**Introduction**

The progress that has occurred in the areas of life in general and in the field of sports competitions, in particular, was not a coincidence but rather was the result of efforts made by scientists and specialists in the areas of academic and applied using scientific methodology aims to develop the capabilities and skills of the players at all levels.

 Sports training is geared to raise the level of the players in various aspects, whether training or educational achievement of these duties and the process is no longer up to the random success of the training process and the arrival of the players to the highest levels due to good planning and according to scientific foundations of inhalers.

 The sport of volleyball with a special character sports that have been affected positively associated with the development of the sports field and the development of techniques and methods of preparing the players physically and technically science which players helped to raise the level of performance and achieve excellence and athletic achievement.

 Since the basic skills in volleyball one of the cornerstones in the unit daily training as a basic rule of the game is considered, and without mastering the player will not be able to implement the duties entrusted to him through his duties in the position it holds in various lines of play during the match.

 All volleyball skills can lead Balothb up or Balothb up and in front as in the transmitter crushing and beating the crushing of the front region and the background region and the bulwark and the setup with the jump, which means that most of the volleyball skills you need to bounce, but a continuation of the volleyball player Balothb most of the times the game by passing on all the skills, indicates where Mohamed Mohamed Refaat (2011) that every leap of leaps need to be distinctive strength quickly and with repeated leaps must have another recipe player make the player able to perform so much leaps through the half and the game is available and as such is carrying the insignia of power quickly, and despite the importance of this trait, but did not take enough interest in research and study

 See Aweys Ali al-Jabali (2000) that the combination of physical capacity is the basis for the development of performance in activity Specialist with fit blending these capabilities and especially muscle power, The qualities associated with each other was training to develop them together faster and stronger than trying to develop each character separately, hence shall be on the coach to put this into account and so that every movement or an essential skill in volleyball is a high-performance necessary to have played much of the art of the correct performance of the skill, and high physical condition, and brainpower and stability in volitional qualities psychological

 That each activity is different from the other in terms of endurance requirements in accordance with the characteristics of which is characterized by, and so there are special types of capabilities associated Balthml including "distinctive force quickly" Vtthd him to be so called "carry distinctive force quickly."

**Research Problem**
 The development of training programs of great importance in improving the performance level of what may contribute to overcoming some of the major problems that appear Omlm coaches, and that is to decrease the different skill level of performance and the ones that depend on the jump where the volleyball player with a large number of leaps through half and the game, in addition to the sequence matches in the combined sessions, making the player in dire need of a recipe bearing distinctive force quickly so that it can continue to perform Alkhashbelah skills volleyball high level and in particular the transmission overwhelming and crushing beatings and bulwark, and the greater the period the game continued at least level gradually, and is reflected in the weakness of battered balls and also increase errors and loss of easy balls and weak capacity of the players to jump up and performance of powerful strikes, both in transmission crushing or beating overwhelming or bulwark, and this may be due to poor bearing strength I have a distinctive fast players.

 Refers Mohamed Sobhy Hassanein, Hamdi Abdel Moneim Ahmed (1997) that the physical capacity of the most important performance requirements due to being a decisive factor in winning the special games at the convergence of the skill level and tactical at the difference, and magnified the importance of the fact that fitness is a mainstay in the performance skills properly and sound

 And confirms the foregoing Kamal Abdel-Hamid, Mohamed Sobhi Hassanein (2001) The correlation physical abilities Palmeart motor is considered approved by the scientific and field research studies, The performance of the skills required physical capabilities to accomplish, and the practical fact indicates that the Atkhalo skill of a physical component or more

 This was confirmed by Bastawisi Ahmed Bastawisi (1999) that the status of carrying the insignia of power as quickly as the vehicle of endurance and strength and speed are important in the training of some of the activities that require a prescription distinctive power as quickly and for long periods qualities, and show the importance of this trait particularly when performance for a long time, citing Zjfr Zigfert also adds that what he called in to search the importance of this trait is how desperate the players in the games to the large leaps

 Explains raiser Resser and brilliant Bahr (2003) that the player should be interested in the development element bearing distinctive force as quickly as well because the players feel tired in the latter stages of games and then go down the effectiveness of performance

 He adds Alan Boras Alan Borass (2003) that you should in all cases except confuse the strength and ability (characteristic strength quickly) when attributed to the endurance element, they are not the same thing, charge the power is, it can through sports holding in the training set certain muscle, while carrying the insignia of power as quickly as is the ability to use force at full speed through the unit humiliating time or a specific distance

 It is worth mentioning here Knin Kramer Kramer, Hakkinen (2002 m) that represents a jump of more than 50% of the performances of the different player types 0.30% short of multiple speeds, 12:16 0% dip defend all of these performances rely on muscular contraction dynamic default and lengthening 0

 It is clear from this that the nature of the activity in volleyball where leaps constitute the majority of the performance in terms of transmission with the highest jump, beating and crushing bulwark and setup Balothb which requires training Blomitrih 0

  So were selected element bearing distinctive power as quickly as one of the training problems that affect performance and worthy of study and research through the subject of scientific research and experimentation, giving positive signs to achieve the highest level of achievement in volleyball, scientific fact indicates that it is not without skill element physical or more, and the ones that rely on the jump and that you need at a time to make a distinctive strength as fast, if not Atsvo players assume this element, we find that with the level below the level of redundancy.
 Through inform the researcher to some sources for desktop search there found that the recipe bearing distinctive strengths speed significantly affect the improvement of skill performance, this is called the researcher to conduct this study is an attempt to develop a proposal to raise the level of training program carrying the insignia of power as quickly as the players and their impact some basic skills under discussion by recognizing the "development impact of carrying the insignia of power quickly to the working muscles to withstand some of the basic performance skills in the sport of volleyball."

**Aim Of Research**
 The research aims to identify the impact of the development of bearing distinctive strength of the muscles working quickly to withstand the performance of some of the basic skills in the sport of volleyball through:
 - Developing a training program for the development of a proposal carrying the insignia of power as quickly as I have a sample search
 - Understand the impact of the development of bearing distinctive strength of the muscles working as fast as the skill transmission
 - Identify Tathertinmah carry Alqohalmmesh fast muscles working skill beating overwhelming.
 - Identify Tathertinmah carry Alqohalmmesh fast muscles working skill bulwark.
**Research hypotheses:** - There are significant differences between pre and post measurement in favor of the dimensional measurement of physical capacities under discussion.
 - No improvement between the two measures Find pre and post physical capacity ratios under discussion.
 - There are significant differences between pre and post measurement for the telemetric basic skills under discussion.
 - No improvement between the two measures Find pre and post basic skills ratios under discussion.

**Search Procedures
Research Methodology:**

 The researcher used descriptive (survey) and the experimental method according to the need of Search:
**Descriptive approach:**

 The researcher used the descriptive method using survey through EMG) device) to identify the contribution of muscle working in the basic skills of volleyball ratios under discussion.
**Experimental method:**

 The researcher used the experimental method and its relevance to the nature of the research using experimental design for one set, which is based on two measurements (tribal - dimensional) of the variables under consideration.

**The research sample:
The research sample descriptive:**

 Was selected sample descriptive way intentional, where the researcher will select a number (1) player team Club Banha Sports primarily excellent (b) and the Registrar of the Egyptian Federation of Volleyball season 2014/2015 m, and to conduct the electrical activity of the muscles involved in the skills of analysis (sending overwhelming \_ beating overwhelming \_ bulwark) under consideration and recognition of the contribution of the muscles involved in each skill ratios, has been selected as this player is considered the best and most powerful Thumper in the team.

**Experimental research sample:**

 Was selected sample experimental way intentional random players from the inner Sports Club U-19 age and enrolled Egyptian Federation of Volleyball season 2014/2015 m's (15) player (annex 1), was selected as the research sample exploratory way intentional players Lasko Club Sports U-19 age and enrolled Egyptian Federation of Volleyball season 2014/2015 totaling (12) as a player and outside of basic research sample, bringing the total basic and exploratory respondents (27) for the player.

**Sphere with**

\* Has the application process of the training program during a period of Wednesday, 3/12/2014 Even Friday, 30/01/2014, for a period of 8 weeks.

**Spatial area**

 \* The tribal measurement application, as well as the training program and telemetric the research sample hall covered institution unions in Shubra.

**Means and tools of data collection**
**Reference Survey**
The researcher familiarized themselves with the references and scientific studies and research and research-related sites in volleyball, then the researcher doing a comprehensive survey of all this for the following
Survey Reference physical tests

**Tests of skill**

 The researcher familiarized themselves with the references and scientific studies related skills tests, volleyball, and the researcher to the following tests as these tests are commensurate with this age group and more use and effective and influential in the outcome of matches.

**Forms for data recording**
- Form data for the registration of players (Name - Address - chronological age - length - weight).
- Form record the results of physical tests for Balnashin.
- Form record the results of tests of skill Balnashin own.
Hardware and tools used for research measurements
The researcher using Paint electrical device of the muscles (EMG) to determine the contribution of the muscles involved in skills ratios under discussion.

**Tools used in the search:**- Turn off to the nearest hour (0.1) of a second.
- Balance of medical-mail.
- A tape measure.
- Ruler included.
- Medical balls

**Surveys** Before the introduction of the training program, the researcher conducting three pilot studies are as follows: -
**The first exploratory study**
 The researcher conducted a study on the first exploratory 11/26/2014 m in the hall covered sports stadium Banha.
**The study Expeditionary second**
 The researcher of this study conducted a reconnaissance second day 31/11 until 01/12/2014 m
**The study Expeditionary third**
 The researcher selecting a random sample of (12) arises under 19 years of research community but outside the core sample research of emerging Lascaux Sports Club, was applied Expeditionary third study from (27.11.2014 till 30.11.2014 m).

**Scientific tests of transactions**
**Believe tests**
 The researcher calculates the sincerity Alibdnaho skill tests using the sincerity of differentiation through research sample exploratory distinctive group split and a non-distinctive.

**Steps proposed program put** See through the scientific literature and previous studies that addressed the research and design of the study muscle strength training programs, and in particular training programs that addressed the recipe (bearing distinctive power as quickly).
 Key variables for the training program bearing Almmaoh power and speed for implementation of the program
According to Abdel-Aziz tiger, Nariman al-Khatib (1996 m) that can be divided into strength training programs into four periods:
- Foundation Period incorporation period
- Preparation Period preparation period
- The pre-competition Pre- Competition Period
- Competition period Competition Period
Application program took two (8) weeks at a rate of 3 modules in the week and in the period from Tuesday, 03/12/2014 AD until Friday, 30/01/2015 m

**Tribal measurements Pre Tests**
 The researcher conducting tribal measurement on a sample of basic study on Wednesdays and Thursday, 17,18 / 12/2014 was measuring physical variables, as well as measuring the level of basic skills through some tests of skill and the hall covered by workers' Club Foundation.
Implementation of the experiment Experiment Implementation
The implementation of the proposed training program using training technique to improve the level of some of the basic skills for 8 weeks by 3 units per week and extending unit 120 minutes, during the period from Wednesday 3 corresponding / 12/2014 to Friday, 30.1.2015 and that hall covered labor organization Club.

**Dimensional measurements Post Tests**
The post test measurements on a sample of basic study in physical and skill capabilities action on Sbtwalahd corresponding to 31 / 1.1 / 2/2015 took into account the researcher same order of measurements as they were in the tribal measurement, the researcher collects data and scheduling a prelude to statistically treated and presented and discussed and draw conclusions from them.
**Statistical treatments Statistical Methods**Was performed statistical treatments using statistical software packages Spss CNC and through the following statistical treatments
- Mean
- ST.Deviation
- Convolution - kurtosis
- T.Test
- Pearson Correlation
- Improvement%

**Conclusions and recommendations**: -
**Conclusions**:
In the research sample and within the limits of statistical results researcher concludes the following:
- The recipe bearing distinctive force as quickly as one of the most special game of volleyball physical attributes
- That the player who gets the biggest results in the test, which measures the recipe bearing distinctive force quickly be able to continue functioning for a long time with a few technical errors and errors in the official rules of the game 0
- Qualities that carry perform basic skills in volleyball are the qualities necessary and must focus on the study and attention 0

**Recommendations:**

In light of the findings of a researcher recommends the following:
- Focus on the study of prescription bearing distinctive strength quickly and linked to the basic skills in volleyball 0
- Try to design new tests in a game of volleyball kept private game actually be similar to what happens during the games 0
- Focus on the recipe bearing performance of basic skills in volleyball even raise the level of the game until the end of the game 0
- Develop Jaddedah training programs are taking into account the distinctive character carrying the speed and power to withstand the impact of skill performances not covered by the search, either offensive or defensive new scientific means.
- The use of physical skills to measure and evaluate tests replace the distinctive strengths of fast footwork performances under Aliy to determine the actual level of volleyball players so that the coach-building programs in accordance with the results of the tests.