



THE EFFECT OF SPECIAL EXERCISES USING GUIDE SIGNS AND LIGHT LASERS IN DEVELOPING CONCENTRATION AND PERCEPTION AND LEARNING SOME ARTISTIC GYMNASTICS SKILLS FOR STUDENTS

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Abstract

Preparing special exercises by using indicative brands and optical laser and identifying their influence in developing focus and perception and learning some of the skills of the technical gymnastics for students, and the researchers used the experimental curriculum by designing one group on a sample chosen in the random way as it included (12) students from the second stage students at the Faculty of Physical Education and Science Sports for the academic year 2022 - 2023, and after making sure of the homogeneity of the sample, the tribal test was conducted in focus, awareness and the skills of gymnasium, after which the researchers set special exercises to develop some of the skills Determining (12) educational units and by (2) educational units a week for a period of (6) weeks, as the application of special exercises began from Monday 7/11/2022 until Thursday, 15/12/2022, and it took the implementation of exercises during the educational unit One (45) minutes, then the researchers then conducted the post -test, and after processing the data using the 23 .s statistical program spss Ver- 23 has been reached a set of conclusions, including: The use of indicative signs and optical laser with special exercises helped to improve the performance of gymnasium skills faster and easier because it provokes the learner to produce his best. Through the indicative signs and optical laser, a positive effect on overcoming the obstacles to repeating the error during the performance of the performance

Keywords: special exercises, indicative brands, optical laser, concentration, perception, gymnastic skills.



1-1 Introduction Research and importance:

The development of science and progress has become evident in sport and this is due to scientific research and the efforts of those in charge of the learning and training process and in various fields in sports science and among those sciences motor learning, as all scientists and specialists agree that motor learning contributes greatly to learning the correct path of sports movements. It gives positive returns on the results through learning, improving and developing motor performance, and workers in the sports field have resorted to attention to educational units because of the various exercises that are in the interest of learning and developing the motor path and the correct technical performance, and learning experts sought to use modern means and tools and benefit from them. In the educational process is still searching for all that is new from these means and tools to invest everything that is available and useful in this field, the means and tools are an assistant factor, as it has a great role in communicating information to learners and making the learning process more effective and positive, it is all that helps the transmission of knowledge, information and various skills and multiple skills and raises the ability to acquire skill through the various senses and thus may work on the positive effect on the speed of learning motor skills and improving the specifications of technique and tactical performance (Youssef Lazim: 2011).

The sense of sight plays an important role, whether in education or in training gymnasium, and the eye is the means of receiving energy and turning it into appropriate physiological aspects of nervousness to deliver it to the central nervous system, and to clarify that, the eye sees things by reflecting the body that falls to the eye that transports them to the brain through signals, so the brain distinguishes these signs and the necessary response to them through signals issued to the various organs of the body to implement, through the sense of sight, visual means are used to understand and realize the skill. Examples of visual means are to conduct a model by the coach or the player and the images that show the stages of skill and videos, as well as seeing the signs drawn on the ground and places of landing and the use of visual laser technology.

In the performance of the human wheel, the learner may deviate from the straight line, and here it is recommended to determine the visual direction points, by drawing two parallel lines on the ground and asking the learner to perform this movement in the area between the two lines, and in the performance of the lower weighted to land from horizontal bar can be placed using the laser parallel



to the model of the device horizontal bar is a height that fits the level of the learner and the learner tries to pass it with the graduation of lifting the optical barrier until the learner reaches the appropriate flying, and a mark can also be placed on the wall, ceiling, or on the ground as a goal scoring to direct the movement, when the performance of the cabinet can direct his guidance by pushing the two men in the direction of the window In front of him, and another example of the use of visual means to jump on the table, a light barrier may be placed between the upgrade and table ladder to improve the upgrading and first flight.

Hence the importance of research lies in developing special exercises to learn some of the technical skills of gymnasium using visual means, including indicative signs and optical laser, which help in developing a set of mental capabilities such as focusing attention and perception, a motor sense because of these capabilities of the importance of knowing the level of learners' response to special exercises.

1-2 Research problem:

Through what the researchers noticed that they are interested in this game and their practitioners in addition to exploring the opinions of the specialists, and they found that there is a weakness in the level of learning of the second stage when implementing the skills of gymnasium and on various devices, and the reason for this may be due to a very little interest in using visual means during Implementing the educational steps of the skill that the researchers see as one of the basics of this game, as these visual means to the learner give the opportunity to develop the working muscles and the amount of its excitement, which leads to the result of the development of accurate motor curricula that increases the possibility of kinetic perception and the comparison with the goal in the kinetic memory, in addition to that These visual means allow the learner to perform the skill with the right motor paths, which is a guide to facilitate the performance of the learner according to these paths. These methods also play a major role in preserving balance after movement by stabilizing the consideration of a certain point in front of the player or the learner to keep the head to his position and this appears in jumping movements on the table and look at a high -level guiding sign when landing.

This prompted the researchers in an effort to keep pace with the continuous progress to develop a set of special exercises whose parts are similar to the shape of the skill in addition to the use of visual means (indicative signs and optical



laser) in order to help learners detect errors and determine how to correct them through the appropriate guidance of this performance so that students can be reached To the stage of the mechanism and mastery of the motor skill, as well as providing the element of suspense and provoking motivation towards learning and improving performance, in addition to the absence of common mistakes during performance, as well as linking the focus of attention and sensory perception in the learning process has an effective effect in the learning process and its measurement.

1-3 Research objectives:

- 1- Preparing special exercises using the indicative and light laser signs for students.
- 2- Identify the effect of exercises for the use of indicative marks and optical laser in focus and perception, and learn some of the technical gymnasium skills for students.

1-4 Research hypotheses:

- 1- There are statistically significant differences in focus and perception and some technical skills between tribal and post- tests at the research sample.

1-5 Research fields:

1-5-1 Human field: Second stage students in the Faculty of Physical Education and Sports Science / Basra University

1-5-2 spatial field: gymnasium Hall of the Faculty of Physical Education and Sports Science / Basra University

1-5-3 Time field: from 28/12/2022 to 1/2/2023.

2 -Research Approach and field procedures:

2-1 Research curriculum:

In order to achieve the objectives of the research and verify the validity of the assumptions, the researchers used the experimental curriculum with the design of one group.

2-2 Sample of Research:

The researchers chose the research community in the intentional way from students of the second stage of the Faculty of Physical Education and Sports



Sciences for the academic year 2022-2023, and they are (169) students distributed over (6) people, and that the reason for the researcher's choice of the research community is that the subject of gymnasium is one of the systematic materials prescribed for this stage and students of this The stage is often those who do not have previous experience with the subject of gymnasium in terms of learning for skills under research, and there are two lectures (two educational units) per week. As for the research sample, it was chosen in the random way, which is division (B). After collecting the information, he excluded the students who failed and postponed, then the researchers chose (12) students from (B) randomly by the lottery representing the research sample, and homogeneity was conducted for the research sample individuals in terms of (length, Weight, age) as shown in Table (1)

Table (1) Shows moderate distribution of the research sample members

No	variables	Measurements unite	Mean arithmetic	Standard deviation	Difference factor
1	Length	Cm	173.250	3.215	1.855
2	Wight	Kg	70.375	6.801	9.663
3	Age	year	20.375	1.204	5.909

It is clear from Table (1) that all the values of the difference in the difference in variables (length, weight, age) ranged between (1.855 - 9.663) and it is acceptable.

2-3 Means of collecting information, devices and tools used in the research:

2-3-1 Means of collecting information:

- Note and experimentation.
- Sources, references and the Internet.
- Personal interviews.
- Questionnaire forms.
- Examinations and measurement.
- Arbitration form.
- Statistical means.

2-3-2 -Devices and tools used in the research:

- Rest meter for measuring length.
- Mind Service 1.
- A table jumping device 2.& horizontal bar .
- Earth movements.
- Sony video, 1.

- Green Laser Sight Green Dot 532NMSCOPE with 20mm Pica tinny Mount 3.
- Panasonic photography camera 1.
- Electronic calculator.
- Time hour 1.
- Guideposts
- Medical balance.
- Sponge simplicity.
- wooden box.
- Laser tablets.
- Stationery.

2-4 Laser light:

The researchers used the light laser that is used in military technology, where the researchers used a lot of consultations on how to select the center laser until after a lot of continuous effort, the researchers reached a kind of laser species that are used scientifically in the field of correction of the weapon, as it proved its effectiveness due to being visible. Even in the light of the regular morning, with the help of the optical barrier, the use of the vision sense can be mastered in the work, which helps to understand the direction and extent of the different gymnasium skills, and from the practical applications of the optical laser in the lower weighted exercise to land in front, for example, putting the laser barrier parallel to the barbarity device, with a suitable intercession that suits The level of learners and the learner tries to pass it and with the graduation of lifting the laser barrier, the learner reaches the appropriate flying.

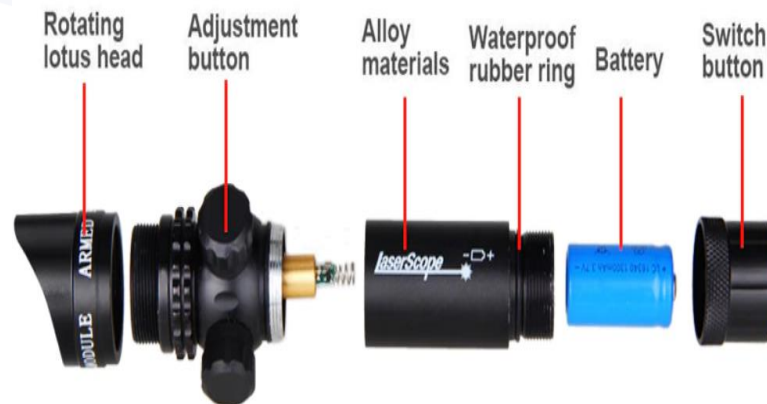




Figure (1)

Shows the laser system used

2-5 Guidelines signs:

The researchers used signs made of thick flex pieces using laser printing with hands, fertilization, head in different shapes and colors, and the adhesive used is strong to ensure that the mark does not raise when use, and the learner must follow the signs placed on the ground and the places And its temporal timing, as well as the visual signs, help to preserve the balance, by proving the learner looking at a specific place, and the head is proven, thus fixing the line of gravity on the base of the pivot, and this appears in standing on the hands, as well Naturally, this is shown in the jumping movements on the table and looking at a place specified in front of a high front when landing.



Figure (2)

Shows some of the indicative signs used



2-6 Measurements & tests used in research:

2-6-1 Measurements of height, weight and age.

2-6-2 Mental Ability Tests:

First: Burdon Infiemof corrector Test (Khaled Abdul Majeed: 1988)

Second: Testing a sense of horizontal jumping (wisen Jassim: 2002)

Third: Test of the feeling of time estimation (Muhammad Ali & Mazen Raouf: 1996)

2-6-3 Gymnastic Skills Tests:

1- Human wheel.

2- Jumping the opening.

3- Landing from the bottom of horizontal bar.

For the purpose of evaluating the research skills, the researchers used a video camera for recording the performance of the skills, as each student made two attempts and the best attempt was calculated. The researchers relied in these tests to evaluate those with experience and specialization in the artistic gymnastics that consisted of four rulers (Appendix 1) The filming of the tests was distributed to them with a pre -prepared evaluation form by the researchers and every skill that was evaluated from (10) degrees and was extracted after deleting the highest and less degree, collecting the two middle degrees and dividing them on two.

2-7 Exploratory Experiments:

2-7-1 first reconnaissance experience: conducted on Monday 10/10/2022 on (10) students from the Division (C) and the first exploratory experience aimed at:

-Ensure the validity of the tests for the application.

-Ensure that devices and tools are valid.

-Knowing the time to implement the tests.

- Knowing the team of the duties that it will make and avoid errors that can occur while applying the tests.

- Determine the installation point of the photography and dimensional machine, which gives the best clarity in following up the kinetic stages of the laboratories.



2-7-2 Second Reconnaissance Experience:

This experiment was conducted on Thursday, 20/10/2022, and on the research sample personnel by choosing a number of exercises from different educational units and trying them to know the amount of what the research sample can perform from the repetitions and the time taken to perform each exercise to regulate the timeline of the units As a whole and give a clear picture of the way in which the educational curriculum is implemented as well as knowing the extent of the exercises suitable for the level of the sample members and the extent of the sample members' ability to absorb and apply exercises.

2-8 field Research procedures

2-8-1 Tribal Tests:

The researchers gave an introductory unit with skills under research, then the tribal test was conducted for the period from Monday, 31/10/2022 until Thursday, 3/11/2022.

As the tests were taking place within the schedule set at the college within the lessons according to the following order:

On Monday 31/10/2022

- Constriction
- Consider the distance
- Cognition of time
- Thursday, 3/11/2022
- Human wheel
- Jumping
- Landing from the bottom of horizontal bar.

2-8-2 Main experience:

The researchers have developed special exercises to develop some gymnastic skills as well as the use of optical laser and guidance signs to facilitate the learner to learn the main parts of the skill in the correct way, and the researchers relied on the opinions of some specialists in setting special exercises for some gymnasium skills and (12) educational units and reality were identified (2) An educational unit in the week for a period of (6) weeks, when the application of special exercises began from Monday, 11/11/2022 until Thursday, 15/12/2022, and the exercises took place during one educational unit (45)



2-8-3 POST- Tests:

The researchers conducted post-test of the research sample for the period from Monday, 19/12/2022 until Thursday, 22/12/2022, at the gymnastic hall using the same tribal tests and with the same arrangement and conditions.

2-9 Statistical Means:

For the purpose of processing the data obtained by the researchers, they used the SPSS statistical version 23.

3- Viewing, analyzing and discussing the results:

3-1 Presentation of the results of the mental, tribal and post-test for the research sample and analysis:

Table (2)

Shows the mathematical medium, standard deviation, standard error of differences, calculated value (T) and the potential value for results of the mental, tribal and post -skill tests of the research sample

Verbal	M/U	Tribal Test		Post-Test		Standard error	T collected	probability value	indication
		M	S	M	S				
Constriction	degree	77.125	8.305	54.000	11.313	4.676	4.945	0.002	moral
Receive the feeling of distance	Cm	6.750	0.755	3.375	0.377	0.133	25.256	0.000	moral
Consider a sense of time	Sec	3.031	0.098	2.333	0.356	0.105	6.611	0.000	moral
Human wheel	degree	2.531	0.795	8.687	0.258	0.249	24.653	0.000	moral
Jumping Opening	degree	2.500	0.422	8.593	0.778	0.249	24.402	0.000	moral
Landing from bottom of horizontal bar	degree	1.718	0.541	8.000	0.707	0.348	18.019	0.000	moral

appears from the results presented in Table (2) that the calculated values (T) of the following tests (concentration, awareness of a sense of distance, perception of a sense of time, human wheel, jumping opening, decline from the lower



weighted of the mind) reached a row (4.945, 25.256, 6.611 , 24.653, 24.402, 18.019) It also appeared that the attached P-Value value is smaller than the level of significance (0.05), which indicates that there are moral differences between the results of these tribal and dimensional tests and in favor of post-tests.

Results Discuss:

1- Attention focus: It is clear from Table (2) the presence of moral differences between the tribal and post- test in focusing attention and in favor of the post-test. The reasons for those differences are due to the visual vision exercises used in the research in order to focus the exercises on the sense of sight, as they are one of the important senses in the learning or training process , As (Mahmoud Abdel -Hassan: 2008) sees, "The sight is a based on the raising of the energy of the players, and its role is not less than the role of muscles, bones, respiratory system ... etc.", and sensitivity to the sight is an important role in learning and training, by presenting models to the learner so that he can have it A picture of the movement and is trying to reach it, and the exercises have been interested in developing the focus by setting exercises that help in training the eye and this is what you see (Afra Hassan: 2013) that "focus is the eye training on seeing the smallest details and enjoyment with its inspection and the eye is not just a member of the light reception and vision of the external environment Because its role is much larger than that, the vision is an important work and its attainment does not require talent or creativity but training, focus and awareness of the importance of this role. Its application is on educational methods that included (indicative signs, optical laser), as these methods helped stimulate the visual vision and were used to perform motor duties required by learners, all these exercises helped to develop visual vision and increase the efficiency of the visual system, especially the sense of sight, as it is prepared The visual system is one of the important systems that we depend on greatly to provide information about the surrounding environment, and then use this visual information to make the decision regarding the movement, as the visual system provides three functions at least in its relationship to kinetic performance that includes "sensory and external reception, which is received from outside the body And deep sensory reception by providing the visual system information about placing the body in the environment using the dimensions of time, strength and streamlining to control the movement. The visual perception of all the variables and the capacity



of dealing with them properly to avoid errors and to consider the sense of sight the basic sense of reaction and the performance of the motor duty. "

2- Receive a sense of distance: The researchers attribute this moral difference to the importance of special exercises to which the research sample underwent the period of the application of the curriculum and their commitment to perform the exercises, which helped to master the correct estimate by realizing the distance and this in turn depends on the ability of the muscular nervous system and control the learner's performance to estimate the right distance of the test. The sensory motor perception gives the learner a kind of feeling of the movement of the body and its parts and the extent of its total or partial preparation, which enables him to give the motor description of the body to perform the test, of course.

3- Depends on the ability of the sensual perception by estimating the distance of the test, and this is what was mentioned (Rajeh: 1983) about the importance of sensory receptors for the sensual sensory perception, because the movements stimulate sensory receptors and provide them with a rebound of information in similar situations in the future. The private, which increased the kinetic capabilities of the learners, and this in turn led to an increase in the work of the sensory receptors for the work of the muscular nervous system, which in turn estimated the jump distance to the learner, which is blindfolded and enabled it to estimate the required distance when jump. The development of the kinetic capabilities of this laboratory, where (Khater: 1976) indicates that one of the factors that accelerate learning and development is the perception. The more correct perception, the behavior that the learner or the player comes to with a degree of health, the player who realizes the skill that he performs is valid is appreciated. One of his colleagues is his performance and this is what happened in the results of the tests.

4- Administration of a sense of time: The researchers attribute these differences to the importance of applying the special exercises that the researchers applied to the members of the sample and their positive impact on the performance of the sample, continuity, and regularity in training and practice, and fixing the repetitions installed in the custom units in addition to the adequacy of the time of the units, which led to the raising of the level of motor feeling. In



time for individuals of the research sample in the post -test, where the temporal organization depends on the process of feeling successive and continuous timetables, which is important in the sports field, as it is imperative for the learner to have a full sense of time that the repeated and successful movement takes so that he can determine the speed of performance and determine the appropriate technical methods for each A period of time according to its circumstances, and this is consistent with the findings of the study (Abdel -Khaleq: 2007) that the time regularity in the training process and the continuation of the application of the curriculum according to the appropriate technical methods for each period of time worked to raise the level of technical performance high. "The researchers believe that the process of repetitions The continuing that the sample practiced inside the educational units helped the development of performance, which increased the cognitive ability, and this is what confirmed E (Ihsan & Safa: 2020) that perception develops through repetitions, experience, personal experience and the efficiency of the individual. The more a person practices the movement or skill, the characteristic of the perception develops.

5- gymnastics skills: The researchers attribute the reason for the development of the research sample to the contribution of special exercises in learning accurately and effectively and the extent of the teacher and the learners' benefit from them, which contributed well to the education of students through the performance free of errors that accompany learning, as "special exercises work directly On the development of the necessary physical qualities and the skillful aspects "(Zuhair Qasim: 1999), as well as their physical exercises that develop muscle strength when linking them with the development of other motor characteristics in a manner that is proportional to the external and internal composition of the sports exercise and this relationship can include the entire movement or a single part of it (Abdul Nassif: 1978), and (Ahmed Al -Hadi Youssef: 2016) sees that training using similar exercises in its motor path of technical performance leads to an improvement in the level of achievement in the sport of gymnasium because it represents the basis for preparing the origin of gymnasium, as this sport needs privacy characteristic In certain places of the body, by virtue of the nature of the performance of gymnastic skills, "and the use of special exercises prepared by researchers in the main section of the educational unit had a clear impact on improving and developing pain Spices under research, because special exercises play a major role in developing and



raising the level of skill through the multiplicity of the purposes of those exercises, as they work to develop many characteristics such as strength, speed, flexibility, balance and consensus. All these qualities are required and interconnected in improving the skill performance (Ghada Mahmoud: 2018), as Special exercises are a set of exercises through which physical, motor or skill capabilities are developed in a specific game according to their privacy and the requirements of their performance. (Zuhair Qasim: 1999), and the researchers attribute the reason for the development of the research sample resulting from the role of auxiliary means such Guidance), which had a clear impact in developing the skills of gymnasium under research, and this is what (Abdul Hussein Majed: 2018) said that the gymnastics sport needs assistant devices and tools to simplify scientific learning and facilitate movements in order to accelerate this process, which is necessary and basic in educational processes Especially in beginners education operations, "the researchers believe that the visual vision exercises contained in special exercises are the factor affecting the ability or efficiency of the learner and that provides information and sends it to The brain, which in turn explains the information and sends the signals that make the parts of the body move. If these signals are inaccurate, complete or sent at an inappropriate time, this is reflected in the performance, as (Souad & Jusoun: 2014) remember in that "most sports and even may all prepare the visual vision is the dominant sense.

4- Conclusions and recommendations

4-1 conclusions:

- 1- Use of indicative and light laser signs with special exercises helped improve the performance of gymnasium skills faster and easier because it provokes the learner to produce his best.
- 2- Use of visual sense (visual exercises) by learners during the performance of the movement in practice through the indicative signs and optical laser, following a positive effect on overcoming the obstacles to repeating the error during the performance.
- 3- Exercises for use of guidance and optical laser signs have a positive effect on some aspects of learning with technical gym for students, such as the mental and skill side.
- 4- Use of indicative signs and optical lasers in special exercises improves visual tracking, as well as improvement in visual tracking of the research sample.



5- Use of indicative signs and optical lasers gave a vision of the skill details and improved the technical performance of the technical skills of gymnasium under research.

4-2 Recommendations:

- 1- Dependence on indicative signs and optical laser during the movement's performance in practice as attractive educational means that can contribute to increasing the student's motivation towards learning.
- 2- Necessity of intensifying visual stimuli at the expense of hearing stimuli because of their importance in stabilizing the skill in the learner's mind.
- 3- Dependence on exercises for the use of auxiliary means to invest time and effort for the teacher and the student.
- 4- Need for teachers to diversify the special exercises that help in learning better skills.
- 5- Conducting similar research on other devices and those with advanced age groups.

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Appendix (1) Scientific ingredient

No	Name	place of work	Specialization
1	Dr. Zaki Nasser Shaaban	College of Physical Education and Sports Sciences / Basra	Biomechanics/ gymnastic
2	Dr. Ghazi Lefta Hussein	College of Physical Education and Sports Sciences / Basra	Teaching Methods/ gymnastic
3	Dr. Ali Jabbar Hassan	College of Physical Education and Sports Sciences / Basra	Teaching Methods/ gymnastic
4	Dr. Kazem Issa Kazem:	College of Physical Education and Sports Sciences / Basra	Training/ gymnastic