

The Effect of the (Intuitive Sensory) Method in Learning the Performance of Some Basic Skills for the Players of the Blind Blinds Sports in Misan Governorate

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Abstract

The subject of educational methods and what it contains has received the attention of researchers in various scientific fields in recent years, especially the field of physical education and sports sciences, as it is considered one of the most important factors affecting the educational process and contributes to the availability of information in order to benefit from it in learning fencing skills, and the importance of research lies The necessity of using the optimal educational method (intuitive sensory) and that it be a scientific and educational attempt in order to raise the level of the players and their potential and abilities to achieve the required level of performance. As for the goal of identifying the effect of the method (intuitive sensory) in learning the skills of the blind weapon, as for imposing the research there is a positive effect of the method. (Intuitive sensory) in learning some of the skills of the blinds weapon, as for the research methodology, the experimental method was used for its suitability to the nature of the problem, and the research community was determined by the intentional method represented by the blinds players for the season 2020-2021, and their number (14) players were divided by lottery, (12) Including a main research sample, for each group (6) players, and (2) of them are a sample for the exploratory experiment, after which the method of measuring basic skills with a blind weapon was determined, then conducting the exploratory experiment and then The tribal tests, and then the educational units were applied using the (intuitive sensory) method, not for the members of the experimental group in order to facilitate learning the basic skills (under study). In order to achieve the goal of the study, the two researchers used the statistical bag for social sciences (SPSS) to extract the results of the study, and through the results the conclusions were reached, the most important of which is the preference of the experimental group that followed the method (intuitive sensory).

Introduction and importance of the research

The topic of educational methods and its contents has received the attention of researchers in various scientific fields in recent years, especially the field of physical education and sports sciences, as it is considered one of the most important factors affecting the educational process and contributes to the availability of information for its benefit, especially for novice players, and

since the method (sensory) is one of the Modern educational methods that contain two different, diverse and complementary poles, one with the other, which helps the individual in learning and acquiring basic skills, especially with the blind weapon, which is one of the individual games that has witnessed a remarkable development in recent years as a result of organized planning and its dependence on modern educational methods that favor learning Mastering the basic skills makes them develop remarkably and achieve the goals set that move the player in the right direction D Direction: The importance of the research lies in the necessity of using the optimal educational method (sensory - intuitive), and that it be a scientific and educational attempt in order to raise the level of players and their abilities and abilities to achieve them. Required level of performance.

Research problem

Through researchers' follow-up to the sport of fencing for the sake of wealth, players, especially beginners, have difficulty in learning basic skills, because they are difficult workmanship skills, and through this, pagans pay to see some methods. And modern learning methods, and found a new method TanayaQutb, an intuitive sensory method (researchers belief Yen Yassin is the process of learning basic skills and more than the usual learning, so it was to delve into this problem.

Research Objectives: The most important objectives were

Recognizing the effect of the (intuitive sensory) method in learning some basic skills for blind weapon players

Force search

There is a positive effect of the (sensory-intuitive) method in learning some basic skills for blind players.

Search ranges

- ✓ The human field: Fencing players aged (11-13) who belong to the Specialized Center for Fencing in Misan Governorate for the 2021-2022 sports season.
- ✓ Time range: for / 23/1/2020 until 5/5/202 1 PM.
- ✓ Spatial domain: The gymnasium for fencing in the Al-Hussein neighborhood youth center.

Methodology Research area and procedures

Research Methodology:The use of the experimental method with the method of testing the equivalence of total tin with yen before and after

The research community was determined by the intentional method, represented by the cubs players aged (11-13) years who belong to the Specialized Center for Fencing in Misan Governorate for the 2021-2022 sports season, and their number is (14) players divided by lottery, (12) of them are a main research sample, for each group) 6) players, and (2) of them are an exploratory experiment sample, after which parity was conducted for the experimental and control groups using the appropriate statistical means, as shown in tables (1).

Table (1) shows the equivalence of the two research groups (control and experimental)

morale	probability value	calculated (t) value	control group		experimental group		measuring unit	Transactions of the statistical Test name
			±p	s	±p	s		
insignificant	0.235	1.252	0.404	2.046	0.297	2.283	Degree	standby
insignificant	0.690	0.408	0.756	2.286	0.535	2.429	Degree	normal progress
insignificant	0.822	0.229	0.535	2.571	0.627	2,643	Degree	the usual retreat
insignificant	0.522	0.660	1.180	2.143	0.809	1.786	Degree	stabbing movement

Degree of freedom (n-2 (12=2-14) (and significance level (0.05)

Planning system of the Alodoa t and means of gathering information

Setups

- (Sony) No. 2 electronic stopwatch of Japanese origin.
- Sony video camera No. 2 Japanese-made.
- Type of plasma screen (Panasonic) number (1)
- PRINCO No. 10 cylinders.
- Medical device for measuring height and mass of English origin.
- Computer for data type processing (Lenovo)
- Researchers-made electric lozenges.

Tools

The fencing player's equipment (rotating weapon - muzzle - glove - fencing suit - socks - shoes)
 No. (7)

- Fence area (2)
- Protective eye bands (7)
- Measuring tape (5 0 m) to measure distances in centimeters.
- Packet of colored tape (width 5 cm) no. (4)
- The goals are hanging on the wall (posters) no. (4)
- Whistle type (fox) (2)
- Number of posters (12)

Means of collecting information

The following means were used

- International Information Network (Internet)
- Arab and foreign sources
- Note

- Auxiliary staff.
- Personal Interviews: Some specialists in the field of motor learning and fencing were interviewed to benefit from their opinions on the research topic.

Field research procedures

Determining the basic skills

After reviewing the scientific sources in fencing, a questionnaire was designed for the purpose of determining the basic skills of the fencing weapon and then presenting it to the experts and specialists who were promoted (8) experts. Experts and specialists, for the proposed purpose of demonstrating the validity of skills by noting one of the two alternatives related to the proposed skill (appropriate, not suitable), and Bloom's criterion was used to accept skills that obtain (75%) or more ([1]), and Table (2) shows the validity of Basic skills of a blind weapon.

Table (2) It shows the percentage of approval of experts and specialists in determining the most important basic skills

admissions	percentage	do not reach h	fit	determinants	No
acceptable	%100	0	8	standby	1
acceptable	%100	0	8	normal progress	2
acceptable	% 75	2	6	the usual retreat	3
acceptable	% 75	2	6	stabbing movement	4

Determine how to measure the performance of the skills of basic weapon epee (under discussion)

After obtaining information from many scientific sources and references, it was determined how to measure the performance of basic skills, and with this design, the level of performance skills of the model (under study, grade (1-10)) is evaluated according to the educational unit and the Department of Education (3 grades) and the main section (4 marks) and the last section (3 marks), then the sum of the marks of the sections and the distribution of the form on the day of the tribes and the remote was taken. Tests of three experienced and experienced judges in the field of fencing, and by observing the performance of the players, the marks were given, the performance was evaluated, and then given The score of each player by taking the arithmetic mean of the three judges.

Forms of educational curricula according to the (intuitive) method: - A curriculum prepared by the researchers according to the (intuitive) method, which does not charge money for the experimental group, in order to facilitate it. He learned some basic skills for epee weapon players, who are accredited in this field from their experience and expertise, and the implementation of the training curriculum took (8) weeks, with (3) educational units per week (Saturday - Monday) - Wednesday) and the number of (24) educational units applied during the period From Saturday 6/2/2021 to Saturday 6/3/2021. 90 minutes for the unit. The unit was divided into three sections, the preparatory section (15) minutes, which contained (5) minutes of general warm-up (10)

minutes, and the main section, which contained (20) minutes, was divided into (5) minutes. Some illustrations were shown on poster format and video presentation (Dasha), and (15) minutes showing how to perform the skill. As for the practical part, it gave (45) minutes, which included exercises on the intuitive sensory method. As for the last section (10) minutes, taking into account the application of the skills acquired in a previous unit to the next unit to confirm and link them with other or new skills, and Table No. (3) Shows the details of the educational curricula.

Table (3) Among the details of the educational units

basic skills	Date	Today	educational unit	the week	No
standby	2 / 6	Saturday	first	the first	1
standby	2 / 7	Monday	the second		
Standby pause + normal progress	2 / 10	Wednesday	the third		
normal progress	2 / 13	Saturday	the fourth	The second	2
normal progress	2 / 15	Monday	Fifth		
Standby Pause + Normal Advance + Normal Regression	2 / 17	Wednesday	VI		
the usual retreat	2 / 20	Saturday	Seven	the third	3
the usual retreat	2 / 22	Monday	eight		
Standby pause + normal advance + normal retreat + challenge	2 / 24	Wednesday	ninth		
stabbing movement	2 / 27	Saturday	tenth	the fourth	4
stabbing movement	3 / 1	Monday	eleventh		
Stand ready + advance + retreat + challenge	3 / 3	Wednesday	Twelfth		
Stand ready + advance + retreat + challenge	3 / 6	Saturday	Thirteenth	Fifth	5

Survey experience:

The exploratory experiment was conducted on (1/1/30/2020) on two players in the fencing hall in the Al-Husseini neighborhood youth forum affiliated to the Ministry of Sports and Youth, and the hypothesis of this experiment was the following:-

- ✓ Familiarity with the equipment and tools used in the tests.
- ✓ Knowing how long the tests take during the application.
- ✓ Knowledge of the assistant work team on how to implement and document the tests.
- ✓ Extracting the scientific basis

Tribal tests: The tribal tests of the skills studied were conducted after they were presented to experts and specialists on 5-2/12/2019 in the fencing hall, Al-Hussein neighborhood.

Application of the educational curriculum: The curriculum was implemented with three educational units per week for a period of (5) weeks. The skill is seen in its initial form by displaying some samples of illustrations of the given skill in the form of (posters), with clarification by the coach, and then the model is applied in front of the players. As for the practical side (50 d) it contained five exercises for each unit, Where the time was distributed equally to those exercises for each exercise (10 d), and then moved to the final section (10 d), where in this section some recreational games are applied and then the tools are collected and returned to their place, the educational curriculum was implemented by a trainer Fencing Specialist Center.

Post-tests:

After completing the application of the educational curriculum, the researchers conducted the post-tests of the experimental research group on Friday, 7/3 / 2021 in the same place and time in which the main tests were conducted. Adopting the same procedures in terms of time and place, the tools used and the work team, and creating all the circumstances surrounding the tribal tests, in order to avoid the variables that could affect the results of the posttests among the members of the research sample.

Statistical means:

In order to achieve the goal of the study, the researchers used the statistical bag for social sciences (spss): (percentage law, arithmetic mean, standard deviation, median, T-test for corresponding samples).

Presentation, analysis and discussion of the results:

The researchers presented the results of the tribal and remote tests of the research sample by displaying the arithmetic means and standard deviations in illustrative tables after performing the necessary statistical operations for them in order to observe the results, as well as making a comparison between the experimental and control groups in the tribal and remote tests and in the post tests between the two groups in order to achieve a goal search.

- ✓ Presentation, analysis and discussion of the results of the pre and post tests for the experimental and control groups:
- ✓ Presentation, analysis and discussion of the results of the pre and post tests of the experimental group for the basic skills of the players of the shutter gun:

Table (4) shows the results of the arithmetic means, standard deviations, the calculated (t) value of the correlated samples, the probability value and the significance of the difference for the pre and post tests of the experimental group for the basic skills of the shutter weapon

Type indication	the value probability	(t) Values calculated	dimensional		tribal		measuring unit	Transactions stats
			±	s	±	s		

								Test name
moral	0.00	14,302	0.977	7.141	0.297	2.283	Degree	standby
moral	0.00	13.748	0.976	8.429	0.535	2.429	Degree	normal progress
moral	0.00	19.072	0.699	8,786	0.627	2,643	Degree	the usual retreat
moral	0.00	17,686	0.627	8.857	0.809	1.786	Degree	stabbing movement

Degree of freedom (n-1) (7-1=6) and significance level (0.05)

By looking at Table (4), which shows the results of the pre- and post-test for the experimental group in assessing the performance of the standby pause, the arithmetic mean of the pre-test results reached (2.283) degrees, with a standard deviation of (297.0), while the arithmetic mean in the post-test reached (7.141) degrees, And with a standard deviation (0.977).

When using the (t-test) law for the interconnected samples, the calculated (t) value (14.302) appeared below the significance level (0.00), which indicates its significance at the significance level (0.05) and with a degree of freedom (6), and thus the difference is statistically significant and in favor of the post test.

In evaluating the performance of the normal progress, the arithmetic mean of the pre-test results reached (2.429) degrees, with a standard deviation of (0.535), while the arithmetic mean in the post-test reached (8.429) degrees, with a standard deviation of (0.976), and when applying the (t-test) law for correlated samples, The calculated (t) value was (13.748), below the significance level (0.00), which indicates its significance at the significance level (0.05) and with a degree of freedom (6), and thus the difference is statistically significant and in favor of the post test.

As for evaluating the performance of normal regression, the arithmetic mean of the pre-test results reached (2.643) degrees, with a standard deviation of (627.0), while the arithmetic mean in the post-test was (8.786) degrees, with a standard deviation of (0.699).

When using the (t-test) law for the interconnected samples, the calculated (t) value (19.072) appeared below the significance level (0.00), which indicates its significance at the significance level (0.05) and with a degree of freedom (6), and thus the difference is statistically significant and in favor of the post test.

In the stabbing movement test, the arithmetic mean of the pre-test results reached (1.786) degrees, with a standard deviation of (809.0), while the arithmetic mean in the post-test reached (8.857) degrees, with a standard deviation of (0.627).

When using the (t-test) law for the interconnected samples, the calculated (t) value (17.686) appeared below the significance level (0.00), which indicates its significance at the significance level (0.05) and with a degree of freedom (6), and thus the difference is statistically significant and in favor of the post test.

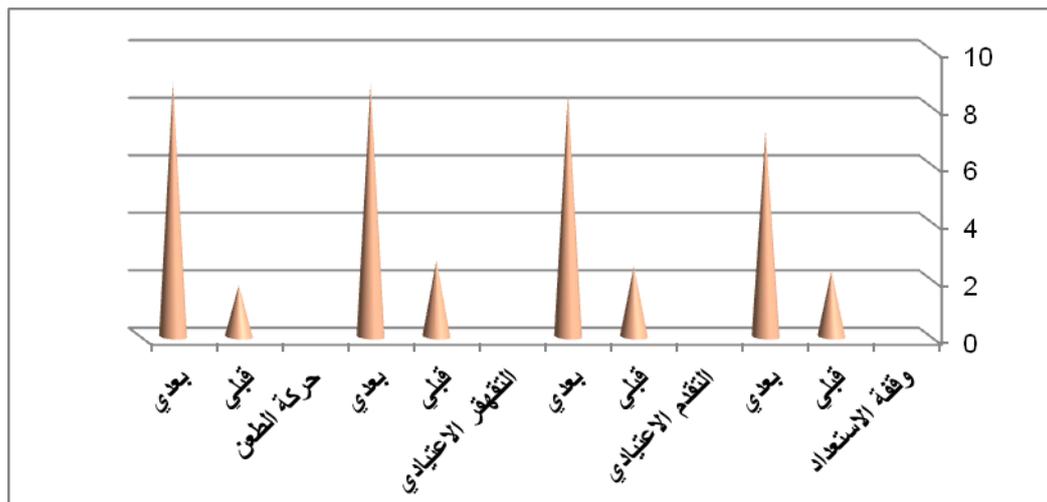


Figure (1) shows the arithmetic means of the tribal and background tests of the experimental group in the basic skills of hookah players

Discussing the results of the tribal and remote tests of the experimental group in some basic skills of hookah players:

The results of the pre and posttests of the skills identified in the research and shown in Table (4) showed that the experimental group followed the intuitive sensory method that led to the acquisition and learning of skills (preparation pause, regular progress, regular withdrawal, challenge movement) among learners and this is evident through the results of the tests. The researchers attribute this development to the experimental research group as a result of the positive effect of the prepared educational units. According to the method and the various exercises it contains, which have been prepared according to the dimensions of multimodal mental perception (sensory perception) that were given during the educational units with the availability of conditions commensurate with the nature of the learner and the education of the environment. It motivates players and achieves optimal performance, and ONES and researchers see this approach as having a positive role in stimulating reception leading to a better picture of the skill to be learned and thus more comprehensive mobility programs lead to better learning.

And that the ethical differences in the subsequent tests that characterized the experimental group came as a result of the desire and motivation of the learners and diversity, in order to generate the desire and motivation of the players to make them reach the level of good private performance when the researchers strengthen the educational units with a large number of diverse and advanced sensory exercises, and make each player lead Exercises by number of stimuli, emphasizing correct performance during application of the data skill, thus making progress. Who are clearly educated in this skill statement?

Presentation and analysis of the results of the tribal tests and the subsequent control group in the basic skills of the curtain weapon and their discussion:

After unloading the data for the pre and posttests of the control group of researchers and processing them statistically as shown in Table No. (5)

Table (5) Displays the results of pre- and post-tests of the control set for basic skills using the hookah weapon

indication	probability value	(t) Values calculated	dimensional		tribal		measuring unit	Statistical coefficients Test name
			±	s	±	s		
moral	0.00	7.350	0.538	4.474	0.404	2.046	Degree	standby
moral	0.02	3.154	1.890	5.285	0.756	2.286	Degree	normal progress
moral	0.02	3.090	1.880	5.071	0.535	2.571	Degree	the usual retreat

The result of the stabbing movement 2.143 1.180 4.786 1.220 3.998 0.01 Significant

Degree of freedom (n-1) (7-1 = 6) and level of significance (0.05)

See through the table (12) that shows the results of the group test before and after the test in the basic skills, it is clear that the arithmetic mean of the pre-test ready for the ready test is the arithmetic mean of the test results. The result of the pre-test (2.046), with a standard deviation (404.0), and the arithmetic mean in the post-test (4.474), with a standard deviation of (0.538), and when using the (t - test) law of the anchors. A sample calculated with a value of (t) (7.350) appeared below the significance level (0.00), which indicates Manwatha at the level (0.05) and the degree of freedom (6), and therefore statistically significant differences in favor of the job.

In the uncommon progression test, the arithmetic mean of LGA for pretest results was (2.286) score, standard deviation (0.756), while in post-test the arithmetic mean was (5.285) score, and standard deviation was (1.890) and when applying Law (t - t est) for correlated samples The calculated (t) value (3.154) is less than the level of significance (0.02), which indicates what is at the level (0.05) and the degree of freedom (6). Therefore, the difference is statistically significant in favor of the posttest.

In the test retreat, the arithmetic mean of the pre-test results was (2.571) score, with a standard deviation (0.535), while the arithmetic mean in the post-test was (5.071), with a standard deviation (1.880).) And when using the law (t - t est (for correlated samples), a calculated t-value (3.090) appeared below the significance level (0.02), which indicates what is at the level (0.05) and the degree of freedom (6), and therefore statistically significant differences in favor of the test dimensional.

And the appeal movement test, the arithmetic mean of the pre-test results was (2.143) degrees, with a standard deviation (1.1 180), while the arithmetic mean in the post-test was (4.786) degrees, with the standard deviation (1,220). When using the law (t - test (for correlated samples, a calculated t-value appeared (3.998)) under the significance level (0.01) indicating Manoatha at the level (0.05) and the degree of freedom (6) and so, the difference is statistically significant in favor of the post test.

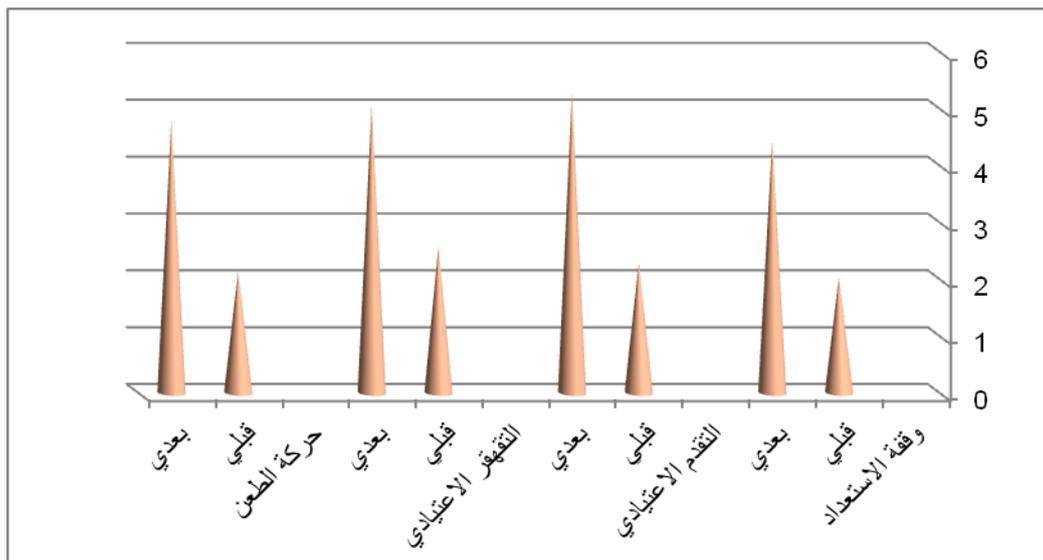


Figure 2 shows circuit calculations for clan tests and group control dimensions for the basic skills of Epee players

Discussing the results of the tribal and remote tests of the control group in some basic skills of blind players:

Note in Table No. (5) There is an evolution of the control group in Mehr A. The gist of the following (pause, normal, undo normal, resume movement)

The researchers attributed the reason for the development of the control group to the regularity of the units assigned to it according to the usual educational curriculum by a specialized trainer in the fencing center, as well as the repetition in performance and the continued application of the designated units. To teach basic skills with a weapon in the fencing game.

This was confirmed by (Qassem, 1998) "The goal of this stage is to acquire motor skills in general, not complete mastery and stability in the art of motor performance. Rather, the main objective should be that they acquire the ability to perform the various movements to an acceptable degree, so that the learner will be able to be economical in making the effort." (1)

Therefore, we find that the control group made a difference in learning the foal when (temporary readiness, normal progression, habitual withdrawal, resumption of movement) as a result of repetition and practice through educational units that use the method used by the pain pathway. The main objective of each unit is to deliver the material to be learned by the learner, and also that the development of the level of performance of the skill is due to the members of the control group obtaining the repetition of the skill for each of them. Orientation is one of the most important factors in a learner's acquisition of movement. [(2)

The researchers also see a control group that developed in the acquisition of knowledge through experience and blame T. acquired by learners during the educational units through the educational part during the units.

Presentation and analysis of the results of the post-tests of the experimental and control group in the basic skills of hookah players (under study) and their discussion:

After unpacking the data of the two post-tests for the experimental and control groups of researchers and processing them statistically as shown in Table (6)

Table (6) Displays the results of the post-tests of the experimental and control groups for the skills studied

indication	probability value	Values(T)calculated	control group		experimental group		measuring unit	Statistical coefficients Test name
			±	Q	±	Q		
moral	0.00	6.327	0.538	4.474	0.977	7.141	Degree	standby
moral	0.00	3.910	1.890	5.285	0.976	8.429	Degree	normal progress
moral	0.00	4.899	1.880	5.071	0.699	8,786	Degree	the usual retreat
moral	0.00	7.854	1.220	4.786	0.627	8.857	Degree	stabbing movement

Degree of freedom (n-2) (14-2 = 12) and level of significance (0.05)

By displaying Table No. (13) the results of the post-tests for the experimental and control groups, it is clear to us that the arithmetic mean of the readiness pause has reached the arithmetic mean (7.141) of the experimental group's score with a standard. (0.977) while the arithmetic mean of the control group was (4.474) and the standard deviation (0.538) and when using the law (t-test) for unrelated samples where the (calculated) value of (calculated) was 6.327 (less than the significance level 0.00), which indicates on its importance at the level of significance. (0.05) and the degree of freedom (12), so the difference is significant and in favor of the experimental group.

In the test, the usual arithmetic mean was (8.429) of the experimental group's score, and the standard of deviation was (0.976), while the arithmetic mean of the control group was (5.285) the score, and the standard of deviation was (1.890), when using. The law (t-test) for uncorrelated samples as a value (t (calculated) 3.910 (less than the significance level (0.00), which indicates its significance at the level of significance (0.05) and degree of freedom (12)), so that the difference is significant and in favor of the experimental group.

The regression test was the usual arithmetic mean (8.786) score for the experimental group, the standard deviation (0.699), the arithmetic mean for the control group (5.071) and the standard deviation (1.880)

When using the (t-test) law for uncorrelated samples where the (calculated) t-value is 4.899 (less than the significance level (0.00) which indicates its importance at the significance level (0.05) and the degree of freedom) (12)), so the difference is significant in favor of experimental group.

The test challenged the movement of the mean of the experimental group (6.044) degrees, and the standard of deviation was (0.560), while the arithmetic mean of the control group was (4.070) degrees, and the standard of deviation was (0.678)

When using the (t-test) law for uncorrelated samples where the (calculated) t-value is 5.937 (less than the significance level (0.00) which indicates its importance at the significance level (0.05) and the degree of freedom) (12), so the difference is significant in favor of experimental group.

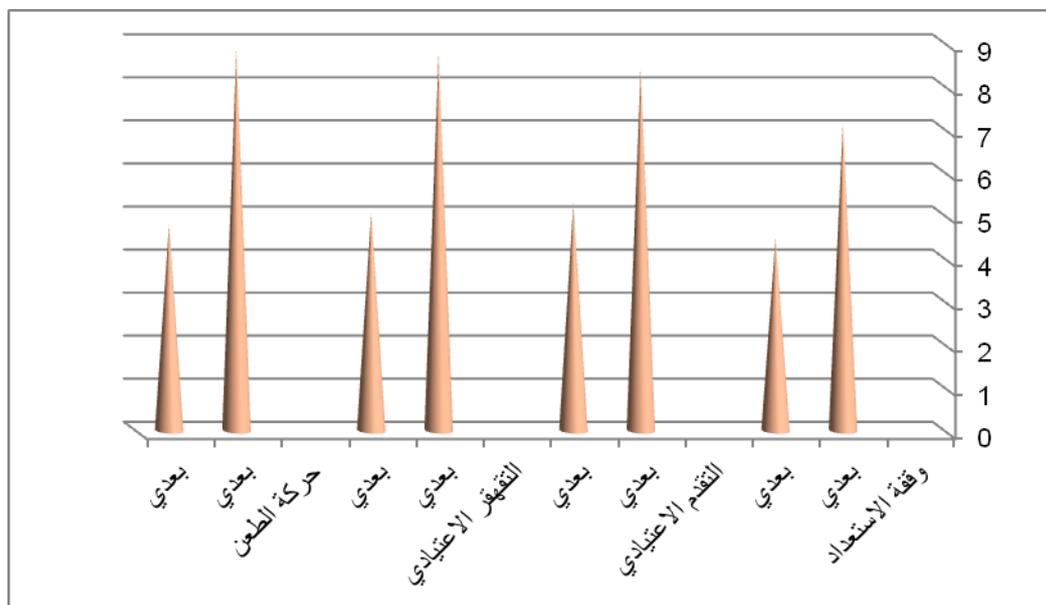


Figure (3) shows the arithmetic means of the post-tests of the experimental and control groups in the basic skills studied

Discussing the results of the post-tests of the experimental and control groups in the basic skills of the player with the blind weapon (under study):

Through Table (5) presenting the results of the post-test for the control and experimental groups, that there are statistically significant differences in the skills under research and in favor of the experimental group that followed the method (intuitive sense) given to the players in the experimental group.

The researchers attribute the moral differences in the experimental research sample to the various (intuitive) style exercises that were introduced into the vocabulary of the educational units, especially in the main section of these units, which helped to mobilize the energies inside the players due to the excitement, challenge, suspense and enthusiasm that these exercises carry As well as dividing the learners in the form of groups, which increases the quantity and quality of feedback. He states (YarubKhion 2002) “that feedback is the most powerful and controlling variable on the learner’s performance, and that there was no improvement without feedback (1), and the instructions and directives What the learner receives among the group members makes the learner an active and effective element in the learning process and not just a receiver of information, unlike the instructions and directions he receives from the trainer only.

The researchers also attributed the superiority of the post-tests to the experimental group, the reason for the way the exercises are carried out according to the style desired by the novice player during the educational units, especially when there is an explanation of the teaching aids and how to perform the skill with a detailed explanation by the trainer. On learning motor skills more than those who did not have extensive information before learning (2).

Conclusions and Recommendations

Conclusions: The most important conclusions were:

The intuitive sensory style has a good effect on the studied skills of the experimental group.

Recommendations

- 1- Focusing on the use of the intuitive sensory method during learning the basic skills of the blind weapon.
- 2- Conducting similar studies for other specializations and activities.

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Supplement (2)

Shows a model of an educational unit according to the intuitive sensory style

Educational goal: Teaching the skill of shooting from the number of players: (6) players Stability according to the method (sensory intuitive) Day and date:

Educational goal: accustoming players to cooperation

Unit time: 90 minutes

Observed data	Skill content SPA Loeb implemented a	time		sections	No
To ensure a good and sequential warm-up	General warm-up (exercises to prepare the organs, muscles and joints of the body in general).	6m	13m	A pastor ofa to preparatory	1
	Special warm-up (exercises to prepare muscle groups for the skill).	7m			
Understand what the skill includes without memorizing because memorization leads to fading.	Giving an introduction to the skill to be learned from and the purpose of using it , as well as mentioning the steps to learn it with an explanation of the correct body position during performance , and then applying it by the model in front of the players.	educational		Section	2
	Details	Applied	70m		
Use of visual media such as posters and video recording	the way of performance	Applied		Of the view was expressed as the	
	exercises				
	The application of the exercise with giving verbal feedback and showing illustrative graphic models to the players while they are shooting.	Exercise :(1) The players stand in front of a wall with a distance of 4) m , (and each of them is provided with a ball, and when instructed, the shooting is performed from stability towards the goals hanging on the wall.			
Emphasis on the use of verbal instruction during the video presentation	Watching the coach performing the exercise with the verbal explanation during the application by him, then it is applied by the players with repetition.	Exercise :(2) The players are divided into two groups with a ball, and each group stands on a circle with a diameter of (10) meters. We put a medicine ball in the middle of the circle and the players try to hit the medicine ball.			
	Watch an explanatory video on how to implement the exercise with verbal explanation while watching the video.	Exercise :(3) The players stand in two groups in front of the goal and on a line (6) and shoot on a poster containing 5 squares inside the goal.			

			educational			
			30m			
			30m			
	Mini game.		5m		Final section	3
	Calming exercises _ return the tools to finish the educational unit.		5m	10m		