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Determine the level norms To evaluate physical training of the volleyball players

وضع مستويات معيارية لتقييم الإعداد البدني لدى لاعبي الكرة الطائرة

Amoura.Yazid

University of Algiers 3, amoura.yazid@univ-alger3.dz

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Abstract :

This study aims to determine the standard normal distribution levels within the physical requirements to the equinoctial volleyball players,Starting from a basic base that the levels of all volleyball players fall within the good level where the quantitative values of the selected physical abilities are selected in order to extract the battery tests and put them within the framework of scientific and statistical,This study was also conducted in order to evaluate physical abilities according to the causal factors and the ratios of saturation coefficients and the prevalence of each physical characteris ticthere fore, the physical tests were determined by the battery of the extracted tests and then the real levels of the abilities level were determined.

The study also found that physical abilities are determined according to a given order, which gives us the so-called determinants and in order to reach accurate results ,The most important results were that the overall level of physical capacity of all physical traits at the intermediate level, on the other hand, gave us the ability to assess physical preparation at certain standard levels.

Keywords: normative levels, physical abilities, assessment, physical preparation

Corresponding author: Amoura.Yazid , e-mail: amoura.yazid@univ-alger3.dz

الملخص :
تهدف هذه الدراسة الى تحديد مستويات معيارية ضمن التوزيع الطبيعي الاعتدالي للمتطلبات البدنية لدى لاعبي الكرة الطائرة، حيث تنطلق من قاعدة أساسية ان مستويات جميع لاعبي الكرة الطائرة تندرج ضمن المستوى الجيد حيث يتم تحديد القيم الكمية للقدرات البدنية المختارة من اجل استخلاص بطارية الاختبارات ووضعها ضمن الاطار العلمي والاحصائي الخاص بها، كما جاءت هذه الدراسة من أجل تقييم القدرات البدنية وفق معاملات العلاقة السببية ونسب معاملات التشبع والشيوع لكل صفة بدنية على حدى ومن اجل هذا كانت الاختبارات البدنية تتحدد من خلال بطارية الاختبارات المستخلصة ومن ثم وضع المستويات الحقيقية لمستوى القدرات المتوصل اليها، كما مكنتنا هذه الدراسة من الوقوف على الحالة البدنية الحقيقية لأهم المتطلبات البدنية والمهارية لدى لاعب الكرة الطائرة واستخلاص هذه القيم ومقارنتها بالمحكات الخاصة بكل اختبار، وقد كانت أهم النتائج على أن مستوى القدرات البدنية عموما لكل الصفات البدنية ضمن المستوى المتوسط، ومن جهة أخرى اعطتنا هذه النتائج القدرة على تقييم الاعداد البدني وفق مستويات معيارية محددة.
الكلمات المفتاحية:المستويات المعيارية، القدرات البدنية ، التقييم، الاعداد البدني.

Introduction

The valuation of physical condition and the level of players is one of the most basic requirements that give a real indication of the standard scores according to their overall results. Therefore, the standard definition aims to assess the physical abilities according to the general level of the volleyball player compared to his teammates, as determined by the concept of abilities or physical characteristics "The concept of physical character implies, in most cases, those motor aspects of the individual that appear in similar motor units and are measured by identical means objectivity, have a functional process, have a homogeneous biomechanical process and require primary psychological phenomena "(Ben Qouwa Ali, 2004, p. 13),On the other hand, the standards

constitute a starting point for evaluating the level of physical preparation, including physical requirements, where "Mohamed Nasr El Din" that the standards reflect the level of rejection of individuals, especially standards of achievement, which in the field of sports do not necessarily represent the levels that we want to reach because they do not reflect the standard levels, especially Physical development and physical and motor abilities (Ben Brno Osman, 2007, p. 07) also show the importance of tests and measurements during the sports season, through its presence in the stages of sports training in order to valuate fitness levels and ingeneral is summarized in the classification as the tests and measures aim primarily to measure individual differences, whether between individuals or groups or even within the individual itself, so the ideal situation for each individual program that is commensurate with his abilities and potentials as in high-level sports. (Raed Mohammed Ibrahim, 2005, p. 18)

1 / Problematic:

Evaluating the levels of physical preparation for volleyball players and their level of physical abilities is important because it enables the trainer and the player to know the levels of physical development and evaluation criteria to undergo in order to correct the training paths of each player in order to exploit the full physical and skills and perhaps determine these levels and grades according Statistical ladder of significant summarizing the extent of development in these levels and compared with the existing international benchmarks in order to compare and judge that the levels are within the field of high sports performance,

It also enables the evaluation of access to the most important strengths and valued taking into account weaknesses and correct their paths and avoid falling in the results, which gives the player the ability to develop physically and his

skills quickly compared to his teammates while keen to rationalize the training process in line with technological progress, and the process of setting the standard levels depends on the set of the special requirements of each side, the researchers were concerned with the physical side and the most important physical requirements in volleyball where these capabilities were determined in the speed and explosive strength of the arms and legs in addition to agility and flexibility,

In order to reach the results through which to set the standard levels were applied physical tests related to volleyball and have the means through which to judge the physical level of the volleyball player compared to his teammates in the same sports level and on this basis the researcher asks the following **question:**

What is the level of physical abilities of volleyball players and is itwithinthe good standard?

Hypotheses:

- The standard levels of physical abilities (speed) within the good level are determined by the normal distribution of the study sample.
- The standard levels of physical abilities (the explosive power of the legs) within the good level are determined by the normal distribution of the study sample.
- The standard levels of physical abilities (the explosive force of the arms) within the good level are determined by the normal distribution of the study sample.
- The standard levels of physical abilities (agility) within the good level are determined according to the normal distribution of the study sample.

- The standard levels of physical abilities (flexibility) within the good level are determined according to the normal distribution of the study sample.
- The predictive equations for each physical power are determined by the total capabilities within the multiple linear regression.

Objectives of the study:

- Scientific evaluation of the level of physical abilities of volleyball players within the statistical parameters.
- Determine the standard levels within which the results of physical abilities are present in the study sample.
- Set predictive equations for each physical characteristic in terms of other physical abilities of volleyball players.

Define terms:

-Standard levels: The concept of test standards is one of the basic concepts related to the interpretation of test scores of the group's reference or standard.The score obtained by an individual in a test called the raw data score which is meaningless and difficult to interpret and is not suitable for comparison with his score in other tests or with another person's score On the test itself or in other tests unless it is assigned to a reference system, it is this system that hears the extraction of useful information from test scores. The term criteria refer to the average of a particular group of individuals on a test called the norm group. Benchmark levels are T score conversion values and are used to compare the performance level of an individual with a performance levelthe group to which he belongs by deviating any grade from the arithmetic mean of that group as the individual score he gets in a test

(Raw level) has no meaning itself and is not suitable for comparison with the degree in other tests or with the degree of another person on the same test or on

other tests, unless they are converted to standard scores, then standards are important because they expressed how others perform on the test, thus providing a basis to compare, it is wrong to understand the standard scores as levels. but it only shows how this individual performed the test compared to other individuals of the same level by determining his relative position relative to the other rationing sample, which enables us to assess the performance of this individual for the rationing sample and not the level it should be. (Salman Akab Sarhan, 2012-2013, p. 5)

- Physical abilities: The physical abilities with their various elements is the basis in all sports activities and proficiency, and it is considered as the base of the house on which it depend on the rest of the whole building, so it needs concern to develop the level of physical abilities of the type of sports practice, as this term refers to the healthy state of the individual from Its physical and organic composition enables it to use its body skillfully in the areas of activity (Muhammad Hassanin, 2001, p. 265).

-Evaluation: Language: the word evaluation of the verb values in the sense of fate, price. As for evaluation it means appreciation, valuation (Kabbani and others, 2006, p. 308)

Idiom: Evaluation is defined as a systematic process of varying structures to collect information, observations and analysis that ends with a judgment on the quality of a resident's object (Abu Harja et al., 1999, pp. 51-52).

The word VALUATION is defined only as a diagnostic process, while the word EVALUATION means diagnosis, repair and development, where evaluation focuses on only one aspect. While the calendar is characterized by focusing on one particular aspect but in most cases, it is comprehensive from

different aspects (Kamal Abdel Hamid Ismail, Mohammed Nasr al-Din Radwan, Cairo, 1994, p. 20).

Allam Salah El-Din Mahmoud, citing Sanad Tower 1977, defines the concept of evaluating as "a set of processes used by experienced specialists to arrive at perceptions and impressions, making decisions and choose hypotheses that relate to the type of characteristics of a particular individual determining his or her interaction with his environment" (Allam Salah El-Din) Mahmoud, 2000, p. 32). The evaluation can include multiple methods and various tools, some of which rely on quantitative measurement, others on qualitative assessments and descriptive judgments, for the purpose of selecting individuals.

Procedural definition:

Through the above definitions evaluation can be defined as the process of judging, quantitative or qualitative about the results of tests and objective measurements that enable us to determine the capabilities and characteristics of individuals.

In our studies we relied on one of the types of evaluation where it is called the initial evaluation or tribal or preliminary, usually at the beginning of the season and before the beginning of the training or teaching, so that the trainer knows any path must be followed, so that the individual differences are taken into consideration, and the willingness to know that level The growth and development that the athlete must reach in various physical, mental, psychological, social, skill, and artistic aspects in order to achieve the objectives imposed by training (Osama Riad, 1999, p. 110):

- **Physical preparation:** Physical preparation programs aim to develop the players' general and special physical abilities in the preparatory phase associated with the game and adequately master them, so that players can perform their

physical duties in a good way, so that they can overcome the difficulty of the skills of collective games such as volleyball, because volleyball needs High physical skills and abilities to be mastered in order to achieve high skill performance. Physical preparation programs include two sections:

General Physical Preparation: It is the first and basic baseline in the physical preparation programs, which helps in acquiring the basic physical qualities of training through general development and associated with all the physical components and abilities of the athlete.

In addition, the trainer works to raise the level of general physical preparation, develop the capabilities of functional devices, and work to raise the level of basic skills and review under constant conditions and a gradual increase in speed of performance.

- Special physical preparation: is the second part of the physical preparation programs, through which the acquisition of the necessary physical characteristics of the specialist activity and this through the comprehensive development of all physical abilities of this activity. It also aims at the direct construction of fitness and goes to the specialist in all aspects of preparation, and special preparation takes the main role while directing the general preparation form the basis or base to maintain the training situation (Imad al-Din Abbas Abu Zeid: 2005, 284)

2 / Methodological procedures of the study:

2-Research Methodology: The researcher relied on the descriptive approach to suit the nature of the problem and the research variables studied in all its types in order to reach the results in the light of the data and data available.

2-1 Sample of the study: The sample of the research consisted of 90 players in the volleyball category, distributed over 7 clubs playing in the national excellent section.

Table (01): Represents the sample of the study: the number of volleyball players in each team

The club	The number	The club	The number
Raed Msila	14	Blida Association	12
Wefak Ain Azaal	12	Wefak Tadjnant	14
Widad Rouiba	12	Olympic Ksar	12
Bordj Boureridj Club	14		

2.2 / Study Tools: The research tools consisted of a set of physical tests including speed test, explosive strength test for the legs and arms as well as agility test and trunk elastic test, in order to reach the raw results and put them in standard levels to evaluate the level of physical performance.

2.3 / Psychometric characteristics of the tests: Since the tests are global tests and approved by the International Federation of the game and is valid for each training environment and every level of play, it is characterized by a high degree of honesty, consistency and objectivity, as it is calculated by statistical methods accurate global.

4.2 / Spatial and temporal field: The tests were conducted at the level of each club according to prior procedures in the sports season 2017/2018 from the beginning of April 01 to April 30, 2018, at the level of training rooms for each club.

3 / Presentation and discussion of the results :

1.3 Presentation and analysis of the results of determining the standard levels of the study sample

Table (02) represents the standard levels of volleyball players in the torso bend test of sitting (flexibility)

Levels	Raw grade	T score	Percentage	% in the normal distribution of	Duplicates
Excellent	Greater Than 70	Greater Than34.52	4.44	2.14	4
Very Good	60-70	29.29-34.51	35.55	13.59	32
Good	50-60	24.07-29.28	31.11	34.13	28
Average	40-50	18.85-24.06	11.11	34.13	10
Acceptable	30-40	13.63-18.84	10	13.59	9
Weak	Less Than 30	Less Than 13.62	8.89	2.14	8

The observation of the value of the standard levels determined by the T-degree for this characteristic according to the statistical base for the calculation of the T-degrees starting from the Z-degree, which represents the real point of interpretation of the values that fall within the weak level T-range within the range (20 to 80), as we note the variation in the values of levels The values of these levels are determined by the ideal levels that are related to the values of the normal normal distribution according to the frequency and level of the level itself,We note that the largest levels of elasticity fall within the very good level within the field of crude grade [34.51-29.29], which represents 35.55% in the total ratio of the sample, a large proportion to the level corresponding to the normal distribution of moderation, followed by a good level within the range

[29.28-24.07] 31.11% which is lower than the normal distribution rateModerate, followed by the average level within the field of the crude grade [24.06-18.85] by 11.11%, which is greater than the ratio in the normal distribution of moderation followed by the acceptable level and then weak and excellent

Table(03) represents the standard levels of volleyball players in the agility test

Levels	Raw grade	T score	Percentage	% in the normal distribution of	Duplicates
Excellent	Greater than 70	Less Than 8.63	6.66	2.14	6
Very Good	60-70	9.08 -8.64	31.11	13.59	28
Good	50-60	9.53-9.09	34.44	34.13	31
Average	40-50	9.98 -9.54	15.55	34.13	14
Acceptable	30-40	-9.99 10.43	11.11	13.59	10
Weak	Less Than 30	Greater than 10.44	1.12	2.14	01

The observation of the value of the standard levels determined by the T-degree for this characteristic according to the statistical base for the calculation of the T-degrees starting from the Z-degree, which represents the real point of interpretation of the values that fall within the weak level T-range within the range (20 to 80), as we note the variation in the values of levels The values of these levels are determined according to the ideal levels that are related to the

values of the normal normal distribution according to the frequency and the level of the level itself. Within the field of good raw class [8.64-9.08], accounting for 34.44% in the total proportion of the sample, a large proportion

For the corresponding level in the normal distribution is normal, followed by a very good level in the field of [9.09-9.53] by 31.11%, which is greater than the ratio in the normal normal distribution, followed by the average level within the field of crude grade [9.54-9.98] by 15.55% It is less than the ratio for them in the normal normal distribution followed by the acceptable level and then excellent and then all of these ratios differ from the values of levels that fall within the normal distribution of the normal.

Table (4) represents the standard levels of volleyball players in the transition speed test

Levels	Raw grade	T score	Percentage	% in the normal distribution of	Duplicates
Excellent	Greater than 70	Less Than 4.97	8.88	2.14	8
Very Good	60-70	5.13 -4.98	33.33	13.59	30
Good	50-60	5.29-5.14	27.77	34.13	25
Average	40-50	5.45 -5.30	13.33	34.13	12
Acceptable	30-40	5.60 -5.46	11.11	13.59	10
Weak	Less Than 30	Greater than 5.61	5.56	2.14	05

The observation of the value of the standard levels determined by the T-degree for this characteristic according to the statistical base for the calculation of the T-degrees starting from the Z-degree, which represents the real point of interpretation of the values that fall within the weak level T-range within the range (20 to 80), as we note the variation in the values of levels The values of these levels are determined according to the ideal levels that are related to the values of the normal normal distribution according to the frequency and the level of the level itself. Very good within the field of raw class [4.98-5.13], accounting for 33.33%,In the overall ratio of the sample, which is a large percentage for the level corresponding to the normal normal distribution, followed by a good level within the field [5.14-5.29] by 27.77%, which is lower than the ratio in the normal normal distribution, and then the average level within the field of crude grade [5.30 -5.45] by 13.33%, which is less than the ratio for them in the normal distribution of moderation followed by the acceptable level and then excellent and then weak All these ratios differ from the values of levels that fall within the normal distribution of moderation.

Table (05) represents the standard levels of volleyball players in the test of the explosive strength of the lower limbs

Levels	Raw grade	T score	Percentage	% in the normal distribution of	Duplicates
Excellent	Greater than 70	Greater than 48.50	21.11	2.14	19
Very Good	60-70	45.48 –48.49	25.55	13.59	23
Good	50-60	42.46 -45.47	20	34.13	18
Average	40-50	39.44-42.45	21.11	34.13	19
Acceptable	30-40	36.44 -39.43	12.23	13.59	11
Weak	Less Than 30	Less Than 36.43	00	2.14	00

The observation of the value of the standard levels determined by the T-degree for this characteristic according to the statistical base for the calculation of the T-degrees starting from the Z-degree, which represents the real point of interpretation of the values that fall within the weak level T-range within the range (20 to 80), as we note the variation in the values of levels The values of these levels are determined according to the ideal levels that are related to the values of the normal normal distribution according to the frequency and the level of the level itself. Very good within the field of raw class [48.49-45.48] representing 25.55% In the overall ratio of the sample, which is lower relative to the level corresponding to the normal distribution of moderation, followed by an excellent and average level within the range [greater than 48.50] and [42.45 -

39.44] respectively, followed by a good level within the field of crude grade [45.47-42.46] by 20%, which is less than the ratio in the normal normal distribution followed by the acceptable level and then weak All these ratios differ from the values of levels that fall within the normal distribution normal.

Table (06) represents the standard levels of volleyball players in the test of the explosive strength of the upper limbs

Levels	Raw grade	T score	Percentage	% in the normal distribution of	Duplicates
Excellent	Greater than 70	Greater than 22.66	23.33	2.14	21
Very Good	60-70	21.32–22.65	31.11	13.59	28
Good	50-60	19.98 -21.31	26.66	34.13	24
Average	40-50	18.64-19.97	16.66	34.13	15
Acceptable	30-40	17.30 -18.63	2.23	13.59	02
Weak	Less Than 30	Less Than 17.29	00	2.14	00

The observation of the value of the standard levels determined by the T-degree for this characteristic according to the statistical base for the calculation of the T-degrees starting from the Z-degree, which represents the real point of interpretation of the values that fall within the weak level T-range within the range (20 to 80), as we note the variation in the values of levels Set with the ratio specified in the normal normal distribution, representing 31.11%, In the overall ratio of the sample, which is a large percentage for the level corresponding in the

normal distribution of moderation, followed by a good level within the field [21.31- 19.98] by 26.66%, which is lower than the ratio in the normal distribution of moderation, followed by excellent level within the field of crude grade [larger From 22.66] by 23.33%, these levels are different from the values of the levels that fall within the normal distribution. The individual is greater or less than the mean of his group. (Salman al-Janabi, 2016, p. 05).

Presentation and analysis of the results of determining predictive equations in terms of physical abilities in the study sample:

2.3 Presentation and analysis of the regression line equation on tests (mental perception, explosive force of the two legs, explosive force of the arms).

3.2.1 / Interpretation values for correlation coefficient and transmission coefficients:

Table (07) represents the explanatory values of the correlation coefficient and the determination coefficients of the transmission variable

Resum Sample				
Sample	The value of R	The value of R^2	The value of R^{2-}	Standard error in estimation
01	0.71	0.504	0.470	1.236
Predictive variables (constant): Mental perception * Explosive force of the two legs * Explosive force of the arms				
Dependent Variable: Transmission				

From the table (07), the three correlation coefficients, the simple correlation coefficient R, were (0.710), the determining coefficient was R2 (0.504), while the correction coefficient was R2- (0.470), which means that the independent explanatory variables (mental perception, strength) The explosive power of the two arms, was able to explain (0.710) of the changes in the required (skill transmission requirement) and the rest (0.290) attributed to other factors

- **Variance analysis values to see the explanatory power of the model :**

Table (08) represents the values of variance analysis to know the explanatory power of the model of the transmission variable.

ANOVA-model variance analysis		Total squares	Degree of freedom	Medium value	F value	Probability value SIG
1	Regression	6.677	3	1.754	0.632	0.804
	The remnants	5.454	2	2.924		
	Total	12.131	5			
Dependent Variable: Transmission						
Predictive variables (constant): Mental perception * Explosive force of the two legs * Explosive force of the arms						

As noted in the table above, it includes the values of the variance analysis, which can be defined by the explanatory power of the model as a whole by the statistical F and as can be seen from the table of variance analysis that the test value was F (0.632) and the probability value (0.800) of the multiple linear regression model from Statistical area.

❖ Fixed coefficient variable values and regression coefficients and their statistical significance for transmission:

Table (09) represents the values of the variable coefficient and regression coefficients and their statistical significance for the transmission variable.

Transactions Model		Non-standard transactions	standard transactions	Medium value	T value	Probability value SIG
		Beta	Error estimation	Beta		
1	Predictive variables (constant)	44.59	63.876		0.749	0.532
	The explosive power of the two men	0.384	0.583	0.440	0.659	0.578
	Explosive force of the arms	0.294	0.521	0.401	0.564	0.630
	Mental perception	-0.388	0.513	-0.542	-0.756	0.529
Dependent Variable: Transmission						

In the previous table, the value of the constant, regression coefficients and their statistical significance of the independent variables on the dependent variable, where we conclude that the independent variables (explosive force of the two men) was not statistically significant and according to the T test (at the level of significance P≤ 0.05), while not (The explosive force of the arms (statistically significant) at the level of significance P≤ 0.05 (where the probability value was 0.564, but the independent variable (mental perception) did not have a

significant effect in the multiple regression model and according to the T test, and through the foregoing the regression equations Using non-standard Beta (fixed limit) As follows:

Predictive transmission equation in terms of independent variables:

Skill Requirement Transmission = 44.59 + (0.384 × explosive force of the two men) + (0.294 × explosive force of the arms) + (0.388 × × mental perception).

3.3 Presentation and analysis of the equation of regression line preparation on tests (mental perception, explosive force of the two men, explosive force of the arms).

1.3.3 / Interpretation values for correlation and determination coefficients for setup

Table 10 represents the explanatory values of the correlation coefficients and the parameters of the setting variable.

Resum Model				
Model	The value of R	The value of R^2	The value of R^{2-}	Standard error in estimation
01	0.714	0.509	0.463	1.487
Predictive variables (constant): Mental perception * Explosive force of the two legs * Explosive force of the arms				
Dependent Variable: Preparation				

From Table (10) we note that the values of the three correlation coefficient, the simple correlation coefficient R, were (0.577), the determining coefficient was R2 (0.714), while the correction coefficient was R2- (0.463), which means that the independent explanatory variables (mental perception, compatibility) (Agility)

was able to explain (0.509) of the changes in the (skill requirement setting) required and the rest (0.491) due to other factors.

❖ Variance analysis values to see the explanatory power of the model of the

preparation:

Table (11) represents the values of the analysis of variance to know the explanatory power of the model of a variable for the preparation.

ANOVA-model variance analysis		Total squares	Degree of freedom	Medium value	F value	Probability value SIG
1	Regression	7.423	3	2.569	0.417	0.794
	The remnants	14.882	2	7.974		
	Total	22.305	5			
Dependent Variable: Preparation						
Predictive variables (constant): Mental perception * compatibility * agility.						

As noted in the table above, it includes the values of the variance analysis, which can be defined by the explanatory power of the model as a whole by the statistical F and as can be seen from the table of variance analysis that the test value was F (0.417) and the probability value (0.794) of the multiple linear regression model from Statistical area.

❖ Fixed coefficient variable values and regression coefficients and their statistical significance for the preparation:

Table (12) represents the values of the variable coefficient and regression coefficients and their statistical significance for the preparation variable.

Transactions Model		Non - standard transactions	standard transactions	Medium value	T value	Probability value SIG
		Beta	Error estimation	Beta		
1	Predictive variables (constant)	1.235	72.202		0.024	0.983
	Mental perception	0.666	0.839	0.672	0.794	0.511
	Compatibility	-3.523	4.987	-0.662	-0.706	0.553
	Agility	1.070	3.482	0.210	0.307	0.788
Dependent Variable: Preparation						

In the previous table, the constant value, regression coefficients and their statistical significance of the independent variables on the dependent variable are observed. (At $P \leq 0.05$), the probability value was 0.794, but the independent variable (agility) did not have a significant effect in the multiple regression model according to the T test.

Predictive equation of preparation in terms of independent variables:

Skill Requirement Setting = 1.235+ (0.666 × mental perception) + (3.523 - × compatibility) + (1.070 × Agility).

4/ Results:

The levels and outcomes of the standard levels of the study sample are determined as follows:

- The explosive force of the upper limbs is the highest percentage of the level (very good) and by 31.11%, which is higher than the ratio in the normal distribution of 13.59% and in the field of crude grade [21.32 - 22.65].
- The explosive force of the lower limbs is the highest percentage of the level (very good) by 25.55%, which is higher than the ratio in the normal distribution 13.59% and in the field of crude grade [45.48 - 48.49].
- The transition speed is the highest for the level (very good) and by 33.33%, which is higher than the ratio in the normal normal distribution 13.59% and in the field of crude grade [5.13 - 4.98].
- Agility is the highest for the good (34.44%), which is higher than the normal distribution ratio (34.13%) in the crude grade [9.53-9.09].
- Flexibility is the highest percentage of the level (very good) by 35.55%, which is higher than the ratio in the normal normal distribution of 13.59% and the field of crude grade [29.29 - 34.51].

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