

# THE EFFECT OF THE USE OF THE INCLUSION METHOD WITH LEARNING AIDS IN THE LEARNING OF THE TWO SIDES OF THE PITCH FOR BEGINNERS SQUASH PLAYERS (AGES 13-15)

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## ABSTRACT:

*Education is of great importance in the building and organization of human societies. It deals with the students who are the basis of the building and progress of countries and peoples. The correct educational system provides a good environment and organized university atmosphere. It can provide learners with knowledge and skills and make them ready to accept more information. In the field of squash teaching, as well as being one of the specialists in the field of squash and coach of the national teams, found that the use of the methods used in the process of learning basic skills is feasible to some extent and it requires a longer time in the learning process. The laws of sports and the use of modern technology, the researcher found it necessary to pay attention to the introduction of some means and tools that help beginners to learn the skills of transmission on both sides of the playground squash. The researcher selected the research sample in the experimental group with pre-test and post-test for the subject of the research by (6) beginners starting (13-15) years. The sample can be considered homogeneous because they are beginners in the game and in close age, within one age and one gender. The statistical results of the researcher showed that there is significant difference between the results of the tribal and remote tests and for the post-test tests of the left and right fields. The researcher attributes this development as a result of the use of the method of inclusion of tools for the sample of the research sample for cubs (ages 13-15) Year is a suitable sample because this age stage needs to learn skills, especially in squash, which is the key to play and thus reflected on the performance of the player by earning points. The most important conclusions and recommendations: Exercise using the method of inclusion by means of the aids in a positive effect in learning the skills of transmission from both sides of the squash in the squash. The exercises used positive effect in improving the level of learning the skills of transmission from both sides in the squash. In the squash game. Focus on the educational process on the age of the players and the use of appropriate teaching aids and devices.*

**Keywords:** *the inclusion method - pre-effort skill learning aids – squash.*

## INTRODUCTION

Education is of great importance in building and organizing human societies. It deals with the students who are the basis of the building and progress of countries and peoples. The correct educational system provides a good environment and organized university atmosphere. It can provide learners with knowledge and skills and make them ready to accept more information. Needs the means and methods of education must be followed by the university professor to reach the learners to advanced learning stages, which needs to some of the educational stages experienced by the learner in order to reach the stage of learning the ideal, and that through the investment of all the Wael, methods and strategies that link in the study sample to improve performance

In order to increase the effectiveness of teaching, attention must be given to methods that develop learning ability. The content of the teaching process includes the use of modern learning methods that aim at exploiting all learner's senses in learning through various educational tools and tools that address more than one sense that helps beginners to remember movement and facilitate the process Learning as performance is more pronounced and makes the learner positive.

The game of squash is one of the games characterized by the diversity of sports skills, as well as the close interrelationships between them, which makes the opportunity to achieve progress in the skill achievement is linked to the previous skill of the quality of performance outstanding for the service of subsequent skill and this situation requires attention to the quality of skill performance through the use of different educational methods to develop This performance, especially the skill of transmission is the most important skills and the key to play and must be learned first because it is the basis of play and confirms most of the writers and researchers that it is one of the basic skills important, but first in their classification of basic skills in squash, D - To know the effect of the use of the inclusion method with aids in learning the transmission from both sides of the stadium for squash players beginners (13-15) years.

## MATERIALS AND METHODS:

### Research Methodology:

The approach is "the scientific way of the researcher to solve the problem of his research, the nature of the problem requires a certain approach to reach the truth" , was used experimental approach based on scientific grounds for the subject of research.

### Search community and sample:

The sample is "the part that represents the community of origin or the model in which the researcher is doing the whole work." The researcher chose the experimental sample in the experimental group with pre-test and post-test for the subject of the research by (6) beginners starting (13-15) years. The sample can be considered homogeneous because they are beginners in the game and in close age, within one age and one gender.

### Means of gathering information, tools and devices used in research:

- Lace tool for learning to learn the standby. -
- . Lace tool for learning to grasp the racket -
- Learn the path of transmission from both sides of the right and left stadium .
- . ball supply device -
- . portable ball machine -
- . Ball launcher device -
- . DataShow -
- . Variety of lighter instruction balls -
- . Variety squash rackets lighter -
- Squash rackets and balls (6) -
- . Squash courts -
- Stopwatch.-
- . Metric measuring tape (50) m -
- Conferencing, signals and organizational numbers. -
- . A laptop type (HP) of Chinese origin-

### Means of gathering information

- . Personal interviews -
- Arab and foreign sources. -
- . Questionnaire forms -
- Tests and measurements.

### Field research procedures:

Filter the tests used in the research

The researcher considered the preparation of questionnaire questionnaire in the field of squash game and the specialization of methods of teaching and learning locomotives, tests and measurement for the purpose of access to the main tests of the research sample and rely on the scientific basis for the selection of tests and scientifically Which have been identified as final.

**Exploration Experience**

The exploratory experiment was conducted on a number of Squash Academy for Beginners (13-15) for Squash for some of the tools used in the research. The purpose is to obtain results and information for use during the main experiment. The experiment was conducted on how to perform and the steps to be followed by the novice player From the mechanism of learning by these means, and this was done on Monday, 2/7/2018 playgrounds of the Faculty of Physical Education and Sports Sciences \ Al-Jadiriya at 3:00 pm and with the assistance of the auxiliary team, and the preparation of special devices and tools and their purpose to identify the Beat the pros that accompany the performance of the player novices and diagnose errors that may occur during their performances.

**Tests used in research:**

Test 1: Test the right side of the squash court  
 -Purpose of the test: Measure the accuracy and learning technique of the transmitter from the right side of the

stadium.

-Test procedures: The test is conducted on the squash court using squash rackets, squash balls and a registration form. The left side of the back yard is divided into 3 areas in a square shape (160 cm x 160 cm), as shown in figure (1) The lab stands while testing.

The performance test: The test includes the parking of the laboratory to be tested in the right transmitter box. The laboratory stands the right position for transmission. After the explanation of the test, the laboratory is given 5 experimental attempts after conducting the warm-ups to know how to perform the test and allocating 10 attempts for each player. By sending the ball towards the split goal, and the test requires that the transmission be correct.

:Score points: Points are calculated for each true sending as follows

- points if you touch the square ball . -
- points if you touch the square ball . -
- points if you touch the square ball . -
- . if it is outside the prescribed limits -

Note: If a ball falls on a shared line, the points for the topmost box are scored.

The second test: the test from the left in the squash court  
 - Test procedures: The same specifications and conditions of the previous test except that the player performs the test from the left transmitter box.

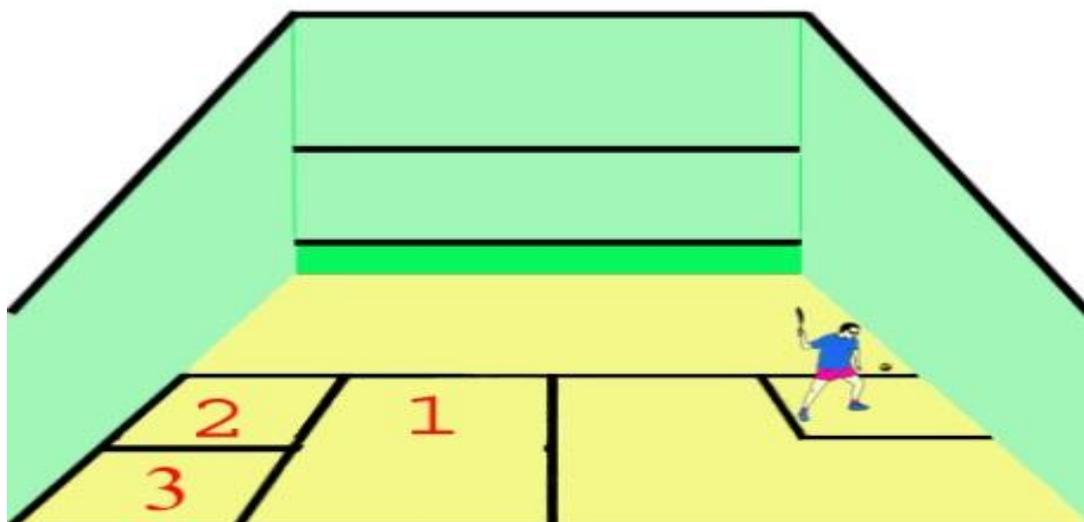


Figure (1) shows the transmitter test from the side Right towards the divided goal

### Tribal Tests

The tests were carried out before the start of the educational program by electronic aids after the preparation of the tools for tests and the work team assistant for the conduct of technical tests, on Saturday, 7/7/2018 at three o'clock on the stadiums College of Physical Education and Sports Science / University of Baghdad.

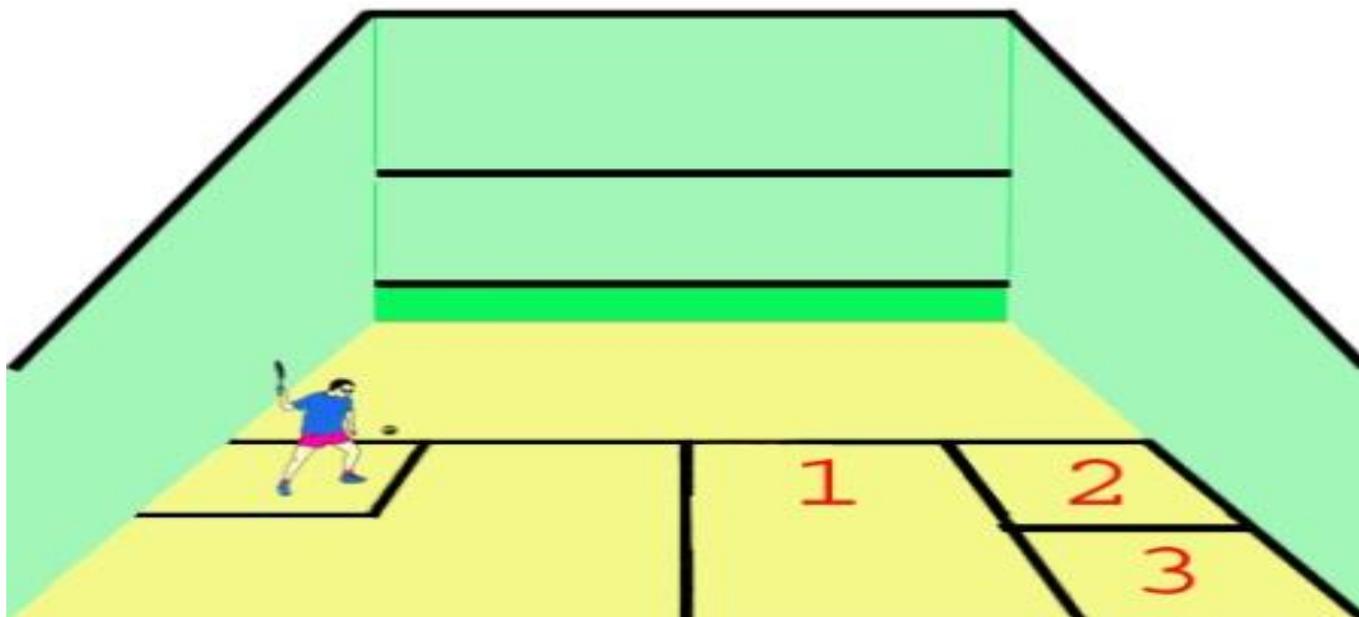


Figure (2) Test the transmitter from the right side Towards the split goal

### Main experience

The researcher has taken care of the level of the beginner by focusing on explaining the vocabulary of the theoretical material and the basic steps to implement the skill as well as explain the most common mistakes when implementing some basic skills in squash , To begin the implementation of practical and practical lessons by means and electronic devices proposed and to identify the response of the player beginner and applied correctly, where the number of educational units 24 units distributed over 8 weeks up to 3 units in the week One, and then extract the results of the tests to indicate which groups have the best level of learning.

### Statistical means

The researcher used the statistical book for Social Sciences (SPSS) to extract the values and variables of the research.

### RESULT AND DISCUSSION:

In order to reach the objectives of the research and validate the hypotheses, the researcher presented the results of the statistical treatments of the research data in the tables. He then analyzed these results and discussed them to determine the reality of the differences and their statistical significance between the tribal and remote tests of the experimental research sample. Tribal and remote) and then extract value (T)

- Presentation of the results of the values of the computational and standard deviations of the right and left tests of the experimental sample.

**Table (1)**

**Evaluate the computational and standard deviations to test the transmission from the right side of the squash court**

The real significance	Degree Sig	Calculate d T value	FE	F	p post	P tribal	O post	Q tribal	Name of test
<b>moral</b>	<b>0.000</b>	<b>8.88</b>	<b>0.61</b>	<b>5.50</b>	<b>1.22</b>	<b>0.89</b>	<b>20.50</b>	<b>15.00</b>	The test is from the right side of the squash court

**At the level of significance (0.05)**

Table (1) shows the results of the computational and standard deviations of the experimental sample in the test of transmission from the right side of the squash court, where the arithmetic mean was in the tribal test (15.00) and the standard deviation (0.89). In the post test it became the arithmetic mean (20.50) and the standard deviation (0.22), and after calculating the value of (T) using the law of (T) of the interrelated samples to

determine the difference between the two tests which were (8.88) and the value of Sig ) (0.000) which is less than (0.05), which means there is a statistically significant difference between Results pre and post tests in the transmitter from the right side of the squash court and in favor of the post test.

- Presentation of the results of the values of the computational and standard deviations of the test of transmission from the left of the squash court:

**Table (2)**

**Values of the computational and standard deviations of the test of transmission from the left of the squash court**

The real significance	Degree Sig	Calculate d T value	FE	F	p post	P tribal	O post	Q tribal	Name of test
<b>moral</b>	<b>0.000</b>	<b>9.52</b>	<b>0.54</b>	<b>5.16</b>	<b>1.21</b>	<b>1.04</b>	<b>20.66</b>	<b>15.50</b>	<b>Test the transmission from the left of the squash court</b>

**At the level of significance (0.05)**

Table (2) shows the results of the computational and standard deviations of the experimental sample in the test of transmission from the left of the squash court, where the arithmetic mean was in the tribal test (15.50) and the standard deviation (1.04). In the post test it became the arithmetic mean (20.66) and the standard deviation (5.11) and the standard deviation of differences (0.54). After calculating the value of (T) using the law of (T) for the interrelated samples to determine the difference between the two tests which was (9.52) and the value of Sig ) (0.000) which is less than (0.05), which means there is a statistically significant difference between Results pre

and post tests in the transmitter from the right side of the squash court and in favor of the post test.

- Discussion of the results of the tests of transmission from the right and left of the squash court:

In the light of the statistical results reached by the researcher, the results were discussed as follows. Table (1) and (2) show a statistically significant difference between the results of the tribal and remote tests and in favor of the post test for the tests of the left and right sides, The researcher attributes this development as a result of the use of the method of inclusion of tools for the sample of the research of the sample of the research

for cubs (ages 13-15), which is appropriate because this age group needs to learn skills especially in The Squash, which is the key to the game and thus reflected on the performance of the player by winning points, and to develop the accuracy of the performance of skills, especially the frontal strikes an important role in the weight of the player who wins the game that the ball to accurately target the area of the opponent's presence enables the player to score points that accuracy Squash is very important to the player's performance in the game because it enables him to perform strikes in the right place during the game leading to control of the game and win (). This is due to the use of the method of inclusion aids aids proved to be effective in the development of the accuracy of some of the basic skills of the game squash, especially from the two sides of the stadium, as the exercises focused on specific areas within the stadium by working the numbering corners of the stadium and the use of colors to develop the player's ability to focus on playing the ball on this region The attempt to play the ball within the specified area and with certain repetitions led to the development of compatibility between the arm and the eyes and thus the accuracy in the performance of technical skills of squash. The game of squash of the games that play accuracy in playing the ball a key role in the weight of the player on the opponent through the performance of the front and back ground and accurately do not give the opportunity to deduct from the return of the ball, the main element in the development of motor precision and control of new motor skills and continue to add Some exercise and motor skills during the exercise process contribute to ensuring motor workmanship. These exercises are performed on both sides of the pitch by marking the left and right front corners of the pitch, The hand of the balls, which led to an increase in the repetition of the performance of players, which gave positive results for the tests of the dimension, where it is known as the more frequent performance reached the player to the mechanism in the performance and improve the skill and thus the accuracy in playing balls to the desired place, as the accuracy of squash is very important to perform The player in the game being able to perform strikes in the right place during the game leading to control of the game and win.

As for the development in the results of the remote tests, the researcher is interested in the exercises used,

which focused on developing the skills of the two squash courts using the aids. The use of new teaching aids and equipment in the learning and teaching process has a great role in increasing the frequency of performance and creating a spirit of competition and excitement. Mohammed Reza (2009) points out that the ability of the players to innovate and work is important for the success of the learning process and comes through the diversification of the use of aids, which will reflect positively on the mentality and psychological athletes to develop the general level.

And this development led to the development of speed of performance that enabled the player to access to learn better skill and then accuracy in the performance of transmission from both sides of the squash court, as the speed of performance make the player under pressure and there is a greater chance to control the game and gain points, (1992Ian Mckenzie). The squash player must have two speeds to move the feet on the pitch and the speed of the front and back to squash in order to win the game. The use of gradualism by exercises from easy to difficult in an orderly manner led to the development of the accuracy of the basic skills of squash Suitable for the stage The basic skills, especially the right and left hand skills in the squash game, require extreme precision in hitting the front corners of the ball by directing the ball to areas far from the opponent's presence.

#### CONCLUSIONS:

- Exercises using the inclusion technique by means of a positive effect in learning the skill of the transmitter on both sides of the pitch in the squash.
- The exercises used have a positive effect in improving the level of learning the skills of the two sides of the pitch in the squash.
- The use of means of suspense and non-routine exercises led to a significant development in the variables of the study, and this is confirmed by the results.
- The exercises used proved their relevance to the sample of the study of the reconstruction of the ages (13-15) years and led to a significant development in the results of the tests of the dimension of the research sample.
- The exercises used to develop the aspect of the player's understanding of the place of the ball and thus develop

the accuracy of the skills of transmission from both sides squash court.

**ENDORSEMENT:**

- Emphasis on the trainers on the use of special exercises and using aids in the game squash.
- Emphasize the use of modern techniques and devices to learn basic skills in line with the development of squash.
- The researcher recommends conducting research and other studies on other activities and on different samples in age and sex.
- It is possible to use other exercises with the same work and style in improving the level of learning the basic skills of squash.
- Recommends the researcher to improve the level of performance of the transmission being the most important in the game squash and can not score points directly.
- Focus on the educational process on the age of the players and the use of appropriate teaching aids and devices.

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