



RESEARCH ARTICLE

THE EFFECT OF AN INTERACTIVE FITNESS TRAINING PROGRAM ON THE SKILL OF DEFENSIVE COVERAGE FOR VOLLEYBALL BEGINNERS

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ABSTRACT

Background: One of the most important phenomena used in interactive fitness training is to develop some physical variables and develop the defensive skills of a volleyball player. **Aim:** Designing a program using the group of interactive fitness training to determine its effect on some physical variables and the skill of defensive coverage of the volleyball youth. **Methods:** An experimental study on the young Muslim youth team in Minia. **Results:** Increase of physical variables, improvement in the level of skill performance, and the development of the level of defensive coverage after the application of the program, the experimental group that used the proposed program designed on interactive fitness training for the control group. **Conclusion:** Improving material variables and skill level. Defensive skill cover performance at a better level.

INTRODUCTION

Volleyball sport needs a high level of motor alignment in order for the player to achieve the best achievement level, and if the work of these exercises is coordinated, it is possible to achieve the highest level of general motor alignment required to perform motor skills, and on this physical capabilities and skills are involved in shaping the harmonic foundations for achieving the level during the activity The Athlete (Issam Abdel Khaleq, 2005). Athletic coaches use interactive fitness training to help them train players in a manner that simulates the same play conditions and situations that are not available in traditional programs such as resistors, plyometric, and others. It is a complement to traditional programs that aims to improve speed of various kinds, general fitness, skill level performance, and the occurrence of necessary adaptations (Amr Saber, 2017).

MATERIALS AND METHODS

Subjects: A training program was implemented for the Young Men Muslim Team in Minia. For a period of 12 weeks from 7/25/2018 to 10/18/2018 in Muslim youth in Minia, Egypt, 5 training units per week. Unit time is 90 minutes. Before and after measurements were used for two groups, one experimental and the other being controlled.

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Sample Selection condition: Minia volleyball players, the player must not be over 17 years old.

Instrumentation: weight Legal volleyball court and volleyball balls - stopwatch - colored duct tape - whistle - ruler - tape measure - table - plastic collars.

Procedures: Each player performs a performance change taking into account the change and diversification of conditions of exciting times, performing additional movement duties (before - after) defensive performance, performing exercises similar to the nature of defensive performance in volleyball.

Statistics

Independent Variable: Interactive fitness training program, physical changes.

Dependent Variable: Defensive coverage of a volleyball youth.

Statistical method used: Mean, Median, Standard deviation, , torsional coefficient, test (T), use of Spss for Statistical processors version.

RESULTS

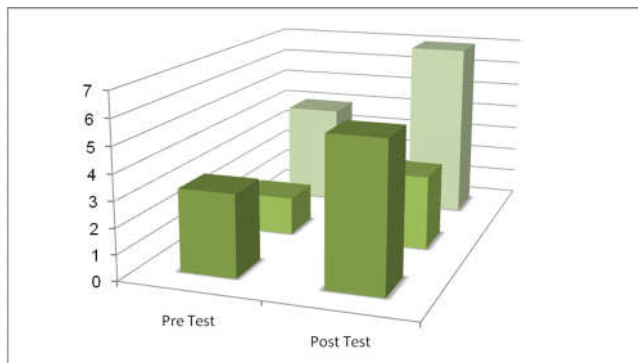
There are statistically significant differences between the pre- and post-measurements in the level of player performance, where Figure 1 shows an increase in the physical and skill

Table 1. Description of the research Sample

N=10	Age(Yrs.)	Height (Cm)	Weight(Kg)
Mean	16.7	168.8	51.2
Median	16.7	170.0	53.0
SD	1.34+ -	3.02+-	3.63+-
Skewness	1.521	0221	0.241

Table 2. The importance of differences between pre-deployment measurements from defensive coverage

N=10	Pre test		Post test		Change ratio	Z	Sig
	Mean	SD	Mean	SD			
P.value							
Agility 81.37	8.22	93.15	6.35	17.45	-2.872	0,010	
Defensive coverage 91.28	9.46	112.2	8.73	19.53	-3.235	0,080	

**Figure 1. Average differences between pre and post measurements**

variables of volleyball beginners after the application of the program, using interactive agility exercises, a positive effect in developing and developing the skill of defensive coverage of volleyball beginners (Essam Abdel-Khalek 2005)

DISCUSSION

Interactive fitness training has a positive impact on performance, and therefore, the development of the level of physical abilities plays an important role when acquiring motor skills.

On the other hand, the degree of mastery of motor skills, which expresses the development of physical abilities where training aimed at changing the external requirements of the skills of the player and on this is shared Physical capabilities and motor skills in shaping the consensual foundations in achieving the developed level during sports practice and this is what he referred to (Essam Abdel-Khalek 2005)

Conclusion

The increased level of performance is related to the use of interactive fitness training, so players must be trained to use interactive fitness training to improve material and skill variables.

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