

The Effect of Competitive Exercises on Learning the Skills of Drill Zigzag and Shooting from Jumping Basketball For Female Students

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Abstract:

The purpose of this paper is to prepare competitive exercises and use them to learn the skills of drill zigzag and shooting from jumping basketball for the students, and knowing the effect of competitive exercises on learning the performance of the skills of drill zigzag and shooting from jumping with basketball for female students. The researcher used one of the tight control designs with the design of the control and experimental groups in order to fit the nature of the problem. The research sample was chosen randomly by making a lottery from the first stage students in the Faculty of Physical Education and Sports Sciences - University of Kerbala for the academic year (2021-2022), and their number is (25) students, (5) students were excluded for the purpose of their participation in the exploratory experiment so that the number of individuals The research sample is (20) female students, which constitutes (80%) of the research community, where they were divided into two groups in a random manner (lottery) to (experimental and the control) and each group includes (10) female students. One of the most important results reached by the researcher is that: the competitive exercises prepared by the researcher-led to positive learning in the process of learning the skills of Drill zigzag and shooting from jumping with a basketball, and the nature of the exercises used was appropriate for the research sample, which led to encouraging and increasing the motivation of the female students in performing the skills of drill zigzag and shooting from jumping correctly. One of the most important recommendations recommended by the researchers is that: Emphasis on the use of competitive exercises by teachers or coaches in learning and developing basic skills in individual and team basketball, necessity to rely on developing competitive exercises in learning basic basketball skills, and necessity of relying on the importance of competitive exercises in the learning units of the educational curricula that are compatible with the capabilities and preparations of the learners.

Introduction:

Sports games have witnessed a remarkable development, and this development was not a result of chance but relied on the use of modern foundations in education and the diversity in the use of teaching methods and learning methods because of their importance in developing the level of performance of learners and eliciting their motives and their cognitive, physical and skill needs. Basketball has developed in the world a remarkable development in recent years in the physical, skill and tactical aspects, so the game was characterized by speed and strength in the technical preparation, which made it necessary for teachers and coaches to pay attention to educational programs.

From this standpoint, the interest in competitive exercises has emerged, which have proven effective in the educational process. One of the teacher's roles in the educational process is to provide an appropriate environment for learners to learn to compete and control their performance according to playing rules and strategies and to

compete with peers at the level of the same skills and physical abilities. Using the competition method gives learners the opportunity to make their own decisions while not neglecting their commitment to the rules of play. Providing learners with exercises in the form of competition, helps them to know the extent of their own capabilities. It also motivates them to arouse their motivation and redouble their efforts to compete with themselves, with a colleague or with a group, as competition exercises are one of the Procedural methods that push to exert the greatest amount of relative activity, which indicates that the learning process is on the right track, and competition has successful results so that teachers and teachers rely on them to learn to stimulate learners' motives to learn. This fact becomes clear to teachers who teach motor skills through play wide through the foregoing, the importance of research using competitive exercises in learning some basic skills for female students in basketball, and this is what called the researcher to carry out experimental research as a contribution to solving some problems and helping the teacher find successful ways of education and providing female learners with educational methods that match their desires and increase their motivation towards learning in order to develop the educational process and raise their skill and creative level.

Research problem:

Through the researcher's experience as a basketball player, she noticed that many teachers do not take into account competitive exercises in learning basic skills. The stage of learning basic skills is one of the most important and difficult stages to be taken care of, so the researcher decided to prepare competitive exercises that help create competition Between students through participation (individual, bilateral and group) in order to develop basic skills for the purpose of gaining time and effort to be an effective teaching method used by teachers to achieve the best results.

Research objective:

- Prepare competitive exercises and use them to learn the skills of drill zigzag and shooting from jumping basketball for the students.
- Knowing the effect of competitive exercises on learning the performance of the skills of drill zigzag and shooting from jumping with basketball for female students.

Research hypotheses:

- There are statistically significant differences for the tribal and remote tests and for the experimental and control groups in developing the performance of the female students' Drill zigzag and shooting skills from jumping with basketball.
- There are statistically significant differences between the experimental and control groups in the post-tests in developing the performance of the skills of Drill zigzag and shooting from jumping, in favor of the experimental group.

Research fields:

- Human field: female Students of the first stage in the Faculty of Physical Education and Sports Sciences / University of Kerbala.
- Time field: (22/1/2022) to (1/3/2022)

- Spatial field: The indoor hall of the Faculty of Physical Education and Sports Sciences / University of Kerbala

Research methodology and field procedures:

Research Methodology:

The researcher used one of the tight control designs with the design of the control and experimental groups in order to fit the nature of the problem, "as the experimental method represents the most honest coupling to solve many problems in a scientific and theoretical way" (Allawi and Ratib. 1999).

Community and sample research:

The research sample was chosen randomly by making a lottery from the first stage students in the Faculty of Physical Education and Sports Sciences - University of Kerbala for the academic year (2021-2022), and their number is (25) students, (5) students were excluded for the purpose of their participation in the exploratory experiment so that the number of individuals The research sample is (20) female students, which constitutes (80%) of the research community, where they were divided into two groups in a random manner (lottery) to (the experimental and the control) and each group includes (10) female students.

Homogeneity and equivalence of the sample members:

Homogeneity of the research sample: In order to ensure the homogeneity of the research sample, the researcher processed the tribal results of the sample members with the skew coefficient law, which showed the homogeneity of the research sample and according to the results shown in Table (1)

Table (1) shows the homogeneity of the research sample (experimental and control) in the variables of height and weight

Variables	Measuring unit	Mean	Mode	Std. Deviations	Skewness
Length	Cm	161.33	160	2.22	0.72
Mass	Kg	60.80	62	1.95	0.67
Age	Year	19.13	19	0.62	0.24

It is evident from Table (1) that the research sample was homogeneous in the variables of age, height and weight, as the value of the torsion coefficient was less than (1 \pm) and this indicates the homogeneity of the sample members

Equivalence of the two research complexes:

In order to achieve parity between the members of the experimental and control groups, the researcher used the t-test in the basketball skill tests for the asymmetric samples, as shown in Table (2)

Table (2) shows the equivalence of the experimental and control groups in the skill tests

Variables	Experimental		Control		T value calculated	Level Sig	Type Sig
	Arithmetic mean	Standard deviation	Arithmetic mean	Standard deviation			
zigzag Drill	3.0000	0.81650	2.6000	0.84327	1.078	0.295	Non sig
Shooting from jumping	1.7000	0.48305	1.9000	0.31623	1.095	0.288	Non sig

$n_1+n_2=20-2=18$ T Significance level (0.05)

Through what was presented in Table (2), the results show a process and equivalence for each of (the skill of Drill zigzag, shooting from jumping), where the results showed that there were no significant differences in the tribal tests for both the control and experimental groups, and this is indicated by the level of significance for all tests greater than (0,05), and this indicates that there are no moral differences between the members of the two groups, which confirms the parity between them.

Means, devices and tools used in the research

Information collection methods:

The researchers used the following data collection methods

Arab and foreign sources - personal interviews - observation - test and measurement

Tools and Equipment:

The researchers used the following data collection methods

(5) Basketballs - a legal basketball court, a metal tape measure - flags - a dress shirt - a whistle number (2).

Field Research Procedures:

The basic skills of basketball were selected after deliberation between the researcher and the supervisor, which included (the skill of Drill zigzag, and the skill of shooting from jumping).

Identifying the tests for research:

Through the researcher's review of many scientific, Arab and foreign sources and letters, which dealt with the research variables, a test was determined for the following skills: (the skill of drill zigzag, the skill of shooting from jumping) in basketball, after the test was presented to a group of experts and specialists to determine the appropriateness This test measures the skill to be measured and the tests have been approved with a high rate.

Exploratory experience:

The researcher conducted the exploratory experiment before the main experiment of the educational units by placing competitive exercises in learning the skills

of Drill zigzag and shooting by jumping with basketball for the female students in the sports hall at the Faculty of Physical Education and Sports Sciences, University of Kerbala (22/1/2022) on a sample group taken from outside the main sample The number of (5) female students, with the help of the assistant work team, in order to achieve several goals:

- Knowing the difficulties and problems that the researcher may face when implementing the main experimental, in order to work on overcoming them.
- Knowing the suitability of the place to carry out the tests.
- Knowing the suitability of the tests to the level of the sample.
- Ensure the validity of the tools used in the tests.
- How the workflows, the organization of female students in the hall, and registration methods.
- Ensuring the efficiency of the team members' supportive work
- Knowing the time it takes to implement the educational units (the main part) and finding scientific transactions.

Pre-test:

The pre-tests of the research sample were conducted on 19/2/2022 in the indoor sports hall in physical education and sports sciences, University of Kerbala.

Educational programs:

After the pre-tests were implemented and completed, where the researcher looked at the sources, references and previous theoretical studies in basketball, the researcher, with the help of the supervisor's experience, developed competitive exercises, and these exercises were organized within the educational units of the main part of them, where the experimental group applied the exercises prepared by the researcher With the help of the assistant work team in learning my skills (Drill zigzag and shooting from jumping) with basketball, the control group was left to apply the skills during the usual lesson unit through exercises prepared by a teacher. The number of educational units was (6) educational units and the implementation of the special exercises took (6) Weeks, with one learning unit per week, and the time of each unit lasted (90) minutes. The main objective of these units was to learn the skills of Drill zigzag and shooting from jumping, while the control group applied the program prepared for it and began to apply competitive exercises on the experimental group was singled out on (22/1/2022) and it was completed on (29/2/2022).

Post-tests:

The post-tests were conducted on the research sample after completing the application of the educational units according to the competitive exercises on the date (2/3/2022) in the closed sports hall in the Faculty of Physical Education and Sports Sciences, University of Kerbala, and on all members of the research sample in the main experiment of the two experimental groups. and the officer, taking into account the same circumstances, conditions and specifications included in the tribal tests, as much as possible, and in the same sequence in which the pretest was conducted. Then obtaining the data through special forms prepared in advance in preparation for statistical processing according to the conditions and specifications specified for each test.

Statistical methods: The search data was processed through the Statistical Package for the Social Sciences (SPSS) (Doudin .2009).

Results and discussion:

Presenting the results of the differences between the pre and post-test of the skills of drill zigzag and shooting from jumping for the two research groups (experimental and control).

For the purpose of achieving the objective of the study, which included knowledge of the effect of competitive exercises on learning the skills of drill, zigzag and shooting from jumping for female students with basketball for the members of the research sample, and for the purpose of describing the results of the sample members, the researcher processed the data she obtained statistically using (arithmetic mean, standard deviation) and for the purpose of moral knowledge The differences between the pre-test and the post-test for both groups, the search and the (t) test for the correlated samples, as shown in Tables (3) and Table (4).

Table (3) shows the arithmetic mean, standard deviation, calculated t values, and a level of significance for the pre and post-tests and for the experimental group.

Variables	Pre-test		Post-test		T value calculated	Level Sig	Type Sig
	Arithmetic mean	Standard deviation	Arithmetic mean	Standard deviation			
zigzag Drill	3.00	0.81650	6.2000	1.03280	8.913	0.000	Sig
Shooting from jumping	1.7000	0.48305	4.6000	0.51640	10.474	0.000	Sig

n = 10 and significance level (0.05)

Table (4) shows the arithmetic mean, standard deviation, calculated t-values, and a level of significance for the pre- and post-tests and for the control group.

Variables	Pre-test		Post-test		T value calculated	Level Sig	Type Sig
	Arithmetic mean	Standard deviation	Arithmetic mean	Standard deviation			
zigzag Drill	2.6000	.84327	4.0000	.94281	-5.250	0.000	Sig
Shooting from jumping	1.9000	.31623	2.5000	.70711	-2.714	0.024	Sig

n = 10 and significance level (0.05)

Discussing the results of the pre and post-tests for the two research groups in the skill tests:

From what was shown from the results (3,2), it was found that there are significant differences between the tribal and remote tests of the Drill zigzag and shooting tests from jumping with a basketball for the experimental and control groups and in favor of the post-tests for both groups. The members of the experimental group followed the competitive exercises in the learning unit in the main part of the skills under study, and this gave a great indication for the members of the experimental group "Competitiveness exercises are new and effective exercises that are not boring and non-routine due to a large number of situations in the game" (Al-Busaty. 1998). The competitive exercises were prepared in a scientific and appropriate manner for the sample individuals and relied on repetition and practice in performing the exercises. After the students performed in competitive groups, the researcher would give feedback and correct the errors that occur in a quick and accurate way to address the actual error of the group members for the students, which increased their experience in learning the skills Under study, the researcher made the exercises that were applied to include a kind of discussion about the correct way to implement them, and then after improving the performance a little, performance takes place among the students with competitive groups so that there is the speed in performance, forcing the members of the experimental group to form new experiences about implementing the target skill And this helped me learn my skills, Drill zigzag and shooting, from jumping at a good and ideal level. As for the development in the results of the control group, the researcher attributes this development to the exercises prepared by the teacher.

Presenting the results of the differences in the post-tests in learning the skills of Drill zigzag and shooting from jumping with a basketball:

In order to achieve the goal of the study, the researcher sought to extract the values of the arithmetic mean and standard deviation of the data of the experimental and control groups in the post-test and the use the independent equal-numbered (T) as a statistical method and to know the significance of the differences between the two groups by extracting the calculated (T) value, which showed the significance of the tests as shown in Table (5)

Table (5) shows the arithmetic mean, standard deviation, calculated t-values and a level of significance for the post-tests and for the experimental and control groups.

Variables	Experimental		Control		T value calculated	Level Sig	Type Sig
	Arithmetic mean	Standard deviation	Arithmetic mean	Standard deviation			
zigzag Drill	6.2000	1.03280	4.6000	0.51640	4.00	0.003	sig
Shooting from jumping	4.0000	0.94281	2.5000	0.70711	4.00	0.001	sig

n1=10 n2=10 and the level of significance (0.05)

Discussing the results of the post-tests of the two research groups in the skill tests:

Through the results presented in Table (4), it was found that there were significant differences between the experimental and control group in the post-tests of the skills of Drill zigzag and shooting from jumping with basketball in favor of the experimental group. The researcher attributes these differences between the two groups as a result of the diversity of competitive exercises and their inclusion in educational units. The researcher relied on a variety of competitive exercises in the field of student learning for the variables under study, and the competitive exercises included a player or competitors within the exercise and according to the playing situations that the student was exposed to during the performance of the skills under study, which were (1v1), (2v2) or (3v3) Which created a kind of excitement and suspense in an environment rich in stimuli and serious response among the members of the experimental group, which contributed positively to learning and developing the skill performance of the skills under study. As the researcher sees, individuals do not respond to the learning process well and required when use one exercise or one method in the learning process "There must be a diversity of new and different exercises and methods during the learning or training process in order to build the learners' abilities and knowledge and gain their experience" (Al-Dair and Batania. 1987), Also, the application of the exercises in the main section was in a diverse and exciting way that helped the experimental group in developing the performance of the skills of Drill zigzag and shooting by jumping with a basketball "The use of a variety of purposeful exercises has a positive effect on skill development" (Hamid. 2007) This is what led to the superiority of the experimental group over the control group in the post-tests in the required and ideal manner for the variables under study.

Under the foregoing, which clarifies the importance of competitive exercises that must be given to learners, as they are at the beginning of their way to learn the basic skills of basketball and they need the desire to develop these skills and thus reach the mastery of these skills and then switch to the skills of the complex or tactical sentences and to plan in the future.

Conclusions and Recommendations:**Conclusions**

- The competitive exercises prepared by the researcher-led to positive learning in the process of learning the skills of Drill zigzag and shooting from jumping with a basketball.
- The nature of the exercises used was appropriate for the research sample, which led to encouraging and increasing the motivation of the female students in performing the skills of Drill zigzag and shooting from jumping correctly.

Recommendations

- Emphasis on the use of competitive exercises by teachers or coaches in learning and developing basic skills in individual and team basketball.
- Necessity to rely on developing competitive exercises in learning basic basketball skills
- Necessity of relying on the importance of competitive exercises in the learning units of the educational curricula that are compatible with the capabilities and preparations of the learners.

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