

Using Skilled exercises as an assistant means and its effect on kinetic sense and learning the skill of dribbling in basketball For intermediate school students

Jian Ahmed Mohammed
Master Student. Faculty of Physical Education and Sports Sciences for Woman /
University of Baghdad, Iraq.
jnhahmed6@gmail.com
+964-7728994625

Abstract

The aim of the research was to identify the effect of skilled exercises using an aid in kinetic sense and learning skill. dribbling with basketball for intermediate school students, the experimental method was used on a sample of (20) female pupils, For the intermediate stage (second class) belonging to Al-Mansour High School for Girls - Baghdad, it was divided into two groups Equal in number and equal the researcher used a suggested aid to implement the skill exercises taking into account the Sample level and if the method achieves the educational goal the main experiment took (6) weeks at an average of one educational unit. Every week and after completing the research experiment and processing the statistical results. The researcher reached a number of The most important conclusions are that the experimental group that applied the skill exercises using the auxiliary method had an effect. Active and positive in the variables of sense of place and its connection with the tampon and the skill of the tamping by changing direction more than The curriculum of the control group, and the most important recommendations were to be used and benefited by physical education teachers For the intermediate stage of the applied exercises and the auxiliary means suggested by the researcher.

Keyword: kinetic sense, skill, basketball

1-Introduction to research:

1-1 introduction

Skillful exercises are the basic means of learning the motor performance of sport if they are applied scientifically in a planned way to achieve the goal. The exercise represents the practical aspect of the educational unit. Accordingly, it is done through access to the amount of learning and the development of performance. Many experts and specialists have agreed that exercises which are similar in the way they are trained to competition situations will shorten the time and effort to acquire the skill, as the represents the skill, "performance the nature of muscular contractions and effective mechanical forces". (khalil . 2022, 114).

Assistant means play an important role in motor learning, no matter how simple they are as researchers seek to advise ideas that improve learning and sometimes put learners compulsorily under conditions of kinetic performance similar to skill performance in matches. "The process of skill learning at the present time is not limited to traditional methods, so it is necessary to raise the skill level. The trainers must put some innovative obstacles whether human or industrial or artificial when performing the exercises". Learning of basketball skill such as dribbling, shooting and passing depends on the feeling of the ball and the awareness of the space and distance, so it has become necessary to develop these abilities because they are the basis for showing successful skill performance. .

(Nawfal . 2021.114).

The skill of dribbling in the game of basketball is one of the basis skill that be mastered of all kinds, as this skill is most often performed within the flexion of the lower limbs especially the skill of the lower dribbling and by changing the direction due to the development of defense and the presence of a defender close to the player who possesses the ball and that its technical performance requires " lowering the center of the body gravity downwards by increasing the bending of the knees and the inclination of the trunk forward more, and the player also resorts to it when he changes his speed during progress in order to increase his control of the ball". (muayid and faiyz, 1999,21) Therefore, it must be learned and trained in the same conditions as its technical performance.

The importance of the research lies in the researcher's attempt to study the effect of skill exercises using an assistant means to raise the level of kinetic sense and learn the skill of dribbling for intermediate school pupils. Studies have indicated that the use of assistant means in the educational process significantly affected the acquisition of the skills of dribbling and scoring by jump shoot with

basketball" . (Nasr,2004,79) as the assistant means represents the modern trend in the field of learning mathematical skills , especially since intermediate school students did not obtain their sufficient opportunity to conduct research and develop their level in the game of basketball .. To access figures and results of the development of the skill level of intermediate school pupils locally .Regarding the research problem ; the researcher being a teacher of physical education for the intermediate stage , she noticed that many of the female teachers in the field of physical education did not make an effort to invent some aids , despite their simplicity , and the lack of cost , especially when learning the skill of dribbling. The learning process still proceeds in the traditional way with skill exercises . They don't target other abilities , as the skill of dribbling requires not only mastery but also raising the level of kinesthetic sense of place or distance or force. The targets of the research is to prepare skill exercise by using assistant means in kinesthetic sense. While the research assumptions were there statistically significant differences between the two groups : control and experimental between the results of the pre and post tests in the kinesthetic sense and learning dribbling in basketball for middle age school girls and learning the skill of dribbling in basketball for the intermediate stage girls . Also recognizing the effect of skill exercises using assistant means when using dribbling in basketball . The other aim is also to recognize the difference between the control and experimental groups in the kinesthetic sense and learning dribbling in basketball for middle age school girls. The other assumption is that there is statistically difference between post test results of the control and experimental groups of the research and learning the dribbling in basketball for second stage intermediate school for girls . Al - Mansour secondary school for girls in Baghdad. The time domain from 7 / 12 / 2021 till 18 / 1 / 2022. Spatial domain is the sport yard of Al - Mansour secondary school for girls in Baghdad. The important terms used in the research is the exercise which is defined by (khalil 2022) : the smallest unit in the curriculum known by time and path .(khalil 2022 .. 125) But the kinesthetic sense is defined by Iman (Iman 1998) : A person ' awareness of his body as he moves in directions (Iman 1998 26)

2- research methodology and field procedures

1-2 Research methodology ;

The researcher used the experimental method which is an attempt all the basic factors affecting the variable or dependent variables , with the intention of identifying and measuring its effect variable or the researcher control it and changes in a specific way in the experiment , except for the factor dependent variables (Noori and Rafa 59 . 2004) by designing to control and experimental groups to fit the curriculum with a research problem

The research community and its sample :

The research community was represented by intermediate school of girls . Second stage , whose number is (60) students for the academic year 2021 . As for the research sample it was identified in Division A in order to comply attendance . In 2021 they represent two divisions (A and B) , they were chosen deliberately . The willingness to participate in the research experiment and the cooperation of the school of physical education with the researcher as the search sample amounted to (30). 6 female students were excluded due to medical reports and 4 female students were excluded from the players who represent the club and distinguished schools for basketball in the province of Baghdad ; and thus the research sample consists of 20 female students which constituted 33 . 33 % from the research community . They were divided into two groups ; a control group and an experimental group using a lottery method with 10 students for each group .

2-2 Research sample homogeneity :

In order to avoid the affecting factors and control them so that they will not affect the internal safety for research experiment , the researcher had performed homogeneity for research sample in the variables of (height , mass, age)

Table(1)

variable	Units	Mean	SD	C . V
length	cm	158.89	4.58	2.88
blac	kg	57	7.54	13.22
The age	year	14.22	1.34	9.42

3-2 Hardware and tools and means of collecting.

1-3-2 means of collecting:

- The International Network (Internet).
- measurement and test.

2-3-2 . Hardware and tools:

- medical weight to measure height and weight.
- Computer (laptop) type hp.
- stopwatch.

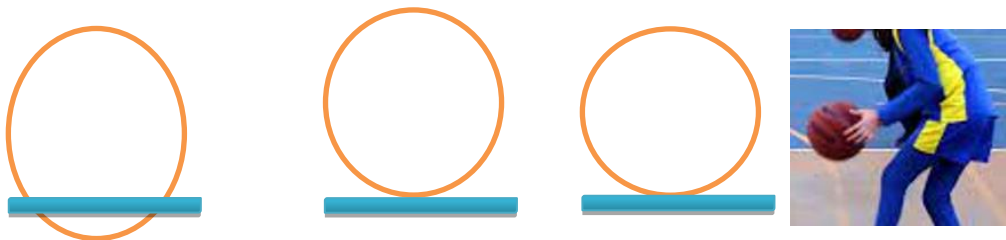
- Kenko type electronic calculator.
- Signs.
- Basketball court, legal balls (10.)

Colored tape, metric tape.

- A blindfold.
- Round collars of different diameters,

4-2 The suggested aid:

The researcher designed three circular collars from a rubber material of different sizes. These collars are fixed to a base. Wooden to prevent it from falling down and fixed with adhesive tape around the end of the hoop and the wooden board, and the collars are of different sizes. It serves a purpose, which is the inverse relationship between the diameter of the circle and the bending of the legs for the female student who performs the pat on the right and left. When the ball passes from inside the hoop, when performing on the circular hoop measuring 90 cm in diameter, it is a slight bending of the legs. Thus, the bending of the two legs increases as the diameter of the circle decreases, to suit the technical performance of the skill of the bullock in competitions.



Hoop diameter 90cm Hoop diameter75cm Hoop diameter60cm

Figure (1)

Explains the suggested aid

5-2 search tests:

Within the ent and testing, the following tests were determined:

1-5-2 Motor sense test.

The name of the test: "Continuous dribbling test and the player being blindfolded.

The aim of the test: to measure the level of kinesthetic sense of the place and its relation to the dribbling.

Equipment's: basketball, stopwatch, eye cover.

Performing method: Standing inside a square (2 x 2 m) with movement in all directions. The tester watches the site, then blindfolds him and starts.

By handing him the ball inside the box and the player is blindfolded, and starts to plop until he loses control of the ball and the player exits Or the ball out of the box.

Recording: Calculating the time for each attempt (2 attempts), and the best attempt that represents the longest time is taken" (Hilal,1998, 56).

2-5-2 A test of the skill of dribbling:

The name of the test: "The clatter by changing direction. From the high start, the clatter by changing direction between (6) poles for a distance of (13,50)m forth and back.

The objective of the test: To measure the speed of the chuck by changing the direction.

Necessary tools: a basketball stadium, an electronic stopwatch, two (2) legal basketballs. chalk to determine the dimensions Bodies. tape with a length of (1.50) m as the starting line, a whistle to give the start signal.

Procedures: The dimensions of the six characters from the starting line are drawn as follows:

- Putting a tape of length (1,50 m) and then specifying two points at its ends, let it be (A, B).
- The distance between the first person at the starting line is determined (1,50) m

The distance between the characters (first and second. second and third. third and fourth, fourth and fifth) is specified

- The fifth and sixth with a distance of (2.40) m.

The signs are fixed to the ground in a straight line and perpendicular to the starting line.

Performance description:

- The player with the ball takes the ready position from the high start behind the starting line at point (A).

Giving the start signal to the player who is running and dribbling by changing the direction between the poles and continuing according to shown until it crosses the starting line with the ball at point (b).

Test instructions:

The player takes the correct position (standby from the high start at point A). The player starts with the dribbling by changing the direction between the six marks at the moment the start signal is given. The test ends when the player crosses the finish line as quickly as possible. At point (B) with the ball.

Test administration: Recorder: he calls the names first and records the results second.

Timer: Giving the start signal with timing and performance note.

Calculation of scores: It calculates for the player the time that he takes from the moment he is given the start signal until he cuts the end line remotely. point (b)". (Mohammed and Sobhi, 1999, 129).

6-2 Field research procedures:

1-6-2: The exploratory experiment.

The exploratory experiment is a "mini-experiment similar to the real experiment" (Wajeeh and Ahmed, 2002, 35), the researcher By conducting its exploratory experiment on (Tuesday) corresponding to 7/12/2021 on 6 female students who did not participate in , The main research experiment The purpose of the experiment was to ensure the validity of the auxiliary means and that it achieves the research objectives. And to ascertain the method of conducting the tests and the time taken for them, and the extent to which the research sample understands the method of conducting the tests. And that the experiment took place in the sports arena of Al-Mansour High School for Girls - Baghdad, at ten o'clock in the morning.

2-6-2 pre- tests:

The researcher conducted pre- tests on the members of the experimental and control sample on (Sunday) corresponding to 12/12/2021 at ten o'clock in the morning after preparing the tools and fulfilling the conditions and procedures of the tests, and in light of the results of the pre- tests, the researcher processed the results statistically for the purpose of achieving equivalence in the two sense variables.

Kinetic and skill of the dribbling by changing direction. Table (2)

Table (2)

The equivalence of the two search groups.

Variables	Measuring unit	Control group		Experimental group		(t) value	Indication
		Mean	SD	Mean	SD		
Kinetic sensation	Time-second	22.2	2.22	21.1	3.17	0.90	Not Indication
dribbling change direction	Time-second	29.8	2.85	28.9	2.87	0.70	Not Indication

Value of scheduled (t) is (2.10) at the indication level (0.05) and in front of freedom degree (10+10-2=18).

Table (2) shows the equivalence of the control and experimental groups in the kinetic sense and the skill of tapping by changing the direction, as the calculated T value for both tests was (0.90-0.70) respectively, which is smaller than the tabular T value of (2.10) at a significance level of (0.05) and a degree of freedom of 18.

3-6-2 Introduction Units:

Before starting the implementation of the main research experiment, the researcher sought to do an introductory unit for the experimental group, in one day. Tuesday (corresponding to (13/12/2021), and its purpose was:

- Introducing the students to the sections of the educational unit and the steps to implement them, and forming a clear vision about them.
- Urging the students to perform and interact with the School of Physical Education and to indicate the importance of their role in scientific research.

4-6-2 Applying skill exercises (the main experiment):

After the researcher was guided by the results of the pilot experiment, the researcher designed a number of skill exercises using the auxiliary means, has been developed in an educational curriculum in line with the weekly lesson schedule for the sample, and the following are some Clarifications related to the main research experience:

- Appropriateness of the exercises to the level of the sample.
- The gradient is from easy to difficult, as the auxiliary means (the collar with a diameter of (90 cm) is used in the unit. The first educational unit, then followed by the use of the hoop with a diameter of (75 cm), in the second educational unit, then the use of the hoop has a diameter of (60 cm) in the third educational unit, while in the following units the three hoops are used. Graduation is within one

educational unit, and the purpose of achieving the condition of graduation is from easy to the difficult thing is to achieve adaptation to the performance of the students.

- Forming the exercise according to scientific foundations.
- The researcher used the variable exercise method in the application of the skill exercises, which is "a sequence of variable performances different and changing conditions in the same educational unit" (Khalil, 2013, 112).

-Defining behavioral goals for the purpose of achieving them for each educational unit.
- The skill exercises were started on (Tuesday) on 14/12/2021, according to the lesson schedule Weekly for the second intermediate grade - for Al-Mansour High School for Girls, until (Monday) corresponding to 17/1/2022.

-The educational curriculum took (6) weeks, with one teaching unit per week. Whereas, the experimental group Skill exercises using the auxiliary means in the main section of the educational unit, as for the group.The control unit applies the school curriculum, and both groups participate in the preparatory and final part of the educational unit.

-The unit time was 45 minutes, as follows:

1- Preparatory section: General warm-up (5) d, which includes preparing tools, recording attendance, greeting the lesson, General warm-up exercises. A special warm-up (10) d, which includes physical exercises and motor abilities that related to skill.

2-Main Section: Educational Section (10 d) Explanation of Technical Performance Limit Types of dribbling Skill, Section Educational (15) d the application of skill exercises for each group.

3-Final section (5) d: It includes calming and relaxation exercises - a small game - an end greeting the lesson.

5-6-2 Post-tests:

The researcher conducted the post tests after completing the application of the main experiment of the research, on (Tuesday) Corresponding to January 18, 2022, in the same temporal and spatial circumstances, and the method of conducting the tests that took place in the preparatory tests.

3-7 Statistical means:

The researcher used the following statistical laws:

- "Arithmetic mean .

Standard deviation.

Variation coefficient.

- (C) for the difference between two related means.

- (C) for the difference between two unrelated means" (Marwan, 271-152, 2000.)

3- Presentation, analysis and discussion of the results.

3-1 Presentation, analysis and discussion of results and post tests for the control group in the kinetic sense and the skill of the dribbling

Table (3)

Tests	Measuring unit	pretest		posttest		Mean diff	SD diff	(t) value	Indication
		Mean	SD	Mean	SD				
Kinetic	Time-	22.2	2.22	27.4	2.49	5.2	2.13	7.76	Indication
Dribbling change direction	Time second	29.8	2.85	26.4	2.10	3.4	1.53	7.08	indication

(Tabular T) 2.26 at the significance level (0.05) and in front of the 10-1=9 degree of freedom.

Table (3) shows that the differences are statistically significant in favor of the post-tests of the control group in the motor sense test.And the skill of the dribbling basketball, as the value of (T) calculated for the two tests was (7.76-7.08), respectively, and they are greater than The tabular T value of (2.26), at the significance level (0.05) and in front of the 10-1=9 degree of freedom.

3-2 Presenting the results of the pre and posttests of the experimental research group in the kinetic sense and skill of the dribbling.

Table (4)

Tests	Measuring unit	pretest		posttest		Mean diff	SD diff	(t) value	Indication
		Mean	SD	Mean	SD				
Kinetic sensation	Time-second	21.1	3.17	32.8	4.44	11.7	4.38	8.48	Indication

dribbling change direction	Time-second	28.9	2.87	22.1	2.21	6.8	3.12	6.93	Indication
----------------------------	-------------	------	------	------	------	-----	------	------	------------

(Tabular T) 2.26 at the significance level (0.05) and in front of the 10-1=9 degree of freedom.

Table (4) shows that the differences are statistically significant in favor of the post-tests of the experimental group in the kinetic sense test And the skill of the dribblingbasketball, as the value of (T) calculated for the two tests reached (8.48–6.93), respectively, and they are greater than The tabular T value of (2.26), at the significance level (0.05) and in front of the 10-1=9 degree of freedom.

Discussion of the first hypothesis:

By presenting and analyzing the results of the first hypothesis of Table (3.4), it was found that the differences are statistically significant in favor of the post-tests.And for both groups, and this is evidence of the effectiveness of the two educational approaches in terms of achieving behavioral and cognitive goals ,The emotional and emotional aspects of the educational units are considered, the basic structure of the experiment, which enables the researcher to accurately test its hypotheses.In addition, the researcher believes that the use of learning time in a scientific and planned manner will achieve the goal of learning.It creates a state of interaction between the teacher and the female learners in the application of the sections of the educational unit, and this is what is included in both curricula.And (Adelman,N,1996,157) asserts "that every minute spent in planning saves three or four minutes in execution".(Adelman, N,1996,157).

3-3 Presenting the results of the post-tests between the control and experimental groups in kinesthetic sense and skill of the dribbling.

Table (5)

Variables	Measuring unit	Control group		Experimental group		(t) value	Indication
		Mean	SD	Mean	SD		
Kinetic sensation	Time-second	27.4	2.49	32.8	4.44	3.37	Indication
dribbling change direction	Time-second	26.4	2.10	22.1	2.21	4.47	Indication

Value of scheduled (t) is (2.10) at the indication level (0.05) and in front of freedom degree (10+10-2=18).

Table (5) shows that the differences are statistically significant in favor of the experimental group in the results of the post-tests in the test.The kinetic sense and the skill of the dribbling, as the calculated T value for both tests reached (3.37_4.47) respectively. And they are greater than the tabular T value of (2.10) at the significance level (0.05) and in front of the degree of freedom (18).

Discussion of the second hypothesis:

Through Table (5), it was found that the experimental group that used the skill exercises and the auxiliary method was It is better than the control group in the kinetic sense of place and its connection with the dribbling, and in the skill of dribbling by changing the direction.

As the aid achieved learning according to the motor performance in the competition, the basketball player performs the skill of clapping Looking ahead or at other stimuli of playing, which raises the level of sensation and increases the speed of performance of the skill of the dribbling, because" Setting a goal and a motor duty, this sends in the same athlete the enthusiasm and the feet to perform that movement and becomes Kinetic learning is effective when the individual deals with a tool, this makes the educational situation more effective" (Marwan, 2014,39).

Confirms (Ahmed Walfat, b.T)"The skin receptors in the player’s body transmit to him during playing a lot of information that helps him perceive.

The position of the ball, colleagues and opponents for him, and a set of information resulting from his contact with the field is transmitted to him.And the connection of his body parts with each the sensory receptors located in his feet, And his hands are the ones that tell the control centers in his body the moment he comes into contact with the ball, opponent, teammate or the ground, as they tell him with the information related to changing these contact cases” (Ahmed and Walfat, B.T., 128).

The researcher believes that what was mentioned above may It was achieved by skill exercises and the means to help raise the level of sense of place, which was reflected in the speed of skill performance The drum, the higher the speed in processing the stimulus, it will positively affect the speed of performance, which is required by ball skillsBasketball, such as dribbling, scoring, cutting, passing, or making deception and pivot movements with the movement of the ball.

4 _ Conclusion : The researcher found out that the experimental group that practised the skill exercises using assistant means has an effective and positive effect in the variables of sense of place and its relation to the dribbling with change of direction is greater than the approach of the control group. The assistant means contributed with learning according to performance conditions in the competition of high and low types of dribbling and with change of direction. As for the recommendations, they were made by teachers of physical education for the intermediate stage of the exercises applied and the assistant means suggested by the researcher ..

The references:

- Ahmed Amin Fawzy and Fat Hilal (B.T): Principles of Basketball, Technical for Printing and Publishing, Alexandria.
- Ahmed Mohamed El-Shafei and Suzan Ahmed Ali (1999): Principles of Scientific Research in Physical Education and Sports, Faculty Knowledge, Cairo.
- Eman Hamad Shehab (1998): a proposed program in kinetic education to raise the level of ability and kinesthetic awareness when Children aged 4-5 years, PhD thesis, College of Physical Education, University of Baghdad.
- Khalil Ibrahim Suleiman (2013): kinetic learning, T 1 Dar Al-Arab and Nour House for Studies, Publishing and Translation, Damascus.
- Khalil Ibrahim Suleiman (2022): kinetic learning, 1st floor, Dar Al-Diyaa Press, Iraq, Najaf Al-Ashraf.
- Marwan Abdel-Majid Ibrahim (2000): descriptive and inferential statistics in the fields of physical education and sports research, A methodological book for students of postgraduate and primary studies, 1st floor, Dar Al-Fikr for printing, publishing and distribution, Amman.
- Marwan Abdel-Majid Ibrahim (2014): kinetic learning and physical development in physical education, 1st edition, Dar Al-Radwan For publishing and distribution, Amman.
- Muayyad Abdullah, Fayez Bashir (1999): Basketball - A systematic book, Dar Al-Kutub for Printing and Publishing, University of Mosul.
- Nasr Abdel-Amir (2004): The effect of a proposed curriculum using aids in learning the skills of tapping and scoring on the basketball players in the mini-basket category, a master's thesis, College of Physical Education, University of Babylon.
- Nouri Al-Shawk and Rafe' Al-Kubaisi (2004): Researchers' Guide to Writing Research in Physical Education, Baghdad, b. M.
- Hilal Abdel Karim (1998): The effect of a training program using the circular training method in developing some offensive skills Basketball, Master Thesis, College of Physical Education, University of Baghdad.
- Adelman, N. E et-al, The Uses of Time for Teaching and Learning, (USA, Roul, 1996) P 157.
- Nawfal Qahtan Mohammed, Adil Awad Karhoot: Exercises using a suggested bluffing ball and its effect on the motor reaction and the skill of clapping by changing direction for basketball players, (ASSR), Advanced Sport Sciences, Research, V.9-No.3.