

# The Effect of Contemplative Educational Exercises Using a Specific Auxiliary Device for Skill According To the Murder Strategy (M.U.R.D.E.R)

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**Abstract:** *In order to reach the highest levels of sports, all countries were interested in harnessing the capabilities available to them in order to reach the highest levels of sports and compete with each other to harvest sports achievements, and the continuous development in sports came as a result of interest in research and studies in sports sciences.*

**Keywords:** Sports sciences, harvest sports, games, brain, test conditions

## 1. Introduction

The basketball game is one of the games that requires a high level of physical and skill performance, and this cannot be achieved without the use of high-tech aids to help develop performance with less effort and time, especially when dealing with small age groups. As the learning process is centered around learning the brain, i.e. a group of mental processes that start from attention to the stimulator and reaching the response, meaning that there is an important process that occurs through the aspects of the brain that draws the dynamic program for any skill that will be learned. So we need in the learning process for any skill into tools and aids to facilitate the learning process and draw us forms and pictures of performance in the dynamic program, which increases learning paths of performance accurately and effectively. Mastering these skills is the primary concern of teachers, specialists and trainers for this game to reach the mechanism. The aiming skill is the conclusion of the basketball attack activities and is the end of the skill series consisting of dribbling, ball handling skills, deception and others. Aiming is the only skill that achieves win for the team and this win is only achieved through mastering the aiming well because all other skills and different offensive plans become useless in the event that the aiming is not successful, that is, the team gets through it the points and then achieving the win. The performance and repetition of these skills continuously and at a high speed and muscle strength throughout the duration of the game need exercises with modern and advanced methods, so the researcher found a focus on teaching these skills well and by means of help that contribute to improving the education process as it plays an active role in realizing and understanding the required skill quickly and especially when dealing with small age groups as they have the desire and speed to understand what is required of them during education, especially the merging of these concepts with the Murder strategy that is used to learners in the initial stage where this strategy contributes effectively in the learning process. Which can make it easier for the learner to process the acquisition, storage and understanding of information and the strategy includes specific steps which are mood, understanding, recall, digesting and review and abbreviated by the term (MURDER), as it represents the first letters of the components or the steps used to process and digesting of the texts, which the researcher expects to solve it problem through these exercises in accordance with the strategy used. Hence the importance of the research lies in the use of contemplative educational exercises with a specific device on the basis of which the educational units were built according to Murder's strategy which provides appropriate conditions with the learners environment and through which the researchers expect to facilitate the learning process and increase the kinetic program of skills through the use of these means and tools, and also to identify on its role in the educational process and its impact on improving the performance and accuracy of correction of female students at the university stage, because this category is the nucleus that supplies the game in the future and must be built correctly and accurately and for all skills in terms of the importance of using such devices and tools by sports institutions, coaches and players.

The research problem is based on a general weakness in basketball and correction skills in particular, and part of this problem may be the tools, means and equipment used in schools and their lack of availability, but the most important problem is the lack of scientific connectivity aspects in learning skills from performance to the preparatory department and ending to the department and the main factor is the real performance of learning.

The research aims to prepare comprehensive educational exercises using a specific device for correction skill according to the Murder strategy (M.U.R.D.E.R) in performing the accuracy of correction of the basketball game for students and learn about the impact of that

## 2- Field Research Procedures

**2-1 Research Methodology:** The experimental method was used to design the single experimental group with pre and post tests

**2-2 The Research Sample:** The research sample included about 22 female students from the female students of a middle Rukaih school for girls in Najaf in the academic year (2019-2020), whose number is 120 female students spread over four people and each division is (30) female students, while the research sample is (the part that represents the parent community or the sample which the researcher is conducting is the overall focus of his work (1), as the sample was chosen from that community and its number of 44 is a student who was chosen by simple random method and by lottery method after excluding the female learners from deposits and delayers and who has experience or practice, and thus percentage ratio the research sample is 18.33%, which is an appropriate percentage for the research community to be genuinely and honestly represented. Table 1 illustrates the torsion coefficient and variables (length, mass, arm length and time life). Table 1 shows that the values of the torsion coefficient are limited to ( $\pm 1$ ), which indicates the homogeneity of the members of the research sample in these variables, i.e. the moderation of their normal distribution.

**Table 1** The homogeneity of the research sample

Variables	Units	Arithmetic Mean	Median	Standard Deviation	Coefficient of Torsion
Length	cm	153.7	153.5	4.39	0.120
Mass	kg	57.34	57	3.13	-0.148
Arm Length	cm	58.61	58.00	1.74	0.243
Time	year	14.36	14	0.68	0.748

## 2-3 Information collection methods and research tools and devices used:

**2-3-1 Means of collecting information:** Technical scientific observation, the exams, and Measurements

**2-3-2 Tools:** (Auxiliary educational device in the performance and accuracy of scoring skill from stability, number (1), basket balls number (12) Chinese-made, school yard (basketball court), a laptop computer type (DELL) number (1), video camera, Sony) Japanese, electronic balance for measuring the mass of players (Ketecto), German, manual stopwatch, number (2), CDs number (25), HP scanner number (1).

## 2-4 Research Measurements

### Persistence Scoring Test (2):

**The purpose of the Test:** To measure the free-throw skill.

**Method of performing the test:** Each laboratory has twenty attempts performed behind the free-throw line and the laboratory must perform the free throws using any method of correction, provided that the throws are performed in the form of two groups, each group has five throws and after completion the laboratory begins next and so on until the role comes once other to perform the second set of throws, and so on until the ten throws are performed (Figure 1).

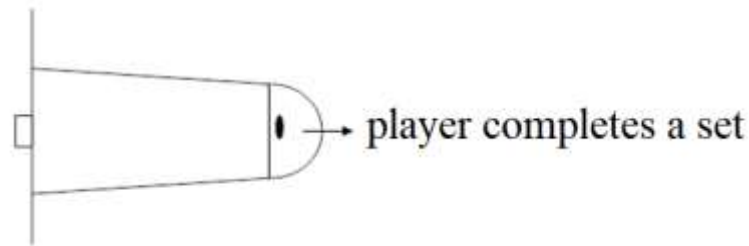
### Test conditions:

- The laboratory has the right to perform a number of corrections before starting the test as an experiment.
- Every laboratory has the right to make ten throws.
- The aiming process should be done from behind the free throw line.

### Register:

- One score is calculated for each successful injury, regardless of how it entered the basket.

- In the event the ball does not enter the basket, it is calculated as zero.
- The maximum score is twenty degrees (each successful throw has only one score).



**Figure 1** Test of scoring skill from at persistence

**2-5 Exploratory experience:** It was implemented on Sunday (12/12/2019) in order to get acquainted with the test and the correctness of the measurements and extract the variables for the research. During this experiment, the dimensions of the cameras, the height of their lens and their validity were determined, as well as the mechanism of work on the device and the exercises that will be used.

**2-6 Pre-test:** It was conducted on Thursday (12/12/2019) after giving two educational units for shooting correction skill in the basketball stadium for medium Rukaih school for girls. Clear to the evaluators, and the arbitrators were evaluated on the basis of a form previously distributed to the experts, which is Ahmed Abdel Moneim's form in order to determine the quality of evaluation of the sections of the skills movements researched according to the apparent structure (the preparatory section, the main section, the final section) and the grades given are as follows : 3 grades for the preparatory section, 5 grades for the main section, and 2 grades for the final section by the expert gentlemen.

### 2-7 Educational Curriculum

The researchers implemented the educational curriculum units on the experimental group on 15/12/2019, corresponding to Sunday, for a period of 8 weeks, as the curriculum contained various and specialized exercises according to Murder's strategy by forming exercises that are compatible with the steps and nature of the strategy and on the meditation to perform the exercises as follows (Table 2):

**1- Initialization:** The researcher did it to attract the attention of students to make the lesson exciting, interesting and easy to accept. The preparation can be classified into three types according to the type of exercises and the nature of the skills sequence, which are:

**Guiding configuration:** It was used only when first taking the skill.

- **Selective configuration:** It was used when moving from one exercise to another and from different places to aim.

**Rectified formatting:** It was used between educational units.

**2- keywords:** It was used to link the old learned concepts with the new concepts that are to be learned through the aiming exercises by the specific device of skill and the aiming skill without using the device.

**3- Retrieve of previous requirements:** It was used in scoring exercises from the target stability (throat), where the nature of the performance on the assisting device for correction and its accuracy of stability were retrieved.

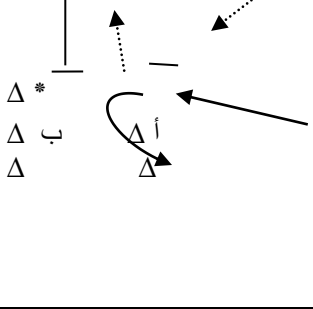
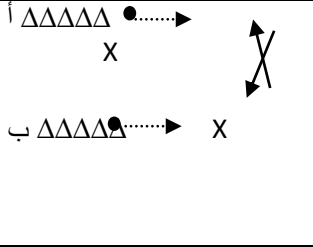
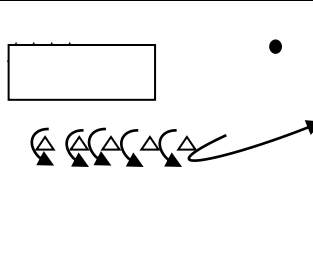
**4- Recourse:** The researchers intentionally used meditation in the process of retrieving information and how to deal together before performing the correction.

**5- Expansion:** Researchers used this concept in the educational aspect when explaining the skill and presenting it through simplified examples and approaches to the technical performance of the skill studied.

**6- Review:** It is the last stage in the strategy where the researcher focused on the quality of feedback, both internal and external, which has the effect of correcting the common mistakes that accompany the learning process.

**Table 2** Educational unit model, time: 90 minutes, goal: teach the correction skill to hold basketball, number of students: 22

Parts	Time (min)	Movement activities and skills	Organizational Shape	Notes	
Preparatory section	10				
General warm-up	5	Creation of the respiratory, muscular, nervous, and joint systems	△ △ △ △ △ △ △ △ △		
A special warm-up	5	Specialized physical exercises (basketball)	△ △ △ △ X △ △ △ △ △		
The main section	25				
The educational part	10	View and explain how to implement the correction skill, and choose some female students to perform it with error correction			
The practical part	15 (1)	Female students stand in four classes (A, B, C, and D). The ball at the female student in class (A) is passed to the female student in class (B). Behind her stands, a female student (B) passes the ball to the female student in class (C) and stands behind her who passes the ball to the female student in class (D) and stand behind her, and so the rest of the female students, then the interpersonal dialogue and repeat the exercise. And then the correction of stability in the auxiliary device		The largest number possible	3 min
	(2)	Female students stand in the form of two groups in front of each group of the rubber net and the carrier of the collars. Both students begin receiving the ball from the teacher and then handle on the rubber net and then pick it up and then hand the ball on the collar holder device and then return behind by running quickly behind the group and so the rest of the students in the form of a race. That correction of stability in the assist device for correction		The largest number possible	3 min
	(3)	Female students stand in two classes (A, B) in front of the bearer of the collars, the ball at the student in class (A) when the student hears to instruct the		The largest number possible	3 min

		teacher begins with passing to the corresponding female colleague to pass through the collar and then moves to the back of class (B) requesting (B) after receiving the ball pass Through the collar to the female colleague, and then she moves behind grade (A), and so on, the rest of the students wear a belt with rubber handles			
	(4)	Female students stand in the form of two classes in front of each teacher class. The first female student from each group receives a ball and plump handling between people and then corrects from stability in the assisting device for correction		The largest number possible	3 min
	(5)	Female students stand in the form of a single row in front of the platform and receive a ball from the teacher through the one collar holder, then you aim at the basket, then pick up the ball and dialogue between the characters and go back with the students		The largest number possible	3 min
The final section	5	A recreational game that serves skill 2- Greeting and leaving			

**Performance meditation:** Also known as calming the brain and its stillness, and the benefit of this meditation is the ability to extinguish unwanted and external thoughts by the learner’s own will, as this meditation of the learner corrects the ability to control ideas instead of controlling ideas with it, and this meditation gives a sense of security and inner peace. Hoping to block will help the player train his mind to be silent so that others cannot know what to think. The technique of contemplation prevention includes for example: to turn off the player and close all ideas and focuses on the current situation by calming and resting the mind entirely for a certain period of time, and optional breathing exercises, such as breathing six times, then holding the breath, and then exhaling for the six times. Meditation can be applied by closing or opening the eyes

**Energy meditation:** This meditation is excellent for beginners and helps them with their sense of energy. It is applied as follows:

Starting with relaxation and resting the entire body, breathe and at the same time the player draws energy around the body (in front - behind - the top of the head and the bottom of the feet, and a bright white light like the sun is imagined). Breathe in by inhaling and imagining energy getting brighter, radiant and radiant force from all over the body. Exhale again and imagine the energy expanding and expanding the aura, and the center of the body is as bright and bright as the sun.

The curriculum in one week included two educational units (Sunday, Thursday) according to the class schedule for the physical education lesson, and the time for the educational unit ranges (40) minutes and the main part of the unit is (30) minutes and the educational curriculum ended on Thursday 6/2/2020 using the device. The determinant for learning to shoot from stabilization skill where the device works as follows:

The player stands facing the device and is holding the ball in the arm aimed at the player and according to the correct technical performance, i.e. the fingers are spread on the ball and the index finger is in the middle of the ball as it works an imaginary line with the arm, trunk and leg up to the toe and facing it in an imaginary line with the center of the target ring (The direction of the ball with the index finger is higher relative to the rest of the fingers to guide the ball). The forearm is at a right angle with both the hand on one side and with the humerus on the other side and the upper arm is upright with the trunk and then the player performs the correct technical performance of the correction of stability and jumping and performs the complete correction skill by

pushing the ball up with an emphasis on the correct path in aiming and corners of the hand while working on the device, as well as the rotation of the ball around its axis through the movement of the wrist of the hand as shown in Figures 2 and 3.



**Figure 2** How to perform the device on both sides



**Figure 3** Perform on a technical performance device

The exercises are carried out on the device according to the required exercises and the device can be placed and used in different places according to the desire of the trainer or the person who is performing the exercises by placing the device anywhere in the stadium, and the performance of the device is close to the technique of playing movements, and the device is easily transported and its light weight as it does not affect the playing field. The researcher designed the device for developing special strength and technical performance to correct

the attacking skills of basketball players and included making the device several stages, which is the planning stage (drawing in the AutoCAD), and the stage of implementing the planning through cutting the parts as well as solving the problem of spinning the ball around its axis as it was made with several attempts until it settled on the optimal condition of the rotation work, as well as how to put resistance to the special force device and how to control the height of the device without affecting the device's work, and the device manufacturer has obtained a patent from the Central Agency for Standardization and Quality Control.

**2-8 Post-test:** After completing the training exercises for the research group, the post-test was conducted on Sunday (9/2/2020) taking into account the same temporal and spatial conditions in which the pre-test was conducted.

**2-9 Statistical means:** The researchers used a statistical program (SPSS) to treat the results

**3-** Display and discuss the results of pre-test and post-test exam samples.

The results presented in **Table 3**, which shows the significance of the differences between the pre and posttests of the research group for the correlated samples in the research variables (evaluation of the scoring performance of stability)

The free throw test (scoring from stability) is significant and is a result of using the Murder strategy, with its steps (initialization, keywords, retrieval of previous requirements, recourse, expansion, and revision) that provided the opportunity to learn educational goals sequentially and in successive steps as the strategy has the ability to create various educational goals. This makes learning by means of the series and in successive steps (3).

**Table 3** Statistical parameters of the pre and posttests of the research sample for correction skill basketball

Variables	Units	Pretests		Posttests		T-test	Sig.	Statistical Results
		SD	Mean	SD	Mean			
Evaluate the scoring performance from persistence	Degree	3.272	0.827	6.590	0.503	15.649	0.000	Statistical Significant
Free throw test scoring stability	Score	1.920	0.373	2.909	0.605	6.217	0.000	Statistical Significant
<b>Significant degree of freedom at 21 and the level of significance <math>\leq 0.05</math></b>								

In addition to the good and consistent design of the educational exercises with their four skills, which increased the desire, excitement and motivation of the students and this was highlighted by the high level of skill performance of the members of the experimental group that contributed to increasing the learning motivation for students to learn the correction skill, and this is all due to the effective and organized planning of the educational process and this is consistent with Muhammed Mahmoud Al-Hila, that "effective planning for students' education should be a scientific activity organized according to logical and psychological foundations based on challenge, excitement and enjoyment based on the needs of students, and in line with their willingness and capabilities, and thus effective planning requires an educational subject designed in a way reduces anxiety and frustration (4). The use of meditation exercises has achieved its purpose, which is to reduce the degree of tension, anxiety and negative situations that accompany the learner's thoughts and increase positive cases, thus disturbing the learning time and reaching the required performance faster.

These differences came with all the researched variables as follows: The results showed that there are significant differences with statistical significance and in favor of the dimensional tests of the experimental group in the evaluation of experts and specialists. The researcher attributes the reason for this to the development in female students' performance to the importance of the assisting device in learning the accuracy of scoring from consistency, so the use of the educational shooting style has achieved a clear development in the level of technical performance of the correction, and therefore it is important to introduce this medium in the educational process, up to achieving the best level in addition to the strategy used by Murder and building educational exercises according to its important steps (configuration, keywords, retrieval of previous requirements, recourse, expansion, and review) with meditation exercises before performance helped to form a map of psychological and motor behavior that is formed and crystallized in the mind through what is entered of him through the senses, beliefs and ideas that are presented to him through positive psychological exercises, which later determine the behavior and way of thinking In what they must do from rapid movement actions that

will stimulate the main muscles. Which performs the main duty of the movement during the performance and in all stages. The difficulty of some skills to be taught requires the teacher to use or introduce educational aids to help in the educational process, and here lies the importance of the methods that were used in this research, as the device used was simulating the correct motor (technical) performance in terms of holding the ball and perpendicular to the wrist, humerus, forearm, wrist movement during aiming, the ball rotating around its axis correctly and the position of the fingers on the ball, which helped the students to master the performance in an excellent way, and this is what the researcher attributes to the reason the experimental group developed in the post-test clearly. What has become clear before the eyes of experts and specialists of this development, and also the positive development that occurred in the free throw test was reflected in the result of the evaluation of experts and specialists.

#### **Free throw test scoring stability**

The results showed that there are significant differences of statistically significant and in favor of the dimensional tests of the experimental group and the researcher attributes the reason for this development to the effect of the assistive device in learning technical performance and accuracy of scoring from stability in addition to the continuing and regularity of students in effective participation in the repetition of the exercises allocated to this device and had a clear role in this development, in particular, that the scoring skill is one of the most important skills that give motivation and excitement to the learner because of scoring goals and the desire of each student to achieve this. This is in line with many research studies in the field of sports psychology and kinetic learning that there is a clear relationship between the level of meditation and psychological mobilization of the athlete and between the performance characteristics of some sports activities that require a high degree of attention that is characterized by a degree of attention that is characterized by a degree of attention that indicates that from psychological mobilization while sports activities that require control skills require an average degree of meditation and psychological mobilization (5).

#### **4- Conclusions**

- 1- The use of the auxiliary device in developing the accuracy of the correction of style (stability shooting) has the clear effect of improving the technical performance of female learners in a by Murder's strategy.
- 2- The performance appraisal index by experts and specialists has an indication of the development taking place in all skills sections (introductory, main, and final).
- 3- The development in the technical aspects of female students as a result of meditation exercises with Murder's strategy using modern and advanced means that contributed to drawing and fixing the dynamic program and the required path and investing it with minimal effort.

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