

# Analysis of indicators of visual abilities according to the physical and psychological effort of female volleyball players

## Abstract:

**Aims.** The purpose of my study is to obtain accurate information on the subject of visual abilities that can help the training staff of the University of Mosul teams develop training curricula for female players, which are reflected in their level of motor performance on sports fields.

**Material and Methods.** The research community and its sample consist of female players from the University of Mosul volleyball team. The researchers used various methods to collect data, including questionnaires, personal interviews with coaches, and expert opinions. The Vienna Testing System (VTS) was used by the researchers.

**Results.** There is a significant difference in visual field and focus between the normal condition and the physical effort test. This indicates that the normal condition performs better than the physical effort test. There is a significant difference in visual field and focus between normal conditions and psychological pressure.

**Conclusions.** We found that the training staff did not give enough attention to visual abilities during training units compared to the focus on physical and motor abilities.