

The effect of exercises similar to match situations on tactical thinking and the accuracy of a passing skill higher for central (4-2) players for ages (15-18) years in volleyball

Khalid Neamah Khalid⁽¹⁾, Prof. Dr. Hussein Sabhan Sikhe⁽²⁾

⁽¹⁾ Master. Student. Faculty of Physical Education and Sports Sciences / University of Baghdad, Iraq.

⁽²⁾ Faculty of Physical Education and Sports Sciences/ University of Baghdad, Iraq.

khalidnaama8@gmail.com , hussain.sabhan@cope.uobaghdad.edu.iq

Abstract

The purpose of this paper is to prepare exercises similar to match situations aimed at developing tactical thinking and the accuracy of the passing skill higher Center (4-2) for players passing for ages (15-18) years in volleyball, and identify the effect of exercises similar to the positions of the matches in developing tactical thinking and the accuracy of the passing skill higher for Central (4-2) for players passing for volleyball. The researchers used the experimental method because it fits with the nature of the research problem, and by designing the method of the two equal groups (experimental and control) with pre and post-tests. The research community was determined in an intentional way and represented by players of ages (15-18) years in volleyball for Baghdad clubs (Al-Sina'a Club – Al-shourta Club - Army Club - National Center for Sports Talent Care - Ministry of Youth and Sports - Baghdad), which number (62) and in light of that chose The two researchers, the research sample by the intentional method, which numbered (10) passing players for ages (15-18) years in volleyball for Baghdad clubs, and they represent 16% of the total research community, and the research sample was distributed into two homogeneous and equal groups, experimental and control, each group containing (5)) passing players, then they collected the data and it was processed statistically with the (spss) program. One of the most important results reached by the researcher is that: The exercises similar to the positions of the matches have positively affected the development of the tactical thinking of players for ages (15-18) years in volleyball, the exercises similar to the parking games have positively affected the development of the passing skill accuracy of the higher center (4) for players passing for ages (15-18) years in volleyball, and the exercises similar to the match stands have positively affected the development of the passing skill accuracy of the higher center (2) for players passing for ages (15-18) years in volleyball. One of the most important recommendations recommended by the researchers is that: Use of exercises similar to the positions of the matches by the interested and coaches to develop the tactical thinking of players passing for ages (15-18) years in volleyball, use of exercises similar to match situations by interested parties and coaches to develop the accuracy of the passing skill for players passing for ages (15-18) years in volleyball, and use of varied, variable and exciting exercises similar to the atmosphere of matches and surprises that occur and are multiple in terms of places and centers of play, in terms of passing shapes and types, and in terms of the movement of the player passing to stand, lie down and jump, and in terms of distance from the network near and far, and in terms of high and fast passing height and different angles.

Keyword: Tactical thinking

Introduction:

The passing skill in volleyball is one of the important and great skills due to the high benefit it achieves for any volleyball team that enjoys and owns it, and its application embodies a complete proficiency in terms of tactical thinking and the accuracy of the passing skill, as well as other attributes. Winning, like all other volleyball skills, is no less important than all of them.

As a result of the great development that the world volleyball witnessed on the physical, skill and tactical level, the competition became very big between the teams to achieve victory and achievement as a result of the high potentials enjoyed by the players, especially the passing player who has a great role in achieving victory because he is considered the mastermind and thinker of the team tactically and the keys to victory, heart and soul The team, therefore, must be effective as it bears responsibility because the passing player's task is more comprehensive and greater than other players, and we do not say the most difficult, so the team stops, winning and deciding points at the level of tactical thinking and the accuracy of the passing skill of the passing player who prepares the ball in the correct place and time.

Hence the importance of the research came about the necessity of paying attention to the player passing with the number of exercises similar to the situations of the matches to develop tactical thinking and the accuracy of the passing skill of the front higher for central (4-2) for players passing for ages (15-18) years in volleyball.

Research problem:

Through the researchers' field experience, they identified the problem of their research in the game of volleyball and observing and watching the previous matches of the Iraqi youth league, and for the lack of use of

tactical programs, they noticed weakness in the young passing players at the level of tactical thinking and the accuracy of the passing skill, which prompted the researchers to find exercises similar to match situations aimed at developing thinking Tactical and passing skill accuracy for higher centers (4-2) for players passing for ages (15-18) years in volleyball.

Research objective:

- Preparing exercises similar to match situations aimed at developing tactical thinking and the accuracy of the passing skill higher Center (4-2) for players passing for ages (15-18) years in volleyball
- Identify the effect of exercises similar to the positions of the matches in developing tactical thinking and the accuracy of the passing skill higher for Central (4-2) for players passing for volleyball.

Research hypotheses:

- There is a positive effect of exercises similar to the positions of the matches in the development of tactical thinking and the accuracy of the passing skill higher for central (4-2) for players passing for volleyball.

Research fields:

- Human field: it was represented by players passing for ages (15-18) in volleyball for Baghdad clubs (Al-Sina'a Club –Al-shourta Club - Army Club - National Center for Sports Talent Care - Ministry of Youth and Sports - Baghdad)
- Time field: (15/10/2021) to (20/5/2022)
- Spatial field: Al-Sina'a Sports Club Hall/Baghdad.

Research methodology and field procedures:

Research Methodology:

The researchers used the experimental method because it fits with the nature of the research problem, and by designing the method of the two equal groups (experimental and control) with pre and post-tests.

Community and sample research:

The research community was determined in an intentional way and represented by players of ages (15-18) years in volleyball for Baghdad clubs (Al-Sina'a Club –Al-shourta Club - Army Club - National Center for Sports Talent Care - Ministry of Youth and Sports - Baghdad), which number (62) and in light of that chose The two researchers, the research sample by the intentional method, which numbered (10) passing players for ages (15-18) years in volleyball for Baghdad clubs, and they represent 16% of the total research community, and the research sample was distributed into two homogeneous and equal groups, experimental and control, each group containing (5)) passing players, then they collected the data and it was processed statistically with the (spss) program.

Devices, tools and means used in the research:

Means of data collection:

- Arabic and foreign sources and references.
- Observation and experimentation.
- Tests and measurements used in the research.
- The statistical program (spss).

Tools and devices used:

- A legal volleyball court.
- Papers and pens.
- Rings with a diameter of (60 cm) number (2).
- An electronic device for measuring height and weight.
- Flying balls (mikasa) number (20).
- American-made HP laptop (1).
- Fox type whistle (2).
- Stopwatch type (G-shock) number (1).
- Information display device (plazma) number (1).
- Measurement requirement in centimeters.

Field research procedures:

Tests and measurements used in the research:

Tactical thinking Scale (El-Sayed. 2000):

- Pictures are displayed by the display device ((plazma) on the sample (passing players) in the form of real playing situations and the sample has to answer the questions in the form.
- Playing positions (53) schematic position.
- The response time is 4 (seconds) for each planning situation after the tester asks the question.
- Each question has three choices (choice from (1) a degree, the other (2) a degree, and the other (3) a degree).
- Final score of 159 degree/ 53 * 3 = 159 degree.

Near -to-network passing accuracy test (Muhammad. 2016):

- Test purpose: To measure the accuracy of the near passing network.

- Tools used in the test: a volleyball court, a net at a legal height, three legal volleyballs, a holder with a height of (2.85 m), on which a basketball ring with a diameter of (60) cm is attached, from which strings hang in the form of a net touching the ground, A circle drawn on the ground with a diameter of (1) m, such that its borders touch the center line and its center is far from the side line of the playing field according to each type of passing skill as follows:
 - In the skill of passing the high front to the center (4) (stability), the basketball ring holder is placed in front of the laboratory so that the side line near the center (4) is away from the center of the circle designated for the laboratory by a distance of (5.5) m.
 - In the skill of passing the high back to the center (2) (stability), the basketball ring holder is placed behind the laboratory so that the side line near the center (2) is away from the center of the circle designated for the laboratory a distance of (3.5) m.
 - The center of the basketball ring is 50 cm away from the net in passing skill to center (4) and (2).
- Performance Specifications:

The tester stands inside the circle with the basketball ring holder facing the front to perform the passing skill, and the basketball ring behind it when performing the rear passing skill. The coach delivers the ball to the laboratory from its designated location as shown in Figure (2) the tester in turn prepares the ball for the basketball ring holder.
- Conditions:

Each player is given (5) attempts distributed across all centers, it must pass from within the circle, and the score will be calculated as follows:

 - (4) Degree, for the ball entering the ring without touching any part of the ring.
 - (3) Degree, of the ball entering the ring but touching its circumference.
 - (2) Degree, for the ball that touches the ring and does not enter it.
 - Degree, for the ball that touches the threads coming down from the ring to the ground.
 - (zero) not mentioned.
 - The degree of response is considered the best for the preparer who collects the largest number of Degrees.
 - The maximum Degree for the test is (20).

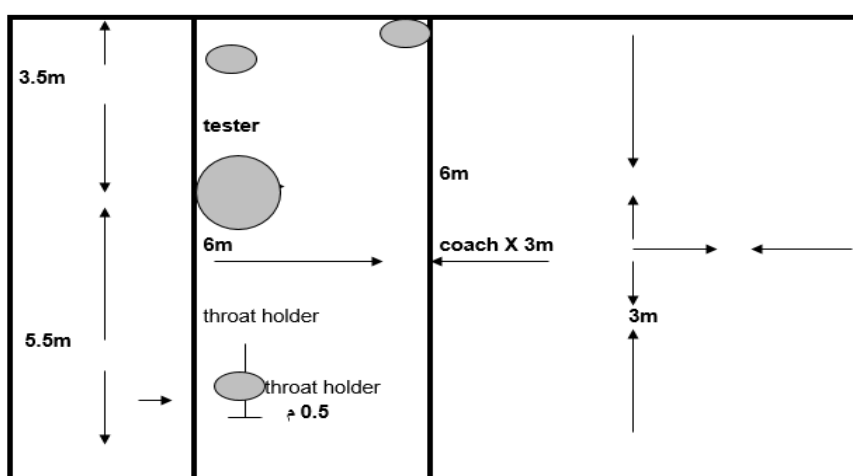


Figure (1)

Diagram showing the near-network passing test

Exploratory experience of the tests used in the research:

The two researchers conducted three exploratory experiments for the tests used in the research on the Al-Sinaa Sports Club hall, on a sample of (4) players passing for ages (15-18) in volleyball at three o'clock in the afternoon.

The first reconnaissance experiment was on Friday 10/15/2021, and its goal was to conduct the passing skill accuracy tests, conduct the tactical thinking scale for the passing player, determine the time taken for the tests and their sequence, train the auxiliary work team, and ensure the safety of the tools and devices used, while the second reconnaissance experiment was on Tuesday corresponding to 10/19/2021, the aim of which was to re-test the accuracy of the passing skill to achieve the scientific bases and to return the tactical scale for the player passing to achieve the scientific bases. The assistant, while the third exploratory experiment was on Wednesday, corresponding to 20/10/2021, and the aim of it was to conduct the experiment with special exercises set by the researchers to ensure the time is taken and the sequence of their arrangement and to diagnose the obstacles and negatives and to take into account this during the conduct of the main experiment.

The purpose of the exploratory experiment for the tests is as follows:-

- Verify the time taken for each test after it is arranged and sequenced to consider this in the main experiment.
- Achieving the scientific conditions for the tests.

Variables	Measuring unit	Post-test	Arithmetic mean	Standard deviation	arithmetic mean of difference	standard deviation of differences	T value	Level sig	Type sig
Tactical thinking Passing from Center(4)	Degree	Control	55.40	13.90	38.40	10.17	3.77	.00	sig
		Experimental	93.80	18.01					
Passing from Center(2) Tactical thinking	Degree	Control	4.80	1.92	7.80	1.22	6.36	.00	sig
		Experimental	12.60	1.94					
Passing from Center(4)	Degree	Control	3.20	1.64	5.60	1.13	4.95	.00	sig
		Experimental	8.80	1.92					

- Identify the duration of the main experiment.
 - Knowing the suitability of the sample and its response to the experiment.
 - Validity testing of tools and devices.
 - Recognize the efficiency of the assistant work team.
 - Identify the pros and cons.
 - Knowing the obstacles and difficulties.
- After completing the pilot experiment, the objectives that were set were achieved, as follows:-
- Achieving the scientific bases of the tests used.
 - Clarity of the tests and their instructions.
 - The auxiliary work team enjoyed high potential and accuracy during the procedures for executing the tests.
 - Appropriateness of the exercises to the individuals of the research sample.

Main Experiment Procedures:

Pre-tests:

The two researchers, with the help of the auxiliary work team, conducted tribal tests on the two research groups (control and experimental) related to the tactical thinking scale and the high passing skill accuracy test for my central (4-2). Corresponding to 10/22/2021 in Al-Sina'a Club Hall at three o'clock in the afternoon, while the tribal tests of the tactical thinking scale were conducted for the control group, which numbered (5) passing players on Saturday, 10/23/2021. In the Al-Sinaa Sports Club hall at three in the afternoon, while the tribal tests were held to test the accuracy of the passing skill of the higher center (4-2) for the experimental and control groups, numbering (10) passing players, on Saturday corresponding to 10/23/2021 in the Al-Sinaa Sports Club hall at three o'clock afternoon. Before executing the tests, the two researchers explained and applied how to perform the tests and displayed the player's tactical thinking scale passing on the plazma screen.

The main experiment (exercises similar to match positions): the exercises started on Tuesday, corresponding to 26/10/2021 at three in the afternoon, and lasted for (8) weeks and included (24) training units for the research sample, with a rate of (3) training units per week on (Fridays) and Saturday and Tuesday), the exercises were applied in the main section of the training unit. The training unit begins using warm-up exercises commensurate with the goal of the unit. The method of periodic training was used in its two types (low-intensity interval - high-intensity interval) and the load intensity ranges between (65-75%) for interval training Low and (75-85%) of the player's maximum level for high interval training, the beginning of the load ripples is 2:1, the size of the exercises (1-5) exercise in one training unit and the repetition of the exercises between (1:4) repetition, and between (1 : 2) Groups and performance time ranges between (50-70) minutes, and between periods of rest (30: 120) s of positive rest.

Post-tests:

After completing the exercises similar to the game situations developed by the researchers, they conducted the post-tests of the scale of tactical thinking and the accuracy of the passing skill higher for the central (4-2) for the experimental and control groups, numbering (10) passing players, on Friday 17/12/2021 in Al-Sina'a Sports

Club hall, and the researchers were keen to abide by and create all the conditions and capabilities in which the tribal tests were conducted, the special exercises and the post-tests were applied in terms of the auxiliary work team, the time and place, and the necessary tools and equipment.

Statistical methods: The search data was processed through the Statistical Package for the Social Sciences (SPSS).

Results and discussion:

Variables	Control							Experimental						
	Pre-test		Post-test		T value	Level sig	Type sig	Pre-test		Post-test		T value	Level sig	Type sig
	Arithmet mean	Standard deviation	Arithmet mean	Standard deviation				Arithmet mean	Standard deviation	Arithmet mean	Standard deviation			
Tactical thinking	52.80	14.13	55.40	13.90	2.52	0.06	Non sig	53.40	14.97	93.80	18.01	23.48	.00	sig
Passing from Center(4)	4.80	1.48	4.80	1.92	.000	1.00	Non sig	5.40	2.30	12.60	1.94	7.42	.00	sig
Passing from Center(2)	2.60	2.07	3.20	1.64	2.44	0.07	Non sig	2.40	1.67	8.80	1.92	16.00	.00	sig

Presentation of the results of the pre and post-tests for the two experimental and control groups for the variables under study:

Table (1) shows the statistical parameters, the calculated t-value and the significance level of the pre and post-tests of the control and experimental groups for the variables investigated.

Below degree of freedom = 4 and level of significance (0.05)

Table (2) shows the rate of evolution of the experimental group for the variables under study

Variables	Pre-test	Post-test	Rate of evolution
	Arithmetic mean	Arithmetic mean	
Tactical thinking	53.40	93.80	%43.07
Passing from Center(4)	5.40	12.60	%57.14
Passing from Center(2)	2.40	8.80	%72.72

Table (3) shows the statistical parameters, the calculated t-value and the level of significance of the post-tests of the control and experimental groups for the variables investigated.

Below degree of freedom = 8 and level of significance (0.05)

Discussing the results:

Through what was presented in tables (1-2-3) of the results of the scale of tactical thinking and the accuracy of the passing skill higher for central (4-2) for passing players, which shows that there are no significant differences for the control group in the pre and post-tests. Significant differences for the same test for the experimental group, as well as the superiority of the experimental group over the control group in the post-test.

The two researchers attribute the lack of significant differences for the control group between the test (pre-and post-test) of the tactical thinking scale and the high passing skill accuracy test for the central (4-2) for the passing player is the lack of the coach's interest and the lack of time dedicated to training young infectious players, similar to other players such as the attackers and the defending player and their focus On the physical and skill side, as well as in particular not giving the coach special exercises in tactical thinking and passing accuracy to the passing player who plays an important and sensitive role for the team. In volleyball, most coaches do not give players enough individual exercises, keys or auxiliary words as they do with hitters (Hassan. 2010).

This was confirmed by Saad Al-Jumaili, "The training of the passing player must take an important role, just like the role that other players take, and it is better to allocate a coach to train the passing so that he can bear the great responsibility entrusted to him,Accordingly, the coach did not receive enough attention from the coaches, like the rest of his fellow defenders and strikers, and his share of neglect was constantly despite the importance he plays in the match, as he is the decisive factor in his team's victory if he succeeds in preparing the good balls for the attackers. (Al-Jumaili. 2009)The researchers also attribute the appearance of significant differences for the experimental group between the pre and post-tests, in favor of the post-test, and its superiority over the control group in the post-test of the Tactical Thinking Scale and the accuracy of the passing skill for central (4-2) for passing players. (4-2) and allocating time for this throughout the training curriculum, and this is consistent with what was indicated by many international experts and specialists in the field of volleyball training, Training the passing players (30) minutes or more of the training day or the training unit, the level of tactical thinking and the accuracy of the skill performance of the preparers will increase quickly, especially if it is in a scientific way studied by the coach, which undoubtedly will return to the team success, and that in In light of the famous saying in this regard, which says (the failure or negligence of the preparation is the failure of the team) (Hassan. 2004).

The researchers also attribute the emergence of significant differences for the experimental group between the test (pre-and post-test) and in favor of the post-test and its superiority over the control group in the post-test of the Tactical Thinking Scale and the accuracy of the higher passing skill for central (4-2) for passing players. Matches or playing through competitive exercises, especially for the passing player, including with the participation of other players, as these exercises similar to match situations to develop tactical thinking and the accuracy of the passing skill had the greatest role in the experimental group's superiority over the control group. And the excitement and motivation of the players to practice, suspense and enthusiasm to make every effort to reach victory and achievement and to overcome some factors, including fear, boredom, boredom and a sense of self-confidence factor, and exercises similar to match situations are considered a very important way to develop training, tactical thinking and accuracy of passing skill during the preparatory period under competition conditions. Or close to it or during the period of time Vast, and this was confirmed by (Ali Al-Baik), adding that competitive exercises" It is an important means through which the components of the training load can be linked in order to reach the players to the best levels in all physical, skill, psychological and tactical aspects." (Al-Baik.1994),As "When using visual exercises, visual keys and exercises similar to the atmosphere of the match should be placed to give a sense of motor behavior, which will help fellow players and the opposing team through the movement of his eyes." (Hassan. 2004), Whereas mention "Competitive exercises are considered special exercises that are performed in playing situations according to the terms and law of the game, and they are also considered the means to develop the form of training during the passing period and competitions for many sports and that their impact is effective and complete in comparison to other training methods. It maintains good coherence between the training components and its development (Karim, Mustafa Hassan and et al.2019).This is what I concerned about the exercises similar to the positions of the matches that the researchers used and which helped the passing players to develop their tactical thinking.

Also, the researchers' use of exercises similar to the situations of the matches, which were gradually from easy to difficult, had a great role in the development of the experimental group in the test (pre-and post-test) and its superiority over the control group in the post-test of the tactical thinking scale and the passing skill accuracy test for central (4-2).The researchers also attribute the emergence of significant differences for the experimental group between the test (pre-and post-test) and in favor of the post-test and its superiority over the control group in the post-test of the Tactical Thinking Scale and the accuracy of the high passing skill for central (4-2) is the researchers' use of various and changing exercises and different playing situations and passing from positions Multiple centers and all types and forms of passing high, fast, forward, backward, near and far from the network and from standing and jumping have positively affected the mental and skill abilities and thus the

development of tactical thinking and the accuracy of the passing skill for Central (4-2) for players passing for the experimental group, and this is what (Nahda Al-Dulaimi) mentioned. "Passing players must be configured and trained to master all types of passing in all different playing situations. The team was able to thwart the defensive plans of the opposing team, that is, in other words, its ability to diversify and change play for the purpose of implementing the plans passing for the team receiving the ball and passing it to the passing player without a bow, as well as the passing player preparing the ball from jumping for the purpose of reducing the time period before the opposing team prepares to defend and then make the fourth attack". (Al-Dulaimi.2013), Indicates "Training to perform skills is not sufficient to fully master the skills. Therefore, various methods of training must be taken care of through the use of various immediate and direct stimuli to develop the accuracy and speed of response in skills." (Kazar.2002) Taking into account the movement of the passing player had a share of the exercises that the researchers used a great role in the development of the tactical thinking of the experimental group, as the movement before passing led to the acquisition of the passing player the speed of decision-making and correct expectation through more than one solution to playing situations and an increase in tactical awareness and visual vision and this was reflected to the development of tactical thinking and the accuracy of the passing skill of the experimental group.

The movement of the passing player is considered one of the basic skills for all players and the player passing in particular, that moving in volleyball is different from the rest of the other games as the movement of volleyball must players on the field 9 * 9 m and in many cases, the movement is outside the field, especially the passing player The one who moves and moves from the back area to the front and vice versa, he moves more distance than the rest of the players and this movement is either exposed or hidden behind the players in order to perform the passing skill at a high level. (Khalil, Tariq Hassan and et al . 2012), the researchers also attribute this to the continuation of regular training and attention to training the passing players and allocating time and special exercises for them and including it in training and the desire of all sample members to develop the general level as a result of the general positive atmosphere and clear homogeneity within the team through exercises similar to the positions of the matches and for an appropriate period that leads to a high level of tactical thinking and accuracy The skill of passing higher for central (4-2) passing players, as well as the full attendance of team members for all training units, especially before the date of the youth league in which the research sample participated.

As the researchers' use of exercises taking into account the physical, skill and mental abilities of the passing players with what is consistent with their abilities and abilities had a prominent role in the development of the experimental group and its superiority over the control group in the pre and post-tests for tactical thinking and the accuracy of the passing skill of Central (4-2), where it is mentioned " The passing skill requires preparing or training the volleyball player using exercises according to the abilities and motor, physical and intellectual skills of the passing player and the type of agreed plan" (Sakhi and Tariq Hassan Razuqi. 2011).

The researchers also attribute the appearance of significant differences for the experimental group between the test (pre-and post-test) and in favor of the post-test and its superiority over the control group in the post-test of the scale of tactical thinking and the accuracy of the passing skill for central (4-2) for passing players. Matches by giving exercises that have more than one schematic solution and in different situations as well as exercises with the coach's instruction at the last moment of touching the ball in order to develop kinesthetic awareness and speed of response, as well as using exercises that achieve prediction and quick decision-making, especially that the researchers use exercises of movement, jumping and angles Different had a prominent role in the development of tactical thinking and the accuracy of the passing skill of higher central (4-2) for the experimental group.

This was confirmed "When the coach prepares the players tactically, he must specify with the players how to reach the achievement and knowledge of the greater goal of preparing the players from the tactical point of view, which is one of the most important strategies for preparing volleyball players, where tactical passing is the process that overlaps and coordinates within all types of passing to achieve positive and thoughtful responses that are consistent with the tactical behavior of players to achieve positive results in competitive situations in volleyball matches with the aim of achieving victory (Rahman. 2016).

She adds Elham, and this is done while the coach is preparing the training program and the units it includes, in which the focus is on preparing the players tactically during the periods of the training season. And activating many mental abilities, the most important of which are focus, attention and knowledge of many information about plans of all kinds (serve - defender) and collective (offensive and defensive - spiking and defense - blocking) and the development of perception of kinesthetic and audio-visual perception and achieving the highest requirements of motor expectation (physical - skill - mentality) and training in storing many tactical solutions in different situations and the ability to make a quick and correct decision to determine the positive tactical situation and the ability to analyze difficult and changing situations and choose the best one. (Rahman. 2016)

The success of tactical skills in volleyball depends on the ability of the passing player to link between tactical thinking and decision-making, and the passing of the tactical depends on all abilities, especially the mental ones passing all types, from different angles and positions, from prone, standing, jumping and similar to the surprises that occur during the match on a continuous and varied basis, which helped the passing player to take the appropriate decision and optimal tactical thinking. Interdependence and integration to assist in decision-making and behavior in competitive situations. (Abdel-Khaleq. 2005)

The two researchers consider that the tactical passing is of great importance for the activity that is characterized by competition, whether it is direct or indirect contact, as the tactical passing requires the selection of exercises similar to the positions of the matches, especially for specialized sports, that are consistent with the situations and surprises that occur during the match, which leads to the player acquiring technical skills and making the right decision. Anticipation and strategic thinking. The researchers believe that the passing player plays an important role on the field, as this role cannot be ignored by anyone, whether the coach, the rest of the players, the public or the game specialists the role and position of the player.

And this was confirmed by Zaki Muhammad, "This passing player, we will find him touching the ball more often than another player, and your attack is carried out through the same method, which the (American) football team does in the back quarter of the field, and about the passing player also we will find him taking every second ball and decides who is attacking, he decides the style (or type), as well as the speed of the attack, and finally, the passing players are the most important, or most important, in terms of your team's attack and defense" (Hassan. 2010).

Conclusions and Recommendations:

Conclusions:

Within the limits of the results of the research and the statistical treatments carried out by the researcher, and in justification for these results, the researcher reached a set of conclusions, which are:

- The exercises similar to the positions of the matches have positively affected the development of the tactical thinking of players for ages (15-18) years in volleyball.
- The exercises similar to the parking games have positively affected the development of the passing skill accuracy of the higher center (4) for players passing for ages (15-18) years in volleyball.
- The exercises similar to the match stands have positively affected the development of the passing skill accuracy of the higher center (2) for players passing for ages (15-18) years in volleyball.

Recommendations:

Under the conclusions reached, the researcher recommends the following:

- Allocate time and a specialized coach to train the passing players.
- Use of exercises similar to the positions of the matches by the interested and coaches to develop the tactical thinking of players passing for ages (15-18) years in volleyball.
- The use of exercises similar to match situations by interested parties and coaches to develop the accuracy of the passing skill for players passing for ages (15-18) years in volleyball.
- Use of varied, variable and exciting exercises similar to the atmosphere of matches and surprises that occur and are multiple in terms of places and centers of play, in terms of passing shapes and types, and in terms of the movement of the player passing to stand, lie down and jump, and in terms of distance from the network near and far, and in terms of high and fast passing height and different angles.
- Need for coaches to pay attention to tactical exercises and increase their theoretical and practical information about the tactical thinking of passing players and to apply it on the field because of its great role in developing basic and tactical skills in volleyball.
- Taking into account the implementation of plans in volleyball when giving exercises and choosing the appropriate tactical exercises during the training units.
- Conducting similar studies on other volleyball skills.
- Necessity of conducting similar studies on different ages and samples of females instead of males.

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