

The Effect of Transitional Play Training (from Reception and Defense) on the Effectiveness of Performance Setup, Spanking, and some Physical Variables at the Women Beach Volleyball Players

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Introduction and Research Problem:

Through the researcher's experience as a player in the Premier League and coach of the Egyptian beach volleyball team, and given the nature of the game through the presence of only two players on the field, an area of 8 x 8 m with a total area equivalent to 64 m, where the player individually covers more than 32 m in the case of reception in addition to external factors (Sandy ground - winds - high temperature) Whereas the nature of performance in beach volleyball increases performance through transitional play (Out of system). Therefore, most of the defended balls are out of reach of the defending player (the preparer).

This is evident from the exploratory study conducted by the researcher to identify the repetitions of the Transitional Play (System) and (Out System) in both reception and defense of the stadium in beach volleyball matches, where the performance percentage of the Transitional Player System (System) reached about 52.1% during Matches and the percentage of the transitional player (Out System) is about 47.9% attached (1)

Aims of the research

The research aims to identify:

1- The effect of transitional play training (Out of System) on the

effectiveness of preparation (reception - defending) of beach volleyball women

2- The effect of transitional play training (Out of System) on the effectiveness of hitting the landslide from (reception - defending) of beach volleyball players

3- The effect of the proposed training program using transitional play exercises on the level of performance of some physical variables among beach volleyball players -.

Questions of the research :

1- Does transitional play training (Out of System) have an effect on the effectiveness of preparation (reception - defense of the stadium) for beach volleyball players - under discussion?

2- Does transitional play training (Out of System) have an impact on the effectiveness of spiking (reception - defending the stadium) of beach volleyball players - under discussion? .

3- Does the proposed training program using transitional play exercises have an effect on the performance of some physical variables among beach volleyball players - **Research plan and procedures:**

First: Research Methodology: The researcher used two basic methods in this research :

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1- The researcher used the descriptive method by analyzing the matches to identify the percentage of transitional play ((system and out of system)) in both reception and defense. Attachment(1)

2- The researcher used the experimental method of one experimental group by means of (pre-post) analogy to implement the training program

Second: Society and Research Sample: The research community included two samples

1- The first descriptive sample: It included 7 matches from the African Women's Championship for the African Championship that qualified for the World Cup in Germany 2019, to identify the percentage of transitional play system and transitional play out system.

2- The second experimental sample: It was deliberately chosen for (4) female players from the national beach volleyball team. (8) players, sample scouting, annex(2)

Table (1)

The homogeneity of the individuals of the research sample in the basic variables of the research of the experimental sample - under investigation - (n = 4)

The results of Table (1) include that the values of the skew coefficients in the variables under investigation have been confined to between (3), and the flatulence coefficient ranged between (-0.34 and -0.89).

Methods of data collection: The researcher will use the following methods in collecting data:

1- A data collection form for determining the percentages and frequencies of (System) and (Out System) in beach volleyball matches. Annex(3)

2- Data collection form for physical examinations (annex 4)

3- Physical exams (5)

4- A form for the effectiveness of skills performance in beach volleyball, approved by the International Volleyball Federation. Attachment(6)

Table(2)

Homogeneity of the basic research sample in physical variables - under investigation - (n = 4)

The results of Table (2) include that the value of the torsion coefficient ranged between (3), and the value of the coefficient of flattening in the physical variables ranged between (2.70-2.60)

Fourth: Scientific Transactions for Physical Tests:

The researcher conducted scientific transactions on a sample from the research community (an exploratory sample), which did not participate within the basic experiment, and its strength reached (8) players, and some physical variables were measured (under research).

A- Honesty:

The researcher used the validity of the differentiation, by making measurements on a distinct sample of beach volleyball players in first-class clubs in the Egyptian League and their strengths are (4) players, and the most important characteristic of them is the physical aspect, the training age, and the unmarked group who are also volleyball players, their strength is (4)

These measurements were made from 2/2/2019 to 2/3/2019.

Table (3)

Significance of the differences between the distinct group and the non-distinct group of physical measurements

-In search - $n_1 = n_2(4) =$

Table (3) includes the existence of statistically significant differences at the level of (0.05) between the two distinct and non-distinct groups in the physical variables, where the calculated value of "T" ranged between (4.04-3.59)

Stability:

The researcher calculated the consistency of the tests by the method of applying the test and re-applying it (Test - Re test) on a sample of (4) players from the research community outside the basic research sample, who are among the beach volleyball players in the first class clubs. The first in the Egyptian league and their strength (4) players. Table (4) shows the

correlation coefficients between the two applications.

Table(4)

Table (4) includes that the correlation coefficient between the first and second applications is statistically significant in physical tests, where the correlation coefficient ranged between (0.92 ** - 0.99 **), which is greater than the tabular value of "t" at the level of (0.05).

Fifth: The content of the proposed training program:

Table(5) .

Expert opinions on determining the axes of the proposed training program and the percentage of each axis, $n = 7$

It is clear from Table No. (5) that the questionnaire form obtained a percentage of 87.87%, and the researcher was satisfied with a percentage (70%), based on the opinions of the experts.

Time division of the proposed training program:

Table (6)

Determine the total time of the training program by determining the unit time and the degree of pregnancy

No of weeks	Unit time			Number of units per week	Total time the program
10 weeks	From the first week to the third week	From the fourth to seventh week six	From the seventh week to the tenth week	5 units	
	90m	120m	150m		
	$5 \times 90 \times 3$ units	$5 \times 120 \times 3$ units	$5 \times 150 \times 4$ units		
Total	1350m	1800m	3000m		6150m

It is clear from Table (6) degrees of pregnancy and the determining the total time for the pregnancy cycles used within the training program according to the training program, as follows:

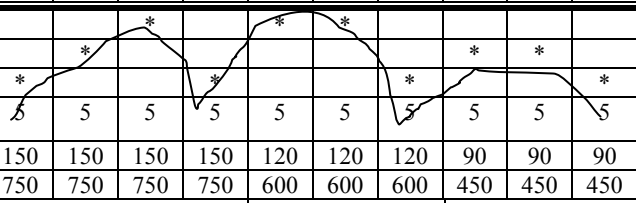
Table (7)

The time distribution of each of the percentage of physical, skill and planning preparation within the training program

preparation		%	Total in minutes
Physical		$\frac{6150 \times \%30m}{100}$	1845m
Skillful	out of system exercise	$\frac{6150 \times \%30m}{100}$	1845m
Planed	out of system exercise	$\frac{6150 \times \%40m}{100}$	2460m
The total time of the program			6150m

Table (8)

The temporal and relative distribution of transitional play training exercises (from reception and defense) during the weeks and stages of the proposed training program on the different degrees of pregnancy.

Total actual training time (out of system)	Preparation time										Stage		
	Pre coemptions				Special prepare			General prepare					
	10	9	8	7	6	5	4	3	2	1	Weeks		
			*		*	*					Max	Degrees of endurance	
		*						*	*		High		
											Mid.		
	5	5	5	5	5	5	5	5	5	5	No. of units per weeks		
	150	150	150	150	120	120	120	90	90	90	Unit time		
	750	750	750	750	600	600	600	450	450	450	Total time per week		
6150m	3000m				1800m			1350m			Total time for the period		
-	%20				%30			%50			Physical preparation 1845 minutes		
1107m	-----				80% x 553.5 min. 100 individual exercises with ball 442.8 min			Individual training without ball 20% 110.7 minutes			Single-set exercises, attack from reception 50% 553.5 min	exercise out of system) normal exercise 60% 1107m	Skill 1845 minutes
	-				80% x 553.5 min. 100 individual ball exercises			Individual training without ball 20%			Single-count exercises from defense 50% 553.5 minutes		
					442.8m			110.7m					

Follow Table (8)

The temporal and relative distribution of transitional play training exercises (from reception and defense) during the weeks and stages of the proposed training program on the different degrees of pregnancy.

Total actual training time (out of system)	Preparation time										Stage	
	Pre coemptions				Special prepare			General prepare				
	10	9	8	7	6	5	4	3	2	1	Weeks	
1230m	1230m							-----		Joint exercises the blocking player to prepare the ball and the defending player to attack	Out of system workouts 50% Competitive training 1230 minutes	Planning 2460m

Content of out of system () exercises:

- 1- Out of system preparation exercises, including 10 exercises
- 2- The attack exercises from the out of system)) and included 10 exercises
- 3- Out of system preparation exercises, including 10 exercises
- 4- Attack exercises from defense out of system) and included 10 exercises
- 5- Joint exercises for the blocking player to prepare the ball and the player in charge of the defense for the attack (competitive playing positions exercises) and included exercises from different areas of the playing field, annex.(10)
- Methods of implementing the proposed training program

The proposed program was implemented as follows:

Out of system exercises were used, which are skill exercises that were divided into two parts:

The first is represented in ball preparation exercises from reception and preparation exercises from defending the

field from balls that are beyond the reach of the preparing player in various areas of the playing field away from the net by not less than 2 m.

The second: It is represented in the offensive exercises from receiving and defending the stadium by hitting the ball diagonally and vertically in different and various directions and angles to increase the effectiveness of the players in spiking.

Exploratory study: The research included conducting (2) exploratory studies as follows:

The first exploratory study: the aim of which was to analyze the matches to identify the percentage of transitional play (system) and out of system) in both reception and defense in beach volleyball in the African championships from 1/15/2019 to 1/30/2019 attached (1)

The second exploratory study:

Its aim was to ensure the integrity of the administrative and technical procedures before, during and after the

implementation of the program, as the researcher selected (4) female players from the research community and outside the research sample to conduct the exploratory study on 2/1/2019 to 7/2/2019 AD, where a training week was applied. It included four training units in order to identify several points, the most important of which are:

Ensure the validity and adequacy of the tools used for measurement.

-Knowing the average number of units that players can implement during the training program.

Legalizing skill training from outside and inside the attack area inside the training unit.

Ensure that skill training from outside and inside the attack zone is appropriate with the level of the players as well as the specified time periods within the training units.

-Ensuring the training content of the program in terms of codifying its units and the times allocated to the unit parts.

Program implementation procedures:

A- pre measurements:

Physical and skill measurements were taken for the sample players on 2/9/2019

B- Application of the program:

The program was implemented during the period from 10/2/2019 to 4/25/2019

C- Post measurements:

Post measurements were made 4/26/2019 through the same procedures that were performed in the pre-measurement.

Steps to implement the search:

1- The researcher designed a data collection form for determining the proportions of transitional play (out system and (system)) in beach volleyball matches.

2- The first exploratory study was carried out to determine the proportions of transitional play ((out system) and (system)) for matches in the African Beach Volleyball Championships.

3- The researcher designed a survey form for the experts' opinions about the training program axes, the elements of special fitness and their physical tests.

4- The researcher emptied the forms to reach the final form for building the program and its training.

5- The devices and tools used in measuring physical variables have been identified through previous studies.

6- Scientific transactions (validity and consistency) were conducted for physical tests to measure the basic variables – of the research

7- The training program was built, its content and its time division were determined, the general plan for research was made, the training units and the training it contained were defined and distributed over the specified times according to the general plan for research.

8- The pre-measurements and homogeneity of the physical and skill tests of the players were conducted by the research sample on 9/2/2019.

9- The program was implemented during the period from 10/2/2019 to 4/25/2019

10- The post measurements were made 4/26/2019 through the same procedures that were performed in the pre-measurement.

11- The researcher processed the data statistically using the following statistical analysis:

Arithmetic mean - standard deviation - skew - percentage - improvement - flattening

12- The results were presented and discussed

13- The conclusions and recommendations of the research have been identified.

Statistical treatments:

The researcher processed the data statistically using the following statistical analysis:

- 1- arithmetic mean.
- 2- Standard deviation.
- 3- Sprain.
- 4- Percentage.

5- The percentage of improvement.

6- Flattening

Presentation and discussion of results:

First: As for the answer to the first question, are there statistically significant differences between the averages of the pre measurements and the post measurements on the effectiveness of the (Out of System) training exercises (reception and defense) of the beach volleyball players - under discussion.-

Table No (9) .

Percentages and improvement rates for female players in pre and post measurement in preparation from reception in beach volleyball for the sample - under investigation - n = 4

Skill	The half's	Team A.						Team B					
		Female player 1			Female player 2			Female player 1			Female player 2		
		Pre %	Post %	Improvement %	Pre %	Post %	Improvement %	Pre %	Post %	Improvement %	Pre %	Post %	Improvement %
Setup from reception	1	47.4	80	68.8	59.8	73	22.1	54	64.3	19	51.1	66.8	30.7
	2	36.1	68.8	90.6	52.8	67.4	27.7	40	66.7	66.8	56.1	68	21.2
	3	41.7	70	20.9	58.3	63.5	8.9	56.1	61.1	8.9	62	66	6.5
Mid.		41.7	72.9	59.8	56.9	67.9	19.6	50	64	31.7	56.4	66.9	19.7

Table (10)

Improvement percentages between female players and team in preparation from reception in beach volleyball

Skill	Half's	Team A			Team B		
		Female player 1	Female player 2	Average percentage improvement in runs	Female player 1	Female player 2	Average percentage improvement in runs
Setup from reception	1	68.8	22.1	45.5	19	30.7	24.9
	2	90.6	27.7	59.2	66.8	21.2	44
	3	20.9	8.9	14.9	8.9	6.5	7.7
Average percentage improvement for the team				39.9			25.5

It is evident from the results of Table No. (9, 10) and Fig. No. (1) high rates of improvement in the level of effectiveness of preparation from

reception (out system) in beach volleyball matches for the sample - under discussion - for each player separately and for the team and this is

attributed by the researcher to the thought The new thing that has been introduced to beach ball training is to go to an unconventional method of training through individual training of the player, the list of preparation from reception and the preparation of the ball from different areas of (right - left - behind - in front) the future player, where the nature of the play imposes the burden of 50 % Of the area of the stadium alone in receiving transmissions directed from the opposing team's stadium of various kinds under the pressure of various

difficulties of transmission speed, wind speed and direction, difficulty moving on sandy ground, sand temperature, air temperature and sunlight directions on the future player, as all these pressures are exposed to the existing player While performing this skill, there are many balls that the receiving player cannot control and direct them to the place specified for preparation, and this is consistent with the study of p Lee Mahmoud Abu Ali 2016 CE (13) and Tariq Abdullah 2016 study (8) (9) Schmidt et al (2000 CE)(20)

Table (11)

The percentages of female players in the pre and post measurement and the percentages of improvement between the players and the team in attack from reception.

Skill	Half's	Team A						Team B					
		Female player 1			Female player 2			Female player 1			Female player 2		
		Pre %	Post %	Improvement %	Pre %	Post %	Improvement %	Pre %	Post %	Improvement %	Pre %	Post %	Improvement %
The attack from the reception	1	33.3	59.6	78.9	51.7	67.4	30.4	44.1	70.8	60.5	43.5	70.2	61.4
	2	43.1	60	39.2	56.2	69.9	24.4	65.4	72.2	6.5	56.6	75.2	32.9
	3	33.3	61.9	85.9	54.6	78.4	43.6	48.4	78.8	62.8	53.1	64.9	22.3
Average		36.6	60.5	68	54.2	71.9	32.8	52.6	73.9	43.3	51.1	70.1	38.9

Table (12)

The percentage of improvement between the players and the team in attack from reception in beach volleyball

Skill	Runs	Team A			Team B		
		Female player 1	Female player 2	Average percentage improvement in runs	Female player 1	Female player 2	Average percentage improvement in runs
The attack from the reception	1	78.9	30.4	54.7	60.5	61.4	61
	2	39.2	24.4	31.8	6.5	32.9	19.3
	3	85.9	43.6	68.8	62.8	22.3	42.6
Average percentage improvement for the team				51.8			41

It is also evident from the results of Table No. (11,12) and Figure No. (2) the high rates of improvement in the level of attack effectiveness from the reception out system in beach volleyball matches for the sample in question for each player separately and for the team and this is attributed by the researcher to the improvement of the balls prepared by The set-up player, which was causing a great problem for the attacking player (the

future player) due to the distance of the balls prepared from the net and the inadequacy of the ball prepared for the effective attack from the net as a result of pressure and various difficulties of transmission speed, wind speed and direction, difficulty of moving on sandy ground, heat sand, air temperature and ray directions The sun is on the future player (the attacking player). This is consistent with studies (1) (3) (8) (13) (18.(22) (

Table (13)

The percentages of female players in the pre and post measurement and the percentages of improvement between the players and the team in the setting of the defense

Skill	Half's	Team A						Team B					
		Female player 1			Female player 2			Female player 1			Female player 2		
		Pre %	Post %	Improvement %	Pre %	Post %	Improvement %	Pre %	Post %	Improvement %	Pre %	Post %	Improvement %
The setting of the defense	1	45	61.5	36.7	46.9	57.6	22.8	44.4	66.7	50.2	52.5	66.7	27
	2	47.8	63.6	33	51.1	66.7	30.5	65	70.8	8.9	60.4	72.1	19.4
	3	50	69.2	38.4	55	78.3	42.4	52.1	64.3	23.4	46.8	63.4	35.5
Average		47.6	67.8	36	51	67.5	31.9	53.8	67.3	27.5	53.1	67.4	27.3

Table (14)

Improvement percentages between the players and the team in preparation from defense in beach volleyball

Skill	Runs	Team A			Team B		
		Female player 1	Female player 2	Average percentage improvement in runs	Female player 1	Female player 2	Average percentage improvement in runs
The setting of the defense	1	36.7	22.8	29.6	50.2	27	38.6
	2	33	30.5	31.8	8.9	19.4	14.2
	3	38.4	42.4	40.4	23.4	35.5	29.5
Average percentage improvement for the team				33.9			27.4

It is also evident from the results of Table No. (13,14) and Figure No. (3) the high rates of improvement in the level of effectiveness of the preparation from defending the stadium out system due to the nature of the game that there is only one player on the blocking wall and only one player defending the stadium on an area not less than 90% of

its area is (60 square meters) and therefore the traditional exercises do not take into account these considerations in the design of the training program, as the researcher referred to this development in the level of preparation (for the players standing by blocking) to move and prepare the defended balls by the player in the back, which is a great

difficulty for the defender player in the background in the ability to Access to the hit ball from the opposing team's court in an easy way that enables the player in preparation to prepare the ball correctly, but the distance from traditional exercises and the design of a set of exercises similar to playing situations (individual training) for the player who is preparing (the blocking player) for the ability to deal with the

defended balls (by removing them) The different levels of the net, its different heights from ground level, its different speed and its different directions within the field) in a way that helped to raise the level of defense preparation. This is in agreement with Elaine Wadih Faraj (5) and Muhammad Lotfi al-Sayyid (17), and the study of Ahmad Muhammad Abdullah (3) (4) Hussam Abdel Aziz (6) and Samir Lotfi (14)

Table (15)

The percentages of female players in pre and post measurement and the percentages of improvement between male and female players in attack from defense

Skill	Half's	Team A						Team B					
		Female player 1			Female player 2			Female player 1			Female player 2		
		Pre %	Post %	Improvement %	Pre %	Post %	Improvement %	Pre %	Post %	Improvement %	Pre %	Post %	Improvement %
The attack from the defense	1	33.3	54.2	62.8	46.9	72.9	55.4	48.1	70.8	51.4	46.7	69.6	49.1
	2	44.4	66.7	50.2	42.2	73.1	73.2	55.9	67.6	20.9	53.3	78.9	48.1
	3	43.6	62.2	42.7	52.2	81.4	55.9	49.8	74.3	50.7	60	73.3	22.2
Average		40.4	61	51.9	47.1	75.8	61.5	51.3	70.9	41	53.3	73.9	39.8

Table (16)

Improvements between the players and the team in attack from defense in beach volleyball

Skill	Runs	Team A			Team B			
The attack from the defense		Female player 1	Female player 2	Average percentage improvement in runs	Female player 1	Female player 2	Average percentage improvement in runs	
		1	62.8	55.4	59.1	70.8	69.6	70.2
		2	50.2	73.2	61.7	67.6	78.9	73.3
		3	42.7	55.9	49.3	74.3	73.3	73.8
Average percentage improvement for the team				56.7			72.4	

It is also evident from the results of Table No. (15,16) and Fig. No. (4) the high rates of improvement in the level of attack effectiveness from the defense ((out system)) and this improvement is mainly due to the

improvement in the level of preparation through the arrival of the ball at the appropriate height and distance from the net. It helped greatly in increasing the player's offensive ability, the defending backward

shifting of the attack, as well as the individual training of the attacking player to deal with such situations and the change from the form of easy traditional exercises to exercises similar to what happens in the match

with the increasing level of difficulty and pressure on the attacking players with similar exercises that the player can deal with effectively.

Presentation of the results of the third question:

Table (17)

The significance of the differences between the grade averages and the rate of improvement in the pre and post measurements in the physical variables of the sample - under investigation - n(4) =

Variables		Unit measure	Pre measure		Post measure		The difference between the two averages	T value	% Improvement rate
			S	±E	S	± E			
Physical variables	Vertical jump test	Cm	28,5	4,79	37,25	5,74	9,75	18,28	34,21
	threw a medical ball	M	3,63	0,48	5,08	0,75	1,45	6,38	39,94
	The speed is 20 meters	S	7,28	0,49	6,20	0,69	1,08	7,81	14,34
	flexibility	Cm	22,25	2,98	26,25	1,71	4	5,66	17,98
	Running knee-high	No.	49	4,55	55,75	5,27	6,75	7,91	13,78

Tabular "t" value at the level of significance (0,05) = 2,35

It is evident from Table No. (17) that there are statistically significant differences between the mean scores of the pre and post measurements in the vertical jump test of the research sample, where the calculated value of (t) reached (18.28) and an improvement rate of (34.21%). (Calculated (6.38)) and an improvement rate (39.94%). In speed (20 meters), the calculated value of (t) was (7.81) and an improvement rate (14.34%). In flexibility, the value of (t) calculated (5, 66) and the rate of improvement (17.98%) and in running with the knee raised, the calculated value of (t) was (7.91) and an improvement rate (13.78%), which

indicates that the calculated value of (t) is greater than the tabular value of (t). At the level of (0.05) and the percentage of improvement in favor of the post measurements of the research sample.

The researcher attributes this improvement in the physical variables to the nature of performance on the sandy ground and the resistances through friction and the difficulty of movement, which increased the degree of improvement in the physical variables in both the vertical jump and the wide jump and running as the nature of the exercises that were designed for the axes of the training program was mainly used in it Vertical

jump exercises for stability, movement and intermittent running at different speeds and in different directions and angles in addition to resistance training for the upper extremity and flexibility training through exercises that work in a specific way to increase the degree of flexibility of the body joints working on these performances and this has been confirmed by studies No. (3, 7, 9, 11), 13, 14(

Conclusions and recommendations

First: Conclusions:

In light of the results of the study, the researcher reached the following conclusions:

In light of what the research results showed and within the limits of the research sample used, and through discussion of the results, the researcher came to the following conclusions:

- 1- There is statistically significant difference between the averages of the pre and the post measurements in the improvement of the preparation of reception and defense from the balls of (out system) for the players of the national beach volleyball team in favor of the averages of the distant measurements.
- 2- There is statistically significant difference between the averages of the pre and post measurements in the improvement of the attack from reception and the defense from the balls of (out system) for the players of the national beach volleyball team in favor of the averages of the long measures.
- 3- There is statistically significant difference between the averages of the pre and post measurements in

improvement (in the physical variables under investigation.

Second: Recommendations

In light of the research objectives and results, and within the limits of the sample, the researcher recommends the following:

- 1- The researcher recommends that coaches set a percentage for the outsystem at the time distribution of the program because of their significant impact on obtaining points in runs and matches in beach volleyball and this is what the current study results showed.
- 2- Conducting more scientific studies and research on the best modern training methods and methods based on scientific foundations to improve the level of training for volleyball and beach volleyball players.
- 3- Using this type of training and disseminating it to the different stages of the year.

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