

ABSTRACT

Effect of developing muscular Power by reducing the bilateral Deficit of the parties on the effectiveness of the Technical Performance for wrestlers

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This research aims to develop Muscular Power by reducing bilateral deficit of the parties and its impact on the Performance technique effectiveness of wrestlers, The researcher used the experimental method of design that includes two experimental groups in the method of pre - post measurement, The research sample was chosen in a deliberate method from the wrestling players of the Talented National Project, which are recorded in the records of the Egyptian Federation of wrestling. Their number reached (12) player, (UL) method is better than (BL) method when developing the muscular power of the parties, as the bilateral deficit decreases when using the (UL) method, There were no injuries as a result of the use of the two methods.

Key Words:

(Muscular Power, Bilateral Deficit, Bilateral performance, unilateral performance)