development of resistance.

Highlight the importance of training modules to improve the performance of the block.

Highlight the importance of the development of resistance recipe for improving the performance of the block.

Highlight the importance of the development of resistance recipe to improve the upgrading of capacity.

4. The Objectives of the Study:

The objectives of the study are as follows:

Access to the impact of training modules in the character of the development of resistance.

Trying to figure out the underlying relationship between the resistance and the impact on the bulwark.

Attempting to provide diagnosis of the subject.

Trying to improve the performance of the bulwark.

5. Reasons for Choosing Topic:

Few studies on the subject.

The validity of the problem theoretical and field of study.

After noting the outcome boiled the national teams of the suffering in this skill.

Trying to give some solutions and recommendations on the subject.

6. Identify Concepts and Terminology:

- Training modules: exercises are built through group training sessions.

- Volleyball: a team game so play the ball in the air between two teams of their network, on the golf length of 18 meters and width of 9 meters.

- Resistance: the completion of the work or a particular effort in a short time is not the work of an antenna, and know when others endurance anaerobic.

- Denial: It is a defensive operation carried out by the player or players or three players to stop an opponent attack.

- Adolescence: is the intermediate stage between childhood and adulthood, and correspond to the preparatory and secondary school in its educational system.

7. Previous Studies have associated with:

The subject of our research, despite its importance, but we did not find studies frequently deal with our theme and shortened it to:

* Alam Hamza study (Master Memorandum) under the title: the effect of improving the recipe to accomplish bulwark in volleyball at students in secondary phase (15 to 18 years). Where put wondered over the impact of a recipe upgrade to accomplish bulwark concluded hypothesis raised and the

stability of their health and states the hypothesis that evolution recipe upgrade affects the rollback technology performance, which was adopted in his research on the Battery Testers: Denial test, vertical jump test, test jump horizontal, the results were: 45.76 cm arithmetic average of the group witness, and 48.6 cm arithmetic average of the pilot group to test the vertical jump, while the horizontal jump test results were 6.02 meters arithmetic average experimental group and 5.83 meters arithmetic average of the group witness.

* Nasser Hadid a Study title: the importance of the physical side of the volleyball players category (15 to 16 years), where to put wondered about the reasons and factors affecting the training process that led to poor fitness that have a direct relationship with the results? It also adopted on the following assumptions:

Weakness fitness refer not to the selection of young people with the appropriate stature.

The weakness of fitness due to the factors hampering did the training program.

Has been adopted in the study to test the batteries: Test jump to Sargent, jumping forward test, test speed of 30 meters and reached the following results: 5.35 seconds in the speed test for the group witness as an average arithmetic, and 5.29 seconds on average arithmetic experimental group The test jump forward , the control group on the arithmetic average of 1.83 meters, while the experimental group was the arithmetic average of 2.02 meters, and in the Sargent test for the group witness 41.76 cm arithmetic average, while the experimental group was average arithmetic: 46.6 cm.

The Theoretical Side:

1- Chapter I: Volleyball

1.2 Skill Bulwark:

Definition:

Bulwark is a process carried out by a player or two or three players in the area of the front face of the network to intercept the ball multiplied victory of the opposing team's stadium above the upper edge of the network.

1.2.1 Importance:

Denial is one of the basic and important skills in the process of defending the pitch in front of the various strikes on the network, a way to thwart the determination of the opposing team by preventing attackers from hitting the overwhelming ball over the net.

1.2.2 Types of bulwark:

- Offensive block.

- Defensive block.

1-2-3- Way the performance of Denial:

- Pause readiness.

- Jump.

- Denial.

- Landing. (Ali Mustafa Taha, 1999, p. 136)

1-2-4- Forms Bulwark:

Denial is divided into three sections:

- Denial player one.

- Denial players.

- Denial of three players.

2-Chapter II: pollutants anaerobic (resistance)

- Pollutants anaerobic (resistance):

Definition:

Learn they attract is not enough oxygen in this case have a high kinetic friction when doing exercises in which the muscle power applied. (Jurgen weineck 1996, p 81)

Resistance:

Special endurance athlete means the ability to perform the work of a special type of sporting event during the period of fixed time. (D / Qassim Hassan Hassanein, the Nassif, 1987, p. 130)

Bernard Terpan says, "under the name of resistance speak for anaerobic acid track and adds that during the training recipe resistance must work on the required muscle during a real effort and this is what we call the exercises own and this is what allows for increased soft acid concentration in addition to accustom the body to such cases." (brnard terpin: 1991, p 35)

Anaerobic Capacity:

Is defined as the ability to perform maximum muscle contraction in the least possible time duration ranging from 5 to 10 seconds by anaerobic fission energy.

This concept applies to physical ability Created in need of some physical activities to the rapid and strong performance for a very short period of time. (Abu Ela Ahmed Abdul Fateh, Ahmed Nasreddin, 2003, p. 32)

- Anaerobic ability Non-acidic:

When control is primarily 5 to 10 kilo calories, and change efforts with maximum intensity but short during the time of 20 sec, and identifies a marked decrease in phospho creatine stocks into force. (Jean- Michel Palau:, 1985, p 156.)

The concept of pollutants in volleyball learn it the player to work without falling degree of efficiency as well as its ability to resist fatigue and overcome the effects of inappropriate and helps pollutants to improve blood capacity and breathing get him able to overcome the fatigue that is has on the speed of the body back to its natural ability. (Secretary of Wadih Faraj, 1996, p. 225)

The Practical Side:

A-Action Methodology:

1. Approach Used:

The method used, which was selected based on the nature of the problem that we want to study is the experimental method, which is the most important methods used in the field of sports, we have supported our study with data that enabled us to choose an appropriate training program, which serves the subject of our study tests, so that was selected two groups and one experimental and the other witness, each group consists of 10 players conducted its tribal and dimensional tests so that the experimental group underwent the training modules built.

2-Adjust the variables of the study:

Tuning is a necessary element of the variables in any field study, and this is the purpose of the control as much as possible so that these settings be helpful to interpret and analyze the results of the field study, without falling into the obstacles, and adjust the variables of the study was as follows:

* independent changer: training modules.

* Dependent variable: Resistance, block.

2.1 Adjusting variables to members of the sample:

2-1-1- Time:

Is the time when the team share a physical education evening was testing at this time.

Since the pre-test was in January 2007 and was posttest in the month of April 2007.

2.1.2 Age:

And it is in the age group of 15 to 18 years.

2-1-3- Gender:

The group that underwent the tests are all males.

3-Sample and how selected:

The research sample consisted in the state Association of School Sports Borj Bou Arreridj team, the team was divided into two groups:

*experimental group includes 10 players.

*control group and we include 10 players.

The sample was selected randomly and the way that serves the research, we have selected 20% of the team as a sample to calculate the reliability and validity testing.

4. Tools of the study:

The first step, which we followed in our study is the development of transportation help on the distribution aspects of the research and is collecting information from the various references and this meant familiarity with the theoretical side of the practical side we provide the means and sports gear for the purpose of conducting tests on the sample community in school sports.

4.1 Tests used:

*Improve test.

*Offensive block test.

*Defensive block test.

* Test jump forward.

5. Areas of study:

- Spatial field:

Tests were conducted in the field of state Association Foundation for school sports BOUIRA

- Temporal sphere:

After selecting the subject of the study they did it for the institution where the tests were conducted as follows:

Tribal test: December 19, 2015.

Post test: 20 April 2015.

- The human sphere:

Including the human field research sample conducted by the tests, which included 20 players divided into two groups and a trial witness, so between the ages of 15 to 17 years.

6. Statistical methods:

* Arithmetic average.

* Standard deviation.

* "t" Student.

7. Field Application Procedures:

Applied Our study included a set of exercises:

* First exercise: jumping forward

The player standing in his place and when the trainer signal the player to annex his feet and then jump out of the fortitude forward a distance of 3 meters, and then repeat the exercise for 5 minutes, so that the rest period is 30 seconds.

* Second exercise: The Rise of the stands

The player stands and the rise of a signal from his coach which consists of 12 stairs and he must do a run down, the rest period by reference or return to the starting point, exercise duration of 20 minutes.

* Third Exercise: Running a moderate pace

The coach select the starting line access, the player standing at the starting line and then being medium speeds estimated at 70% of its speed be at a distance of 30 meters, the rest one minute, duration of exercise 10 minutes.

* Exercise Four: Running between cones.

The coach put distance between cones 6 meters, and the distance between the repression and the other 50 cm being played, including one man who then repeats the process of other men, and the rest period is one minute, duration of exercise 10 minutes.

* Exercise V: to move forward with a jump from a squatting position.

Player stands with a little bend the knees and hands above the head and then Balothb forward in spring, rest period of one minute, exercise duration of 5 minutes.

* Exercise VI: Walking duck

The player duck 1'm walking distance of 3 meters and then and then jumping on the barrier height of 1 meter, be a period of rest one minute, duration of exercise 10 minutes. (D / Mohamed Zaki Mohamed Hassan, 1999, p. 158.)

(B) View and analyze the results:

1. Testing Jump Forward:

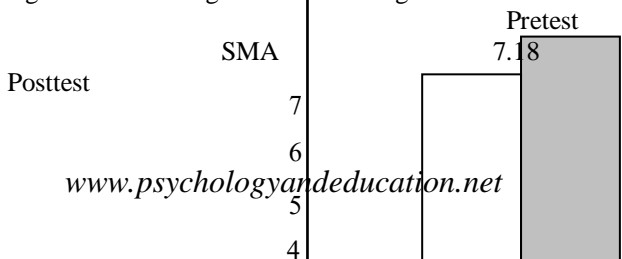
(B) the Experimental Group:

	Nu mbe r of sam ple	hig hes t val ue	The mini mum valu e	S M A	The stan dard devi ation "T."	The calcu lated "T."	Statist ical signifi cance at the level (0.05)
Pre test	10	6.9 4	5.23	6. 15	0.55	4.68	1. 8 1 Statist ically signifi cant
Pos t test	10	7.6 0	6.75	7. 18	0.31		

Table (2) shows the pre-test and post test jump forward a set of experimental results.

Through Table (2) is clear to us that the SMA in the pre-test is 6.15 m and the standard deviation 0.55 M. The arithmetic average of the test posttest was 7.18 m and standard deviation 0.31 m, after the "T" account when the degree of freedom (n -1) and the level of significance 0.05 and 4.68 we found.

Compared with the "T" spreadsheet which is equal to 1.81, we find that the "T" calculated larger than the "T" spreadsheet which shows that the results are statistically significant meaning there were no significant differences.



Histogram (2) shows the pre-test and post test results jump forward experimental group

2 –Upgrade Teste:

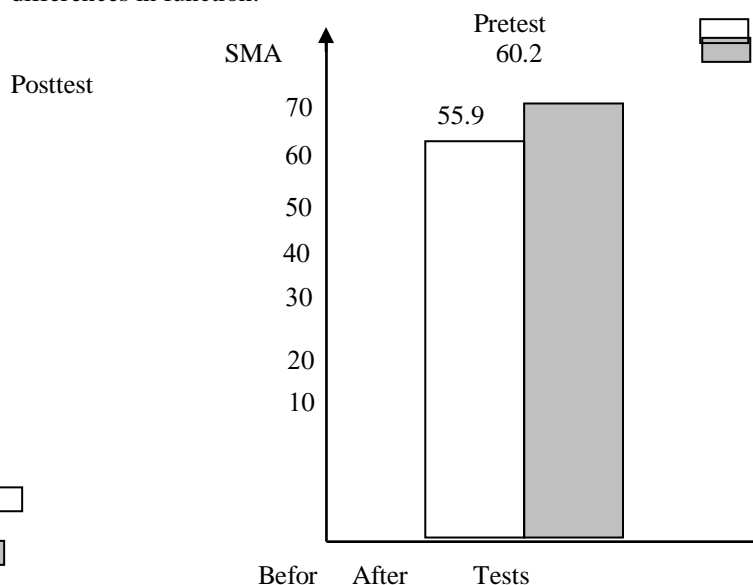
(B) The Experimental Group:

	Nu mbe r of sam ple	hig hes t val ue	The mini mum valu e	S M A	The stan dard devi ation "T."	The calcu lated "T."	Statist ical signifi cance at the level (0.05)
Pre test	10	65	50	5. 99	4.2	2.23	1. 8 1 No statist ically signifi cant
Pos t test	10	68	55	60 .2	3.96		

Table (5) shows the pre-test and post test results in improving the experimental group

Through Table (5) is clear to us that the SMA in the pre-test is 55.9 cm and standard deviation 4.2 cm arithmetic The average test posttest was 60.2 cm and standard deviation of 3.96 cm, and after the "T" account when the degree of freedom (n -1) and the level of significance 0:05 and 2:33 we found.

Compared with the "T" spreadsheet which is equal to 1.81, we find that the "T" calculated larger than the "T" spreadsheet which shows that the results are statistically significant and therefore there were no significant differences in function.



Histogram No. 5 shows the results of the pre-test and post test in the upgrading of the experimental group

3. Offensive Denial:

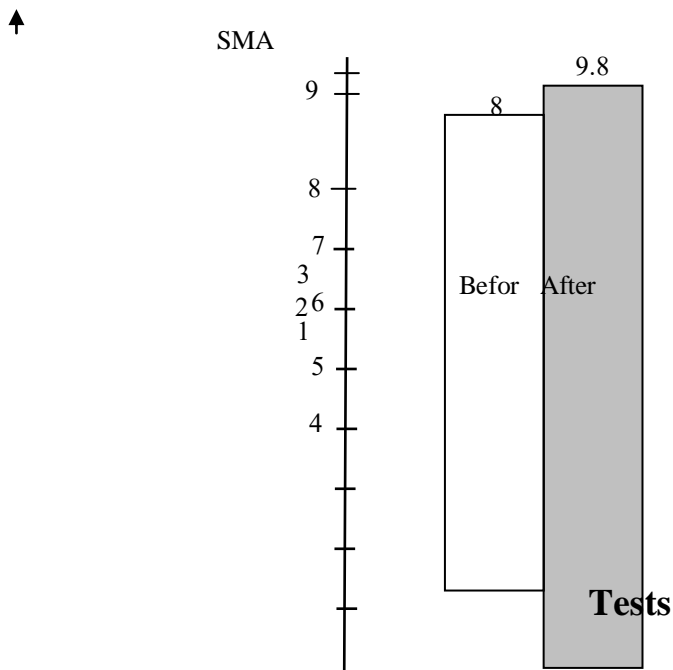
(B) The Experimental Group:

	Number of sample	highest value	The minimum value	SMA	The standard deviation "T."	The calculated "T."	Statistical significance at the level (0.05)
Pre test	10	10	7	8	1.05	3.67	1.81
Post test	10	12	8	9.8	1.03		

Table (8) shows the pre-test and post the results in the test offensive block experimental group

Through Table (8) is clear to us that the SMA in the pre-test is 8 points and standard deviation 1.05 points and the arithmetic average of the test posttest was 9.8 points, standard deviation 1.03 points, after the "T" account when the degree of freedom (n - 1) and the level of significance 0:05 we found 3.67.

Compared with the "T" spreadsheet which is equal to 1.81, we find that the "T" calculated larger than the "T" spreadsheet which shows that the results are statistically significant and therefore there were no significant differences in function.



Histogram No. 8 shows the results of the pretest and posttest in the test offensive block experimental group

4 –Test of defensive block:

(B) The Experimental Group:

	Number of sample	highest value	The minimum value	SMA	The standard deviation "T."	The calculated "T."	Statistical significance at the level (0.05)
Pre test	10	10	5	8	1.56	3.33	1.81
Post test	10	13	8	10.2	1.22		

Table (11) shows the pre-test and post test results in the defensive block the experimental group.

10.2

Through a table (11) is clear to us that the SMA in the pre-test is 8 points and standard deviation 1.56 points and the arithmetic average of the test posttest was 10.2 points, a standard deviation of 1.22 points, and after the "T" account when the degree of freedom (n - 1) and the level of significance 0:05 and 3:33 we found.

Compared with the "T" spreadsheet which is equal to 1.81, we find that the "T" calculated larger than the "T" spreadsheet which shows that the results are statistically significant and therefore there were no significant differences in function.

the block's performance in volleyball (15-18 years) and through the obtained results as a result of the tests, which included a test jump forward test upgrading to measure the explosive power of the two men and a test block. to measure the block skin against beatings overwhelming, and used with the two witness and experimental and which codified in tables 1 to 12 and we will discuss the results obtained in the light of the hypotheses raised and the statistical analysis of the latter in an attempt to highlight some of the key factors that have income in determining the results obtained, which may contribute to understand the mystery that revolves around it.

The results obtained by the experimental group in the test jump forward were as follows in the tribal choice as a result of 6.15 m average arithmetic In the post-test was the result of 7.18 meters on average arithmetic to occur significant differences

were statistically significant in favor of the "T" calculated on a "T" Driven ($4.68 > 1.81$). Unlike the control group, which was the results in this test and in the pre-test result of 6.02 meters on average arithmetic As for testing the dimensional result of 6 meters on average arithmetic and this explains the lack of significant differences in favor of the "T" calculated a function of (T) Driven ($0.24 < 1.81$).

The improvement signifier and thus morally experimental group and the control group to be reversed in the test jump forward for us highlights the impact of integrated modules to improve jump forward, making training a major role in the development of the ability to jump.

What have we learned by integrating modules with the experimental group in the research, which showed a difference in improving the ability of its members to jump reverse witness her theory that have shown elements of a lack of this trait, but retreated level compared with the tribal test of the latter, which did not benefit from the training modules which makes physiological changes taking place affect the result of this group.

These results obtained in a test jump forward led us to obtain similar results in a test upgrade and resulting from the creation of significant differences between pre and post tests function in favor of the latter for the experimental group, which is a code in the table (5) so that the group got a result 55.9 cm average arithmetic in the pre-test and the result of 60.2 cm on average my post test to occur significant differences were statistically significant in favor of the "T" calculated on a "T" Driven ($2.33 > 1.81$), while the control group received the same test on the result of 49.8 cm on average Account in the pre-test and the result of an average 50.5 cm My posttest without causing significant differences function in favor of the "T" calculated on a "T" Driven ($0.12 < 1.81$), and codified in the table (4).

These results explain the impact of training modules to improve the explosiveness the ability of the two men, which merged with the experimental group in the search so that shown elements of a difference in improving the ability of upgrading Unlike the control group, which was not subject to these training modules and shown

elements best proof of this so we saw low levels compared with the group Experimental. The same thing happens in the test offensive and defensive block results so that was the experimental group had gotten the test offensive block on the result of 8 points on average my account in the pre-test and the result of 9.8 points on average My posttest updated so significant differences were statistically significant in favor of the "T" calculated "T. "Driven ($3.67 > 1.81$) and recorded in the table (8) and the same group got to test the defensive block on the result of 8 points on average my account in the pre-test and the result of 10.2 points on average my post test updated significant differences were statistically significant in favor of the" T "calculated" T. "Driven ($3.33 > 1.81$), and recorded in the table (11).

Unlike the control group that got to choose offensive block on the result of 7.1 points on average my account in the pre-test and the result of 7.7 points on average my post test to explain the lack of significant differences function in favor of the "T" calculated on a "T" Driven ($0.84 < 1.81$), and Blog table No. (7) and the same group got to test the defensive block on the result of 7.2 points on average my account in the pre-test and the result of 7.8 points on average my post test to explain the lack of significant differences function in favor of the "T" calculated on a "T" Driven ($0.82 < 1.81$) despite the presence of a slight increase may refer to the subject of this group continued to exercise any ongoing training these results code in the table (10) this remarkable between the two groups in the selection of offensive block defense and block the view of the results obtained difference in test upgrade and jump forward and the previously mentioned it supports the correlation between improved block and the ability to upgrade, upgrade well it easier to block the process, and his mastery of the thing, who missed the control group which showed its members lack significant differences occurred between the pre and post tests due to the difficulties facing his players (control group) in tests to measure offensive Denial Technology the defense, which requires the port to be close to the network and the need to acquire a good ability to rise above the grid in this case and in order to

acquire the player's ability to raise, it must maintain the exercise or training. Through the results obtained experimental group, which made a significant difference function and subject to the training modules built-in test jump forward and that helps to win the explosive force of the two men which gained considerable resistance and thus force in endurance and this is consistent with the general hypothesis of this research, which states that there are differences statistically significant between the two groups and a trial witness subject to the training modules built-in recipe development of resistance. The results of the upgrade, which depends particularly on the strength of two men and what happened from the significant differences function for the experimental group and rely on previous results, which stipulates the health of the general premise, all confirm the hypothesis which states that the development of the recipe resistance affects the ability of upgrading, which would be consistent and study Alam Hamza (Master) Note under the title: the effect of improving the recipe to accomplish bulwark in volleyball at students in secondary phase (15 to 18 years). Where put wondered over the impact of a recipe upgrade to accomplish bulwark concluded hypothesis raised and the stability of their health and states the hypothesis that evolution recipe upgrade affects the performance of the technology block. The results obtained in the test offensive and defensive block the group's witness and that any significant differences function did not occur unlike the experimental group that have shown elements of the emergence of significant differences function and thus observe the impact of integrated modules to develop a recipe resistance and improve the block technique that is what validates the hypothesis which states that the development of resistance to the recipe volleyball player effectively impact in improving the block technique. These results obtained, which proves to some extent a correlation between the resistance and prescription technology block and the impact of training modules can be considered satisfactory, although there are some factors that affect these results absence recipe resistance affects the block technique.

This These results can be considered the beginning of the road to the most comprehensive studies Where can we address the all the factors that contribute to the improvement of the technology block volleyball player.

Conclusion:

Among team sports sport volleyball, which is among the most popular sports in the world, for the role they play in alleviating the psychological pressures of daily, and has passed through several stages evolved in many ways, their laws, the way to play, concept, the popular perception of her, as well as the the multiplicity of ways and methods of training, in order to prosper and reach the level and success of volleyball was required special programs to attract children number an enormous inadvertently make sports world number one, and this explains the entry of the Olympic Games early Nonetheless basic cryptographic did not lose a game to keep fit.

Raise the physical level of volleyball players should be based on scientific rules and peculiarities applied rigorously and mastery, Achieving good results and raise the performance level of players is not a coincidence but it is closely linked to the scientific means and methods the smooth running of the train because the latter is of extreme importance to the development of the physical abilities of each athlete, which leads to raise the level of sports, then the situation is the result of training up to repeat the training.

The ball flight as you know depends on the good ability to enhance both when carrying out the attack or block the latter requires the player rise well above the network to facilitate and master the rollback process is good, good upgrading means having an explosive force of the two men require each player to improve this trait (upgrading) which is the result of the development status of physical qualities in volleyball, a resistance, and the results obtained, which showed significant differences were statistically significant only evidence of the impact of resistance on the ability of upgrading and the importance of compact and impact of training modules on the status of the resistance, so it was chosen category (15-18 years) and that have the specifics of which leads us to apply the training modules for the development of resistance and recipe related to the improvement of technology block and depending on the results obtained in the block tests, we found that:

- Built-in modules have an impact on the status of development of resistance.
- Description of the development of resistance affects the improved block technique.

Recommendations and suggestions:

In light of our study and the results obtained during the perplexed us to suggest some of the recommendations are as follows:

- Work to provide the means for the development of physical qualities.

- The need to rely on scientific tests and measurements.
- The need to prepare the coach training program according to scientific frames.
- The need to highlight the importance of the resistance to the improvement of technology block in the eyes of volleyball players.
- The need for the introduction of trainers in private training sessions show the latest and crucified him, especially in volleyball and scientific research.
- The need to meet the needs of adolescent psychological and motor.
- Development of a recipe resistance especially at this stage of life (15-18 years).

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