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Determine standard levels for sending and receiving skills among Cub volleyball players

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Abstract:

The study aimed to determine the level of players' performance in light of standard scores and to find standard levels for the sending and receiving skills of volleyball players. The researcher used the descriptive survey method, and the study was conducted on an intentional (intentional) sample of (89) players active in seven teams in the association. The League of volleyball, Batna, for the 2022/2023 sports season. The researcher used (02) two tests to measure the basic skills under study (serving, Reception), after collecting data and dealing with it in the appropriate statistical manner, it was reached to determine the level of players in the skills studied, which were within the average level, in addition to determining the standard levels for them, as we recommend adopting the standard levels reached by the study, and exploiting them in evaluating the skill performance of players. And choose the best and best level.

Keywords:: normative levels, basic skills, volleyball, cubs.

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1-Introduction and problem of the research:

Physical education has developed amazingly in recent years and has completely moved away from those classic dimensions that we have become accustomed to for years. Thus, it has entered the era of development and speed and has its own theories and scientific foundations, as a result of continuous studies and research carried out by training experts, in order to reach the player or athlete to The highest levels of sports in various sports.

In shedding light on the recent development in the game of volleyball, we find, according to what was stated in most of the introductions to Zaki Mohamed Hassan books, "that it has come to occupy a prominent place among all other team games, "like any ball game that has its own approved basic principles. "This progress was not the result of coincidence, but rather occurred through great research and efforts carried out by specialists and those interested in the game, trying to develop and renew the vocabulary of the game of volleyball through the use of certain characteristics without affecting its basic principles, which include sending and receiving the serve, preparation, crushing strike, blocking the wall, and defending the field. (Nahda Abed Zeid Al-Dulaimi and others, 2014, pp.9, 10).

In its recent development movement, volleyball used the scientific method to address its affairs and solve its problems until it reached what it is now, thanks to the scientific connection between it and these sciences

Tests and measurements are one of these methods and one of the necessary and important evaluation tools in all areas of life, especially in our sports field, as the importance of this appears in the stage of selecting players and to advanced stages in the training process and giving a clear and real indication of the level of the training status of the team or player in its various training stages, whether Whether this is positive or negative, showing the defect, if any, and then working to correct the subsequent stages

This is consistent with what Ali Fahmi Al-Baik pointed out, "Testing is one of the important means that helps coaches and teachers evaluate the level of skill and physical performance.It also determines the degree of the player's mastery of sports skills and also determines the level of success he has achieved in the motor learning process and the effectiveness of the training program" (Ali Fahmi Al-Baik et al., 2006, p.14).

The score that an individual obtains on a test, which is called the raw score, has no meaning and is difficult to interpret, and is not suitable for comparison with his score on other tests or with another person's score on the same test or on other tests unless it is assigned to a reference system.This system is the one that hears By extracting useful information from test scores, the term standards refers to the average of a specific group of individuals on one of the tests, and this What Mohamed Hassan Allaoui and Mohamed Nasr al-Din Radouane pointed out is



Determine standard levels for sending and receiving skills among Cub volleyball players

that "the importance of setting standards is due to the fact that the coach can use those standards to indicate whether the players' grades are at the average level, above average, or below average for the rationing sample that was used in building the standards." **(Mohamed Hassan Allaoui et al., 2000, 189).**

This is what Hocin Bourkda confirms in his study that the raw scores resulting from tests and measurements are important, but they are not sufficient alone, as it is not possible to compare individuals or groups with each other accurately and objectively, so converting these scores into standards and levels is necessary to determine the status of the individual or group. In relation to others **(Hocin Saddam Bourkda et al., 2024, p.781)**

Perhaps looking at the contents of previous studies in various other sporting activities, we find that they call for "the necessity of conducting such studies periodically on various groups, and generalizing the idea of using standards in the fields of sports training, physical education, and sports" **(Boudisa Lamia, Determining Standard Levels for Some Physical Abilities and Basic Skills for Junior Basketball, p.150)**, which is highlighted by Ben gouaa Ali study in the sport of football, "The necessity of relying on skill tests." And using standard levels to reach an objective assessment by coaches **(Ben gouaa Ali, Determining Standard Levels for Some Basic Skills in Emerging Football Players, p.204)**, which is what we find in the Arab study by Anan Houcin in the sport of handball, where he recommended using tables of standard levels that Built by clubs He also called for motivating and obliging coaches to use scientific methods in the selection process and in the process of developing their weaknesses" (Anan Hussein Bani Hani, Journal of Sports Science Applications, p.249), and these studies show the importance of setting standard tables for basic skills, which transform players' raw grades. To standard grades through which coaches guide the players' skill state while identifying areas of deficiency or weakness It is also considered an indicator of the rate of progress and governance.

From this came this study in the sport of volleyball to determine standard levels for the sending and receiving skills of this sport, and on this basis the main question came as follows:

Is it possible to set standard levels for volleyball sending and receiving skills?

2 -Partial questions:

- 1 - What is the level of performance in the serving skill of volleyball players in light of the standard scores?
- 2 - What is the level of performance in reception skills among volleyball players in light of standard scores?
- 3 - What is the possibility of setting standard levels for the sending and receiving skills of volleyball players in light of the results achieved?

3 -Hypotheses:

- 3-1 -General hypothesis:



Standard levels for the sending and receiving skills of volleyball can be set.

3-2 -Partial hypotheses:

1 - The level of performance in the serving skill of volleyball players in light of the average standard scores

2 - The level of performance in reception skills among volleyball players in light of average grades

3 - Standard levels for the sending and receiving skills of volleyball players can be determined in light of the results achieved.

4 –Importance of the study :

The need for the volleyball field in Algeria to define standards and levels for the basic skills of volleyball

The study contributes to the establishment of local standard levels for some basic skills among volleyball players.

Knowing the strengths and weaknesses of some basic skills of volleyball players.

Knowing the players (athletes) of their level is an incentive for them, which helps them to work on improving and raising the level of their basic skills.

Enabling coaches to use these tests in picking and selecting players with the right scientific foundations.

Contributes to greater objectivity in the evaluation of players.

5-Concepts and terminology:

5-1 Standard levels: Technically: it is the conversion of the raw score extracted from tests whose units differ from (cm, tha, kg, liter, degree) to a uniform raw score in their units (**Hiba Ibrahim Al-Ashkar, 2022, p.153**)

Procedurally: the levels are bases for judging performance in the light of the test completed (results obtained), after conversion from crude grades to standardised grades.

5-2 -Definition of basic skills: Terminologically:

These are the movements that the player must perform in all situations required by the game, in order to reach the best results while saving effort. Therefore, every player must be completely proficient in them, as through them cooperation takes place between team members, and the methods of play established for defense or attack can be implemented. Which is always hoped to result in the team winning. (**Ali Samoum Al-Fertousi and others, 2020 AD, p.251**).

Procedurally: Skills are the movements that the player must master because they are considered one of the most important factors that achieve success and excellence for the team, which requires them to be performed equally by the players so that each player can carry out his duty while playing correctly.

5-3 -Definition of volleyball: Technically: Volleyball is a sport played between two teams on a field divided by a net, and there are different formulas available for certain circumstances for the purpose of providing the game's versatility to each individual, and the goal of the game is to send the ball over the net for the



Determine standard levels for sending and receiving skills among Cub volleyball players

purpose of dropping it on the opponent's court and preventing the same. Attempt by the opponent, the team has three strikes to return the ball (in addition to a blocking touch).

The ball is put into play on serve, hit by the server over the net to the opponent. Circulation continues until the ball is dropped onto the court, goes "out" or the team fails to return it correctly.

In volleyball, the team that wins the trade scores a point (point relay system). When the receiving team wins the trade, it earns a point and the right to serve, and its players rotate one position clockwise. (**Official Volleyball Rules 2021 – 2024, p.7**).

Procedurally: Volleyball is a team game, suitable for all ages and both genders. It can be played on open and covered courts, because it does not require much equipment, and it is characterized by several basic skills, including: serving, receiving, passing and preparation, crushing, blocking, and defending the court.

5 – 4 – Definition of cubs: It represents the age group under 19 years, and it corresponds to the middle adolescence stage. This stage is characterized by many physiological, physical, morphological, psychological, motor, and mental-intellectual changes (**Latresh Zoubir, 2022, p.353**).

6 - Previous studies:

01–Study by Anisa Ahmed Mahmoud Ouda (2016) under the title "Building standard levels for basic volleyball skills among sports team players in public schools in Qalqilya Governorate:"

Through this study, the researcher aimed to build standard levels of basic skills in volleyball among players of sports teams in public schools in Kalkelia Governorate. The researcher used the descriptive method and the survey method, and the study sample was selected using the intentional method, numbering 88 players, and the test battery consisting of five was applied. Tests measure the accuracy of performing basic skills in volleyball, which are (passing from above, passing from below, serving from below) Crushing blow, wall of repulsion. (

The results showed that the level of players was average in the skill tests used, and standard levels were built through the results reached.

The researcher recommended the necessity of adopting the standard levels reached in this study, and developing an Advanced training program suitable for the age group to develop basic skills in volleyball.

2-American Fédération for Health, Physical Education, and Recreation Study : (2006)

This study was conducted with the aim of building a test battery for basic volleyball skills at the ages of (20 – 22) for males and females and finding their own standard levels. The sample was selected randomly and the sample size reached (150) male and female students who were tested with basic volleyball skills. The results of this study were a test battery consisting of (serving,

preparation, passing on the wall, smashing), Percentile levels for skill tests and an assessment of the level of skill performance in volleyball were also determined for both genders, and the American Federation also recommended the necessity of using the battery that came out of this study (**Journal of Sports Science Applications, 2023, p.522**).

3-A study of the Lamia Bodisa (2019/2020) under the title: "Determining standard levels for some basic physical and skill abilities for young basketball players".

Through this study, the researcher wanted to answer the main question, which is: Is it possible to set standard levels for some basic physical abilities and skills for a basketball junior?

It conducted its study in 2017/2018 on some basketball teams of the Algerian State League "Central Region" category 14 – 15 years, the number of which was estimated at 4 clubs with a total of 60 players, using the following tests :

Physical tests were: vertical jump from a standing position, pushing the medicine ball with the hands from a sitting position, slalom running test, repeated vertical jump from a standing position, and numbered circles.

Skill tests: free throw, scoring speed, passing accuracy with push, ball dialogue, peaceful scoring from below.

After applying these tests, the researcher reached the following results:

The level of physical abilities of the basketball junior in light of the standard scores is average

The level of basic skills of the basketball junior in light of the standard scores is average

It is possible to develop an evaluation map of the physical abilities and basic skills under discussion in light of the grades and standard levels achieved.

Finally, I made some recommendations, the most important of which are:

Conducting periodic tests on the players' physical and skill abilities, because periodic tests are modern scientific methods and important in knowing the player's true abilities.

The necessity of conducting such studies periodically on other groups.

7 - Study curriculum:

In this study, we have used the descriptive survey method, which aims to survey the phenomenon - the subject of the study - to determine it, and to determine its reality objectively, that is, as it is, without the researcher interfering in that phenomenon with his opinion or diagnosis, or his whims or temperament being reflected in its description. Rather, he must intend to describe it. As it is through this survey approach, And to examine them in an objective manner that enables the researcher to make a scientific conclusion about their causes and compare them. According to this definition, the matter may go beyond that to evaluate according to the results he has obtained. This means that the researcher



Determine standard levels for sending and receiving skills among Cub volleyball players

evaluates those results and the information he obtains from the survey to express his opinion about them in terms of positivity and negativity. In terms of benefit or lack thereof, and in terms of relevance or lack of relevance to the subject of the problem he is studying, this approach has developed with the development of scientific research. It has become one of the most widely used methods (Mahmoud Daoud Al-Rubaie and others, 2018, p.59).

8 - Research community:

The research population is represented by Cubs volleyball players involved in the Batna Volleyball league, which has an estimated number of seven clubs and 126 players involved.

9 - Research sample :

The study was conducted on an intentional (intentional) sample of (89) players active in seven teams in the State Volleyball league in the wilaya of Batna, for the 2022/2023 sports season, and the sample percentage was estimated at 70% of the original study population .

The following table shows the distribution of sample members according to each club:

Table No.(01): shows the distribution and number of sample members.

Club	number of players	category	age
Itihad Timgad Sports apc	13	Cubs Males	16-17-18 years
Itihad sport apc Qantara	13		
Saria Sports Olympique Lombaz Tazoult	12		
Mostafa ben Boulaid Aris	14		
Jil batana	12		
Thaniyat Al-hed Amateur Sports Club	13		
chabab Athlete Aris	12		
Total	89		

10 - Fields of study:

10-1 -Spatial field: The study was conducted at the level of the State Volleyball league in the wilaya of Batna.

10-2 -Temporal field: After determining the subject of the study and approval from the supervising professor, the study began according to the following calendar:

Exploratory study tests: on (13/01/2023) and on .(2023/01/20)

Basic study exams: starting January 28, 2023.

11- Skill tests used in the study:

11-1 - Top and bottom transmission test: Purpose of the test :



Mokrane farid - Mokrani farida

Measure the accuracy of the transmitter from below and above.

Tools: The field is divided as shown in the figure, volleyballs, a volleyball court, a tape measure that determines the points awarded on the target areas and is written on the ground.

Performance specifications:

The tester performs five consecutive serves from the bottom, trying to direct the ball to the area within which the highest score was written.

Then the tester again performs five consecutive serves from the top (tennis serve), trying to direct the ball to the area within which the highest score was written.

Conditions:

For each laboratory, ten attempts (five in which transmission from below is used, five in which transmission from above is used).

Points are calculated according to the ball falling in the area marked on the court, so that the tester gets the score inside the area where the ball fell.

If the ball touches the net or goes outside the court, the tester gets a "zero."

If the ball falls on the line, it is counted as if it fell in the area determined by this line, and if it falls on a line shared by two areas, the laboratory gives the grade included in the area with the highest score.

Register:

The laboratory records the grades it obtained in the ten attempts it made, noting that the final grade is 50.

11 -2 -Reception skill accuracy test: Purpose of the test :

Measuring the player's skill in receiving serve .

Performance specifications :

The tester stands inside circle (A), facing the net, and the coach must send the ball to him while he is in this place so that he can receive it and direct it into area (1), and five balls into area (2), as well as five balls into area.(3)

Conditions :

For each laboratory (15) practices from within the circuit (A) .

In all attempts, he uses the skill of receiving from below with the hands .

An attempt in which the ball is sent from the coach to the laboratory in an inappropriate manner shall be cancelled .

The sequence of performance of the attempts shall be complied with so that :

Five balls on the area (1)

Five balls on the area (2)

Five balls on the area (3)

Register:

The tester is scored for all points obtained from attempts (15) according to the following method :

Falling the ball inside the marked area gives the tester (3) scores .



Determine standard levels for sending and receiving skills among Cub volleyball players

A ball falling outside the marked area and within the adjacent area gives the tester a score of two .

A ball falling outside the marked area and into the court gives the tester a score of one .

Except above, the tester gets (zero)

– 12 Presentation and analysis of study results:

12 – 1 - Display the results of descriptive statistics related to the skill tests of the study:

Table No.(02) shows descriptive statistics for skill tests.

Statistical Milestones skills	Arithmetic mean	Median	Standard deviation	Highest value	Lowest value	Torsion coefficient
Transmitter	27.539	29	6.721	40	15	-0.232
Reception	36.393	38	6.502	45	16	-0.922

Through Table No.(02), it shows the values of the arithmetic averages, standard deviations, the lowest value, the highest value, and the torsion coefficient for each volleyball skill studied, where the arithmetic average of these skills (serving, receiving) was (27.539, 36.393), respectively, while the deviation was The standard for these skills (serving, receiving) was (6.721, 6.502), respectively Since all values of the torsion coefficient were limited to between (-1 and +1) in all skills, this indicates homogeneity.

13 - Presentation of analysis and discussion of the results of the hypotheses:

13 – 1 – Presentation and analysis of results related to the first hypothesis:

Which states: What is the level of performance in serving skill among volleyball players in light of standard scores?

Table No.(3) shows the distribution of the study sample over the standard levels of the transmitter skill test

Level	Standard grades	Number	Percentage	The percentages established in Normal distribution
very good	80-71	1	1.12	1.12
Good	70-61	14	15.73	15.73
medium	60-51	33	37.08	37.08
acceptable	50-41	26	29.21	29.21
weak	40-31	14	15.73	15.73

very weak	30-21	1	1.12	1.12
total		89	100	99.73

It is clear from Table (3) that the level of players in the bottom and top serve skill test at the level (very good) was (1.12%), which is smaller than the percentage assigned to it in the normal distribution, and at the level (good) it was (15.73%), which is greater than the percentage assigned to it in the normal distribution, and at the intermediate level it was (37.08%)) It is greater than the percentage prescribed for it in the normal distribution, and at the acceptable level it was (29.21%), which is smaller than the percentage prescribed for it in the normal distribution, and at the weak level it was (15.73%), which is greater than the percentage prescribed for it in the normal distribution. As for the very weak level, the percentage was (1.12%), which is smaller than the percentage prescribed for it in the normal distribution. Through the previous presentation, the researcher sees:

The largest percentage of the sample members in the skill of serving from below and above fell at the average level, and the researcher attributes this to not hitting the ball with the necessary force, which leads to it not crossing the net (the skill of serving from below), and not hitting the ball in the appropriate and correct place, in addition to Sometimes the inability to time between the speed of the ball and the hitting movement Or swinging the arm forcefully, which leads to the ball leaving the boundaries of the opponent's court (serving from above). "This is why volleyball players must realize that serving is not just crossing the ball over the net, but the team players must be good at performing the serve in a good and accurate way." Provided that they take into account the distance, height, and specific location" **(Ali Mostafa Taha, 1999, p.57)** Mukhtar Salem adds that the teacher must pay attention to teaching the serve and bring it to a high level of performance. He says that there can be a prepared player or hitter within the opposing team, but each one of them must master the performance of the serve skill **(Nasima Mahmoud Wali, 2006, p.14)** As for Ayoub Hosseini, through his study, this is due to the low level of agility among players, especially after the Corona pandemic, and this was confirmed by most coaches in his research sample **(Ayoub Haseini, 2022, p.689)** .

This is what Ben Berno (2007) found regarding the normal transmission skill for first-year secondary school students, where the largest percentage of the sample he studied was at the intermediate level, which is also consistent with Anisa Ahmed (2016), who found that a high percentage of the school teams that The study was conducted on them and they were at the intermediate level As for Mahamed Khasawna (2019), he found that the bottom-up transmission test achieved the highest saturation and is therefore considered one of the best tests, which was also shown by the study of Amer Jabbar Al-Saadi (2002) in his article published in the Journal of Physical Education at the University of Baghdad,



Determine standard levels for sending and receiving skills among Cub volleyball players

despite the difficulty of the test he completed. However, the sample level was within the average level Akour Ahmed (2011) also found in a study specifically for females that the level of the sample around which he completed his research was at the average level.

The results of the study were in conflict with the study of Mazen Abdel Hadi Ahmed and others (2005), which concluded that the level of performance of the sample was at a good level. This was explained for two reasons: the first was that the transmission skill was one of the skills that students could perform without much effort, and the second reason was due to the lack of restriction. Researchers provide sample members with the quality of transmission performed and leave students free to choose the transmission they prefer. The results also contradicted the American Health Association study (2006), the results of which showed that the skill level of the sample in transmission was high for university students in America.

In addition to all of this, we point out the possibility of adopting the standard levels reached in the above tables to evaluate the performance of players of the same age in serving skill, which is confirmed by the results of any study.

13 – 2 – Presentation and analysis of results related to the second hypothesis:

Which says: What is the level of performance in reception skills among volleyball players in light of standard scores?

Table No.(4) shows the distribution of the study sample over the standard levels of the reception skill test

Level	Standard grades	Number	Percentage	The percentages established in Normal distribution
very good	80-71	0	0	1.12
Good	70-61	15	16.85	15.73
medium	60-51	36	40.45	37.08
acceptable	50-41	24	26.97	29.21
weak	40-31	12	13.48	15.73
very weak	30-21	2	2.25	1.12
total		89	0	99.73

It is clear from Table (4) that the level of players in the reception skill test at level (good) was (16.85%), which is greater than the percentage assigned to it in

the normal distribution, and at the intermediate level it was (40.45%), which is greater than the percentage assigned to it in the normal distribution. In the acceptable level, it was (26.97%), which is smaller than the percentage assigned to it in the normal distribution. At the weak level, it was (13.48%), which is smaller than the percentage assigned to it in the normal distribution, while at the very weak level, the percentage was (2.25%), which is greater than the percentage assigned to it in the normal distribution, and through the previous presentation, the researcher sees:

The largest percentage of the sample members in the reception skill fell at the intermediate level, and the researcher attributes this to the need for this skill for muscular and nervous coordination, the difficulty of directing the balls to the appropriate place (to the preparer), and sometimes the inability to determine where to hit the ball due to the difficulty of the serve served by the team. Opponent, Therefore, importance must be given to developing this skill because it is the first building block in the game of volleyball after serving to achieve points, which is what we see at the present time, as "the advanced performance method has become to receive the serve with the inner surface of the forearms close together, especially after the appearance of the overwhelming serve with the jump." This is because of their value in ensuring that the ball is received and that it is well prepared to deliver it to the equipment. The ability to control receiving the ball is due to the large area of the area it touches on the forearms when playing it .

The skill of receiving the serve is very important, and the victory or loss of any team depends on the success in receiving the serve. The team's continued obtaining of points during matches is affected by the success in receiving the serve. Likewise, the continued success in attacking during matches depends on the success in receiving the serve (**Zaki Mohamed Mohamed Hassan, 2006, p.25**), As for Ayoub Hoseini, through his study, this is due to the decrease in the speed of response among players, especially after the Corona pandemic, and this was confirmed by most coaches in his research sample (**Ayoub Hoseini, 2022, p.690**) .

This is what Ben Berno (2007) concluded regarding the skill of receiving male transmissions for first-year secondary school students, as the largest percentage of the sample he studied was at the intermediate level, which was also shown by the study of Amer Jabbar Al-Saadi (2002) in his article published in the Journal of Physical Education. University of Baghdad, The sample was at the intermediate level because this skill requires accuracy in performance for the ball to reach the prepared player by estimating the distance of the pass and requires a high degree of mastery and estimation of the direction of the ball and the place to which it will be sent. Akkour Ahmed (2011) also found in a study specifically for



Determine standard levels for sending and receiving skills among Cub volleyball players

females that the level The sample on which he completed his research was at the average level.

The results of the study were in conflict with the American Health Association study (2006), the results of which showed that the skill level of the sample at reception was high for university students in America .

In addition to all of this, we point out the possibility of adopting the standard levels reached in the above tables to evaluate the performance of players of the same age in reception skill, which is confirmed by the results of various previous studies.

Conclusions:

The level of performance of the volleyball players of the study sample in serving skill was at the average level.

The level of performance of the volleyball players of the study sample in reception skill was at the average level.

Through this study, standard levels of transmission and reception skills were built in light of the results achieved.

Suggestions and recommendations:

Working on using the tables of standard levels that have been completed in the process of evaluating the level of skill performance (sending, receiving) among volleyball players.

Conducting studies similar to this study to study other skills such as: blocking wall, crushing, preparation, defending the field...

Encouraging and urging coaches to use standard levels and grades to ensure obtaining accurate scientific results that show the player's true level.

Conclusion:

Through this study, we tried to highlight the extreme importance of finding standard levels and building their tables and their role in measuring the level of players to reach sports results that serve the coach and the team together. What we concluded is that objective tests are considered one of those methods based on scientific foundations that allow improving the process of evaluating players' performance and comparing this performance. Even with the same players.

In light of these results, it is necessary first: Motivating and encouraging coaches to use these scientific methods in the process of selecting players and in the process of developing their weak points, revealing errors in competition events and working to correct them in an objective and accurate manner, and their role also in evaluating basic skills in volleyball. Secondly, this study can be considered a starting point for studying the rest of the skills. Or even prepare a special study to build standard levels of basic skills specifically for the female gender .

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Mokrane farid - Mokrani farida

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Determine standard levels for sending and receiving skills among Cub volleyball players

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