



Effect of Special Exercises to Develop Hand Fingers on the Accuracy of Top Preparation Performance Skill in Volleyball for Juniors

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Abstract:

Volleyball is one of the games widely spread in all countries of the world and has a large base and is practiced in most places. that the overwhelming beating depends on the preparation of the ball by the player prepared with a high degree of accuracy performance, that the importance of research is reflected in the identification of the impact of the use of special exercises in the development of fingers of the hands and its relationship to the accuracy of the performance of the skill of preparation from the top volleyball among the junior players of this game, The problem of the study is the lack of general educational programs that regulate the subject of the study, which clearly indicates that there is a lack of interest by some coaches in developing it, knowing that it is one of the basic requirements for the volleyball player. The aim of the research is to identify the effect of using special exercises in the development of fingers of the hand accurately perform the skill of preparation from the top volleyball for juniors. Research hypotheses There is a significant impact of special exercises in the development of fingers on the accuracy of the performance of the skill of preparation from the top volleyball for juniors. The researcher concluded that the educational program prepared has a positive impact on improving the level of players of the experimental group, the greater the strength of the grip of the fingers of the hands, the better the level of performance of the player in the accuracy of the skill of preparation in volleyball. There is a positive moral correlation between the development of the fingers of the hands and the accuracy of preparation in volleyball players.

Keywords: special exercises, performance, skill, volleyball, juniors.

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1- Introduction:

The game of volleyball is one of the games widely spread in all countries of the world and has a large base and is practiced in most places, and the most frequent and used volleyball skills in play is the skill of preparation from the top and without mastery it is not possible to achieve match winning points, as well as being one of the most important playing situations It is the important stage for preparing the team's attack, and the method of success of the crushing blow requires accuracy in preparation by the prepared player, This is in terms of the distance and proximity of the ball and its height from the level of the upper edge of the net. It is not possible to start a good attack without the skill of preparation because the overwhelming beating depends on the preparation of the ball by the player prepared with a high degree of accuracy in performance, whatever the level that the team players have in terms of offensive skills, in order to suit his physical ability and skill to hit the ball well, and this does not come only through continuous exercise in the educational units in which special exercises are performed that lead to the development of the fingers of the hands and according to the

plan set by the coach in his educational curriculum for this purpose, This is in order to master the skill and perform it as required by all members of the team during the playing situations, which reflects positively on the team as a result of gaining points during the half, which leads to the team's superiority during the match.

The importance of research in his study of this important topic comes in order to identify the impact of the educational curriculum on the impact of the use of special exercises in the development of fingers of the hands and its relationship to the accuracy of the performance of the skill of preparation from the top of volleyball among the players of the middle stage of this game, because it is an appropriate age stage to prepare them to be achievement players.

1-2. Research problem:

The subject of the study raises many problems in the field of kinesiology. Including the problem of the study, which is the lack of general educational programs that regulate the subject of the study, which clearly indicates that there is a lack of interest by some coaches in its development, knowing that it is one of the basic requirements for the volleyball player. As the prepared player must undergo special and intensive training to master the performance of the preparation skill of all its different types, Since the success of the team's attack in influencing the opposing team's defense lines depends on preparing the ball in a precise skill manner that ensures the performance of the prepared player his tactical duties in the match. Therefore, this study was presented in order to identify the treatments of this problem and contribute to raising the level of accuracy of the performance of the skill of preparing from the top in volleyball for the junior category participating in the Iraqi league for the year (2023) through the use of special exercises in the development of the fingers of the hands of the players.

1-3. Research Objectives:

1. Identify the effect of using special exercises in the development of fingers of the hand accurately perform the skill of preparation from the top volleyball for juniors.
2. Identify the differences between the post-tests of the experimental and control groups in the values of the skill tests of preparation from the top of volleyball and the development of fingers for juniors.

1-4. Research Hypotheses:

1. There is a moral effect of special exercises in the development of fingers on the accuracy of the performance of the skill of preparation from the top volleyball for juniors.
2. There are differences between the post-tests of the experimental and control groups in the values of the skill tests of preparation from the top of volleyball and the development of fingers for juniors and in favor of the experimental group.

2- Research Procedures:

The researcher chose the experimental method because it is one of the best and most appropriate approaches to the nature of the study and the achievement of the research objectives, as it is known as the design of equivalent groups with pre- and post-test and equivalent in all circumstances except the experimental variable.

2-1. Research sample:

The research community was represented by junior volleyball players who represent the group of clubs of the southern region participating in the league (2023) and who are between the ages of (14-16) years and their number is (60) players, while the research

sample was represented by the players of Naft Maysan Sports Club, which numbered (10) players who were randomly selected from the research community, homogeneity was conducted for the two research groups (experimental and control) in the variables of height and body mass, chronological age and training age of the research sample members as shown in Table (1).

Equivalence was conducted for the two research groups (experimental and control) in physical tests of shoulder and wrist flexibility, grip strength and skill in the accuracy of the preparation skill as shown in Table (2).

Table 1. Shows the homogeneity between the two research groups

Variables	Measurement unit	Mean	St.d	Mode	Torsion coefficient
Height	Cm.	179.88	2.67	175	0.73
Mass	Kg.	67.74	3.12	68	0.32
Age	Year	15.1	0.89	15	0.74
Training age	year	5.14	0.91	6	0.92

Table 2. Shows the equivalence of the two research groups

Test name	Measurement unit	Experimental group		Control group		Calculated (t)	Sig	Sig.
		M.	St.d	M.	St.d			
Wrist and shoulder flexibility	Degree	1.745	0.574	1.655	0.632	0.447	0.653	Insig.
Grip strength	Degree	142.342	7.441	141.323	8.632	0.784	0.895	Insig
preparation skill Accuracy	Degree	16.550	2.548	16.455	2.632	0.464	0.590	Insig

Under the significance level (0.05)

2-2. Means and tools of data collection:

Legal volleyball court, legal volleyballs (12) device to measure the length (centimeters) and tape measure (meter) and watch stop (Casio), poll forms opinions of experts and specialists, forms to record the results of physical and skill tests for the two research groups.

2-3. Field procedures:

2-3-1. Tests Identification:

In order to obtain the results of the study, it is necessary to use a means through which points can be scored in each test applied to the two groups, in order to know the level of progress made by the group, now the goal of these tests is to measure the physical and skill level of individuals in various sports activities, so that we can know the skill level of individuals and evaluate their level. In order to determine the most important physical and skill tests for measuring the characteristic of the strength characteristic of speed and accuracy of the overwhelming beating of volleyball under study, The researcher prepared a questionnaire form based on scientific references for the purpose of presenting it to the experts and specialists in the field of (tests, motor learning and volleyball), numbering (10) assessors to determine the most important tests for the research, it got the agreement rate of (80%) and the value of the relative importance of the data was extracted in order to assess the physical and skill level of the players under study.

First: Physical Tests:

1- Test the flexibility of the shoulder and wrist.

Objective of the test: Measure the flexibility of the shoulder and wrist.

Tools: rug, tape measure.

Method of performance: The tester lies on the abdomen with the torso and head resting with the chin fixed on the ground. The measuring tape is placed vertically in front of the laboratory at a distance of approximately the length of the laboratory arm.

Holding the ruler, the arms are raised shoulder-wide, slowly upwards from the shoulder joint to maximum height.

Testing method: The chin must remain in contact with the floor.

The arms should be fully extended from the elbow joint.

Calculation of scores: The distance from the ground to the bottom of the stick is measured directly in centimeters and scores the best of three attempts between each of which is a minute to rest.

2- Grip strength test:

Purpose of the test: to measure the maximum strength of the right or left fist (muscles that bend the fingers).

Tools: A hand dynamometer with a graduated scale.

Performance description: The laboratory holds the dynamometer with a fist.

It squeezes the dynamometer with a fist to try to get the maximum possible force out.

Test method: The laboratory should not touch with their hands any part of their body or anything else.

The test is performed with the right hand and again with the left hand.

Calculation method: Description Accuracy Equipped with a high-precision stress measurement sensor, which gives as a force gauge the hand and an accurate digital reading of grip force in real time. Measuring capacity (198 lbs / 90 kg) Splitting (0.2lbs / 0.1 kg). Easy to use Squeeze the tester's hand on the device to measure the power with the maximum possible balanced force for at least (5) seconds.

Each laboratory is given two consecutive attempts, and the best results are calculated.

Second: Skill Tests:

✓ Wall scrolling frequency test (30 seconds): (2)

Purpose of the test: Measuring the tester's ability to scroll speed and the amount of his ability to pass from the top with fingers.

Tools: A smooth wall drawn on it a line parallel to the ground and a height of (3) m from the surface of the earth, and draws a line parallel to the wall on the ground and away from it by (180) cm, volleyball, stopwatch.

Performance specifications: The tester stands behind the line that is away from the wall (180) cm (scroll line), to hold the ball with the hands in front of the face, then pass towards the wall and the top of the line drawn on it, provided that it bounces to reach it again behind the scroll line to follow the pass from the top with the fingers of the hands, and the tester continues to perform this test for (30) seconds.

Conditions: Passing in all periods of performance is carried out from behind the passing line.

The scroll must be above the line drawn on the wall.

The calculation of time begins from the first pass and for a period of (30) seconds.

At the beginning of the test, you must hold the ball with your hands in front of the face and then perform the pass with the fingers.

If the ball goes off the wall or touches the wall below the line drawn on it and bounces in a way that makes the tester continue passing in front of the passing line. In all these cases, the tester must hold the ball and restart in the same way as the beginning of the test.

The skill of passing from the top with fingers should be used without other types of passes.

The laboratory must stop performing immediately after announcing the end of the scheduled (30) seconds.

Scoring: The number of times the ball touches the wall is calculated during the (30) seconds.

Prescribed for the test and any attempt that violates the aforementioned conditions is not counted. The final score of the laboratory is the number of correct attempts in thirty seconds $\times 3$.

Table 3. Shows the physical and skill tests that were presented to the experts

Variables	Test	Fit	Doesn't fit
preparation skill Accuracy in volleyball	wall passing test		√
	Wall passing test (30 seconds)	√	
	Close ball preparation Test		√
Finger strength	shoulder Flexibility test		√
	Grip strength test	√	
	explosive power of legs		√
	Shoulder and wrist flexibility testing	√	

2-3-2. Exploratory experiment:

The exploratory experiment was conducted on a sample of two players from the homogeneous research community and from outside the study sample, as the researcher conducted his exploratory experiment in physical tests and the high number accuracy test in volleyball on Thursday 13/7/2023 in the Martyr Wissam Oraibi Indoor Sports Hall in Maysan Governorate, that the exploratory experiment is a miniature experiment of the basic experiment and must meet the same conditions and conditions in which the main experiment is as much as possible so that its results can be taken, In order to obtain the necessary and correct results and information to benefit from when conducting his main experiment, in order to achieve several goals, including finding the scientific foundations of the tests.

1- Stability: It means "the degree of confidence in the test". The test results do not change in the result (i.e. with a fixed value) when repeating or repeating the test to measure the level of performance of the laboratory, which gives stability in the results obtained if the experiment is repeated on the same group whose results are to be measured again, The stability factor in the test is an important factor in the process of building and codifying tests, It also means the accuracy and mastery or crush by which it is measured, the apparent test for which it was developed. (4: p. 37) Through the results, we see the stability of the tests under study:

- Pearson's correlation coefficient for the test of bending the trunk from standing is (0.98) at the level of significance (0.05), which is the result that confirms the stability of the test.
- Pearson's correlation coefficient for the test of spinal elasticity test is (0.91) at the level of significance (0.05), which is the result that confirms the stability of the test.

- Pearson's correlation coefficient for the shoulder joint flexibility test is (0.92) at the level of significance (0.05), which is the result that confirms the stability of the test.
- Pearson's correlation coefficient for testing the accuracy of the high number in volleyball is (0.91) at the level of significance (0.05), which is the result that confirms the stability of the test.

2- Validity of the test: In order to ensure the truthfulness of the test, we used the coefficient of self-honesty as an honest experimental score for the real scores, which is measured by calculating the square root of the stability coefficient:

Test Validity = Test Stability Coefficient

The following results were achieved at the significance level (0.05) and found that the calculated value for each test

This indicates that the calculated value has a high degree of self-truthfulness.

3- Objectivity of the test:

The clarity of the instructions and conditions for the application of the test and the methods of calculating the grades and results of it, as the objective test depends on the extent of the performance of the test in a correct manner and is not affected by the personality of the arbitrator, so the results are the same despite the difference of arbitrators. As for the tests that we have done, the results obtained can not be not objective, and the aim of this exploratory experiment is to study the efficiency of the proposed tests, i.e. the stability, honesty and objectivity of these tests.

2-3-3. Pre-test:

Pre-tests were conducted on the two research groups (experimental and control) in the kinetic flexibility test and the high number accuracy test in volleyball on Sunday (16/7/2023) at (9) am in the closed sports hall of the martyr Wissam Oraibi in Maysan, before starting to perform the tests, a warm-up was conducted for the purpose of preparing the players physically and skillfully and for all players to study, and then the researchers, with the help of the assistant work team, explained the tests to the players in order to help them identify the nature of the procedure The tests are well and the correct application of them, and all tests have been conducted, namely the shoulder and wrist flexibility test and the grip strength test, where the tests were conducted on the volleyball court in the sports hall.

Table 4. Shows stability and objectivity coefficients for tests of muscular ability and accuracy of volleyball

Test	Stability	Objectivity
Wrist and shoulder flexibility	0,93	0,91
Grip strength	0,93	0,92
preparation skill Accuracy	0,92	0,91

2-3-4. Training program:

The researcher prepared a special educational curriculum includes exercises for the development of fingers of the hand on the accuracy of the performance of the skill of preparation from the top volleyball, applied to the members of the research sample of the experimental group special physical exercises in each educational unit, which leads to improving the level of flexibility of fingers among young volleyball players, so the researcher was keen to distribute the vocabulary of the educational curriculum prepared to be applied in twenty-one educational units and a time of (90) One minute for each educational unit and over a period of seven weeks on Sunday, Tuesday and

Thursday of each training week, which is the duration of the application of the program prepared by the researcher on the research sample, the preparatory part of the curriculum was aimed at preparing the physical side of the player before starting to perform skill exercises to improve the accuracy of preparation with volleyball. It was also the main section, which includes the focus of the researcher's vision in the curriculum prepared for application through the vocabulary that must be applied in this section physically and skillfully, as it included special exercises aimed at developing the fingers of the hand in order to accurately perform the preparation skill, which represents the educational aspect (physical) (35 d) in the educational unit and over (21) units and a total of (735) minutes, The main section is the educational aspect, with the same time allocated for the physical aspect, the application of the exercises began on 18/8/2023 and ended on Thursday 7/9/2023.

2-3-5. Post-tests:

After the end of the time allocated for the implementation of the vocabulary of the proposed educational curriculum for the subject of the study, the post-tests and the two research groups were conducted at nine o'clock in the morning on Sunday, 10/9/2023, and the researcher took into account that the post-tests take place under the same conditions in which the pre-tests were carried out, as the researcher used the assistant team to conduct the post-field tests on the research sample.

2-4. Statistical treatments:

In order to obtain the results of the study tests and special data, the statistical program (SPSS) was used in statistical treatments that suit the nature of the research.

3 - Presentation, analysis and discussion of the results:

3-1. Presentation and analysis of the results of the pre- and post-tests of the experimental and control research groups in the research tests and their discussion:

3.1.1. Presentation and analysis of the results of the pre- and post-tests of the experimental group in the arithmetic media and standard deviations in the tests of grip strength and accuracy of preparation from the top of the volleyball:

Table 5. Shows the results of the pre- and post-tests of the experimental group in the research tests

Test	Measurement unit	Pre- test		Post-test		Calculated (t)	Sig. level	Sig.
		M.	St.d	M.	St.d			
Wrist and shoulder flexibility	degree	1.745	0.574	2.333	0.894	7.043	0.000*	Sig.
Grip strength	degree	142.342	7.441	170.204	6.675	14.220	0.000*	Sig.
preparation skill Accuracy	degree	16.550	2.548	27.557	3.463	9.812	0.000*	Sig.

Degree of freedom (n-1) (5-1=4), * significant if the degree of significance level (Sig) \geq (0.05)

Table (5) shows us the results of the pre-test of the experimental group in the shoulder and wrist elasticity test that the arithmetic mean (2.333) and the standard deviation (0.574). And test the strength of muscular grip van arithmetic mean (142.342) and standard deviation (7.441). In the preparation skill test, the arithmetic mean is (16,550) with a standard deviation of (2.548).

As for the results of the post-test of the experimental group in the shoulder and wrist elasticity test, the arithmetic mean was (1.745) and the standard deviation (0.894). The grip strength test was (170.204) and the standard deviation (6.675). As for the test of accuracy of the preparation skill, the arithmetic mean is (27.557) with a standard

deviation of (3.463). As for the calculated value of (T) it reached (7.043) in the shoulder and wrist flexibility test, while the calculated value of (T) was (7.043). In the shoulder and wrist elasticity test, the calculated value (T) reached (7.043) in the grip strength test, and this indicates a significant difference in the pre- and post-tests and in favor of the post-tests.

3.1.2. Presentation and analysis of the results of the pre- and post-tests of the control group in the arithmetic media and standard deviations in the tests of grip strength and accuracy of the numbers from the top volleyball:

Table 6. Shows the results of the pre- and post-tests of the control group in some research tests

Test	Measurement unit	Pre- test		Post-test		Calculated (t)	Sig. level	Sig.
		M.	St.d	M.	St.d			
Wrist and shoulder flexibility	degree	1.655	0.632	1.990	0.779	5.043	0.000*	Sig.
Grip strength	degree	141.323	8.632	151.213	7.664	4.721	0.002*	Sig.
preparation skill Accuracy	degree	16.455	2.632	20.553	3.895	6.756	0.000*	Sig.

Degree of freedom (n-1) (5-1=4), * significant if the degree of significance level (Sig) \geq (0.05)

Table (6) shows us the results of the pre-test of the control group in the shoulder and wrist flexibility test that the arithmetic mean (1.655) and the standard deviation (0.632). And test the strength of muscular grip van arithmetic mean (141.323) and standard deviation (8.632). In the preparation skill test, the arithmetic mean is (16,455) with a standard deviation of (2.632).

As for the results of the post-test of the experimental group in the shoulder and wrist elasticity test, the arithmetic mean was (1.990) and the standard deviation (0.779). The grip strength test was (151.213) and the standard deviation was (7.664). As for the test of accuracy of the skill of preparation, the arithmetic mean is (20.553) and standard deviation (3.895). As for the calculated value of (T) it reached (5.043) in the test of shoulder and wrist flexibility, while the calculated value of (T) was (4.721). In the grip strength test, the calculated value of (T) reached (6.756) in the test of accuracy of the preparation skill, and this indicates a significant difference in the pre- and post-tests and in favor of the post-tests.

3.1.3. Presentation and analysis of the results of the post-tests of the two groups (experimental and control) in the arithmetic media and standard deviations in the tests of grip strength and accuracy of the numbers from the top volleyball:

Table 7. Shows the results of the post-tests of the experimental and control research groups in some research tests

Test	Measurement unit	Experimental group		Control group		Calculated (t)	Sig. level	Sig.
		M.	St.d	M.	St.d			
Wrist and shoulder flexibility	degree	2.333	0.894	1.990	0.779	4.805	0.000*	Sig.
Grip strength	degree	170.204	6.675	151.213	7.664	6.744	0.000*	Sig.
preparation skill Accuracy	degree	27.557	3.463	20.553	3.895	8.220	0.000*	Sig.

degree of freedom (n-2) (10-2=8), * significant if the degree of significance level (Sig) \geq (0.05)

Table (7) shows the results of the post-tests of the two groups in the results of the post-experimental group in the shoulder and wrist flexibility test that the arithmetic mean is (2.333), the standard deviation is (0.894) and the calculated value (T) of (4.805). And the

test of muscular grip strength the arithmetic mean (170.204) and the standard deviation (6.675) calculated (T) value of (6.744). In the preparation skill test, the arithmetic mean is (27.557) with a standard deviation of (3.463) and the calculated value (T) of (8.220).

The results of the post-control group in the shoulder and wrist elasticity test showed that the arithmetic mean (1.990), the standard deviation (0.779) and the calculated value (T) of (4.805). The muscle grip strength test is the arithmetic mean (151.213) and the standard deviation (7.664) the calculated value (T) of (6.744). In the preparation skill accuracy test, the arithmetic mean is (20.553) with a standard deviation of (3.895) and a calculated value (T) of (8.220).

In order to know the significance of the differences between the experimental and control groups in the post-test,

Where the calculated value of (t) appeared (4.805), which is greater than the value of (t) tabular (1,842) and with a degree of freedom (8) under the level of significance (0.05) and this indicates a significant difference in favor of the experimental group in the test of shoulder and wrist flexibility in the post-tests.

Where the calculated value of (t) appeared (6.744), which is greater than the value of (t) tabular (1,842) and the degree of freedom (8) under the level of significance (0.05) and this indicates a significant difference in favor of the experimental group by testing the strength of the grip in the post-tests.

Where the calculated value of (t) appeared to reach (8.220), which is greater than the value of (t) tabular (1,842) and the degree of freedom (8) under the level of significance (0.05) and this indicates a significant difference in favor of the experimental group to test the accuracy of the skill of preparation in volleyball in the post-tests.

Table 8. Shows the correlation between muscular ability and volleyball preparation accuracy

test		Correlation value	TR value		Sig.
			Calculated	Tabular	
Wrist and shoulder flexibility	Grip strength	0,66	2,48	2,31	Sig.
preparation skill Accuracy					

At a degree of freedom (8) and a level of significance (0.05)

Through Table (8), it is clear that there is a significant correlation between muscular ability and accuracy of preparation in volleyball, where the calculated value of (TR) was (2.48), which is greater than the value of (TR) tabular of (2.31) degree of freedom (8) and the level of significance (0.05).

3-2. Discuss the results of the tests of muscular grip strength and accuracy of preparation from the top of volleyball:

It is clear from the results presented in the tables (5, 6, 7, 8) that there is a significant relationship between the development of the fingers of the hands and the accuracy of the performance of the skill of preparation from the top among junior volleyball.

The researcher attributes the reason for the existence of a positive moral correlation between the development of fingers of the hands and the skill of preparation from the top of volleyball, to the development of the physical abilities of the volleyball player is an important element in continuing to perform skills better during the match. The development of the strength of the grip of the hands of the prepared player is a good task because it constitutes a continuous point of contact with the rest of his fellow players during the course of playing volleyball, it is "an accurate and effective combination between strength and accuracy and be linked to the work of the nervous

system that controls the functions of the body and the function of the fingers of the hands in particular, that neuromuscular compatibility leads to the player's ability to produce the necessary force for the numbers of the ball with high accuracy during play, which is an important and effective factor in the superiority of my players Attack during the performance of the overwhelming hit, the ability to master complex harmonic movements and speed in learning, developing and improving motor performance." The player is in a state of readiness and readiness to move lightly and quickly to receive the ball from the colleague in the event of receiving it, that the stand-by be feet with the breadth of the pelvis one ahead of the other knees slightly bent and the torso slightly tilted forward, the head is perpendicular to the level of the shoulders and look at the direction and movement of the ball in the field, and the arms are relaxed and not stiff and slightly bent at the height of the chest level and in front of the body and elbows down and out In the case of reaching a ball with low flying, the player tried to reach under the ball, as quickly as possible with a large and severe flexion in the knees, and after touching the ball, the player extends his legs and then extends his arms and hips forward and up and towards the preparation, that is, with the same steps that were followed in the preparation of handling from the top of the volleyball.

The researcher attributes this to the fact that the skill of preparation is the main element for the success of the performance of the skill of crushing volleyball, which is a major factor in the success of the player's performance in the attack stage in terms of skill. The accuracy of the technical performance of the skill of preparation by the player is determined by the speed and ease of delivery to the attacking player in the playing situations, the numbers of the ball from the prepared requires strength in the fist of the hand and fingers in coordination between the hand and the eye in order to push the ball up directly to the hitter, as well as the ability to control the direction of the ball by the player in the preparation stage to the attacker in the start of the attack on the opposing team's court, Which is by hitting the ball and determining the angle in which he aims the ball, speed and distance traveled from above the net to the point of falling the ball in the team's court, as the attacking player uses the force of the fist to hit accurately and control it to points away from the presence of the receiving players of the team, as well as is considered a major use in striking the blow and the success of the arm function in speed and accuracy in mastering the overwhelming beating of volleyball for juniors.

The skill of preparation is necessary during the course of the match in addition to its role in the process of performing the crushing offensive blow, "because it is one of the most frequent and used volleyball skills in play and without mastery it is not possible to continue playing, as it depends on the team's attack and the way it performs and this requires preparation with a high degree of accuracy and diversity in the physical and skill exercises of the player, the prepared player needs special preparation and exercises prepared according to an educational curriculum that lasts for years so that he can master the performance of the skill, And the ability to master it and its different types and forms and perform with high accuracy in all rounds of the match and the use of each type of preparation at the moment when he sees the ball suitable for the level of performance of the colleague. In order for the prepared player to carry out his difficult tasks, he must be characterized by some qualities, including to be talented and loving his task and to be brave and intrepid not afraid and with high confidence in himself, and never hesitate and the owner of a quick reaction commensurate with the speed of the ball launch, and has a high physical fitness and movement commensurate with the nature of his duty as a preparer, because the preparation skill is the first stage step on which the attacking player is based when he executes the crushing blow to get points in the match, As directing balls by the player in the attack phase of voluntary movements towards a specific goal requires high efficiency of the neuromuscular system, accuracy requires full control of the voluntary muscles to direct them towards a specific goal. The

change in the trajectory of play from defense to attack depends on the players' ability to control and direct the ball correctly. "The accuracy of the setting (handling from above) is the basis (95%) of a good smash serve.

The researcher attributes the reason that the prepared player whose main task is to prepare the ball from the top and to a suitable place after receiving it from sending the opponent or from a crushing blow or handling while transporting the ball within the boundaries of the field and this skill is one of the basic offensive skills that the player must move quickly towards the places where the ball falls coming from the opposing team and this requires muscular abilities for the legs and this quick move gives the player enough time to take the position of readiness to receive the ball and thus the ability to perform the skill accurately and perfectly, and this confirms that "high motor response and muscular ability must be linked to the accuracy factor, and often impose different match situations that the attacking player performs the preparation process, and the player prepared for the ball performs the offensive strike, and therefore it is necessary to prepare the players and train them to master all types of preparation and their forms in all different playing situations, that good preparation plays a large and distinctive role in determining the outcome of the match, because the success of the overwhelming beating is linked to good preparation and is also related to the ability of the prepared player, Whenever it is at a high level of performance, its team can thwart the defensive plans of the opposing team, in other words, its ability to change and diversify in play for the purpose of implementing the plans prepared for the team, and the preparation has evolved a lot from what it was previously, as receiving the ball and passing it to the prepared player without an arc, as well as the prepared player preparing the ball from jumping for the purpose of reducing the time period before the opposing team prepares to defend and then make a quick attack. In conclusion, special exercises are those that lead to the development of a physical or motor characteristic of the player, especially in the stage of physical and skill preparation. The fist is an important element of strength in hitting the crushing ball, despite its essential role in many movements and is often an indicator that the team's players have good motor abilities or vice versa. Therefore, the strength of the grip is often a major function or assistance to many sports, especially volleyball, so we find that there is a lack of interest and clear disregard among most coaches in the stage of physical preparation, especially among players of this age group for this game.

4- Conclusions and recommendations:

4-1. Conclusions:

1. The educational program prepared has a positive impact on improving the level of the players of the experimental group, the stronger the grip of the fingers of the hands, the better the level of player performance in the accuracy of the skill of preparation in volleyball.
2. The strength of the fingers and arms of the player facilitates the preparation of the ball well, which leads to the accuracy of the skill of preparation in volleyball.
3. There is a significant correlation between the development of fingers of the hands and the accuracy of preparation in volleyball players.
4. There are differences in the accuracy of the volleyball preparation skill between the pre-measurement and the post-measurement among the players of the experimental group and in favor of the post-measurement.

4-2. Recommendations:

In light of the results of the research, the researcher makes the following recommendations:

1. Emphasizing the need to use the educational program because it provides a scientific product that leads to improving the performance of the skill of high preparation in volleyball.
2. Emphasizing the need to pay attention to the development of the characteristic of strength, especially the fingers of the hands, because of its important and effective role in the process of preparing the ball, especially among junior volleyball players.
3. Emphasizing the need for coaches to take into account the level of individual differences between players during the application in the educational units for the skill of high preparation in volleyball for juniors.
4. The need for the participation of coaches in scientific and training courses for volleyball, in order to keep pace with all that is new and new in training methods and how to apply them to age groups, especially the junior category.

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