



Design and Standardization of the Court Defense Test from Block Position for Front Row Players in the Premier Volleyball League

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Abstract

This study aimed to design and standardize a court defense test from the block position for front-row players in the Premier Volleyball League. The objectives included creating a scientifically valid test, standardizing it, and establishing normative performance levels to evaluate player efficiency. The researcher used a descriptive survey method appropriate to the study's purpose. The study involved 128 players, with a sample of 94 players selected from six clubs. The test was developed and standardized following scientific procedures, and data analysis was conducted using SPSS. The results confirmed the successful design and standardization of the test, the establishment of normative scores, and the test's effectiveness in evaluating court defense accuracy from the block position among front-row players in the Premier Volleyball League.

Keywords: Standardization, Court Defense, Block, Front-row Positions, Premier League

Introduction

1. Introduction

1.1 Introduction and Research Significance

Sports, in general, and volleyball, in particular, represent some of the most rapidly evolving athletic activities at both local and international levels. This development is attributed to advancements in sports sciences and the integration of modern technologies in performance analysis and training strategies. Among the fundamental aspects that draw the attention of researchers and coaches are defensive skills in volleyball, particularly those related to blocking, as it is one of the most crucial defensive mechanisms for countering attacks and preventing the opposing team from scoring points (Khalifa, 2018, pp. 22-35).

Blocking has an exceptional significance in modern volleyball, as mastering this skill is a decisive factor in achieving competitive superiority. Effective defense through blocking

requires a combination of physical, tactical, and psychological skills, emphasizing the need for precise measurement tools to assess players' performance in this area (Chandler et al., 2020). Developing and standardizing specialized tests to evaluate court defense through blocking is a vital step toward improving training quality and tailoring training programs to the specific needs of front-row players (Smith et al., 2019).

This study gains its importance from its aim to design and standardize a scientific test that measures the efficiency of court defense through blocking for front-row players. In volleyball, front-row positions serve as the first line of defense and play a key role in executing this essential skill. The research is based on scientific principles for analyzing performance requirements in real competitive situations while considering individual differences and players' skill levels.

The significance of this research lies in the following aspects:

1. **Theoretical Importance:** This study contributes to the scientific literature by introducing a new, precise, and comprehensive measurement tool for assessing one of the most critical defensive skills in volleyball.
2. **Practical Importance:** Coaches can utilize the test to evaluate player performance and guide training programs, enhancing competitive performance.

1.2 Research Problem

Despite the significant advancements in athletic performance, there remains a clear gap in the availability of standardized and comprehensive measurement tools that accurately assess defensive performance in volleyball. This gap is particularly evident when analyzing court defense through blocking, which is considered one of the most complex skills in terms of execution and analysis (Abu Al-Ala et al., 2015, pp. 45-60).

Accordingly, the research problem lies in the absence of a specialized and standardized test that can effectively measure the efficiency of this skill among professional league players. This limitation hinders coaches' ability to identify players' strengths and weaknesses, thereby affecting the development of effective training programs.

1.3 Research Objectives

1. Designing a test to assess court defense through blocking for front-row players in the professional volleyball league.
2. Standardizing the court defense test through blocking for front-row players in the professional volleyball league.
3. Establishing normative levels and scoring standards for the court defense test through blocking for front-row players in the professional volleyball league.

1.4 Research Scope

- **Human Scope:** Players from professional volleyball league clubs for the 2024/2025 season.
- **Time Scope:** From March 13, 2024, to June 18, 2024.
- **Spatial Scope:** Indoor sports halls of the selected club sample.

2. Research Procedures

2.1 Research Methodology

The researcher employed the **descriptive method using the survey approach**, as it is suitable for the nature of the study.

2.2 Research Population and Sample

The research population consisted of **128** professional volleyball league players. The study sample was drawn from **six** clubs, totaling **ninety-four** players. The sample was divided as follows:

- **Construction Sample:** **sixty-four** players from **four** clubs.
 - **Scientific Foundations Sample:** **forty-eight** players from **three** clubs.
 - **Pilot Study Sample:** **sixteen** players from one club.
- **Application Sample:** **thirty-two** players from two clubs.

Table (1) provides a detailed breakdown of the sample distribution.

Table (1): Distribution of the Research Sample

| No. | Club | Population | Construction Sample | | Application Sample | Excluded Sample |
|-----|------------------|------------|------------------------|-------------|--------------------|-----------------|
| | | | Scientific Foundations | Pilot Study | | |
| 1 | Al-Shurta | 16 | 16 | | | |
| 2 | North Refineries | 16 | 16 | | | |
| 3 | Peshmerga | 16 | 16 | | | |
| 4 | Al-Miqdadiya | 16 | | 16 | | |
| 5 | Erbil | 16 | | | 16 | |

| | | | | | | |
|-------------------|------------|--------------|--------------|------------|------------|------------|
| 6 | South Gas | 16 | | | 16 | |
| 7 | Nineveh | 16 | | | | 16 |
| 8 | Al-Daghara | 16 | | | | 16 |
| Total | 128 | 48 | 16 | 32 | 32 | 32 |
| Percentage | 100% | 37.5% | 12.5% | 25% | 25% | 25% |

2-3 Data Collection Methods

The researcher used the following data collection methods:

- **Content analysis of scientific sources**
- **Designed tests.**
- **Data collection form (Ap.1)**

2-4 Designing Defensive Tests for Court Protection from Block Position for Front-Row Players in the Premier Volleyball League

The researcher reviewed and analyzed several scientific sources and references, including:

- Ali Ibrahim Saleh (2012, p. 14)
- Mohamed Sobhi Hassanein & Hamdi Abdel Moneim (1997, p. 20)
- Mohamed Sobhi Hassanein (2003, p. 358)
- Amer Mashaal Fayhan (2008, p. 77)
- Shah Mal Salahuddin Ahmed (2013, p. 2)

These references were examined to design and standardize **court defense tests from the block position** for front-row players in the **Premier Volleyball League**, following established scientific procedures.

The researcher developed a preliminary version of the tests and their instructions in a **questionnaire form (Ap.2)** and presented them to experts (Ap3) for validation. The experts reviewed the tests' feasibility and determined evaluation criteria. After collecting and analyzing their responses, the agreement rate on the tests was **100%**, confirming the validity of the designed tests in their initial form.

2-4-1 Specifications of Court Defense Tests from the Block Position for Front-Row Players in the Premier Volleyball League

2-4-1-1 Specifications of the Court Defense Test from the Block Position for Position (2) Players in the Premier Volleyball League

- **Test Name:** Court Defense Test from the Block Position for Position (2).
- **Objective:** Measure the accuracy of court defense from the block position for position (2).
- **Equipment:** Volleyball court, (5) **official volleyballs**, whistle, standing platform (1-meter high).

Procedures:

- The tested player's court area is divided into **six zones**, including three **front zones** and three **back zones**.
- The **two central zones** have equal measurements, while the **right and left side zones** match the dimensions of the player's position (Position 2).
- A **standing platform** is placed on the **opposite side of the court** facing the tested player.

Performance Description:

- The player stands in **Position (2)** while an assistant **stands on the platform** on the opposite side, holding **two balls**.
- Upon hearing the **whistle**, the assistant throws the **first ball** toward the player, who performs a **block**.
- As the player lands, the assistant immediately **throws the second ball**, which the player must **direct into one of the designated court zones**.

Scoring System:

Each player is given **five attempts**, and the total score is calculated based on these five attempts. The points are awarded as follows:

- **4 points** → If the ball is directed to **Position (2)**.
- **3 points** → If the ball is directed at **Positions (3) or (4)**.
- **2 points** → If the ball is directed to **Position (6)**.
- **1 point** → If the ball is directed to **Positions (1) or (5)**.
- **0 points** → If the player fails to execute the skill or directs the ball out of bounds.

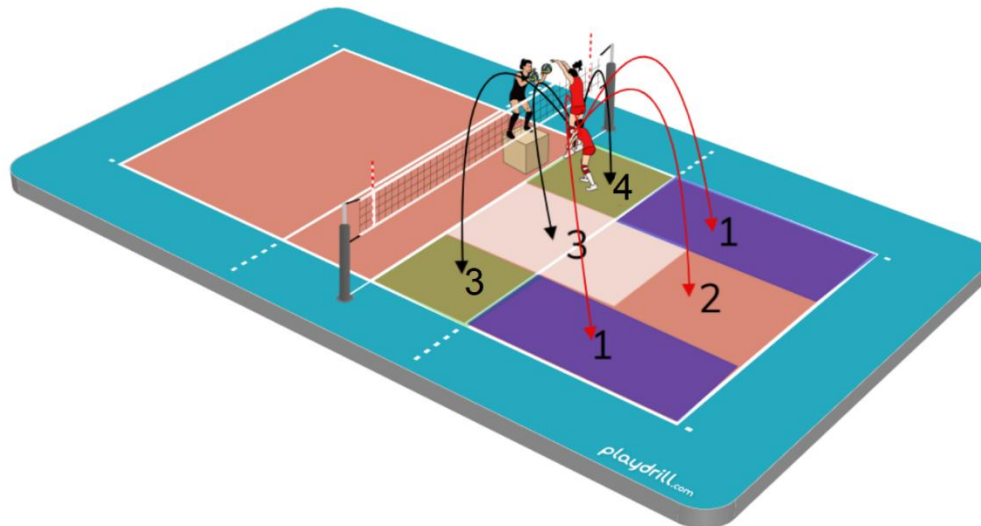


Figure (1) (Illustrates the test for court defense from the block position (2) for Premier League volleyball players)

2-4-1-2 Specifications of the Court Defense Test from the Block Position for Center (3) for Premier League Volleyball Players:

Test Name: Court Defense Test from the Block Position for Center (3)

Objective of the Test: To measure the accuracy of court defense from the block position for center (3).

Tools: Volleyball court, five legal volleyballs, whistle, standing platform with a height of one meter.

Procedure: The player's court area is divided into six regions, consisting of three front regions and three back regions. The central two regions are of equal size, while the right and left side regions correspond to the position the player is in. The standing platform is positioned opposite the court in front of the player being tested.

Description of Performance: The player stands at center (3) while another person stands across from them on the standing platform, holding two volleyballs. Upon hearing the whistle, the ball holder throws the first ball to the player, who performs the block. As the defender comes down, the ball holder throws the second ball to the player, who must direct the ball to one of the regions on their court.

Scoring: Each player is given five attempts, and the total score of the five attempts is recorded. Points are awarded as follows:

- 4 points for directing the ball to center (3).
- 3 points for directing the ball to centers (2) or (4).

- 2 points for directing the ball to center (6).
- 1 point for directing the ball to centers (1) or (5).
- 0 points if the player fails to perform correctly or directs the ball out of bounds.

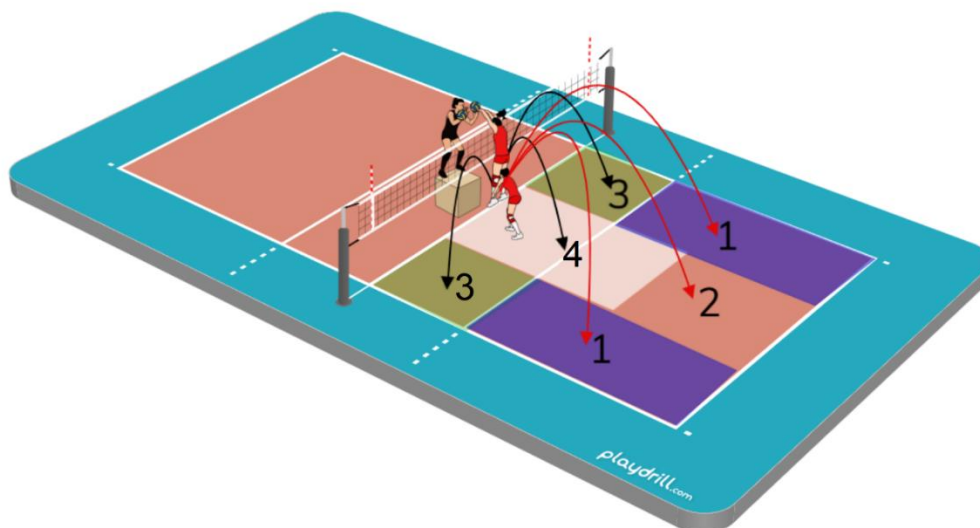


Figure (2) ((Illustrates the court defense test from the block position for center (3) for premier league volleyball players))

2-4-1-3 Specifications of the Court Defense Test from the Block Position for Center (4) for Premier League Volleyball Players:

Test Name: Court Defense Test from the Block Position for Center (4).

Test Objective: Measure the accuracy of court defense from the block position for center (4).

Equipment: Volleyball court, 5 legal volleyballs, whistle, standing platform (1 meter high).

Procedure: The player's court area is divided into six regions, consisting of three front regions and three back regions. The middle two regions are of equal size, while the side regions (left and right) correspond to the size of the center position. The standing platform is placed on the opposite side of the court in front of the tested player.

Performance Description: The player stands in center (4), and a person with two volleyballs stands on the opposite side of the court on the platform. Upon hearing the whistle, the ball holder throws the ball to the player, who performs a block. After the block, the ball holder throws the second ball to the player, who then directs it to one of the court's regions.

Scoring: The player is given five attempts, and the total score from the five attempts is calculated. The points are awarded as follows:

- 4 points for directing the ball to center (4) area.
- 3 points for directing the ball to center (2) or center (3) areas.

- 2 points for directing the ball to the center (6) area.
- 1 point for directing the ball to center (1) or center (5) areas.
- 0 points if the player fails to perform the action correctly or directs the ball out of bounds.

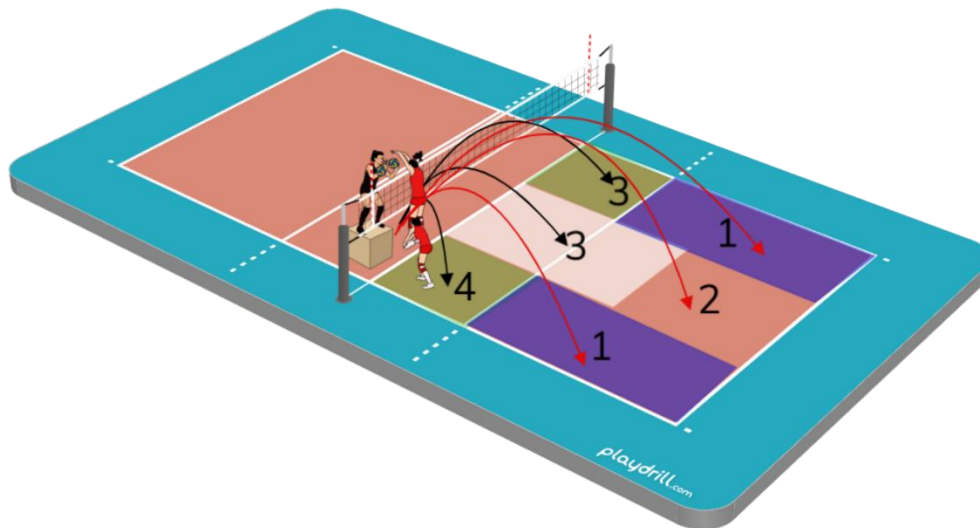


Figure (3) (Illustrates the Court Defense Test from the Block Position for Center (4) for Premier League Volleyball Players)

2-5 Pilot Study: The researcher applied the designed tests to a sample of sixteen players from Al-Muqaddadiyah Club on Monday, 8/4/2024, at the Al-Muqaddadiyah Volleyball Court. The aim of the pilot study was to:

- Train the research assistants on how to perform the tests(Ap.4).
- Verify the dimensions and distances of the tests.
- Ensure the tests are suitable for the research sample.
- Verify the effectiveness of the tools used in the research.
- Determine the time required to perform each test.

2-6 Scientific Foundations for the Court Defense Tests from the Block Position for Front Positions of Premier League Volleyball Players:

2-6-1 Test Validity:

The researcher ensured the validity of the tests through:

- **Content Validity:** The researcher confirmed this type of validity by clarifying the concept being measured, which is the accuracy of court defense from the block position

for the front players of the premier league volleyball teams, through content analysis of scientific sources.

- **Construct Validity:** The researcher established construct validity as an indicator of the experimental validity of the tests by calculating the square root of the reliability coefficient. Construct validity means that "the test measures the characteristic for which it was created" (Ali Saloum, 2004, p. 58).

2-6-2 Reliability:

To ensure the reliability of the tests and their ability to provide the same or comparable results when re-applied, the researcher used the method of administering the test and re-administering it. A sample of 48 players from the clubs (Al-Shorta, North Oil, Peshmerga) was selected for this purpose. The first application took place on 17, 18, and 19/4/2024, with one day dedicated to each club. The test was then re-applied on 24, 25, and 26/4/2024. The second application followed the same specifications and procedures as the first. Table (2) shows the days on which the tests were conducted.

| Club | Date of First Application | Date of Second Application |
|---------------------|---------------------------|----------------------------|
| 1. Al-Shorta | 17/4/2024 | 24/4/2024 |
| 2. North Refineries | 18/4/2024 | 25/4/2024 |
| 3. Peshmerga | 19/4/2024 | 26/4/2024 |

2-6-3 Objectivity: The objectivity of the test was determined by calculating the correlation coefficient between the two referees¹ who recorded the results of the test.

Table (3) Reliability, Self-Validity, and Objectivity Coefficients for the Court Defense Test from the Block Position for Frontline Players in the Premier League Volleyball

| Test | First Application | Second Application | Reliability | Self-Validity | Objectivity |
|------|-------------------|--------------------|-------------|---------------|-------------|
| | | | | | |

¹ The referees:

- Prof. Dr. Saad Abbas Abdul – Faculty member and volleyball player.
- Asst. Prof. Dr. Mohammed Khalil Ibrahim – Second-degree volleyball referee.

| | | | | | |
|---|----------------|----------------|-------|-------|------|
| Court defense test from block position for center 2 | 14.562 ± 2.395 | 15.520 ± 2.031 | 0.979 | 0.989 | 0.91 |
| Court defense test from block position for center 3 | 16.270 ± 2.438 | 17.041 ± 1.912 | 0.974 | 0.986 | 0.95 |
| Court defense test from block position for center 4 | 13.541 ± 2.249 | 14.833 ± 1.692 | 0.963 | 0.981 | 0.94 |

2-7 Final Application: The main experiment of the research was conducted from 14/5/2025 to 17/5/2024 on a sample of (32) players from the research community, representing players from the clubs (Erbil, South Gas). During the application, the following points were considered:

- Preparation of registration forms.
- Providing a warming-up period.
- Ensuring that players performed the test seriously.

2-8 Statistical Methods:

- Arithmetic mean.
- Standard deviation.
- Mode.
- Square root.
- Skewness coefficient.
- Percentage.
- Pearson correlation coefficient.
- Standard score (6 Sigma).

3- Presentation of Results:

3-1 Descriptive Statistics, Scores, and Standard Levels for the Court Defense Test from the Block Wall Position (Center 2) for Premier League Volleyball Players:

3-1-1 Descriptive Statistics and Standard Levels for the Court Defense Test from the Block Wall Position (Center 2) for Premier League Volleyball Players:

3-1-1-1 Descriptive Statistics for the Court Defense Test from the Block Wall Position (Center 2) for Premier League Volleyball Players:

Table (4) Descriptive Statistics for the Court Defense Test from the Block Wall Position (Center 2) for Premier League Volleyball Players

| Mean (S) | Standard Deviation ($\pm\sigma$) | Mode | Lowest Value | Highest Value | Skewness |
|----------|------------------------------------|------|--------------|---------------|----------|
| 16.031 | 2.608 | 17 | 12 | 20 | -0.371 |

Explanation:

Table (4) shows that the mean value is (16.031) with a standard deviation of (2.608). The mode is (17), and the highest value for the test was (20), while the lowest value was (12). The skewness coefficient was (-0.371), which falls within the range of ± 1 . From this, we can infer that the test is appropriate for the sample level and closely resembles a normal distribution.

3-1-1-2 Standard Levels for the Court Defense Test from the Block Wall Position (Center 2) for Premier League Volleyball Players:

Table (5) Standard Levels for the Court Defense Test from the Block Wall Position (Center 2)

| Level | Values | Frequencies | Percentage (%) |
|--------|--------------|-------------|----------------|
| High | 18 and above | 7 | 21.875% |
| Medium | 15 – 17 | 16 | 50% |
| Low | 14 and below | 9 | 28.125% |

3-1-1-3 Standard Scores for the Court Defense Test from the Block Wall Position (Center 2) for Premier League Volleyball Players:

Table (6) Standard Scores for the Court Defense Test from the Block Wall Position (Center 2)

| Raw Score | 6 Sigma | Raw Score | 6 Sigma |
|-----------|---------|-----------|---------|
| 12 | 24 | 17 | 56 |
| 13 | 31 | 18 | 63 |

| | | | |
|----|----|----|----|
| 14 | 37 | 19 | 69 |
| 15 | 43 | 20 | 75 |
| 16 | 50 | | |

3-2-1 Statistical Description and Standard Levels for the Court Defense Test from the Block Wall Position (Center 3) for Premier League Volleyball Players:

3-2-1-1 Statistical Description of the Court Defense Test from the Block Wall Position (Center 3) for Premier League Volleyball Players:

Table (7) Statistical Description of the Court Defense Test from the Block Wall Position (Center 3)

| Statistic | Value |
|--------------------------------|--------|
| Mean (S) | 16.312 |
| Standard Deviation ($\pm X$) | 2.191 |
| Mode | 17 |
| Minimum Value | 12 |
| Maximum Value | 20 |
| Skewness (El-Tawa) | -0.314 |

The table (7) shows that the mean value is 16.312 with a standard deviation of 2.191. The mode is seventeen, and the highest value recorded was twenty, while the lowest was twelve. The skewness coefficient of -0.314 is between ± 1 , which indicates that the test is suitable for the sample level and approximates a normal distribution.

3-2-1-2 Standard Levels for the Court Defense Test from the Block Wall Position (Center 3) for Premier League Volleyball Players:

Table (8) Standard Levels for the Court Defense Test from the Block Wall Position (Center 3)

| Level | Values | Frequency | Percentage |
|--------|--------------|-----------|------------|
| High | 18 and above | 8 | 25% |
| Medium | 15 – 17 | 17 | 53.125% |
| Low | 14 and below | 7 | 21.875% |

3-2-1-3 Standard Scores for the Court Defense Test from the Block Wall Position (Center 3) for Premier League Volleyball Players:

Table (9) Standard Scores for the Court Defense Test from the Block Wall Position (Center 3)

| Raw Score | 6 Sigma | Raw Score | 6 Sigma |
|-----------|---------|-----------|---------|
| 12 | 17 | 17 | 55 |
| 13 | 25 | 18 | 63 |
| 14 | 32 | 19 | 70 |
| 15 | 40 | 20 | 78 |
| 16 | 48 | | |

3-3-1 Statistical Description, Scores, and Standard Levels for the Court Defense Test from the Block Wall Position (Center 4) for Premier League Volleyball Players:

3-3-1-1 Statistical Description of the Court Defense Test from the Block Wall Position (Center 4) for Premier League Volleyball Players:

Table (10) Statistical Description of the Court Defense Test from the Block Wall Position (Center 4)

| S.D. | \pm Mean | Mode | Lowest Value | Highest Value | Skewness |
|--------|------------|------|--------------|---------------|----------|
| 14,562 | 2,340 | 15 | 10 | 19 | -0,187 |

The table (10) shows that the arithmetic mean value was (14,156) with a standard deviation of (2,340). The mode value was (15), the highest score reached (19), and the lowest score was (10). The skewness coefficient was (-0,187), which lies between (± 1), indicating that the distribution is normal and suitable for the sample's level.

3-3-3-2 Standard Levels for the Court Defense Test from the Block Wall Position (Center 4) for Premier League Volleyball Players:

Table (11) Standard Levels for the Court Defense Test from the Block Wall Position (Center 4)

| Level | Values | Frequency | Percentage |
|-------|--------------|-----------|------------|
| High | 17 and above | 6 | 18.75% |

| | | | |
|---------|--------------|----|--------|
| Average | 13 - 16 | 16 | 50% |
| Low | 12 and below | 10 | 31.25% |

3-3-3-3 Standard Scores for the Court Defense Test from the Block Wall Position (Center 4) for Premier League Volleyball Players:

Table (12) Standard Scores for the Court Defense Test from the Block Wall Position (Center 4)

| Raw Score | 6 Sigma | Raw Score | 6 Sigma |
|-----------|---------|-----------|---------|
| 10 | 18 | 15 | 53 |
| 11 | 25 | 16 | 60 |
| 12 | 32 | 17 | 67 |
| 13 | 39 | 18 | 74 |
| 14 | 46 | 19 | 82 |

4- Conclusions and Recommendations:

4-1 Conclusions:

- Tests for court defense from the block wall position for the front-row positions of premier league volleyball players were designed and standardized.
- Standard scores and levels for the court defense tests from the block wall position for the front-row positions of premier league volleyball players were established.
- The accuracy of the court defense test from the block wall position for front-row players in the premier volleyball league can be assessed for all players in the league.

4-2 Recommendations:

- Regularly use the court defense tests from the block wall position for front-row positions to assess the performance levels of premier league volleyball players.
- Standardize the test from this study for youth and junior volleyball players.

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Tikrit University

College of Physical Education and Sports Sciences

Appendix (1)

Questionnaire

Dear Professor

Greetings,

The researcher is conducting a study titled "*Design and Standardization of a Court Defense Test from the Block Position for Front Row Players of the Premier Volleyball League*".

The researcher kindly requests your assistance in assessing the validity of the attached tests, the methodology used in their construction, as well as the performance and recording techniques. Please mark (II) next to the designed tests and provide any recommendations that may be beneficial for the research.

Thank you for your time and assistance in support of scientific research.

Respectfully,

The Researcher: Amjad Hamed Bader
Phone: 07705874798

Designed Tests Submitted to Experts and Specialists

| Not Applicable | Applicable | Test Name | Test Number |
|----------------|------------|---|-------------|
| | | Court Defense Test from the Block Position for Center (2) | 1 |

Test Name: Court Defense Test from the Block Position for Center (2)

Objective of the Test: To measure the accuracy of court defense from the block position for center (2).

Tools:

- Volleyball court
- Five legal volleyballs
- Whistle
- Standing platform (height of one meter)

Procedure:

The test area is divided into six zones, with three zones at the front and three at the back. The central zones are measured equally, while the left and right-side zones are determined according to the center position. The standing platform is placed in front of the player at the opposite side of the court.

Performance Description:

The player stands at center (2), facing the court from the platform. A person stands opposite with two balls. Upon hearing the whistle, the ball holder throws the first ball to the player who performs a block. As the player drops back, the ball holder throws the second ball, and the player must direct the ball to one of the designated zones on the court.

Recording:

Each player is given five attempts, and the total points from the five attempts are recorded. Please assign points for each zone based on your expertise:

- Assign () points for directing the ball to Zone Center (1).
- Assign () points for directing the ball to Zone Center (2).
- Assign () points for directing the ball to Zone Center (3).
- Assign () points for directing the ball to Zone Center (4).
- Assign () points for directing the ball to Zone Center (5).
- Assign () points for directing the ball to Zone Center (6).

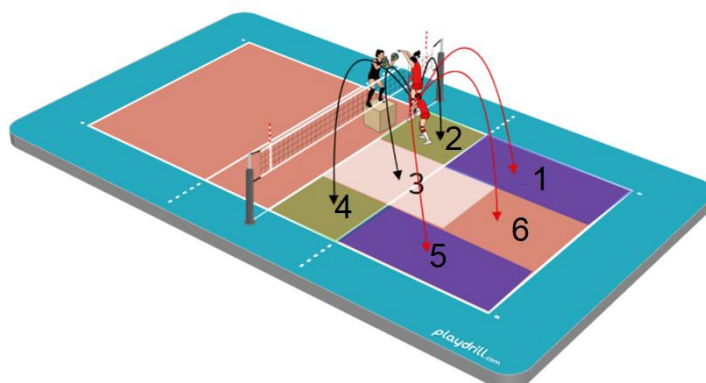


Figure (1) illustrates the court defense test from the block position for center (2) for elite volleyball players.

| Not Applicable | Applicable | Test Name | Test Number |
|----------------|------------|---|-------------|
| | | Court Defense Test from Block Position for Center (3) | 2 |

Test Name: Court Defense Test from Block Position for Center (3)

Objective of the Test: To measure the accuracy of court defense from the block position for center (3).

Tools:

- Volleyball court
- Five legal volleyballs
- Whistle
- Standing platform with a height of one meter

Procedures: The player's court area is divided into six zones, with three front zones and three back zones. The measurement of the middle zones is equal, while the left and right-side zones are measured according to the center position the player is in. The standing platform is placed opposite the court in front of the player being tested.

Performance Description: The player stands in center (3) and faces the opposite side of the court, standing on the platform. A person holds two balls. Upon hearing the whistle, the ball holder throws the first ball to the player, who performs the block and, while descending, the ball holder throws the second ball to the player. The player must direct the ball to one of the zones of the court.

Scoring: The player is given five attempts, and the total score for the five attempts is calculated. The following points are awarded based on where the ball is directed:

- () points for directing the ball to Zone Center (1)
- () points for directing the ball to Zone Center (2)
- () points for directing the ball to Zone Center (3)
- () points for directing the ball to Zone Center (4)
- () points for directing the ball to Zone Center (5)
- () points for directing the ball to Zone Center (6)

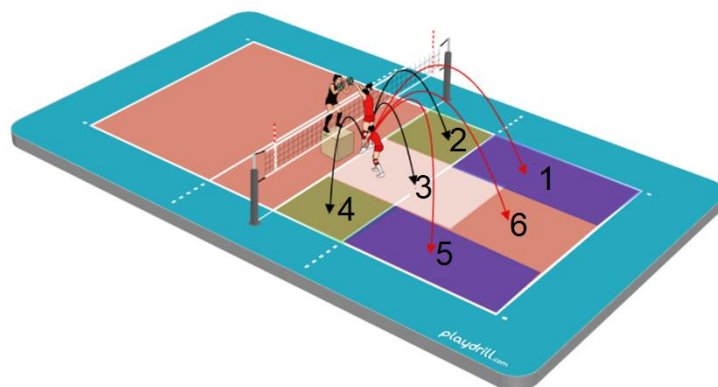


Figure (2) illustrates the court defense test from the block position for center (3) for elite volleyball league players.

| Not Applicable | Applicable | Test Name | Test Number |
|-------------------|------------|---|----------------|
| | | Court defense test from the block position for center (4) | 3 |

Test Name: Court Defense Test from the Block Position for Center (4)

Objective: To measure the accuracy of court defense from the block position for center (4).

Tools: Volleyball court, five legal volleyballs, whistle, standing platform with a height of one meter.

Procedures: The player's court area is divided into six regions, consisting of three front areas and three back areas. The two central regions are equally measured, while the left and right-side regions are measured according to the area of the center the player is in. The standing platform is placed in front of the player in the opposite area of the court.

Description of Performance: The player stands in center position (4), with someone opposite them on the standing platform holding two balls. Upon hearing the whistle, the ball holder throws the first ball to the player, who performs a block. As the player drops to defend, the holder throws the second ball to the player, who then directs the ball to one of the regions of the court.

Scoring: Each player is given five attempts, and the total score for the five attempts is calculated. The score for each region is as follows:

- () points for directing the ball to the center area (1).
- () points for directing the ball to the center area (2).
- () points for directing the ball to center area (3).
- () points for directing the ball to center area (4).
- () points for directing the ball to center area (5).
- () points for directing the ball to center area (6).

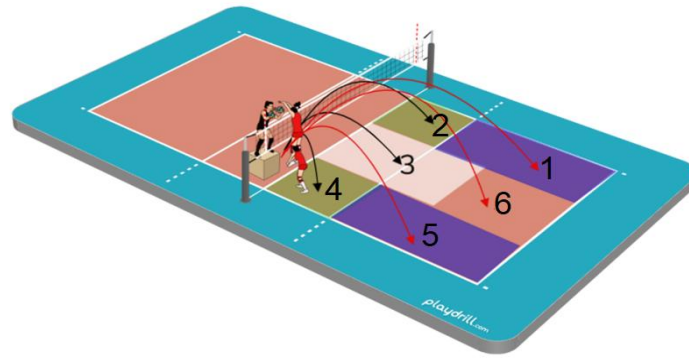


Figure (3) illustrates the Court Defense Test from the Block Position for Center (4) for Premier League Volleyball Players

Appendix (2) Names of Experts and Specialists to Whom the Designed Tests Were Presented

| No. | Expert's Name | Academic Title | Specialty | Workplace |
|-----|-------------------------------|---------------------|---------------------------------------|---|
| 1 | Dr. Mohamed Sobhi Hassanien | Professor | Measurement and Evaluation/Volleyball | Egypt/Hellwan University/Faculty of Physical Education for Boys |
| 2 | Dr. Mohamed Waleed Shihab | Professor | Measurement and Evaluation/Volleyball | Diyala University – Faculty of Physical Education and Sports Sciences |
| 3 | Dr. Iythar Abdul Karim Ghazal | Professor | Measurement and Evaluation | University of Mosul – Faculty of Physical Education and Sports Sciences |
| 4 | Dr. Ahmad Sabaa Atiah | Professor | Biomechanics/Volleyball | University of Baghdad – Faculty of Physical Education and Sports Sciences |
| 5 | Dr. Naima Zidan Khalaf | Assistant Professor | Measurement and Evaluation/Volleyball | University of Baghdad – Faculty of Physical Education and Sports Sciences |

| | | | | |
|---|-----------------------|---------------------|---------------------------------------|---|
| 6 | Dr. Tarek Ali Youssef | Assistant Professor | Measurement and Evaluation/Volleyball | University of Baghdad – Faculty of Physical Education and Sports Sciences |
|---|-----------------------|---------------------|---------------------------------------|---|

Appendix (3) Data Discrimination Form for Test Results

| No. | Tests | Test (1) | Test (2) | Test (3) | Test (4) | Test (5) | Total Attempts |
|-----|---|----------|----------|----------|----------|----------|----------------|
| 1 | Court Defense Test from Block Position (Center 2) | | | | | | |
| 2 | Court Defense Test from Block Position (Center 3) | | | | | | |
| 3 | Court Defense Test from Block Position (Center 4) | | | | | | |

Appendix (4) Names of the Research Team Members

| No. | Full Name | Specialty | Workplace |
|-----|---------------------------------|---------------------------------------|---|
| 1 | Prof. Mohamed Waleed Shihab | Measurement and Evaluation/Volleyball | Diyala University/Faculty of Physical Education and Sports Sciences |
| 2 | Prof. Hamid Ahmad Mohammed | Biomechanics | Tikrit University/Faculty of Physical Education and Sports Sciences |
| 3 | Prof. Ahmad Sabaa Atiah | Biomechanics/Volleyball | University of Baghdad/Faculty of Physical Education and Sports Sciences |
| 4 | Assist. Prof. Tarek Ali Youssef | Measurement and Evaluation/Volleyball | University of Baghdad/Faculty of Physical Education and Sports Sciences |
| 5 | Dr. Mohamed Khalil Ibrahim | Measurement and Evaluation | Salahaddin Education Directorate |