The effect of a proposed program to develop defensive skills among special category students in sitting volleyball in the State of Kuwait

*Dr/ Ibrahim Ali Al-Ansari

Introduction and research problem:

The indicators of the progress and civilization of nations and the extent of their advancement are largely linked to the extent of their care for generations in their various categories. Therefore, caring for people with special needs in any society is considered one of the most important criteria for judging the extent of its progress and development.

The view of societies in the present age towards the disabled has changed, and they now receive special care in many areas, including the sports field, considering their circumstances and physical capabilities.3:28) Practicing sports activities is of utmost importance for the physically disabled, as it enables them to bear the burdens of daily life, satisfy themselves, and develop functional and psychological aspects (36:15).

Recently, sports have developed as a result of their connection with other sciences such as health sciences, biomechanics, physiology, anatomy, engineering, and others, which resulted in many opinions and studies that produced results that provided sports with many theories and information that contributed in turn to developing the level of performance and opened horizons for new applied research that enabled the identification of many benefits of practicing organized sports activities, which was reflected in the levels of performance.

In this regard, it indicates: Isabel Walker (2001) states that sports scientists and coaches are constantly searching for new trends and training programs that aim to improve athletic performance and gain a competitive advantage. Visual vision programs are one of these new training trends known in the sports field, as they are a set of eye exercises used to improve basic visual abilities. (20:202)

As Osama Kamel Rateb points out:(2000) that focusing attention is one of the important psychological skills for athletes, and there is no dispute about that, as it is the basis for the success of the learning process, training, or competition in its various forms. Distraction or lack of focus negatively affects the performance of many athletes, and thus the reason for the decline in their level of performance in competition is due to the loss of focus on stimuli associated with something to achieve effective performance (4-286).

Motor anticipation is the ability to complete a motor response in conjunction with the arrival of a stimulus at a certain point. It is considered one of the most important requirements for success in practicing sports activities because the successful

*Associate Professor, College of Basic Education, Department of Physical Education and Sports - Kuwait

performer must link the environmental characteristics in terms of time and place with the movement or movements that will be performed. Spatial relationships improve when the performer learns the temporal relationships that link the movements that are required to be performed.21: 248).

Mr. Abdel Maqsoud states in the field of developing and teaching motor anticipation that the correct anticipation must be made at the appropriate time. The safety of the program's anticipation depends on the accuracy of the information and its arrival at the appropriate time. Therefore, increasing the accuracy of sensory information through appropriate teaching of it is considered one of the necessary things to improve and increase the accuracy of anticipation. This applies to competitions and sports activities in which the athlete moves within a moving field or the tools used in this activity are moving. This applies, for example, to team games (8:116).

In the field of team games, anticipation generally differs from one player to another, as correct motor anticipation does not appear in beginners or elderly players, or in players who have lost their physical fitness or athletic form, as they lack the motor qualities that help in correct anticipation. The player's ability to change his body positions quickly, gracefully and flexibly possesses the specifications of correct motor anticipation (6: 248)

From the previous presentation, we find that anticipation is a physical, sensory, and cognitive component that directly affects the success of the performance. Through these two components, through conscious guidance during the training process, the player learns the decisive signals that help in correct anticipation, such as head movements, leg positions, or transferring the weight of the competitor's body (8-116).

Volleyball is one of the sports activities that is distinguished by the diversity of its skills and plans, which has led sports training scientists to address it in a lot of their research, and this has become clear through the continuous development that has appeared in the arts of the game, in terms of skills and plans.

Volleyball is a dynamic game that depends on the surprise factor in skills and plans, so the game must proceed in a smooth and good manner. This can only happen if the skills are well mastered, taking into account the application of the law and the requirements of the game when training on skills and plans.5: 285).

The movement anticipation in volleyball can also be observed from the form of the preliminary stage of the movement, when we see the player moving in front of the net, directing his body in a certain direction, through which we can anticipate and know the movement he will perform, whether it is a smash, a blocking wall, or camouflage and deception without performing any new movement, leaving that to another teammate.6: 247).

Volleyball is characterised by fast performance that changes from

attack to defence and vice versa. The game plans are varied, whether offensive or defensive, which requires the player to have what is called practical intelligence.Practical Intelligent, which requires quick perception of relationships and problem solving in different playing situations. This requires a great deal of anticipation of the movements of the opponent and teammate, the path of the ball and its height.

Sitting volleyball is considered a recreational and competitive activity at the local, international and global levels practiced by the physically disabled (amputees - paralyzed) of the lower limbs. Learning it requires multiple mental abilities, the most important of which are the use of thinking skills, the ability to act and innovate. In many cases, it requires practitioners to use their mental abilities effectively, skillfully and seriously, especially for the physically disabled. In other words, it is considered a real practice and a realistic and effective activation of the various mental abilities.

Through the researcher's experience, he noticed a deficiency and failure among some students practicing sitting volleyball at Al-Raja School for Special Categories in the State of Kuwait in the correct skill performance, especially in some skills that involve direct interaction with the competitor, such as the blocking wall and defending the field, as well as anticipation inside the field, in many situations during training, especially with regard to defensive skills and the formations associated with them. This appears in the failure to receive the serve as a result of not correctly anticipating the location and direction of the ball, lack of motor speed, and also weak coverage, whether behind the striker or the blocking wall, in addition to not anticipating deceptive movements from the competitor. The researcher believes that this leads to the lack of sitting volleyball practitioners of the components of physical motor anticipation, such as reaction speed, transitional speed in the blocking wall, performance speed, agility, and accuracy in defending the field, which may be due to the lack of correct estimation of the location of the ball's arrival or determining its direction and not moving at the appropriate speed, thus delaying the player in a way that does not allow the ball to be received correctly.

Through the researcher's reading and review of many scientific references and previous research, he found that the importance of this study lies in the fact that it helps improve the components of anticipation and raise the level of defensive skills performance, which in turn helps solve some of the problems of skill and tactical performance in sitting volleyball.

Therefore, the researcher is conducting the current scientific study to identify the impact of developing and improving the components of expectation on the level of performance of volleyball practitioners at Al-Raja School for Special Categories.

Research objectives:

This research aims to design a training program to develop defensive skills among volleyball practitioners at Al-Raja Private School in the State of Kuwait, which has an impact on:

1- The components of physical and cognitive motor anticipation of the defensive skill.

2- The level of skill performance in the skills of (blocking wall, defending the field).

Research hypotheses:

In light of the research objectives, the researcher sets the following hypotheses:

1- There are statistically significant differences between the averages of the pre- and post-measurements of the sample (under study) in some physical and cognitive components of the defense skill in favor of the post-measurement.

2- There are statistically significant differences between the averages of the pre- and post-measurements of the sample (under study) in the performance of defensive volleyball skills in favor of the post-measurement.

3- There is a relationship between some components of motor anticipation and the level of performance of some defensive volleyball skills.

Definition of terms used in the research:

Motion anticipation Motor Anticipation

Youssef Al-Sheikh defined formally that "the player must be ready for the next move before starting the first move."14:77).

Predict the place Space Anticipation

Arafat "Abu Al-Ala"1997) as "the athlete's anticipation of where the target mechanism is heading to confront it." (1-191)

simultaneous forecast Coincidence Anticipation

It is "the athlete's anticipation of the moment in time when he will confront the target he is required to confront at a specific moment he anticipates.(1:192)

Related studies:

1- Study by Ahmed Salem Batina (2016) (2) entitled "Differences in the level of sensorimotor perception of practicing group games and the type of game among young people." The study aimed to identify the differences in the level of sensorimotor perception among young people practicing and not practicing sports activities. The researcher used the descriptive method on a sample of (141) Youth, divided into two groups: the first (71) youth who practice various team games, and the second (70) youth who do not practice sports activities, and some tests were applied for sensory-motor perception.

The results showed statistically significant differences (0.05a <) in the level of sensory-motor perception between both groups according to each of the time perception test (10) seconds, and the balance test 60 seconds in favor of the practitioners and between the junior groups of group games for the time perception test (10) seconds in favor of the game of football and basketball, and the balance perception test (60 seconds) in favor of football, and the direction perception

test (30 cm) in favor of football and volleyball.

2- A study by Faleh Sultan Faleh (2010) (10) entitled "The relationship between some variables of sensory-motor perception and the level of skill performance among the blind in the shot put competition." This study aimed to know the relationship between some variables of sensory-motor perception and the skill level among the blind practicing track and field (shot put). The study sample included 8 blind individuals practicing track and field in the Jordanian Paralympic Committee. The researcher used the descriptive approach because it is appropriate for the study objective.

The data were processed statistically using statistical packages. spss to perform the following treatments (arithmetic mean, standard deviation, t-test for the difference between the means, Spearman's correlation coefficient, skewness coefficient). The results of the study showed a high correlation between the skill level and some variables of sensorimotor perception by 75%, as well as a strong correlation between the skill level and sensorimotor perception by 50%. The researcher recommends developing sensorimotor perception among the blind, due to its importance and strong relationship with the skill level, as well as conducting similar studies on other categories of people with special needs and in various sports.

3- Nadia Al-Sawy and Zainab Hathou's study (2008) (16) entitled "The effectiveness of visual training on cognitive skills and visual abilities and improving the offensive skill level in handball."

The study aimed to design a program for visual training and to identify its effectiveness on selected cognitive skills and visual abilities and the extent of improvement in the level of offensive skills in handball. The researcher used the experimental method, and the study was applied to a sample consisting of (15) A student in each group. The most important results indicated that the proposed visual training program has a positive effect in improving the level of offensive skills performance as well as improving cognitive skills and visual abilities.

4- Hoda Hassan Saber's study (2008) (18) entitled "The effect of using visual training on improving the accuracy of scoring points and focusing attention among female kumite players."The study aimed to identify the effect of using visual training on improving the accuracy of scoring points and focusing attention among female kumite players. The researcher used the experimental method. The research sample included (16) A first-class player from the university team and the team of the Faculty of Physical Education for Girls, Zagazig University. The most important results indicated that the training program had a positive impact on all research variables.

5- Zainab Dardari Alam's study (2007) (7) entitled "The effect of a proposed motor education program on the development of sensory-motor perception, innovative thinking, and some mini-handball skills for primary

school students."The proposed motor education program has a statistically significant positive effect on the development of sensory-motor perception of the experimental group better than the program followed in the physical education lesson. The proposed motor education program has a statistically significant positive effect on the development of innovative thinking of the experimental group better than the program followed in the physical education lesson. The proposed motor education program has a statistically significant positive effect on the development of handball skills (dribbling - passing - shooting) of the experimental group better than the program followed in the physical education lesson. The proposed motor education program achieved the highest rates in the test element (balance - perception of shapes - physical self - field and directions) coordination between the eye and hand. The proposed motor education program helped in developing the dimensions of innovative thinking (fluency - originality - imagination) in the experimental research sample. The proposed motor education program helped in developing handball skills (dribbling - passing - shooting) in the experimental research sample.

Search procedures:

Research methodology:

The experimental method was used with the pre- and post-measurement method for one experimental group due to its suitability and the nature of this research.

Research community:

The study community consisted of students practicing sitting volleyball at Al-Raja School for Special Categories for the Physically Disabled in the secondary stage in the State of Kuwait, numbering (300) Student.

Research sample:

The research sample was chosen intentionally and represents students practicing sitting volleyball, and their number is (25) Student.

Data collection tools:

The researcher used the following tools to collect data and information related to the research topic:

1- Scientific references and previous studies The researcher used scientific references and previous studies in order to arrive at a list of

A- The components of expectation are represented in the physical tests, which are (reaction speed - accuracy - coordination - ability - endurance) and the cognitive tests of expectation, which are (place - time - direction - distance - opponent). The researcher identified the basic skills of the students practicing football, which are (defending the field - serving - blocking wall - covering).

2 The researcher designed the following questionnaire forms:

A- A questionnaire form to determine the tests of the physical and cognitive components of the prediction is attached (1).

B A questionnaire form for displaying the skill test for prediction in the field is attached (2).

4- Tests: The researcher used the following tests:

- Illustrated intelligence test attached (3) The application of the proposed program is attached (4).

5 - Measuring and training tools and devices. The following tools were used to collect data:

- Stopwatches. - Restometer. - Medical scale for weight measurement.
- Measuring tape. - Dynamometer to measure force (right grip strength)
- Stopwatch to train time perception and prediction.
- Volleyballs Tennis balls for training.
- A wall for training on (distance perception - accuracy).
- A curtain that is fixed above the mesh.
- Visor for training in distance and direction perception

Survey study

The exploratory study was conducted on a exploratory sample of the research community and outside the original sample, which consisted of20 students in the period from 10/3/2022 to 10/10/2022. This study targeted:

- Ensure that the tools and equipment used are in good condition.
- Identify the period required to apply the tests.
- Finding scientific coefficients for tests (validity - reliability).

Scientific coefficients of the tests used:

First: Test validity:

Honesty:

To calculate validity, the researcher used discriminant validity, by applying the tests to two groups, one of which was (non-discriminant) of students practicing sitting volleyball, and the other was (discriminant), and the strength of each group was10 students and Table (1) shows that.

Table (1)
Significance of the differences between the means of the two groups, distinguished and undistinguished, in the tests under study (n =20)

Tests	Unit of measure	For the distinguished group, pre-measurement		For the distinguished group, dimension measurement		value T
		middle	deviation	middle	deviation	
IQ	degree	8.33	58.8	4.81	32.6	2.9
selective motor speed	Th	32.20	2.44	18.32	1.45	6.32
Compatibility	degree	26.8	1.59	14.7	2.11	5.68
Accuracy	degree	16	0.91	9	1.25	8.69
Perceiving the distance of movement	poison	256.5	15.7	1.289	12.95	6.21
Direction perception by crawling in the corridor	Number of errors	4.2	0.69	7.3	1.22	3.33
Time perception with ball	Th	3.3	0.52	7.21	1.32	4.66

Follow Table (1)
Significance of the differences between the means of the two groups, distinguished and undistinguished, in the tests under study (n =20)

Tests	Unit of measure	For the distinguished group, pre-measurement		For the distinguished group, dimension measurement		value T
		middle	deviation	middle	deviation	
Perceiving the force exerted by half the strength of the hand	kg	5.6	1.60	5.55	1.01	6.32
Defend the field	degree	16.5	0.89	14.2	1.56	5.35
The chest	degree	16.95	0.82	13	0.75	7.22
Skills training to measure expectation	degree	14.25	0.96	8.6	0.50	6.92

Table value (t) =1.729

It is clear from the table (1) There were statistically significant differences between the two groups in favor of the distinguished group (older), as the calculated t value ranged between 8.69: 2.9, which is greater than the tabular t value, indicating the validity of the tests in distinguishing between the different groups.

Secondly, the stability of the tests:
To calculate the stability of the tests used, the researcher used the method of applying the test and reapplying it on a sample consisting of:20 students, with a one-week time difference, taking into account the availability of the same conditions during the application process, and Table (2) clarifies this.

Table (2)
Correlation coefficients between the first and second applications of the tests under study (n=20)

Tests	Unit of measure	First application		Second application		value (r)
		M	A	M	A	
IQ	degree	77.22	2.23	80.14	2.44	0.77
Kinetic speed	Th	12.36	1.02	13.25	2.00	0.86
Compatibility	degree	11.56	0.77	13.01	0.91	0.89
Accuracy	degree	6.32	3.01	7.23	4.05	0.84
Perceiving the distance of movement	poison	125.5	11.38	126.5	11.23	0.79
Direction perception by running in the hallway	Number of errors	7.11	0.86	7.10	1.09	0.88
Time perception with ball	Th	7.01	0.76	7.00	0.75	0.74
Perceiving the force exerted by half the strength of the hand	kg	0.51	5.23	0.32	5.33	0.79
Defend the field	degree	16.05	0.89	16.20	0.90	0.86
The chest	degree	11.30	0.76	11.48	0.78	0.80
Skills training to measure expectation	degree	10.02	0.64	10.24	0.71	0.85

Table value of r at level0.05 = 0.44

It is clear from the table (2) The correlation coefficients between the first and second applications in the tests used under study ranged between 0.74: 0.89, which is statistically significant, indicating the stability of these tests.

Program objective: The program aims to:

1- Improving the performance of physical abilities (motor speed, coordination, accuracy) for sitting volleyball players.

2- Improving the performance of cognitive components (distance perception, direction perception, force perception - time perception) for sitting volleyball players.

3- Improving the performance of skills (defending the court, blocking wall, movement anticipation inside the court) for sitting volleyball students.

Program foundations:

- Training loads are standardized according to scientific foundations and principles and the opinion of experts in the field of sports training.

Providing technical capabilities, tools and devices.

- Continuity and gradual training until the required level of physical performance is achieved.

- Availability of the element of excitement, gradation and diversity in the proposed exercises.

- Taking into account individual differences among students, with the program being flexible, diverse and comprehensive.

The following training methods were used: continuous, low- and high-intensity intervals.

Steps to implement the research:

Tribal measurements:

Pre-test measurements were conducted on the research sample during the period from12/10/2022 to 30/10/2022

Basic experience:

The proposed program training was applied to the research sample during the period from11/1/2022 to 11/23/2022, with two training units per week, each unit lasting 90 minutes, with the intensity of the load gradually increasing during the program period from easy to difficult. Suggested training units.

Dimensional measurements:

Dimensional measurements of the research sample individuals were conducted in the period from11/24/2022: 12/17/2022 Then the data was collected, tabulated and processed statistically.

The following statistical parameters were used:

- Arithmetic mean. - Standard deviation. - T-test for significance of differences. - Pearson's correlation coefficient. The researcher accepted the significance level of (0.05)

Presentation, interpretation and discussion of results

Table (3)
Significance of the differences between the means of the pre- and post-measurements of the sample members in the variables under study (n =25)

Variables		Pre-measurement		Dimensional measurement		value T	Significance
		M	A	M	A		
Physical	Kinetic speed	19.18	0.71	25.20	1.13	8.01	Dal
	Compatibility	13.91	0.81	18.82	1.1	6.34	Dal
	Accuracy	9.97	2.28	15.84	2.14	7.22	Dal
the components Cognitive	distance perception	145	6.26	180	7.12	5.16	Dal
	Direction perception	7.12	0.83	3.01	0.70	2.55	Dal
	time perception	7.82	081	2.10	0.93	3.13	Dal
	Realize power	6.23	0.96	2.33	1.07	5.92	Dal
Skill	Expectation on the field	8.44	0.77	13.18	0.98	3.49	Dal
	Defend the field	12.05	2.18	18.10	1.50	4.23	Dal
	firewall	12.11	0.72	19.07	0.94	5.76	Dal

T" table =1.235

The results of the table (3) There are statistically significant differences between the averages of the pre- and post-measurements of the students practicing sitting volleyball in the research sample at a significance level of 0.05 in the physical abilities under study in favor of the post-measurements, as the calculated (t) value ranged between 6.34: 7.22, and the value of motor speed reached 8.01. The researcher may attribute this value to the nature of the physical exercises used within the program with the difference in their forms and direction and training on developing the physical abilities appropriate to the nature of the performance, which had a positive effect in improving the motor speed that is consistent with the nature of the situation on the field. This is consistent with the results of the study of Subhi Hassanein (1995) (13) that speed is one of the factors of successful performance in motor activities, as it is of great importance in sports performance.

Accurately and continuously determining the player's level in performing physical and skill abilities in sitting volleyball always requires tests that are appropriate to the nature of the game. The more the test is distinguished and the planning is correct and based on a sound scientific method, the better the results will be because the progress of athletic levels is the result of standardized scientific efforts due to the nature of the health and physical condition of sitting volleyball players.

The researcher believes that developing sitting volleyball skills among practitioners requires

continuous work and effective educational methods in order to raise the level of skill performance. “When a volleyball player is able to estimate the skill positions that he is required to perform in the best possible way, this is evidence of his sensory-motor awareness.”

A sitting volleyball player with sensory-motor awareness can perform the required position easily and accurately in all volleyball skills and is able to accomplish the movement in a coordinated manner. On the other hand, it is important for a volleyball player to have a high degree of sensory-motor awareness in order to perform the skill and tactical duties assigned to them, which requires each of them to be aware of his place as well as the direction of his movement and the extent of the force needed to perform the different skills. This also agrees with what Muhammad Al-Hafnawi has concluded.(12) 1994) Speed is an important and necessary requirement, as the ball is very fast and the times are very short, and the body speed during the performance in the basic stage reached (20.4 kg/hour).

The researcher believes that sitting volleyball is one of the widely practiced sports and occupies a good position as it is an exciting game that contains defensive and offensive skills that players must learn and master to a high level in matches, and that training in this game is no different from any other game through preparing training curricula and following modern scientific methods and techniques in developing what should be developed to achieve the best results for them.

As it is clear from the previous table, the calculated T value for the compatibility ability was high.7.28 and accuracy ability 7.75, which indicates a clear improvement in these physical abilities. This is consistent with what Lamia Radwan (2001) (10) indicated, that there is a positive effect of the physical components (transitional speed, reaction speed, coordination, accuracy) on the level of skill performance in handball.

These results are consistent with the findings of the Singer study. **Singer** (22) (1996) that there is a positive effect of the elements of physical fitness (reaction, accuracy, speed, coordination) on the skill level of tennis players.

The researcher attributes this improvement in the physical components under study to the positive impact of the proposed program for developing these components, and that the proposed program contained a group of selected and standardized exercises in a scientific manner for each component that was chosen by the experts, and this is the importance that the researcher attached to the physical components under study.

There is a close connection between physical and skill preparation in volleyball, and it has become necessary to pay attention to the elements of physical fitness that affect the success of performing basic skills in volleyball. Therefore, the coach works to develop these elements in addition to playing skills and special physical abilities, which are a basic requirement for each team game, but they differ from one game to another

according to the nature of the performance and requirements of each game. These requirements must be available to the practitioners of this game so that they can advance in training and reach high athletic levels.
The results also indicate that there are statistically significant differences between the averages of the pre- and post-measurements of the sitting volleyball players in the research sample in the cognitive component tests under study in favor of the post-measurements, as the calculated (t) value ranged between2.55: 5.92 The researcher attributes this improvement in distance perception to the nature of the exercises used in the program, which helps the sitting volleyball player estimate the distance between himself and the opponent, the court lines, the referee, and the net, while taking into account the physical variables of the practicing players.

This is consistent with what Card pointed out.**Calder**(2000) (19) that perception is an important factor for reaching peak performance, as the player needs to estimate the distance of the targets and be able to do so quickly in light of the dynamic factor.

The researcher attributes the reasons for this to the lack of subjection of the curriculum prepared by the trainer to scientific foundations during the implementation of training units and the trainer's focus on the playing style, in addition to the fact that the basic skills in volleyball are characterized by a kind of difficulty in performance, or perhaps the reason is due to the lack of focus on learning and performing skills and giving it sufficient time during training during training units, which led to the failure to develop those skills, as in order to develop basic skills, the player must be characterized by fast and accurate performance to implement them with the least possible effort and in the shortest time, which requires the player to have good physical and skill preparation and implement them in a way that enables him to perform them in various playing conditions and within the rules of the game.

This is consistent with what Hani Hassan said.**1995) (17)**However, a volleyball player must be aware of the distance between himself and the ball and between himself and his teammates and be able to do so quickly in light of the dynamic factor.
This also agrees with what was reached by the study of Nadia Al-Sawy and Zainab Hathoot.**2008) (16**) Visual training is important in volleyball training because of its positive impact on improving cognitive skills.

This is what Muhammad Hassan Alawi pointed out (**2002 AD),** However, when an athlete performs a motor skill, he does not do so with his body or muscles, or by using his legs, hands, or head, for example, but rather he does so using his mind and thinking as well.11: 198)0

The researcher believes that cognitive interference among sitting volleyball players is the correct state of training, and that the integration between mental training and skill training results in the player reaching mental and physical readiness before competition, in addition to the fact that "practice and exerting effort through

training and continuous repetitions are necessary in the learning and training process. It is an auxiliary and necessary factor in the process of the individual's interaction with the skill and controlling his movements and achieving coordination between the movements that make up the skill in a sound, successive performance and appropriate time. Continuous training alone increases the development and mastery of the skill." The method used in developing cognitive abilities (sensory-motor) has also proven to be very effective, as it has contributed to developing the skills under study, so that the player relies in performing them on isolating the role of the sense of sight and relying on the sensory receptors found in the muscles, joints and tendons, so that they become responsible for sending nerve signals to the central nervous system, which in turn directs the body to perform the required movements.

The results also indicate that there are statistically significant differences between the averages of the pre- and post-measurements of the sitting volleyball players in the research sample in terms of the level of skill performance in favor of the averages of the post-measurements, as the calculated (t) value ranged between3.49: 5.76 The calculated T value in the firewall skill was 5.76, which is considered a high value. The researcher attributes this improvement to the positive impact of applying the proposed program units, which consist of standardized exercises to develop those components and the response of the research sample.

Perhaps one of the reasons that led to this result is that the research sample is in the second general stage and that the training curriculum for this age group focuses on developing and improving basic skills as well as integration with the appropriate physical preparation and age group, and that the style of play is focused on in the advanced category more than in the junior and youth age groups) as well as subjecting the players to the real test which may be the first time for them which affected the skill and physical performance.

This is consistent with what Ali Mustafa Taha said.**1999)**The skill of smashing requires a certain type of player who is characterized by quick wit, good behavior, self-confidence, height, strong leg muscles, speed of movement, coordination in jumping, accuracy in movement performance, and directing strikes at a specific point in addition to the correct landing (112:9)

The researcher believes that physical abilities are important in sitting volleyball due to the physical condition and speed of the ball, and are particularly crucial in the defensive skills that players implement, such as following the ball as soon as it is sent by the opponent or hitting it, and monitoring the rotation and angle of the striker’s approach.

Muscle sensitivity is the main component of strength and developing this quality in the fine muscles of the palm is very important for a sitting volleyball player, as a good player is twice as sensitive to the movement of the palm muscles in particular and the

arms. It has been proven that the quality of the palms is three times better in prepared players compared to attackers. In addition, the long duration of training helps players improve this quality, and this quality of the palms can be measured using a grip strength device (dynamometer).13:32)

If the physical level is the basic foundation on which the skill level is built, then if the physical level is weak, it will lead to a weak skill level. Therefore, paying attention to developing the physical level of sitting volleyball practitioners is considered one of the good steps in building and developing the physical level.

Skilled.

Conclusions

1- The proposed training program has a positive effect on the components of physical motor anticipation of the defensive skill, which are (motor speed, accuracy, coordination), as the differences were statistically significant in the dimensional measurement in the same group among students practicing sitting volleyball.

2- The proposed program has a positive effect on the components of cognitive motor expectation, which are (distance perception - force perception - time perception - direction perception), as the differences were statistically significant in the post-measurement between the same group in favor of the post-measurement.

3- The proposed program has a positive effect on measuring the motor expectation of the defensive skill in the laboratory, in the Basin laboratory test, where the differences were statistically significant in the post-measurement for the same group.

4- The proposed program has a positive impact on the level of skill performance in the skills of (blocking wall - defending the field), as the differences were statistically significant in the post-measurement for the same group.

5- The proposed program helps develop the skill performance of sitting volleyball students and improves their performance level well.

Recommendations:

1- Applying the proposed program to teams similar to the research sample, as it has a positive impact on developing the level of skill performance in sitting volleyball.

2 - Applying the physical, cognitive, laboratory and skill tests under study to determine the level of teams similar to the research sample in motor anticipation, its components and the level of skill performance.

the reviewer

First: Arabic references

1- Abu Al-Ala Ahmed Abdel Fattah (1997): Sports Training and Physiological Foundations, Dar Al-Fikr Al-Arabi.

2- Ahmed Salem Batina (2016): Differences in the level of sensory-motor perception of practicing group games and the type of game among young people, a published study in the Journal of Educational Sciences, University of Bahrain.

3- Osama Riyad, Ahmed Abdel Majeed Amin (1998): Medical rules for sports for the disabled, first edition, Kingdom of Saudi Arabia.

4- Osama Kamel Rateb (2000): Psychological Skills Training (Applications in the Sports Field), Dar Al Fikr Al Arabi, 2000 AD.

5- Ellen Wadih Farag (1990): Volleyball: A Guide for Teachers, Coaches and Players, Maaref Establishment, Alexandria.

6- Bastawisi Ahmed (1996): Foundations and Theories of Movement, Dar Al Fikr Al Arabi, Cairo.

7- Zainab Dardari Allam (2007): The effect of a proposed motor education program on the development of sensory-motor perception, innovative thinking, and some mini-handball skills for primary school students, a published research in the Scientific Journal of Physical Education for Boys, Helwan University, Issue 52, Cairo.

8- Mr. Abdel Maqsoud (1986): Theories of Movement, Al-Shabab Press, Cairo.

9- Ali Mustafa Taha (1999): Volleyball, History, Education, Training - Analysis - Law, Dar Al Fikr Al Arabi, Cairo.

10- Faleh Sultan Faleh (2010): The relationship between some variables of sensory-motor perception and the level of skill performance among the blind in the shot put competition, a research published in the Journal of Administrative Sciences, University of Jordan.

11- Muhammad Hassan Alawi (2000): Psychology of Training and Competitions, Fourth Edition, Dar Al-Maaref, Cairo.

12- Mohamed Ahmed El-Hafnawy (1994): Determining the kinematic characteristics of the skill of diving defense of the field using the flying method in volleyball, Sports Conference in Egypt, Reality and Future, Volume One, Faculty of Physical Education in Assiut, Assiut University.

13- Muhammad Subhi Hassanein (1995): Measurement and Evaluation in Physical Education and Sports, Part 1, 3rd ed., Dar Al Fikr Al Arabi, Cairo.

14- Muhammad Youssef Al-Sheikh (1984): Motor Learning, Dar Al-Maaref, Cairo.

15- Nader Fahmi Al-Zayoud (1995): Teaching Mentally Retarded Children, Dar Al-Fikr for Printing, Publishing and Distribution, Jordan.

16- Nadia Hassan Al-Sawy, Zainab Ali Hathoot (2008): The effectiveness of visual training on cognitive skills and visual abilities and improving the offensive skill level in handball, published research, Journal of the Third International Scientific Conference, Faculty of Physical Education for Girls, Zagazig University.

17- Hani Hassan Kamel (1995): The relationship between visual-spatial perception and sensory-motor perception and practical achievement in volleyball, Assiut Journal of Sports Sciences and Arts, Issue Five, Part Two, Assiut University.

18- Hoda Hassan Saber Youssef (2008): The effect of using visual training on improving the accuracy of scoring points and focusing attention among female kumite players, unpublished master's thesis, Faculty of Physical Education for Girls, Zagazig University.

Second: Foreign references

19- Calder: A specific visual skills training program to unproven field hockey performance, international congress on sport science(7-13), September-Brisbane, Australia, 2000.

20- Isabel Walker: Why visual training programs for sport don't work, peak performance, www.pponline.co.uk, 2001.

21 Schmidt. R, H: Anticipation and Timing in human psychological Bulletin (1987).

22- Singer, R. N.: Anticipation And Reactive Comparisons Between Highly Skilled And Beginning Tennis Players Journal of Applied Sport Psychology (1996).

Research Summary:

The indicators of the progress and civilization of nations and the extent of their advancement are largely linked to the extent of their care for generations in their various categories. Therefore, caring for people with special needs in any society is considered one of the most important criteria for judging the extent of its progress and development.

The view of societies in the present age towards the disabled has changed, and they now receive special care in many areas, including sports, taking into account their circumstances and physical capabilities.(3:28).

Practicing sports activities is of utmost importance for the physically disabled, as it enables them to bear the burdens of daily life, satisfy themselves, and develop functional and psychological aspects.(36:15).

Recently, sports have developed as a result of their connection with other sciences, such as health sciences, biomechanics, physiology, anatomy, engineering, and others, which resulted in many opinions and studies that produced results that provided sports with many theories and information that contributed in turn to developing the level of performance and opened horizons for new applied research that enabled the identification of many benefits of practicing organized sports activities, which was reflected in the levels of performance.

Through the researcher's reading and review of many scientific references and previous research, he found that the importance of this study lies in the fact that it helps improve the components of anticipation and raise the level of defensive skills performance, which in turn helps solve some of the problems of skill and tactical performance in sitting volleyball.

Therefore, the researcher is conducting the current scientific study to identify the impact of developing and improving the components of expectation on the level of performance of volleyball practitioners at Al-Raja School for Special Categories.

Research objectives:

This research aims to design a training program to develop defensive skills among volleyball practitioners at Al-Raja Private School in the State of Kuwait, which has an impact on:

1- The components of physical and cognitive motor anticipation of the defensive skill.

2- The level of skill performance in the skills of the blocking wall and defending the field.

Research hypotheses

In light of the research objectives, the researcher sets the following hypotheses:

1- There are statistically significant differences between the averages of the pre- and post-measurements of the sample (under study) in some physical and cognitive components of the defense skill in favor of the post-measurement.

2 There are statistically significant differences between the averages of the pre- and post-measurements of the sample (under study) in the performance of defensive volleyball skills in favor of the post-measurement.

3- There is a relationship between some components of motor anticipation and the level of performance of some defensive volleyball skills.

The aim of the programme The programme aims to:

1- Improving the performance of physical abilities (motor speed, coordination, accuracy) for sitting volleyball players.

2- Improving the performance of cognitive components (perception of distance, perception of direction, perception of strength, perception of time) for sitting volleyball players.

3- Improving the performance of skills (defending the court, blocking wall, anticipating movement inside the court) for sitting volleyball students.

Program foundations:

- Training loads are standardized according to scientific foundations and principles and the opinion of experts in the field of sports training.

Providing technical capabilities, tools and devices.

- Continuity and gradual training until the required level of physical performance is achieved.
- Availability of the element of suspense, gradation and diversity in the proposed exercises.
- Taking into account individual differences among students, with the program being flexible, diverse and comprehensive.

The following training methods were used: continuous, low- and high-intensity intervals.

Steps to implement the research:

Tribal measurements:

Pre-test measurements were conducted on the research sample during the period from12/10/2022 to 30/10/2022

Basic experience:

The proposed program training was applied to the research sample during the period from11/1/2022 to 11/23/2022, with two training units per week, each unit lasting 90 minutes, with the intensity of the load gradually increasing during the program period from easy to difficult. Suggested training units.

Dimensional measurements

Dimensional measurements of the research sample individuals were conducted in the period from11/24/2022: 12/17/2022 Then the data was collected, tabulated and

processed statistically. The following statistical coefficients were used:

- Arithmetic mean. - Standard deviation. - T-test for significance of differences. - Pearson correlation coefficient. The researcher accepted the significance level (0.05)

Conclusions:

1- The proposed training program has a positive effect on the components of physical motor anticipation of the defensive skill, which are (motor speed, accuracy, coordination), as the differences were statistically significant in the dimensional measurement in the same group among students practicing sitting volleyball.

2 - The proposed program has a positive effect on the components of cognitive motor expectation, which are (perception of distance - perception of force - perception of time, perception of direction), as the differences were statistically significant in the post-measurement between the same group in favor of the post-measurement.

3- The proposed program has a positive effect on measuring the motor expectation of the defensive skill in the laboratory, in the Basin laboratory test, where the differences were statistically significant in the post-measurement for the same group.

4- The proposed program has a positive effect on the level of skill performance in the skills of blocking and defending the field, as the differences were statistically significant in the post-measurement for the same group.

5- The proposed program helps develop the skill performance of sitting volleyball students and improves their performance level well.

Recommendations:

1- Applying the proposed program to teams similar to the research sample, as it has a positive impact on developing the level of skill performance in sitting volleyball.

2- Applying the physical, cognitive, laboratory and skill tests under study to determine the level of teams similar to the research sample in motor anticipation, its components and the level of skill performance.