**The effect of movement expectation exercises to the speed of the kinetic response and the level of performance to the effectiveness of run 4x100 relay**

**Dr. William Louis William**

**Dr. Sabah Abdullah Ibrahim**

**Hashim Shakir Abdulkareem**. **Dr**

**Basra University / College of Physical Education and Sports Sciences/2020**

**Abstract:** The study aimed to identify the effect of using the movement expectation exercises at the speed of the kinematic response to the stage of extradite and receiving the stick among runners, the effectiveness of 4 x 100 relay, thus improving the level of time performance and achievement in general. To achieve this goal, the researchers put the following hypotheses:

1. There are significant differences in the time of the kinetic response speed of the experimental group for the effectiveness of running 4 × 100 relays between the pre and post-tests in favor of the post test.
2. There are significant differences in the improvement of the digital achievement level of the effectiveness of run 4×100 relays between the experimental and control groups, in favor of the post- test, and in favor of the experimental group.

  The researchers used the experimental method on the research sample, who are the Youth runner team of Basra of 4×100 relays in deliberately manner they were (8) divided into two experimental and control groups 4 runners to   each group, the homogeneity and parity between the two groups was achieved.  The research procedures included the design of the curriculum of exercises kinetic expectation, including speed of kinetic response free cauterizing to develop the performance of the stage of receipt and delivery of the stick to the effectiveness of 4×100 m relays which was applied to the experimental group The control group has been applied to the coach's training curriculum for two months.

The researchers reached the following conclusion:

-   The exercises (kinetic response speed) have developed a remarkable moral development in the time of the speed of kinetic response and improve the stage of extradite and receiving stick of the runners effective 4×100 relays, which improves the digital achievement in general.

The researchers recommend the following:

- The necessity of paying attention to exercises of speed of the kinetic response through   special exercises when designing training curricula, as the results of the research have shown improvement in the level of performance .

**Keyword: movement expectation; kinetic response.**