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## ФОКУС ЗРЕНИЯ И ЕГО ВЛИЯНИЕ НА ТОЧНОСТЬ БЛОКИРУЮЩИХ ДЕЙСТВИЙ В СИДЯЧЕМ ВОЛЕЙБОЛЕ

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**Аннотация**

Значение проведенного исследования в признании влияния зрительного фокуса на точность блокирующих действий в сидячем волейболе очевидно. Мастерство блокировки требует широкого поля зрения, что обусловлено разнообразием требований и неожиданными игровыми ситуациями. Исследуемая проблема отражает недостаточность внимания со стороны тренеров к развитию зрительных возможностей игроков, как в форме консультирования, так и в тренировочной форме. Тренировка зрительного аппарата и расширение возможностей распознавания двигающихся объектов вокруг игрока имеют особое значение в спортивной подготовке. На основании этого утверждения авторы статьи предложили провести исследование существующих проблем в подготовке игроков, выявив взаимосвязь между зрительным фокусом и точностью блокирующих действий в сидячем волейболе. Научное исследование направлено на определение фокуса зрения игроков волейбольной команды спортивного клуба Дияла, а также на обоснование взаимосвязи зрительного фокуса с точностью блокирующих контактов в сидячем волейболе. Авторы выдвинули гипотезу, согласно которой существует прямая взаимосвязь между зрительным фокусом и точностью блокировки в сидячем волейболе. В качестве методов исследования использовались описательный и кор-

реляционный подходы. В исследовании принимало участие 16 игроков в сидячий волейбол спортивного клуба Дияла. На завершающей стадии научного исследования авторы представили полученные данные для открытого обсуждения, результатом которого стал вывод, подтверждающий взаимосвязь между фокусом зрения и точностью блокирующих контактов. Тренерам, участвующим в подготовке команд в сидячем волейболе, рекомендовано обратить особое внимание на тренировку зрительного аппарата игроков. Доказано, что расширение поля зрения игроков приводит к увеличению точности блокирующих действий в сидячем волейболе.

**Ключевые слова:** зрительный фокус, мастерство блокирующих действий.

## THE VISUAL FOCUS AND ITS RELATIONSHIP TO THE ACCURACY OF BLOCKING SKILL IN SITTING VOLLEYBALL

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**Abstract**

The significance of this paper in regards to recognizing the visual focus and its relationship to the accuracy of blocking skill in sitting volleyball has become prominent since this skill needs extensive visual focus for the multitude of its requirements and what happen unexpectedly during performing this game. The research problem presents the lack of attention paid by coaches in respect to coaching the players within both processes of instructing and training them on developing their visual capabilities, including the visual focus in order to acknowledge all variables which surround the player. For this reason, the researchers proposed to investigate the above mentioned research problem and to identify the relationship between the visual focus and accuracy of blocking skill in sitting volleyball. The research aims at identifying the visual focus of Sitting Volleyball Team Players / Sport Club of Diyala, as well as at recognizing the visual focus and its relationship to the accuracy of blocking skill in sitting volleyball. The researchers hypothesized that there is morale relationship between the visual focus and the accuracy of blocking skill in sitting volleyball. In regard to research methodology and field procedures, researchers have used the descriptive approach of relations of correlation. The sample of the research constituted of (16) players i.e. the players of Sitting Volleyball Team in Diyala Sport Club. Finally the researchers presented and discussed the results they had already reached at and concluded that there is a positive relationship between the Visual focus and the accuracy of blocking skill in sitting volleyball. The researchers recommended that more attention should be paid by coaches particularly in regards to developing the Visual focus for its positive effect on accuracy of blocking skill in sitting volleyball.

**Keywords:** Visual focus, blocking skill.

### Section One

### 1. Introduction.

### 1 Introduction and Significance of Study:

Most of the scientific and technological achievements are in fact fulfilled by the virtue of productive thoughts of creative intellectuals. Since our society live in a rapidly changing environment, particularly in the field of sports, so by all means the research and scientific studies in the field of sports should pay more attention to develop various technical and psychological skills and capacities, and special traits and information which are demanded by all types of different sports activities to achieve the best level of sport achievement. The modern philosophy of Education called researchers to pay more attention to cognitive psychology particularly in the area of specialization, and to processes of instruction and training in order to enable an individual to cope with difficulties and upgrading sports levels. The level of performance in all sport games has been developed, including sitting volleyball, specifically in developed countries in sports field, which have a distinctive impression in regard to performance in all cognitive, physical, technical and psychological aspects. Wining the volleyball match depends on so many variables, at the top of them, the Visual capabilities. Thus we must study these capabilities and pay more attention to them, since such capabilities did not receive sufficient attention in the sports

field. The Visual capabilities were confined to medical aspect of ophthalmologists, and Sports instructors and athletic coaches did not pay any attention to these capabilities or realizing their significance and impact on the results of any match either. Visual focus is the ability of a person to fix attention on a chosen specific stimulant for a specific period of time. The motor performance requires visual aspects to realize all variables and capacity of handling in correct way for avoiding any mistakes and considering the visual sense as the basic one and to react by performing the movement. Due to the multiple skills of volleyball which require cognitive, physical and skillful abilities, planning and visual focus that enable the players to meet the requirements of quick playing because the nature and laws of this game and unlimited time of the match and hence the team should end the handling with three touches. All these variables require volleyball players to have multiple capabilities, among them the capacity of visual focus. Therefore, any weakness in scope or the range can weaken the performance and consequently leading to loss the process of handling the ball and losing the match.

Based on what is mentioned up to now, this study seems important as it contributes to the knowledge in which the researchers seek to identify the visual focus and its correlation to the accuracy of blocking skill as it needs a variety of requirements and what happen unexpectedly during the performance of this game.

**1-2 The Problem:**

The volleyball game is one of the exciting sports group athletics which requires more attention in regards the Visual aspects. This game is of multiple skills which needs good visual capabilities and visual focus, so that enabling players to observe, realize and respond to many variables in an effort to avoid any error and consequently losing the game scores. Blocking skill is one of the most significant skills as it requires such actions for many variables that occur during the performance of this game. Among these variables are the opponent side player who hits the ball offensively, competitors, teammate, the ball, position of the net and the empty space in the opponents' side court etc.… . Due to the importance of Visual focus in sitting volleyball game, so the main research problem can be briefed with poor attention paid by coaches on training players to develop visual capabilities, including the Visual focus to identify, realize and respond correctly to variables which surround the players in order is to perform the required practice of motor. Thus the researchers proposed to study such case and to recognize the relationship between the Visual focus and the accuracy of blocking skill in sitting volleyball.

**1-3 Research Objectives:**

This paper aims at

1. Recognizing the Visual focus of Sitting volleyball players in Sports Club of Diyala.

2. Identifying the relationship between the Visual focus and the accuracy of blocking skill in sitting volleyball.

**1- 4 Research Hypothesis:**

It is hypothesized that there is an incorporeal or morale relationship between the Visual focus and the accuracy of blocking skill in sitting volleyball.

**1-5 Research Areas:-**

**1-5-1- The Human Field**

The research sample is composed of Sitting Volleyball Players in Diyala Sports Club.

**1-5-2 Temporal Domain.**

For the period from 7$^{th}$ of September 2014 until 10$^{th}$ of April 2015

**1-5-3 Spatial Domain.**

- It took place inside the indoor hall or gymnasium of Diyala Sports Club.
- The experiment has been carried out in Psychological Research Laboratory of the University of Baghdad.

**1-6 Definition of Terms.**

The Visual Focus: is a person's ability to turn his/her attention on certain chosen stimulant for a specific time (191:16).

**Section Two**

**2. Theoretical Studies.**

**2-1 The Visual Focus:**

The Volleyball player faces many visual variables and stimuli during the match wherever the player should be conscious of it, realizing its particles and acting properly towards it. This requires improving the visual focus since it is one of the fundamental requirements to win the match. Volleyball player should have a visual focus through which he can perceive and realize the surrounding variables.

The visual focus is defined as a person's ability to fully turn his attention on certain chosen stimuli for a specific period (191:16). It is the spatial extent in which the visual or optical system becomes quite sensitive to any visual stimuli, which can be measured in degrees. The normal person can see in the range of vision of (150 degrees) with one eye and (180 degrees) with both eyes. (78:9) is the range that can be seen by eyes in a certain moment (21). The eyes look to the human head and human body as horizontal and vertical vision lines, called visual fields, as these fields of vision extend to the whole range of vision of the space that can be seen without any change in fixing the eye (138:15).

**2.1.2 Blocking Skill in Volleyball:**

Blocking Skill is considered one of the basic and important skills in the process of defending in front of any opposing spiked ball as it represents the first effective defensive line against any attack from the opponent team. It is a defensive play, combining one or more front row players near the net, jumping highly and extending their one or both forearms and meant to intercept a spiked ball from the opposing team spikers over the top edge of the net (99:14). Blocking skill is an attempt by any two or more front row players , with vertical jumping, and using forceful hit by raising their forearms over the top edge of the net in order to intercept the ball that results in the hitting of the ball into the opponent's court (2 :86). The block helps the team players to hold the proper defensive positions. In addition, block can leave a psychological impact on players of the opposing team and distracting their attention. Therefore blockers should be very sharp-witted players with opponents (7:62). The blocking skill includes two types (4 :110-111).

1- Defensive Block: its main goal is to soften the power and to slow down the speed of the spike, deflecting the hard-driven ball up by opposing team so that it becomes easier to be defended by defenders and pass the ball to the designated player to hit the ball into the opponent's side.

2- Attack Block: through points can be scored directly by successful attempt of blocking a spiked ball from opponents' team.

Blocking is also classified according to the number of players involved. Thus, one may speak of block with one player, two players, or three players block (13 :245 ).

**Section Three**

**3. Research Methodology and Field Procedures**

**3.1 The Research Methodology:**

The researchers used the descriptive method of correlation coefficient approach as it is consistent to the nature of the investigated problem. The descriptive method is an attempt to determine the relationship between two or more variables adaptable to the relationship, and the degree of that relationship. It is to identify whether or not there is a relationship between variables or using them with aim of prediction (11: 103).

**3-2 Research Sample:**

The researchers chose the research community from players Sitting Volleyball of Diyala Sports Club for the season of 2014-2015 who are registered officially with Union. They were (16) players, but back row defender and his alternative alongside two players have been excluded for exploratory testing. Thus, the research sample included just (12) players.

**3-3 Tools, Means and instruments of Collecting Information**

**3-3-1 Instruments used in Research:**

1. **Peripheral Perception System**

Through this test (apparatus), which belongs to The Vienna Test System of (Schuhfried Company) , potentials of screened person can be examined in regards to perceiving, feeling, or realizing the stimulants which are derived from his surrounding environment. It is also considered an accurate and objective measuring tool of the visual perception field. For this purpose, this apparatus grabs the attention of the screened person at the center of the Visual focus. The screened person must do an exercise of a movement follow-up while optical peripheral stimulus are being recorded, wherein the screened individual should generate certain reactions towards these stimuli. This unit requires an additional serial port USB to be linked to the computer. This test is designed to assess the perception and processing of external visual information. The good visual perception is considered a necessity for many activities carried out by human beings and machines together. The testing of the peripheral perception through this apparatus is composed of the following three components:

**A. Main part of the device consists of the following components:**

* Peripheral external screen (in form of two wings), consisting of small lighting LED Matrix with 8 arrays and 64 columns on each side (of the right wing and the left wing).

* Lightning stimulants from the center to the periphery of the field of the vision of the screened individuals.

Ultrasonic Distance Meter Measurer: it records the position and remoteness of screened individual's head in front of the computer screen (monitor). The distance of the screened person should not outreach the designed distance which ranging (40-60 cm) as shown in the following figure:

**Figure (1) shows Main Unit of Peripheral Perception Device**

**B**. Universal Response Panel: is a universal input panel operated by screened persons when responding to Vienna Test System, and to all the tests in that system, including Peripheral Perception Test. This Universal Response Panel consists of the following parts and components:

* Seven color keys (red, blue, yellow, green, white, gray and black).

* Ten number keys (1, 2, 3, 4, 5, 6, 7, 8, 9 and 0).

* One sensor key (golden color).

* Two twist buttons (white color).

* Two analogue joysticks.

* Connection for foot pedals - analogue.

* This panel can be connected to the computer through a USB port.

For more information about this panel, look into the following figure:

**Figure (2) shows universal response panel**

**C. Digital Foot Pedals: (**1 pair of analogue foot pedals (left & right))

In addition to the above mentioned Universal Response Panel, a pair of Foot Pedals are required (R stands for right foot, and L stands for left foot) which are placed on the ground in front of screened individual in order to record the activities and put the scale of measurement into effect. The analogue foot pedals are connected to the Universal Response Panel.

These foot pedals are typically linked to a special socket located at the rear of the Response Panel, as shown in the following figure:

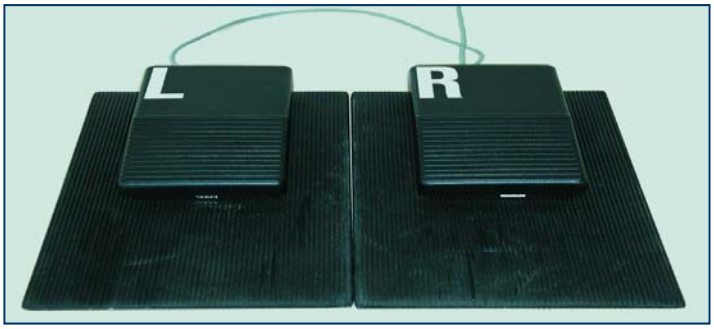


**Figure (3) shows pair of foot pedals**

These foot pedals are used in tests that require pressing two buttons: On stands for run and off for stop, in other words, the tests that require Double-Click, among them the Peripheral Perception Test. There are many other tests that operate within the Vienna Test System which require this type of pedals.

1. Chinese Laptop (HP)

2. Japanese Camera (Sony).

**3-3-2 Tools of Research:**

- Volleyball Court (Indoor Closed Hall).
- Standard Official volleyballs (10).
- A metal tapeline of (20m) length.
- Colorful chalks.
- Scissors
- Colorful adhesive tapes of 5 cm width.
- Whistle (2).
- Tests and measurement.

**3-3-3 Mediums of Collecting Information.**

1. Arabic and foreign references and bibliographies

2. World Wide Web (Internet)

3. Personal interviews (*).

**3 – 4 Tests:**

**3-4-1 Peripheral Perception Test (Visual Focus) (15:17)**

**The Test Application:**

The foot pedals must be positioned so that they can be operated in a normal sitting position. When setting the respondent up for the test, the height of his seat level and his eyes should be on one level with height of green tags positioned on the left and right sides of the frame of Peripheral Perception unit. The desk and the seat height of the chair must be adjusted so that the respondent can sit in an upright position while working the tests. In the same way, the sitting of the respondent should be opposite the unit frame so that his head can be in the horizontal position showing mid-level of eyes) facing the midpoint of the frame (the blue pointer is on the frame) which means that respondent head is exactly positioned in the middle of the unit. It is necessary to make sure that when installing and setting up the peripheral perception unit and specifically the plate (the square base which carries up the unit on the desk) should be positioned within the level of the edge of the desk, and the computer screen should be centered in the middle of the metal frame of the device as shown in the following figure:

**Figure (4) shows the correct position and setting of peripheral perception unit**

As far as fatter examined individuals are concerned, it is not usually possible to measure field of vision to 180 degrees, and this is because they will sit away from the computer screen and consequently their eyes will be placed beyond the ends of the wings. In such cases, the utmost field of vision cannot be measured (this is true of all individuals who are sitting too far away from the computer screen), Thus, when starting the test and sitting the examined person properly on the seat, a shining light stimuli will move by emitting signals in the device – with a predetermined speeds in case of any changes occur. The critical stimulant that emerges during intervals with which the examined person should interact by pressing the foot pedal placed under his foot on the ground, wherever the examined person should sit, look at the computer screen and focus his attention towards the center of the screen which should be far away from him just (40-60 cm). If the examined individual moves in more or less than the allowed distance, then a warning message will appear on the computer screen to alert him to return back within the standard range of the test, so that the unit can measure the angle of the entire field of vision for the examined person, as shown in following figure.

1. Instructions Phase: here, the necessary instructions and information, step by step explanation about the test and stimuli or questions etc. should be given to the examined person. The examined person should know how to use the universal response panel, and how to use the foot pedals, and so on. The examined person can use the panel or foot pedals by right hand and foot, or by left hand and foot as he wishes.

**Figure (5) shows a player making the test**

2. Practice Phase: a phase that follows the instruction phase, wherever the examined person should be trained on how to respond to the test by using some actual and illustrative examples. If he commits three errors or never respond to the test within 5 minutes, then the stage of the exercise will stop and the program will show a message asking the examined person to request for further instructions and more information from the examiner so that he (tester) then can take appropriate measures, i.e., either to restart the whole phase again from the first beginning, or to return to the instruction phase , thereby making sure that the actual test is not carried out only after ensuring that the examined person understood and realized the instructions carefully.

3. Test Phase: is the phase that follows the practice phase directly, in which the relative joystick in the above-mentioned keyboard (Universal Response Panel) should be used along with left and right foot pedals by the examined person and as he wishes, wherever he should be alerted not to use both pedals at once. After completing the test, a help box message will be shown on the computer screen, giving us two options: either to show the test results on the computer screen, or to print them out directly by a printer. The report includes all the demographic information of the examined person and his Raw Scores, T-Scores, Z-Scores and PR-Percentile Rank for each item along with the time taken to answer the test. This report shows the detailed Profile of the test based on standard scores as shown in the following figure:

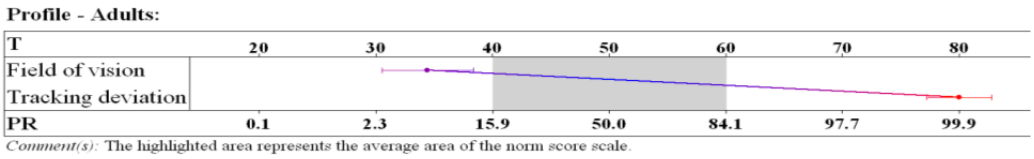


**Figure 6**

**Shows a section of illustrative model for the profile of Periphery Perception test results**

It can be noticed that the profile is a graphical representation of the standard test scores, through which the performance of the examined person can be balanced easily with selected standard samples. The highlighted gray area represents the average range, and this range is covered with the mark (±) of standard deviation. The scores in the white-colored area on the left side are considered within below the average level, while the scores in the white-colored area on the right side are considered within over the average level. The scores of examined person should be referred to by points. In addition, the range of average on the left and right sides of

this score indicates the range within any performance of examined person. Consistency concept should be taken into account within 95% confidence level.

**Test Duration:**

The time required for the test is around 15 minutes (including instructions and phase of practice). While variables that can be measured within the peripheral perception test, which is measured by using (Apparatus of Peripheral Perception) within the Vienna Test System VTS, can be explained as follows:

**Field of Vision:**

The results in this variable (the entire field of vision of respondent) are given in degrees or scores, as well as the result of total angles of vision of right and left eyes. Vision angles are calculated based on the position of the net within the unit of Peripheral Perception, the site of the two lines of intersection, and the distance of examined person's head from the unit of measurement.

**3-4-2 Test of Blocking in Sitting Volleyball:**

*** The title of the test:** Blocking E1.
*** The purpose of the test:** accuracy of the block.
*** Tools:** Stadium (court for Sitting Volleyball), five standard balls and a net.
*** Performance description:** the court is divided into two squares by a net, in which the area of serving player and attacker is in turn divided into attack zone (A) and defense zone (B). While the area of the examined player is divided into attack zone (C) and defense zone (D) as shown in figure (2). Here, the coach sets the hitter in a position so as to hit a ball offensively against the laboratory of center (3).

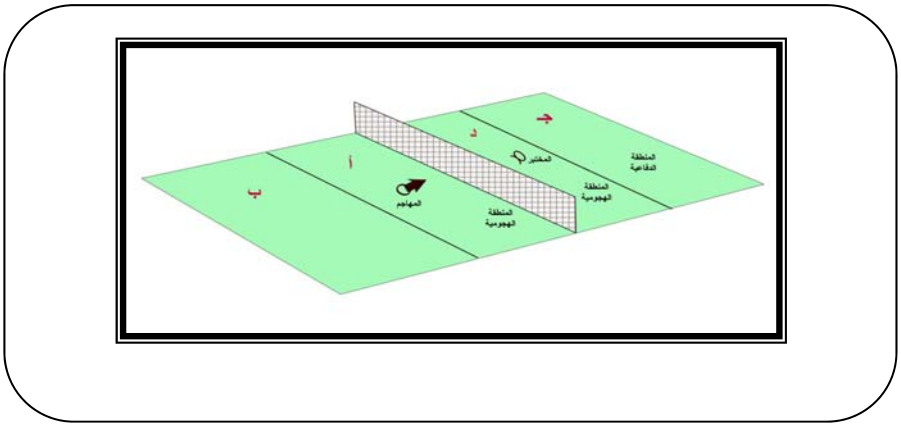


**Figure (2)**

**The Test of Block Serve**

***Registration: The examined player has five attempts.** So he will get the following scores based on different cases:-

- Four scores, if he performs the blocking of ball and ball landed in area (A).
- Three scores, if he performs the blocking of ball and ball landed in area (B).
- Two scores, if he performs the blocking of ball and ball landed in area (C).
- One score, if he performs the blocking of ball and ball landed in area (D).

- Zero if he violates the above points or the rules of the game.
- The highest score will be counted, if the ball lands on the borders of the area.
- The Maximum score is (20).

**3-5 Pilot Experiments:**

**3-5-1 First Pilot Experience:**

The researchers conducted the first pilot experiment on 25/9/2014 on sample of two players, not from the research sample but rather from same community in The Psychological Research Laboratory of (University of Baghdad). The pilot experiment aimed at:

1. Making sure that devices used in research are valid and competent.
2. Identifying the location for conducting the experiment and its suitability.
3. Determining the duration of the test for every player.
4. Recognizing the difficulties that the researcher may encounter during the experiment.

**3-5-2 Second Pilot Experiment:**

The researchers conducted the second pilot experiment on 27/9/2014 on the same sample of first pilot experiment to identify the blocking skill accurately in Sitting Volleyball. The second pilot experiment aims to:

1. Know more about the suitability of the indoor Hall to carry out the skillful test.
2. Ensure the efficiency of the assistant working team and the accuracy in performing the tests.
3. Identify the difficulties and problems that the researchers may encounter in the test.
4. Recognize the validity of the selected sample and the extent of its response to the tests.

**3-6 Research Field Procedures**

**3-6-1 The Main Experiment:**

The researchers conducted the main experiment on (12 – 15/12/2014) through carrying out the test of visual focus and the test of the blocking skill accuracy in Sitting Volleyball on the research sample of (12) players.

**3-7 Statistical Means:**

Statistical Package for Social Sciences (SPSS) has been using used to draw up the results.

**Section Four**

**4. Analysis and Discussion of Results:**

After the tests were conducted on the research sample and data was processed statistically by researchers to identify the achievement of objectives and to ensure validity of hypotheses. Results were presented, analyzed and discussed in the form of statistical tables in order to explain the reasons that led to such outcomes and enhancing them with reliable scientific resources.

**4-1 Results' Analysis:**

**4-1-1 Presenting the Results of Visual Focus and Blocking in Sitting Volleyball**

**Table (1) shows Arithmetic Mean, the Standard Deviation, Standard Error and Coefficient of Curvature**

| No | Variables | The unit of measurement | Arithmetic mean | Standard deviation | Standard error | Coefficient of curvature |
|---|---|---|---|---|---|---|
| 1 | Visual Focus | Angle | 57.4 | 2.591 | 3.119 | 1 441 |
| 2 | Blocking Skill | Degree or Score | 11.5 | 1.774 | 2.871 | 0.967 |

Through table (1), it seems that the arithmetic mean of the Visual Focus records (57.4), while the standard deviation hits (2.591) and the standard error reaches to (3 119) along with convolution coefficient which reaches (1 441) degree, whereas the arithmetic mean of blocking arrives at (11.5) degree and the standard deviation hits (1.774) alongside the standard error which records (2.871) and the coefficient of curvature reaches to (0.967) degree.

**Table (2) shows arithmetic means, Standard Deviations, Correlation Coefficient and the Statistical Significance**

| No | Variables | Arithmetic mean | Standard deviation | The correlation coefficient | The Statistical significance |
|---|---|---|---|---|---|
| 1 | Visual Focus | 57.4 | 2.591 | 0.782 | statistically significant |
| 2 | The skill of blocking | 11.5 | 1.774 | | |

Significant at the level of (0.05), the degree of freedom (10) and (t) value of (0.782)

Through table (2), it seems that the arithmetic mean of Visual Focus is (57.4) and the standard deviation records (2 591), while the arithmetic mean or average of blocking skill arrives at (11.5) degree with a standard deviation of (1.774) and the correlation coefficient hits (0.782) degree.

**4-2 Discussion of Results:**

Through the results presented in tables (1, 2), it indicates that there is a correlation between Visual Focus and the accuracy of blocking skill in Sitting Volleyball. In this aspect, the researchers attribute the causes of that relation to what is involved in Visual Focus, angles of eyes (that is Angles of View) and many other things. However, the relation between sight and sport has not happened by chance, rather the specialists of sports field refer that making exercises corresponds to the sensory information usage, as 85% of them achieved by sight) (1: 5). Reliance on Visual system during athletic performance is considered of more uses in any activity, because the Visual Focus affects the ability or efficiency of the sportsman particularly in meeting the requirements of certain sport (10: 3). While the sight is principal and pivotal in upgrading the players' energy and its role is no less than the role of muscles, bones and respiratory system etc... The Visual sense plays an important role in education (instruction) and training, through which some examples can be showed to learner and trainee so they have a clear picture about certain movement and attempt to imitate it accurately (10: 23).

The visual sense has an important role in the process of performing skills particularly the offensive ones, in which the player can distinguish his position from the opponents' site and to determine the kinds of physical exercises and movements he can perform. Through the visual sense, the player can realize the physical movements of opponents' team and thus he can take an

appropriate procedure (5: 62). If the player is of highly visual focus, then he has more ability on interpreting and understanding the information and thus he can respond by performing efficiently the required physical movement. (20: 127)

The Visual sense configures and integrates the proper timing for physical movement. The physical movement or exercise has spatial timing, temporal and kinetic timing. The spatial timing can be interpreted and explained by the visual focus, by which the player (blocker) can view the court, his teammates and his opponents. Improving the visual or the sight capability in this aspect can be achieved by full expertise and concentration on the space or the distance in terms of technical and kinetic processes. The causes of such cases can be traced back not only to physiological perspectives and duties, but rather they are associated and related in the process of forming or designing of the senses in the body and so on in regards to the organic binding with the sense organ, which is considered the originator of causes or reasons and analyzer of motivational components.

In the sport of volleyball, the body takes different positions and directions during the play while the eyes keep tracking the ball's trajectory and the physical movements of the opponent players, since the player's optical system can keep track of all these movements accurately and recognize its speed and direction through the visual focus of the player (19:122). It is the ability to see or view things outside the focus from both sides and top and bottom directions, as it is one of the most valuable skills among the visual ones that sportsman can have (6 :190).

**Part Five**

**5. Concluding Remarks and Recommendations:**

**5-1 Concluding Remarks:**

1. There is a positive relationship between the Visual focus and blocking skill in Sitting Volleyball.

2. The measurement of Peripheral Perception variables can be more accurate if these variables were measured in laboratory.

**5 – 2 Recommendations:**

1. Trainers or coaches should pay more attention to improve the Visual focus for its positive relationship to the accuracy of blocking skill in Sitting Volleyball.

2. Special programs should be set up. Peripheral perception variables should be determined when selecting the players for their positive influence on the accuracy of blocking skill in Sitting Volleyball.

3. Similar research papers should be approached but regarding different defensive or offensive skills in Sitting Volleyball.

4. Similar research papers should be conducted on other sports games and activities.

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