

The Effect of Training Program by Using Especial Strength on the Performance Skills of Hockey Players

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Abstract : The current research aimed at designing a training program for improving specific muscular strength through using the especial strength and identifying its effects on the performance level skills of hockey players. The researcher used the quasi-experimental approach (two - group design) with pre- and post-measurements. Sample: (n= 35) was purposefully chosen from sharkia sports club. Five hockey player were excluded due to their non-punctuality. The rest were divided into two equal groups (experimental and control). The researcher concluded the following: The traditional training program had a positive effect on improving the physical variables under investigation as it led to increasing the improvement percentages of the physical variables and the performance level skills of the control group between the pre- and post-measurement. The recommended training program had a positive effect on improving the physical variables under investigation as it led to increasing the improvement percentages of the physical variable and the performance level skills of the experimental group between the pre- and post-measurements. Exercises using the especial strength training had a positive effect on the post-measurement of the experimental group.

Keywords : hockey, especial strength, performance skills

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