EVALUATION OF THE ATHLETE'S TRAINING CONDITION ACCORDING TO SOME SKILL VARIABLES IN VOLLEYBALL DURING THE TRANSITIONAL PERIOD

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ABSTRACT

And by following the sporting achievements in general and the game of volleyball in particular, it has become important for volleyball coaches to pay attention to the smallest details that help in evaluating the level of the players achieved in the field of play and by scientific and objective methods that are accurate. The competitive season and assessment of the training status of volleyball players (junior) and scientific and objective methods that can help the coach to check the level. The objectives and their suitability to the level of the players, whether the research problem and through the researcher’s follow-up to him to address the field of training and conduct personal interviews with some coaches and specialists in the field of volleyball training and see the preparation periods and the transitional period, where I found some players practicing a simple recreational activity and others do not engage in any activity at all. During this period, and that these random practices of these activities are not organized according to the training components, which leads to a weakness in the process of determining the level of training for the new training season and what follows. Following up on the evaluation of the players after the end of the competition period is necessary to help the coach identify the level of the players during this period, so the decision decided to identify through it the evaluation of the athlete's training status in the transitional period. Through the procedures of a set of tests for the physical, motor and skill variables, in order to determine the lines of future trainers to build their training programs accordingly, either the research objective is to determine the differences between the continuous tests of the three variables covered by the research during the transitional period of the research sample has, either the hypothesis there is a difference statistically significant among the skills of the three successive tests of the research sample, either in the third chapter, the researcher used the descriptive approach in the survey method for the nature of the problem to be solved. The volleyball players' category of juniors aged (14-16 years) for the competitive season (2020-2021) in Maysan governorate included 28 players. An intentional sample was selected that included Maysan Oil Club players with a total of 14 players, so that the sample percentage was (50) %. Of the research community w, while the fourth quarter covered presentation, analysis and discussion of the researcher's results the conclusions were:

1. The highest level of physical, motor and skill performance was in the first test of the research sample.
2. The level of deterioration was in all physical, motor and skill variables in the second and third tests.

The recommendations were:

1. Develop recreational programs for the transitional period to maintain the physical and motor level.
2. The opening of the anus in the middle through the new imam.

I. INTRODUCTION TO RESEARCH

Introduction and importance of research

Continuous development in sports and trying to reach the best level is an important goal for all sports teams, and that any development is not a coincidence but is the result of research and studies, where achieving outstanding sports achievements and winning championships at all levels. Index of progress and civilized countries. If we
know that each period of the competitive season (preparation, competition, transition) goals the coach seeks to achieve at the best level, which is what the coach achieves to ensure that the players enjoy a high level of readiness to achieve achievement. Numerous research and scientific studies have indicated the importance of the transitional period and the necessity for the coach to strive to achieve his goals in the best way, which constitutes an opportunity to recover from the effects of the competition stage and prepare to move to a new stage. The theater. Competitive season. From the above it is clear that each period of the competitive season has goals that differ according to the period that varies according to the training status of the players and according to each period, so it has become important to evaluate the training status of the players. Players and their multiple aspects (physical, kinetic, skill) and in scientific and objective ways codified away from bias and random judgments.

By following the sporting achievements in general and the game of volleyball in particular, it has become important for volleyball coaches to pay attention to the smallest details that help in evaluating the level of players they have achieved through the achievements in the field of the game. Accurately and scientifically Therefore, the researcher decided to shed light on an important period of the competitive season and evaluate the training status of volleyball players (juniors) using scientific and objective methods that may help the coach to confirm the level of achieving goals and their suitability for that. Players level

II. RESEARCH PROBLEM

Some coaches do not care about the transitional period as a training period just like the rest of the other periods (public and private preparations and competitions), and the assessment of players in the transitional period through the procedures of a set of physical, motor and skill tests from the tests provides the coach with a better knowledge of the level of each of his players in the team during his participation in the game And give an accurate idea of diagnosing the strengths and weaknesses of the team, and therefore the general evaluation gives us a scientific follow-up to know the extent of progress made at the level of both.

Through the researcher's follow-up to the field and personal training process, interviews with some coaches specialized in the field of volleyball training, reviewing the preparation periods as well as the transitional period, where some players found simple recreational activities and others did not. Engaging in any activity at all during this period, and that these practices are not randomly organized according to the components of the training, which leads to weakness in the process of determining the level of training for the new training season and that after that. Even evaluating the players after the end of the competition period is necessary to help the coach determine the level of the players during this period, so the researcher decided to identify the evaluation of the athlete’s training status in the transitional period through a set of tests for physical, kinetic and skill variables, in order to determine the future lines for the coaches to build radiology training programs infrared accordingly.

Research scorer

The research aims to assess the state of the athlete's training through the following:

Determine the differences between the three follow-up tests for the skill variables included in the research during the transitional period for the research sample.

Fled z Search

There are statistically significant differences between the three follow-up skills tests in the research sample.

Research Areas

- Human Field: Volleyball players (junior category) aged 14-16 who are participating in the league for the 2020-2021 competitive seasons.
- Date range: 12/17/2020 to 06/25/2021
- Spatial domain: the closed hall of the Faculty of Physical Education and Sports Sciences / University of Maysan.
III. RESEARCH METHODOLOGY AND FIELD PROCEDURES:

Research Methodology Used:
The nature of the problem compels the researcher to choose the appropriate method because it is “the art of correctly organizing a series of many ideas to reveal the truth when we are ignorant of it, or prove it to others when we know it. The researcher used the descriptive approach in the survey approach to the nature of the problem to be solved.

Research community and sample
The research community was identified by young volleyball players (14-16 years old) for the competitive season (2020-2021) in Maysan Governorate, which numbered (28) players. The sample was chosen deliberately and included the players of the Maysan Naft Club (14) players, so that the sample percentage was (50). %) Of the research community.

And from the homogeneity of the sample, the researcher measured some anthropometric variables as shown in Table No. (1)

Table (1)

<table>
<thead>
<tr>
<th>Statistical means</th>
<th>measuring unit</th>
<th>Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Variation coefficient</td>
<td>standard deviation</td>
<td>Mediator</td>
</tr>
<tr>
<td>3.351</td>
<td>6.121</td>
<td>184.00</td>
</tr>
<tr>
<td>3.150</td>
<td>7.409</td>
<td>237.50</td>
</tr>
<tr>
<td>7.615</td>
<td>5.287</td>
<td>68.50</td>
</tr>
<tr>
<td>4.980</td>
<td>0.747</td>
<td>15</td>
</tr>
<tr>
<td>20.025</td>
<td>0.801</td>
<td>4</td>
</tr>
</tbody>
</table>

Since the coefficient of variation for the research sample is less than (30%), this indicates that the sample is homogeneous, if (Wadih Yassin Al-Tikriti and Hassan Muhammad Abdul-Obaidi) confirm that the closer the coefficient of variation is to (1%), the homogeneity is high, and if it exceeds (30%) means that the sample is heterogeneous.

Means and the equipment and tools used in the search
One of the most important things that must be confirmed in order to complete the experiment and its completion are the research tools, which are one of the means by which the researcher can collect his data and solve his problem to achieve the goals of the research, regardless of those tools of data, samples and devices.

The means used in the research
- Arab and foreign sources
- Information network (internet)
- Registration form for measurements and tests for the subject of the study[(*)]

Devices and tools used in research
- Chinese-made electronic scale no. (1)
- Chinese watch no. (3)
- Legal volleyball court
- Legal Volleyballs (10)
- Medical balls 2 g number (2)
- Tape and paper no. (15)
- Linen tape measure (15m), iron tape measure (7m)
- A colored tape to divide the areas of the playground
- whistle number (3)
- chalk
- Labels are numbered sequentially (1-10)

Steps to conduct a search:

Determining the research variables and the means of measurement for each of them:

The research variables and measurement methods for each of them were presented to the Scientific Committee to approve the title of the research, and the percentage of approval and approval was obtained by the researcher as in Table No. (2)

<table>
<thead>
<tr>
<th>%agreement</th>
<th>Test name</th>
<th>Variable details</th>
<th>Variables</th>
</tr>
</thead>
<tbody>
<tr>
<td>100%</td>
<td>Mean Crushing Accuracy Test</td>
<td>smash hit</td>
<td>Skill</td>
</tr>
<tr>
<td>100%</td>
<td>Crush serve accuracy test</td>
<td>crushing transmitter</td>
<td></td>
</tr>
<tr>
<td>100%</td>
<td>Offensive Wall Skill Accuracy Test</td>
<td>Offensive blocking wall</td>
<td></td>
</tr>
</tbody>
</table>

Reconnaissance experiment

An exploratory experiment is a preliminary descriptive study with the aim of selecting research methods and tools. The purpose of the exploratory experience is:

The researcher carried out the exploratory experiment on 15/1/2020 AD 1 Brief summary of the day (Friday) in the (closed hall of the College of Physical Education and Sports Sciences / University of Maysan) at ten in the morning for the duration of the physical tests

Movement, skill and skill for (8) players from the research community representing the Martyr Saad Khalaf Suef Club, junior category. The experiment was conducted with the help of the crew

Rules for practical exams

In order to reach the most accurate results and to ensure the validity of the tests, the researcher must subject the tests to scientific bases of honesty, consistency and objectivity. One of the most important points that Sami Muhammad 2000 referred to is performance and a comparison of levels of objective goals. It must have high levels of honesty, stability and objectivity.

Despite the opinions of experts and specialists in the field of testing and measurement, consistency, honesty and objectivity must be taken into account in scientific testing as a basis.

Stability test data

It means stability, that is, if the test application is repeated several times, it gives the same result, and the researcher relied on how the test was applied and repeated to extract the reliability coefficient that was found by its application. Tests for (8) players representing the Shahid Saad Khalaf Suef Club, Nahyan batch, on the same day of the experimental trial. Friday 15/1/2021 in the closed hall of the Faculty of Physical Education and Sports
Sciences / University of Maysan at (10). In the morning, the tests were re-applied to the same players after (15) days, and the simple correlation coefficient (Pearson) was found, and the value of the correlation coefficient was high, which means that the tests have a high score. Of stability. As shown in Table No. (3)

**Accuracy Test Data**

The validity of the test can be defined as “the indicator that indicates the accuracy of the test in measuring the phenomenon, characteristic or characteristic to be measured alone, or the validity of the test in measuring the objective for which it was designed. To measure the place of approving the apparent validity by providing experts and specialists in the tests must be in the committee Approval of the title, and they obtained an approval rate (100%) that these tests measure the purpose for which they were designed. In addition to the researcher's version of the subjective honesty known as self-honesty “which is the validity of the experimental scores for the test of real scores that got rid of measurement errors so that these scores are the criterion of the test of honesty, you can find honesty here, the square root of stability is important, depending on the basis of that Stability based on true test scores, as it was re-applied to the same group of individuals, i.e. number of times, so the relationship between reliability and validity is close .

Therefore, subjective validity of the test = reliability coefficient, provided that the reliability is by retest. As the grandfather was a well (3)

**Objective test data**

Objectivity is defined as “freedom from prejudice and intolerance and not including personal factors in the researcher’s judgments”.

Muhammad Jassim Al-Yasiri (2010) considers that “the objective test is one in which there is no conflict between the opinions of the arbitrators, if more than one judgment is issued on the subject of the test,” where the tests were conducted. Under controlled supervision, he scores the same group at the same time, taking into account the stability of conditions. . In the same way as simple tests, the results were collected and then processed statistically through the use of the correlation coefficient (Pearson) between the results of the arbitrators and their details shown in Table (3). High correlation coefficient values are observed, which means that all tests have a high degree of objectivity to the (physical) tests. Movement and skill

<p>| Table (3) |
| It shows the value of the simple correlation coefficient (Pearson) for the results of stability, subjective validity and objectivity of the tests |</p>
<table>
<thead>
<tr>
<th>No</th>
<th>sig</th>
<th>Objectivity</th>
<th>self-honesty</th>
<th>Sig</th>
<th>constancy</th>
<th>Test name</th>
<th>Variables</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>0.00</td>
<td>0.90</td>
<td>0.980</td>
<td>0.00</td>
<td>0.88</td>
<td>Medium Crushing Accuracy Test</td>
<td>smash hit</td>
</tr>
<tr>
<td>11</td>
<td>0.00</td>
<td>0.85</td>
<td>0.990</td>
<td>0.00</td>
<td>0.98</td>
<td>Crush serve accuracy test</td>
<td>crushing transmitter</td>
</tr>
<tr>
<td>12</td>
<td>0.00</td>
<td>0.94</td>
<td>0.943</td>
<td>0.00</td>
<td>0.89</td>
<td>Offensive Wall Skill Accuracy Test</td>
<td>rust wall</td>
</tr>
</tbody>
</table>

**Application tests**

The researcher conducted three consecutive tests of the variable (and skill) during the transitional period in the closed hall of the College of Physical Education and Sports Sciences, Maysan / University of Maysan, after the first day of the championship ended (Al-Jumhuriya). junior), where he took a test on Friday, March 5, 2021 at 9 a.m. Physical tests and the following day the motor and skill tests on Saturday were a brief summary of March 6, 2021 conducted with the help of an assistant experiment team.

**Statistical means:**

The researcher used the statistical package spss to process the statistical data

**Presentation, analysis and discussion of the results:**
After completing the measurements of the research procedures for three consecutive times, the data was collected and processed statistically. The researcher presented the hardworking results well and drawings, then analyzed and discussed, and supported the scientific sources and academic studies, as follows:

Presentation, analysis and discussion of test results for some of the three successive skill variables for beginner volleyball players:

The results of some skill tests show the variables, three consecutive measurements of young volleyball players, their analysis and discussion:

T. Presentation of the researcher's statistical parameters for the three successive measurements of technical test results values of some variables under study as shown in the grandfather's well (10), (11) and (12), which is illustrated in the image. Formats.

IV. TABLE (10)

It shows the statistical parameter values of the three follow-up measures in the results of tests of skill variables

<table>
<thead>
<tr>
<th>connotation of homogeneity</th>
<th>Degree (Sig)</th>
<th>Contrast smoothing (Leven)</th>
<th>The third measurement</th>
<th>second measurement</th>
<th>first measurement</th>
<th>unit of measure</th>
<th>skill variables</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>+p</td>
<td>s</td>
<td>+p</td>
<td>s</td>
<td>+p</td>
</tr>
<tr>
<td>insignificant and homogeneous</td>
<td>0.160</td>
<td>2.052</td>
<td>1.02</td>
<td>7</td>
<td>18.1</td>
<td>43</td>
<td>0.61</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1.14</td>
<td>1</td>
<td>21.9</td>
<td>29</td>
<td>2.052</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>21.9</td>
<td>29</td>
<td>1.14</td>
<td>1</td>
<td>20.2</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>35.0</td>
<td>71</td>
<td>1.68</td>
<td>5</td>
<td>32.0</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>28.3</td>
<td>57</td>
<td>1.10</td>
<td>9</td>
<td>32.0</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>28.3</td>
<td>57</td>
<td>1.10</td>
<td>9</td>
<td>32.0</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1.33</td>
<td>6</td>
<td>8.64</td>
<td>3</td>
<td>1.13</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1.12</td>
<td>2</td>
<td>12.2</td>
<td>14</td>
<td>2.446</td>
</tr>
</tbody>
</table>

The results of Table (10) show that the values of the arithmetic mean and standard deviation of the results of the research sample in the first variable measurement test (crushing transmission) in two languages: 21.929, +1.141, and in the second follow-up test, the mean and standard deviation became (20.286, + 0.611), and in the third follow-up test, arithmetic mean (18.143, +1.027), and homogeneity of the variance between the three measures of this variable was (2.052) to Sig score (0.160 (not a function of significance level of 0.05), Which indicates the homogeneity of the variance of the degrees of the three sequential measurements, which is thus ready for the sequential comparison of a single sample.

As for the values of the arithmetic mean and standard deviation of the results of the research sample in the first variable measurement test (crushed mean) in both languages: 35.071, + 1.685, and in the second follow-up test, the mean and standard deviation became (32000, + 1.109), and in The third follow-up test, arithmetic mean (28357, +1.598), and homogeneity of variance between the three measures of this variable was (2.052) to (Sig) score (0.159 (not a function of 0.05), indicating homogeneity of variance in The scores of the three sequential measurements are, therefore, ready for serial comparison of a single sample.

As for the values of the arithmetic mean and standard deviation of the results of the research sample in the first variable measurement test (offensive wall) in both languages: 12.214, + 1.122, and in the second follow-up test, the mean and standard deviation became (9.714, + 1.139), and in the test The third follow-up, arithmetic mean (8.643, +1.336), and homogeneity of variance between the three measures of this variable was (2.446) to a. The score (Sig) (0.126 (not a function of the level of significance) 0.05), indicating homogeneity of variance in the scores of the three sequential measurements, is thus ready for one-sample serial comparison. In order to determine the differences between the three follow-up measures for each of the tests of aptitude considered, their
results were processed with a test. (F) For repeated measures comparisons of results for one sample (orthogonal comparisons) as shown in Table (11) and then analyzed:

Table (11)

<table>
<thead>
<tr>
<th>Effect size</th>
<th>indication</th>
<th>Degree (Sig)</th>
<th>Value(F) calculated for repeated measurements</th>
<th>mean squares</th>
<th>my degree Freedom</th>
<th>sum of squares</th>
<th>Contrast source</th>
<th>skill variables</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.846</td>
<td>D</td>
<td>0.000</td>
<td>71.159</td>
<td>50,452</td>
<td>2</td>
<td>100.905</td>
<td>between measurements</td>
<td>crushing transmitter</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>0.709</td>
<td>26</td>
<td>18.429</td>
<td>Error within measurements</td>
<td></td>
</tr>
<tr>
<td>0.834</td>
<td>D</td>
<td>0.000</td>
<td>65.277</td>
<td>158.167</td>
<td>2</td>
<td>316.333</td>
<td>between measurements</td>
<td>Medium Acc</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2.423</td>
<td>26</td>
<td>63.000</td>
<td>Error within measurements</td>
<td></td>
</tr>
<tr>
<td>0.739</td>
<td>D</td>
<td>0.000</td>
<td>36.738</td>
<td>47.024</td>
<td>2</td>
<td>94.048</td>
<td>between measurements</td>
<td>Offensive blocking wall</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1.280</td>
<td>26</td>
<td>33.286</td>
<td>Error within measurements</td>
<td></td>
</tr>
</tbody>
</table>

n = (14 number of measurements per test (3), level of significance (0.05 (F value)) computed repeater is a function if the score (Sig) ≤ (0.05)

It is clear from the results of Table (11) that the sum of the squares between the measurements amounted to (905 ... 100) and the error within the measurements amounted to (18,429), and the average of the squares between the measurements. 50452,) was less than the degree of freedom (2). As for the error within the measurements, it reached (709) .. 0 (less than the degree of freedom (26), and when calculating the value of (F) calculated for repeated measurements, it was found that it reached (159). ... 71) below the level (.000), and this It indicates that the difference is significant at the level (0.05), and the effect of size (0.846) among the three outcome measures that were achieved in the test variable (overwhelming). Sender

In the variable test (mean crushing) the sum of squares between the measurements was (333). .316) and the error within the measurements was (63.000), and the mean of squares between the measurements (158167) was less than the degree of freedom (2). As for the error within the measurements, it reached (423 .. 2) below the degree of freedom (26), and when calculating the value of (F) calculated for repeated measurements, it was found that it reached (277). ..65) Below the level (0.000), and this indicates that the difference is significant at the significance level (0.05) and the effect of size (0.834) between the three measurements of the results achieved in the test variable (average crushing)

In a variable test (the offensive blocking wall) the sum of squares between measurements was (.048). .94), the error within measurements was (33.286), and the mean of squares between measurements (47.024) was less than the degree of freedom (2). As for the error within the measurements, it reached (280...) below the degree of freedom (26), and when calculating the value of (F) calculated for repeated measurements, it was found that it reached (738.36) below the level. . Level (.000) and this indicates that the difference is significant at the level (0.05), and the effect of size (0.739) between the results of the three measurements that were achieved in the test variable (offensive wall block)

Since the (F) values of repeated measures calculated for each of the three skill variables were statistically significant. The researcher sought to test the significance of this significance by using the (Sidak) test to compare between consecutive arithmetic averages for one sample. Table (12) shows that:

Table (12)

The results of the (Sidak) test showed the significant differences between the department's accounts for the measurements of the three consecutive tests using the three variables technique.
Table (12) shows that the value difference between the two measurement calculation circles (the first and the second) amounted to (1.643) below the significance level (0.000), which indicates that there are statistically significant differences between the measurement (the first). And second in favor of the first measurement, and that the differences in the value of the mathematical circles between the two measurements (the first and third) amounted to (3.786) below the significance level (0.000), which indicates that there are statistically significant differences between the measurements (the first and third). Measurements (First and third) in favor of the first measurement. As for the differences in calculating the value circles between the measurement (second and third), it reached (2.143) below the significance level (0.000), which indicates the existence of statistically significant differences between the two measurements (second and third). Measurement (second and third) and in favor of the second measurement.

We conclude from this that there is a decrease in the level of emerging players in the transitional period through the results of differences in the three sequential measurements in the measurement of a variable test (fraction transmission)

And that the value difference between the measurement calculation circles (first and second) was (3.071) below the significance level (0.000), which indicates that there are statistically significant differences between the measurement (first and second) in favor of the first. The measurement, and that the differences in the value of the mathematical circles between the measurement (the first and third) amounted to (6.714) below the significance level (0.000), which indicates the existence of statistically significant differences between the measurement (the first). And third in favor of the first measurement. Either the differences in the value of the arithmetic circles between the (second and third) measurement reached (3.643) below the significance level (0.000), which indicates that there are statistically significant differences between the (second) and third measurement in favor of the measurement. The second measurement.

We conclude from this that there is a decrease in the level of young players in the transitional period by the results of differences in the three successive measurements in a variable test scale (crash mean test)

And that the value difference between the measurement calculation circles (first and second) amounted to (2500) below the significance level (0.000), which indicates the existence of statistically significant differences between the measurement (first and second) in favor of the first. The measurement, and that the differences in the value of the mathematical circles between the measurement (the first and third) amounted to (3.571) below the significance level (0.000), which indicates the existence of statistically significant differences between the measurement (the first). And third in favor of the first measurement. Either the differences in the value of the mathematical circles between the (second and third) measurement reached (1.071) below the significance level (0.069), which indicates that there are no statistically significant differences between the (second) and third measurement.
We conclude from this that there is a decrease in the level of young players in the transitional period through the results of the differences in the three sequential measurements in the measurement of a variable test (the offensive blocking wall).

Discuss the results of some skill tests for three consecutive variables that are not my game for beginners in volleyball: 

Through what was presented and analyzed in the results tables of the motor abilities tests, it became clear to us:

It is clear from the table (12) for the three skill variables (serving, smashing and blocking), among the three measurements of volleyball players, that most of them were oscillating with relative stability of the first measurement, and at the same time it is clear that time is controlled by landing, and this is clear because the measurements were During the transition period for players.

The researchers attribute, through the appearance of the results of skill variables, to the fact that the transitional period and most activities and sports are at a low level as a result of what this period carries of something characterized by negative comfort towards it. Difference levels, and at the same time it is a positive comfort for the players who continue to train continuously during this period, as a result of these players practicing low training loads until they reach pressures close to (40%). The new preparation phase for a new season, and the negative rest period will affect the level of technical performance of the players because the skill variables in the game of volleyball are characterized by accuracy and beautiful technical performance, (Muhammad) mentions. Reda “The transition period constitutes a positive respite for the athlete from the exhaustion of the previous two periods, and at the same time constitutes a process of gradual reduction in the training load.

As for the skill of breaking the transmission, the results showed the emergence of morale in favor of the first measurement at the expense of the second measurement, as well as the moral measurement of the first at the expense of the third measurement, as well as the moral measurement of the first at the expense of the third measurement. The morale of the second measurement at the expense of the third measurement, and the researcher attributes the morale of the first measurement during the second and third measurement, to the fact that the players at the beginning of the transitional period still possess a special type of training that leads them to retain some physical, skill and functional elements, which indicates that the morale It occurred even at a low level through the above-mentioned results, as the researcher attributes this to the fact that this period is the sample period. Unwillingness to train in a full-fledged way, in contrast to recent and renewed research in training, which states that during this period players, should play some games with a specialty or a non-specialist. Canalization in events and other games or recreational games, and thus the morale of the initial measurements emerged as a result of its proximity to the competition period, and Muhammad (Hassan Alawi 1994) stated “The transitional period has a primary goal of physical and skill relaxation, given the weight of training in competitions physically and skillfully. The players stopped training permanently, as recent research confirmed the opposite of those ideas and beliefs, as this period was considered a positive rest period in which the player practices sports activities of a fun and entertaining nature, as well as during which the player exercises the colors of activities far from specialization, in addition to changing the location and equipment and tools.

As for the second skill variable (cracking), the researcher attributed the emergence of ethical differences between the three measurements to the first measurement, which is the best among them, and as a result of the proximity of this measurement to the competitive period, where in this period a variety of exercises were used, and as a result of the use of modern tools in programs Training and prepared by the coaches, as well as related to the physical abilities possessed by the players and which were displayed through the three measurements. Meanwhile, the researcher attributed that the possession of the first scale of morale at the expense of the second and third scale, and the morale of the second scale over the third is that this period (transitional period) made it both coaches. . And players have a purely negative period, and without a blast at least practice exercises related to this skill in particular, the ability of the arms and legs because of their direct and wonderful association with this skill, and therefore coaches should stay away from complete passivity. Rest during this period and practice some recreational games or some exercises for volleyball skills, including crushing, as the positive training that is characterized by positive rest during this period, even if a little is better, it is better to enter the next preparation period for the new season that he enters without anything. Getting ready for the New Year is zero.
With regard to skill (block wall), and the results that appeared for this variable in question, the importance of the first measurement appeared at the expense of the second measurement, as well as the first at the expense of the third, but with regard to the morale between the second and third, one measurement did not affect another measurement, as they maintained their spirits.

In addition to all the reasons mentioned above in discussing the variables (squash sending skill and batting skill), the researcher attributes the coaches' lack of interest in this game and their lack of communication with new training methods. And the modern methods related to this game and keeping up with what is important in this game by looking at the exercises and modern training programs in the outside world and the training programs used to link players to the sports form quickly, legally and in advance. In a planned manner and maintaining the high standards of the players for as long as possible, as well as the coaches' lack of interest in how to deal with each training period, from general and private preparation, semi-competitions, competitions and transfer interval, and the lack of proper planning for this period and the lack of good knowledge of each period, especially the period under study (the transitional period), because it needs special treatment because it is a period free of training character, and therefore the trainers must be well prepared through the correct planning of training and preparing stress and intensity loads in their units, urging players and following them for light to moderate exercise. Activities that reach approximately (30-50%) of the maximum intensity during competitions, in order to maintain physical and skill levels, abilities, and abilities, and the player is here ready to enter the general preparation period for the next season. Thus at least avoiding injuries at the beginning of the preparatory season. By going on time and selecting the optimal loading and content volumes, the player will not only be able to fully recover after the previous cycle (competitive season), but also be able to prepare well for the upcoming preparatory period." As for the second and third measurements, since one of them did not affect the other and almost every measure remained, he keeps his morale high and even a negative gradation for them both, but this is due to the fact that the skill (Block) does not require a very high skill level, as found in ace skills and average performance, as much as You need to focus on how the hand is divided and directed to repel balls coming from the opposing team, so the second measurement does not affect the third measurement.

In the summary of the discussion of the skill variables under study and what the results appeared in the first, second and third measurements, and most of their morale was for the first measurement, which is due to the result of the players maintaining the level of that, it can be said that it is acceptable to some extent in terms of the physical, skill, functional, mental and psychological level from the previous period (competitive period). Therefore, coaches must pay attention to the transitional periods of players and exercise light to medium training loads, as well as develop a plan for this important stage to maintain a special type of potential and levels for players, and this period during which many injuries can occur. Avoid them, and the fluctuating level that occurs to most sports team players at the start of public and private preparations and competitions, if they are used correctly and keep up with the novelty that characterizes today's training.

V. CONCLUSIONS AND RECOMMENDATIONS

Conclusions

1. The highest level of physical, motor and skill performance was in the first test of the research sample.

2. The level of deterioration was in all physical, motor and skill variables in the second and third tests.

3. During the transitional period, the players did not practice any sports or recreational activities, which negatively affected the level of some physical, motor and skill variables in the research sample.

Recommendations

1. Develop recreational programs for the transitional period to maintain the physical and motor level.

2. Continuing to search for new means of strengthening.

3. Those who know the levels of decline of their players in the training process should provide a training curriculum commensurate with the level of the downward trend.
REFERENCES


