

The effect of (Marzona) model in learning technical performance of some basic volleyball skills for female students

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Abstract

The importance of the research lies in designing an educational program according to the Marzona model and the extent of the impact of the model on learning the technical performance of some basic skills in volleyball for female students, and how this model helps in the manner of learning. The Marzona model depends on helping teachers to plan the educational curriculum better by using what they know of information about how students are taught. The mission of this model lies in helping students to become able to learn to think with the motor skill on their own and encourage them to self-research, and it is important Also in the call to teaching for the sake of thinking and not to remember and forget, so that learning for the learner is like breathing for life.

Keywords: Marzona, performance, volleyball

Introduction

The effect of using the "Marzona" model on the technical performance of some basic volleyball skills for female students. In this research, the two researchers used the experimental method in the method of one group with a pre and posttest to apply the (Marzona) model to the main research sample of (45) students from the second stage in the Department of Physical Education and Sports Sciences - University of Kufa, while the control group is taught according to the method. Followed by the teacher and after the end of the period of applying the experimental curriculum the results were obtained and treated statistically, and the two researchers reached a set of conclusions, the most important of which are There is an evolution occurring in the amount of variables discussed (underhand serve, digging., overhead pass in volleyball for female students) for the research group

Physical education is an important field of education, because it prepares the individual physically, skillfully, intellectually and psychologically, and many countries and establishments are working to develop their educational programs by using models of new and effective strategies, methods and methods to achieve effective teaching, and that the challenges facing our world today call for the advancement of the process. Educational to face the developments produced by the technology revolution. This technology is considered a tool for the comprehensive development of any educational system in the world. It has become necessary for this educational policy to keep pace with the requirements of the current era and is expected to occur in the future, as the curricula no longer focus on the library of information provided to the learner only, but also focus on the strategies, methods that the learner adopts in obtaining information and from its various sources, so those in charge of the educational process They rely on traditional methods of the teaching process, which are characterized by a focus on memorization and indoctrination, and these methods may lead to the learners being assigned to save a large amount of material without teaching them or directing them to the

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scientific method of storing and processing information. This matter is not limited to the theoretical subject only, but extends it to the practical subject such as volleyball skills, as the weak technical performance of some skills is not necessarily due to the lack of effort exerted and the inclination to learn them, but rather it may be due to the strategy followed in learning.

The educational process and most of the known teaching methods focus on one issue, which is the transfer of information from the teacher to the student in the appropriate way that works to make the education process go better, faster and with less effort, and a good teacher is the one who can diversify in different methods and methods and provide everything that is modern to overcome On the occurrence and boredom in the educational process., And one of the scientific foundations that have an effective effect on the learning process is the use of the (Marzona) model, which contributed greatly to achieving good results in educational research that focused on cognitive achievement, and since our work in motor learning can be employed The model is in educational units, especially in the early stages of learning for basic skills in volleyball. Hence, the importance of research in employing this model in learning students basic skills in volleyball.

Research problem

Despite the multiplicity of learning models in physical education and sports sciences, research and legalization remain for the best and optimal model and its characteristics that are more appropriate for these skills, taking into account the capabilities of learners that contribute to the economy with effort and optimal investment in learning time as well as speeding up Educational process . Through the researcher's observation of the sport reality and in consultation with the supervising lady, they found the lack of use by some teachers of the most advanced educational models and that there is a weakness in the technical performance of some basic skills of volleyball among female students, and therefore it is necessary to pay attention to this problem and find the best solutions to it and to the phenomenon of non-use of methods Modern teaching in teaching, the two researchers found a desire to address this problem, taking the model (Marzona) as a means for that, provided that they find a way to overcome the problem of not using modern teaching methods and thus developing some basic skills in volleyball for female students

Research objectives

The research aims to identify The effect of using the "Marzona" model on the technical performance of some basic volleyball skills for female students

Research hypotheses

There is the effect of the (Marzona) model in the technical performance of some basic volleyball skills for female students

Research field

Human fieldFemale students of the second stage in the College of Education for Girls / Department of Physical Education and Sports Sciences / University of Kufa , year 2019-2020

Time field

from 9/1/2019 to 7/19/2020

Spatial field

the sports hall of the Department of Physical Education and Sports Sciences / College of Education for Girls / University of Kufa

Research Methodology

The two researchers used the experimental method in a one-group, pre and post-test method

Research and Sample Community:

The research community is determined by the second stage female students in the College of Education / Department of Physical Education and Sports Sciences for Girls - University of Kufa, for the academic year (2019-2020), of which (45) students are. The two researchers took a sample from that community of (15) students

Tools and devices used The two researchers used many assistive devices in their work, including:

(20) Casio volleyballs.

Two (2) plastic whistles.

laptop

Stationery) (papers, pens)(

5 cm wide colored tape

camera stand.

(10) colored plastic cones

Box of 2 balls.

basketball pole.

Rustameter device)(

(64 image / sec) digital Sony digital camera

Pre-Tests

pre test for volleyball over head pass skills were conducted for the research sample on 12/1/2020 and in the interior hall of the volleyball court in the College of Education for Girls / University of Kufa / Department of Physical Education and Sports Sciences dig skill were conducted on 1/26/2020 serving and digging, they were conducted on 2/9/2020, and all the tests were conducted in the inner hall of the volleyball court in the College of Education for Girls / University of Kufa

main experience

The vocabulary of the educational curriculum (using the Marzona model) took (12) weeks.

The total number of educational sessions is (24) for one group, and each skill has eight educational sessions. Except for the sessions in which the pre and post tests are performed, so that the tests began on (1/12/2020) and ended on (3/12/2020). The number of educational sessions per week is two educational sessions.

The teaching sessions time (90) minutes divided into

the preparatory section time (20) minutes, taking attendance, general warm-up, and special warm-up, and the model application time (30) minutes, and (30) minutes implementing the curriculum for the group, the Marzona model, and (10) minutes for the final section Calm down exercises and leaving.

The Marzona model group was approved for a period of (30) minutes in the educational sessions, as the two researchers supervised the implementation of the model

post tests

The post tests of the research sample were conducted on the skill of overhead pass on 01/26/2020. As for the skill of digging its post tests were conducted on 2/9/2020, while the tests for the skill of serving were

conducted on 2/23/2020 after the completion of the implementation of the learning units and the researchers tried to follow the methods that They used it in pre-tests, under the same conditions, and under the same spatial and temporal conditions as much as possible

Statistical means

The researchers used the following statistical methods

mean

standard deviation

mode

T-test for cross-linked samples

Presenting and analyzing the results of the (Marzona) model in learning basic volleyball skills for female.

Table (1)

Shows the arithmetic mean, standard deviations, and (t) value calculated for the test (pre and post) of the skills sought

Indication	(t) value calculated	Standard dev. Variance	Mean Variance	post		pre		Statistical indicators skills
				Standard dev.	mean	Standard dev.	mean	
Moral	4.96	429	64	0.14	7.12	0.73	2.93	Under hand serve
Moral	2.95	1145	81	0.42	7.38	0.71	3.22	dig
Moral	5.27	1259	112	0.98	7.45	0.6	2.84	Over head pass
❖ The value of tabular (t) (2.14) at a degree of freedom (14) and a level of significance (0.05). (

When highlighting what is stated in Table (1), it is noticed that there is a discrepancy in the numbers of the arithmetic mean and the standard deviations between the results of the two pre and post tests. 4.96, 2.95, 5.27) is greater than the tabular value of (2.14) at a degree of freedom (14) and a level of significance (0.05), and this indicates the existence of significant differences between the test results (pre and post). That is, there is a clear effect of (Marzona's) model on the development of the students' skill performance in the researched skills

Discuss the results

Through the results presented in tables (1), it was found that there are significant differences with statistical evidence between the pre and post tests of the research group in tests of basic skills in volleyball, (under hand serving , digging, , and overhead pass), and the researchers attributes The reason for these differences is the use of the (Marzona) model and the result of the tests conducted by the researchers and under her supervision, and through the statistical results that appeared for the experimental group

The researcher attributes the reason for the preference of this model because it led to the development and speed of the students' performance level, intellectually and skillfully, because the Marzona model handles and increases the cognitive information and skills of the students as well as develops in them the spirit of

self-research and gathering useful information and knowledge about the required skill, and it develops the spirit of teamwork between the school and the students And between the students themselves, as well as taking into account the individual differences between students in all intellectual, physical and skill levels, and it also contributes to raising their scientific and mental level by asking questions by the school to the students and giving them theoretical duties for the purpose of developing their self-research process as well as thinking and linking information and benefiting from it as well as helping To create an appropriate and unfamiliar educational environment for female students. This coincides with what(Saleh and Al-Bashir said ,2005) that there are some benefits that can be accessed by applying the Marzona model to the dimensions of learning(1)

As this model helps in the work of all brain functions of understanding, analyzing, thinking and applying the information provided and trying to solve the problems facing the student. This was confirmed by Marzona and others 2000.”

)The model of learning dimensions for thinking reflects three basic theories of educational interaction and centered learning, which are: learning compatible with brain functions and cooperative learning, about problems This helps scientific knowledge so that it does not make the student receive and receive information only, but rather how, where and when This information is used, and therefore the researcher believes that the Marzona model is one of the modern learning methods that contribute to the development and development of mental and skill skills. Learning, cognitive scholars have sought to pay attention to multiple aspects related to education, and they did not provide general laws for learning that could apply to everyone, and in all circumstances and conditions, but they focused in their studies on how people learn, how to deal with problems, and how to master the language as a tool for thinking?

Also, this model helped students learn the skill properly by motivating students to exert mental and skillful effort without feeling bored, tired and exhausted, because the students will find pleasure in research and scientific thinking in order to access the correct and useful information related to the required skills. One of the most important reasons for the development and superiority of the experimental group (of the Marzona model) is the use of the method of collective cooperation between the school and the students in a positive manner, as well as the students 'interest in explaining the school to the theoretical and scientific material presented in a way that makes the students not feel bored of the material so that this material is applied correctly, naturally, smoothly and without Problems with linking theoretical material with the practical or skillful side during performance. Only practice and mastery do not help in learning, but rather the students should be provided with information and knowledge related to the skills practiced in volleyball, and this was confirmed by (Amin Anwar Al-Khouli, Muhammad Adnan)(2)

(1)Saleh, Majid and Bashir, Hoda: The Use of the Learning Dimensions Model in the Development of Skills and Concepts Related to Some Educational Experiences Required for Kindergarten Children, Journal of Studies in Curricula and Teaching Methods, Cairo, 2005, Issue 107

(2)Amin Anwar Al-Khouli, Mahmoud Adnan: Mathematical Knowledge, 1st Edition, Arab Thought House, Cairo, 1990 AD, P.18

On the importance of the cognitive aspect in order to integrate the fulfillment of the needs that complement the individual's physiological, psychological, organically and socially growth, the way to that is full knowledge and appropriate understanding of the skills constituting the practicing sports activity, as well as the awareness of the values underlying this practice.

The researchers also noted the extent to which the students are eager to know the history of the game, practiced, laws, performance and terminology, as well as general knowledge about the impact of sports on individual devices and general information about volleyball among the basic skills in learning the plane and learning the skill of under hand serving digging and overhead passing all this helped the students to gain education and cognitive development in them more than practicing sports in a practical and theoretical manner only

researchers opinion using this model in university institutions in general and colleges of physical education and sports sciences in particular that are interested in collecting, organizing and understanding information and increasing it and how to apply this information, especially in different sports skills, and this was confirmed by Nasreen Qassem Abdul-Reda Al-Saeedi (3) and Daughtry(4) on the importance of the knowledge field in physical education

(3)Nasreen Qasim Abdul Redha Al-Saidi: Building a Guide for Teaching Presentations in Light of the Difficulties Facing Students and Teachers in Faculties of Basic Education in the Middle Euphrates Universities, Master Thesis, College of Basic Education, University of Babylon, 2013 AD, p.102

(4)Daughtry. G : Effective teaching strategies in secondary physical, W.B Saunders co., philadephin, education thied,. 1979

, P.P 115

Conclusions

- There was an improvement in the amount of the studied variables (under hand serving, digging and overhead passing, and the cognitive achievement of students in volleyball
- Marzona's model significantly addressed individual differences between student

Recommendations

In light of the researcher's conclusions, she recommends the following:

1- The necessity of using the Marzona model in developing mathematical skills and for all team games, because of their clear and tangible effect through what the research results showed.

2 -Working to activate the role of educational institutions by providing the basic requirements for the success of using the Marzona model in teaching students various mathematical skills.

3- Urging teachers to diversify teaching methods, and employ all that is recent from them, especially the use of the Marzona model in teaching students the different mathematical skills that allows the opportunity for everyone

The References

(1)Saleh, Majid and Bashir, Hoda: The Use of the Learning Dimensions Model in the Development of Skills and Concepts Related to Some Educational Experiences Required for Kindergarten Children, Journal of Studies in Curricula and Teaching Methods, Cairo, 2005, Issue 107

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(4)Daughtry. G : Effective teaching strategies in secondary physical, W.B Saunders co., philadephin, education thied,. 1979

The first educational session of the Marzona model group

Educational objectives: For students to learn the technical performance of under hand serve skill

pedagogical objectives: To develop the spirit of organized and team work among the learners

time:90m

stage:2nd famle class

notes	formation	details	Time	Section
Emphasize regular stopping and distance Among students and wearing sports uniforms.	***** ⊗	Stand in one line to perform the salutation and remark absence	20m	Prep
Jogging and walking exercises are in a circle around the court		A general preparation of the body and the muscle and nerve groups to work	10m	Genral warm up
Emphasizing the correct preparation of all muscle groups and the appropriate distances between students		A special preparation that serves the main section of the educational session with giving some exercises aimed at a sense of skill performance	10m	Special warm-up
			60m	Main
Emphasis on attracting students' attention and preparing their minds for the subject of the lesson. Emphasizing the students 'unders tanding of the knowledge and technical aspects Emphasizing that students pay attention to the teacher explanation and presentation of the material		The teacher explains and clarifies the facts and concepts about volleyball in a detailed and clear manner to the students by addressing the main axes of the history of volleyball and the purposes of its learning. And then explain the basic skills of volleyball and then move on to explaining the skill of underhand serving . Explaining the importance and benefits of serving, with an explanation of the characteristics of the serving player, and after completing the explanation and clarification of the skill, we move to apply what they learned through the explanation. Go out to the arena to apply the knowledge they gained from the explanatory explanation, in order to apply the exercises.	20m	Marzona model

<p>Confirm readiness to perform the skill of serving correctly.</p> <p>confirm proper exercise performance through monitoring and direction</p>		<p>The first exercise: This station includes learning or applying the style of the skill of under hand serving from, from steadiness once and from movement again, and this is done without using the ball.</p> <p>The second exercise: serving on the wall from a distance of 3 m. First, the distance is gradually increased to distances (5 m - 7 m - 9 m)</p>	40m	applying Marzona model
<p>Leave the students to take a break and relax.</p> <p>accustom students with the ability to discipline and discipline.</p>	<p>*****</p> <p>⊗</p>	<p>It includes a game and the performance of greeting and leaving</p>	10m	final