

Analysis of the history of ball sports

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ABSTRACT

Sports are one of the important topics that are still included a sub-topic in the school curricula. Ball sports are considered one of the most important sports in our societies today because of their wide and enthusiastic audience. The aim of the study was to analyze the history of ball games, namely football, handball, basketball and volleyball, and to study them as a general historical follow-up study with a simple initial formula. It was also aimed to study the importance of sports to humans. There is a close relationship between ball games and environmental conditions. The place and the climate had an impact on the discovery of some of these games. Some of them have a wide and likable audience, and some were practiced by a certain aristocracy, and had an ethnic influence on their practice because of their popularity. Others derived from a second game played with new atmospheres and new laws. As long as there is a development in human life in general and in the sports fields in particular, we will find that sports are required and renewed, and this development must result in the discovery of new games, which in turn will enter the competitive fields.

KEYWORDS

Sports; History; Ball Games; Development.

1. INTRODUCTION

Sports are one of the important topics that are still included as a subtopic in the school curricula. The games have been linked to the history of human existence and developed through physical education in the stages of human life development. As for societies and civilizations in the world, the practice of sports was a goal in every civilization.

The concept of sports developed among the Greeks until the first Olympic Games were held in 776 BC (Before Christ). Although the number and type of sports activities were very limited and did not correspond to the development of social, industrial and intellectual life, they transmitted to us the heritage and sports culture and the most important social event today in our time, which is the Olympic sports games that began in 1896 with nine sports events, with a number of no more than 400 athletes and no women participating in them. In the last Olympics in 2020, there were 33 sports events, in 206 countries, and the number of participating athletes was 11,656.

Ball games are considered one of the important sports today in our societies because of their wide and loving audience. These games were developed by chance and some of them were played in order to spend time with the warriors. Military leaders benefited from them in training their soldiers to improve physical fitness and training in offensive and defensive plans, as it was within the testing programs for military service. Sport is a mirror that reflects the extent of people's culture and their cultural and social development. The ball reflects the extent of people's interest in the physical aspect that affects the intellectual aspect. From here the following questions arise: who were the first civilizations to practice salivating the ball? And, how did they practice it? In addition, for what reason was it used? The aim of the study is to know the history of ball games, namely football, handball, basketball, and volleyball, and to study them as a general historical follow-up study with a simple initial formula. It also aims to study the importance of sports for humans.

2. FOOTBALL

Football is one of the most important sports in the world today, practised as a competitive, recreational and health sport, from which other sport have branched out (Saleh, 2021).

Football is the most popular sports game in the world, as most countries in the world have been interested in it because of its excitement. This game has developed greatly in recent years ... Football, as a sport activity, enjoys great interest at the local and international levels, and it is one of the sports activities with many distinct and different positions. The nature and conditions of competition complicate it, as well as the fact that it contains multiple technical skills (Mohsen & Abbas, 2019).

Walvin (2014) states that no other sporting event, not even the Olympics, attracts an audience like football. The language, popular memory, heroes and stars of this great global game, unite (and divide) the millions of people who have little in common. Football is a powerful global force.

It is worth noting that different types of football games were played and on different forms of stadiums, here it must be remembered that modern creative football today stands for the golden history of the past. The game of football did not appear in its current form overnight, it appeared very slowly, and the emergence of the game of football carries with it a lot of question marks. The search for its first history is heading towards the East and, in recent years, authors have appeared who believe that the game of football was born in Arab land. The American writer (John Cromianch) says that the game of football is one of the very ancient games and that there are documents indicating that the Babylonians and the ancient Egyptians played this game (Salama, 1986).

Islam & Rahman (2021) indicate that the first form of the game (football) for which there is scientific evidence was an exercise from a military manual dating back to the 2nd and 3rd centuries BC, in China. The Han dynasty consists of kicking a leather ball filled with with feathers and hair through an opening, no more than 30-40 cm wide, in a small (small) net fixed on Japanese stretched bamboo sticks, which began 500-600 years later and is still played today. Another version of the game is originated in the East Max. Participants in this game stood in a circle and had to move the ball to each other in a small room without letting it hit the ground. This game required a great deal of coordination and was played between two teams of 12 to 14 players. Among the sports that the ancient Iraqis practiced is football, and it was especially at one time for the kings and nobles of this country for the purpose of entertainment and recreation. Historians were not satisfied with saying that the game of football was known and practiced in Mesopotami. Many of them assert that the first people who knew this game from the peoples of the ancient world were the inhabitants of Mesopotamia.

The most important documents indicate that the ancient Iraqis had played football, which was discovered in 1977 in the city of (Nefar) near (Anak) in the province of Qadisiyah... (Al-Saffar & Al-Badri, 1980). As for the origin of the word "football", it was used in England around the middle of the 14th century. This word describes the game which is played with foot, not on foot, thus making the difference from the entertainment which is performed on horseback (Orejan, 2011).

In the time of the Assyrian Empire, a document was found showing a painting discovered in Nefer, which shows the practice of playing ball after 1100 BC. According to historians, the Assyrians have used the ball in general to demonstrate religious connotations and according to them there is not enough information about the rules, origin and laws of the game and the spread of the landmarks of Mesopotamia civilization between people and civilizations (Rahman, 2001). On the other hand, especially due to the good and widespread mutual historical relationship between the Nile Valley

civilization and the Chinese civilization, the Chinese then took over the game from the Iraqi and further developed religious rituals according to their circumstances (Rahman, 2001).

3. HANDBALL

Handball is the latest team sport practiced by the world. Many people consider it a game derived from football. It is a game of speed and excitement together at the same time that combines running, jumping, receiving the ball, and passing it in the least possible time. Goals are scored by throwing the ball into the opponent's goal. Its practitioners need high physical fitness and physical strength. Despite the newness of the game, it attracted many fans in all countries of the world, until it became the third most popular game in the world, after football and basketball. The competitions are held in closed halls or in open areas.

The idea of playing ball with the hand goes back to the Greeks. Archaeological inscriptions, which date back to 3000 BC (Before Christ), indicate that the daughters of kings were playing ball with their hands with their bridesmaids. The walls of temples and pharaonic tombs show young people in groups who exchange the ball with their hands. "The earliest recorded historical event of a match involving a ball being struck with a bare hand dates back to 1427 in Scotland (apparently, King James I requested that the palace wall be filled in, to improve the playing surface). There is also an inscription of handball from Ireland in the sixteenth century (McNeely, 2012).

In addition, the game of handball is a popular game that became famous during a short period. It is one of the most recent games in which the ball was used and it was discovered by chance until one of the teachers used it in the process of warming up its players. As for the entry of handball in its current form, it was in 1917, and thanks to the resurrection of handball in its modern form, it goes back to Germany. In 1917, the gymnastics teacher, Max Beers Berleaf called this new game "handball" and no one thought that this game would make its way to the world and what it has reached today. Beers worked with physical education coach Carrie Schmitz at Berleaf to set the basic rules of handball, on October 29, 1917. In 1927, the official international rules for handball were established, and on 24 October, 1928, during the Olympic Games in Amsterdam, the Constituent Assembly of the Handball Federation was formed (Halim, Bulerbah & Kadour, 2019).

Schwartz (2021) stated in his book about modern sports that handball has a special status. There are four games called handball and each has its own version ... Outdoor handball, a team game, was popular in the early 20th century and had a brief stint with the Olympic Games. Today, it is a niche sport because it connects people to their regional history. Indoor team handball emerged in

the mid-20th century as a better alternative to outdoor games. It became one of the 10 most popular sports in Europe. Finally, there is recreational handball, sometimes called American handball, played much like tennis or squash, but with players using their hands instead of a racquet. these four games are very popular in their own way, and the fact that all four are played in the twenty-first century helps explain the cultural currency that each one holds.

The International Handball Federation (IHF) is known as the organizing body for handball, beach handball and wheelchair handball in the world. It is responsible for organizing major handball competitions such as the World Men's Handball Championship and the Women's World Handball Championship. The International Handball Federation was founded in 1946 in Copenhagen (Denmark) and is headquartered in Basel, Switzerland. It now includes in its membership 204 national associations from five continental confederations.

4. BASKETBALL

Helmer & Owens (2000) state that basketball is one of the most popular indoor sports ever. It can be considered as “indoor football” given the global audience and familiarity with the game. In fact, just as football has millions of fans and a club that hosts national championships every five years and plays in a large stadium, basketball is no less important and popular than football, as it has its own federation that governs and guards it and contributes greatly to its continuous development. The Basketball Federation has laid the foundations of the sport and has allowed many people from different cultures and societies to compete for gold medals. Basketball has throughout its past been characterized by anti-racism activism and continues to do so. Basketball is more than just a sport. It is a kind of woven ideology in the form of a professional sport and presented in as many colors as possible.

Helmer & Owens (2000) explain the history of basketball as follows: In Massachusetts, the winter of 1891 was too cold for outdoor games. So, Dr. James Naismith, a gym teacher, decided to devise a game that his students could play indoors. The new game was played with soccer, but no kicking was allowed. Players had to throw and pick up and jump. They scored points by throwing the ball into a peach basket that Dr. Naismith asked the door attendant to install on the balcony of the gymnasium. The basket was ten feet off the ground. This is where basketball was born.

Herzog (2002) explains Dr. Naismith's new 'Box Ball' game. Members of Dr. Naismith's gym class first tried the game. Before the game, Dr. Naismith asked the school janitor, Bob Stebbins, to

find two boxes that could use them as targets. Bob couldn't find the boxes, but he created a pair of peach baskets. The baskets were attached to the bottom rail of the balcony in the school gymnasium. The rail just happened to be 10 feet off the ground...these were two important developments in the history of Basketball - both happened by chance. If Bob could find what Dr. Naismith asked and if the balcony of the gymnasium were two feet higher, then perhaps today's basketball players would shoot at boxes 12 feet off the ground. Some have suggested that the game be called Naismith ball, but Dr. Naismith preferred to call it "basketball."

The International Basketball Federation, founded on June 18, 1932, known as Basketball or World Basketball, is an association of national organizations that govern international competitions in basketball. Originally known as the International Federation of Amateur Basketball (FIBA), the word amateur was dropped from its official name in 1989 but retained its initials, and "BA" now represents the first two letters of basketball.

5. VOLLEYBALL

Volleyball is one of the most popular team games around the world. In some countries, it is the first game, and in some, you find it the second, and it may be the third most practiced in some countries, where two teams compete, separated by a barrier called the net, at different heights for women and men. The two teams must hit the ball and pass it over the net to the opposing team's area, where each team is allowed to hit the ball and circulate it three touches. The points are calculated if the ball touches the ground, if one of the team members inside the field commits a mistake, or if the team fails to block the opponent's attack and return the ball correctly. This game is characterized by the fact that it is played for both sexes and also played in indoor halls and on the beaches, and it can be played at all times, day and night, and in all seasons of the year. The researcher will address the law of this game in a full and accurate explanation (Saeed, 2018).

Qutb & Saed (1985), explain the volleyball sport between theory and practice as follows. The idea of the ball flying in the air and returning it is a very old idea, as images were found to indicate that. This was indicated by the archaeological discoveries in Egypt, specifically in the Bani Hassan area in Egypt, where images of something flying in the form of a circle in the air were found in one of the tombs belonging to the Pharaohs about a year ago. There are pictures also found in Indonesia that refer to throwing the ball up and stopping it from side to side about (2000) years ago. In ancient Japan, there were attempts revolving around throwing the ball at a target. There is information and theoretical reports indicating that in Brazil and in North America in particular, there were attempts to

play the ball, where a match takes place between two teams, each trying to get the ball and throw it to his team, and since that time the idea of games that play with goals such as basketball, football and handball was formed. To play is to strive in the match by throwing the ball from one side to the other and it is between two teams.

Some sources indicate that the game of volleyball is a modified game from the Italian game that was played in the Middle Ages. Then this game spread until it reached Germany in 1893 and was known at that time as the “fast ball”. The game of volleyball appeared in 1895. Then it was transferred to America by a physical education teacher (William Morgan), born in a suburb of New York City on January 14, 1870. Morgan attended Mount Herman Preparatory School, but after a year he transferred to the Christian Worker School, where he generated good ideas and a wide background about some of the skills and activities of recreation. These skills that were generated by Morgan coincided with the most important periods of development of physical education that prevailed in the United States of America at that time (Khreibet & Hamdi, 1990).

It is worth noting that volleyball has another direction, as it was designed primarily as a recreational activity for the business community in summer resorts in the USA. The playing style and rules were initially developed differently in each department and countries of the world.

The first Fédération Internationale de Volleyball (FIVB) (The International Volleyball Federation) was formed in 1936 with only a few countries, but in 1946, the FIVB was created for the second time in France with 14 other countries. Today we have access to more than 120 countries, including India, affiliated with the FIVB. In 1949, the first World Volleyball Championship was held in Prague. The investigator found, while reviewing the history of volleyball, that since 1960 the Japanese made a great contribution to the development of world volleyball in 1960 "(DR. P.P). The Fédération Internationale de Volley-ball is called in French (Fédération Internationale de volley-ball), which is an association of national associations, and its role is to manage and develop volleyball at the global level. It is headquartered in Lausanne, Switzerland.

6. CONCLUSIONS

From the foregoing, we conclude that there is a close relationship between ball games and environmental conditions. The place and the climate had an impact on the discovery of some of these games. Some of them have a wide and likable audience, and some were practiced by a certain aristocracy, and had an ethnic influence on their practice because of their popularity. Others derived from a second game played with new atmospheres and new laws. As long as there is a development

in human life in general and in the sports fields in particular, we will find that sports are required and renewed, and this development must result in the discovery of new games, which in turn will enter the competitive fields.

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AUTHOR CONTRIBUTIONS

All authors listed have made a substantial, direct and intellectual contribution to the work, and approved it for publication.

CONFLICTS OF INTEREST

The authors declare no conflict of interest.

FUNDING

This research received no external funding.

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