

THE IMPACT OF SPORTS VISION TRAINING ON DEFENSIVE SPECIALIST "LIBERO " PERFORMANCE IN VOLLEYBALL

Prepared By



MAHMOUD ABD EL MOHSEN ABD EL RAHMAN NAGI

An Assistant lecturer in Department of Sport Training

Faculty of Physical Education - Minia University

Supervisors

Doctor

Doctor.

MOHAMED LOTFI ELSAID

MAHMOUD RAGAE MOHAMED

Lecturer Prof. in Dept. of Sport Training

Doctor in Dept. of Sport Training

Faculty of Physical Education

Faculty of Physical Education

Minia University

Minia University

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Education - Minia University
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SUMMARY OF THE RESEARCH

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INTRODUCTION AND PROBLEM OF THE RESEARCH:

Previously, not much attention was given to vision and visual skills in the everyday sport setting. The attention that it did get was not from optometry and ophthalmology, these two were late comers on this subject, but more and more athletes and coaches are realizing the importance of vision in their sport performance, although vision training were done inadvertently in the past. Sport performance involves motor and vision aspects. If the motor section does not work efficiently, the vision section will be hampered; in return, if the vision section does not work efficiently, the motor section will also be hampered.

It may seem incredible even down right unbelievable that you can actually regain your natural clear eyesight by vision training. Yet more and more people are benefiting from vision training approaches that do not involve any expensive equipment nor any invasive procedures.

Scientific studies indicate that a little more than 98% of all 6 year old have perfect eyesight. However, at the age of 16 more than 25% of all school children need corrective lenses.

Vision Training is all about how to regain your natural clear vision by doing some simple exercise, The ideas behind Vision Training are simple and common sense. Everyone knows that if you exercise your body you will get healthier. In then same way your body will need a period of retraining if you have been injured or sick for a period of time. The typical vision problems are not diseases. They are more like habits of vision. vision training is something just about everyone can do, The exercises are simple and gentle. There is no surgery involved, nothing you have to buy, nothing you have to take. All you need to do is to practice the exercises .

The Libero player requires special criteria, whether related to the specifications of the motor performance, , or it's physical abilities. This difference result in directing training to specialization by using sports vision exercises aiming at achieving the desired goal and reaching the best level of achievement through concentrating on the requirements of the specialized performance.

Thus, the problem of the research arouses the researcher. He realized the importance of investigating such a problem. This enhances carrying out such a research as a means of improving the performance level of the Libero player by using Sports vision Training.

AIMS OF THE RESEARCH:

This research aims to design sports vision Exercise and Identifying it's effects on the performance of the Libero player . This requires achieving the following sub-aims:

1. Identifying the effect of training by using sports vision exercises on the performance of the visual Skill under study for. the Libero player in volleyball.
2. Identifying the effect of training by using sports vision exercises and visual Skill on the performance of the Libero player in volleyball.

RESEARCH HYPOTHESES:

1. Training by using sports vision exercises Enhancing the performance level of the visual Skill under study for. the Libero player in volleyball.
2. Training by using sports vision exercises and visual Skill positively affects the performance of the Libero player in volleyball.

PROCEDURES OF THE RESEARCH:**Research Methodology :**

the researcher has utilized the descriptive method and the experimental one using the one group system and adopting the way of pre and post measurement . (the basis of the group is only one player) .

Research sample:

the research sample included the Libero player on Minia club , who is purposefully selected to do the Experimental program, representation trials of (30) trials in each position of the following once (1.6.5) as much as (10) trials for each position . the researcher analyzed (3) trials of each position , they are the best trials in which the athlete performed that is regarded as his best ones concerning the technical sides the possibility of analyzing the trial

RESEARCH TOOLS:

to collect research data , the researcher used the following:

1. Sports vision questionnaire.
2. Instruments and apparatus used in sports vision exercises.
3. Skill tests under study.
4. Sports vision exercises under study.
5. Instruments and apparatus used in conducting anthropometrical measurements of the sample and following trials and places of two cameras.

THE STATISTICAL METHOD:

The researcher used the following non-parametric statistical methods:

1. the arithmetic.
2. standard deviation.
3. correlation coefficient.
4. T test .

5. percentage change.

the researcher satisfied with the percent 0.05% and use SPSS program for calculating.

FINDINGS:

In the light of the results reached and the discussion related, the researcher concluded the following:

1. Training by using sports vision exercises under study positively affects on the time division of performance paths in Serve Reception Skill, time of pre-reception phase from the all three play positions are over by 0.16 sec as a good indicator to enhancement the quit eye duration, and diminution time in post reception phase from the three play positions: 0.4 sec in position (5) , 0.32 sec in position (6) and 0.24 sec in position (1).
2. Training by using sports vision exercises under study positively affects on the total time of performance paths, the diminution time was : 0.24 sec in position (5), 0.16 sec in position (6) and 0.8 sec in position (1) as a good indicator to enhancement the speed of performance.
3. Training by using sports vision exercises under study positively affects on the speed of Motor performance by enhancement the point of move leg speed in pre- reception phase (the first step), the percentage change was: 51.76% in position (5),47.82% in position (6) and 62.28% in position (1).
4. Training by using sports vision exercises under study positively affects on the angel of some body joints according to the quality of every position.
5. Training by using sports vision exercises under study positively affects on the speed aggregate of Serve Reception according to the nature of every position.
6. Training by using sports vision exercises positively affects the performance of the Libero player in volleyball.
7. Training by using sports vision exercises positively affects the performance level of the visual Skill under study for the Libero player in volleyball.
8. Visual skill is very important to attained the kindly performance requirement, and it's differ from one to other, so we should be transact and train it individually.

RECOMMENDATIONS:

In the light of the research's findings, concerning it's filed and sample, and according to the conclusions reached, the researcher recommends the following:

1. Applying the sports vision exercises with the volleyball Libero player.

2. Paying attention by efficient the role of sports vision exercises in volleyball field generally and in dig specially.
3. Paying attention to using vision exercises because of its effective and aiming impact on developing the level of defense performance, particularly in the main part of the daily season, and according to the suitability of the nature of this part's aims and requirements.
4. Following the scientific method when choosing or designing the vision exercises and differenced the appositely to the nature, attributes and needs of Libero player's in volleyball, and train it individually according to individual different principle between the Libero player's .
5. Necessary economically sports vision specialist to evaluate the function and visual skills for volleyball player and Libero player specially to developed their performance and select them visually according to the technical position performance in court.
6. Conducting similar studies about the transferability of sport vision exercise on the Attacked skills in volleyball.
7. Conducting similar researches examining the use of sport vision exercises in other sport activities, on other samples and about the contribute average of vision sense on these sport activities, explore their effectiveness by this visual stimulus and the relation of these by the motor abilities.
8. Determine norms that related by age or the performance level in each of the different positions of play.
9. Paying attention by general ocular health and make vision exercises main part of the daily life .
10. construction a sports vision testing room inside the Faculty of Physical Education.Laboratory's.

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Natural Clear Vision

Retraining

Habits of Vision

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