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	2.10	0.52	4.25	73.21	3.20	71.60	
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0.962	0.926	2.70	46.1	2.43	45.4	
0.938	0.88	4.32	54.78	3.65	54.19	(45)
0.937	0.878	0.89	6.70	1.39	6.48	(2)
0.967	0.936	1.61	9.19	1.35	8.90	(2)
0.88	0.78	2.13	7	1.58	6.9	
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*8.76	3.21	59.18	2.81	47.62		
*7.52	4.82	64.38	3.58	56.12		(45)
*5.83	0.94	7.73	0.82	6.43		(2)
*8.58	1.92	12.52	1.28	9.18		(2)
*8.71	2.28	14.60	2.58	7.50		
*12.32	3.11	16.50	3.42	8.25		

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1.19	2.62	51.12	2.54	48.50		
1.38	3.12	57.18	2.68	55.72		(45)
1.68	0.88	6.92	0.86	6.59		(2)
2.12	1.84	10.35	1.28	9.14		(2)
1.19	2.26	9.50	2.15	8.20		
2.04	3.28	9.66	3.60	8.50		

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*6.32	2.62	51.12	3.21	59.18		
*4.57	3.12	57.18	4.82	64.38		(45)
*3.56	0.88	6.92	0.94	7.73		(2)
*3.11	1.84	10.35	1.92	12.52		(2)
*8.20	2.26	9.50	2.28	14.60		
*9.85	3.28	9.66	3.11	16.50		

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The Effect of Using the Plyometrics Exercise on Developing the "Arm and Leg" Explosive Power of Smash Attack of Volleyball

*Ahmad A. Al-Okor **

ABSTRACT

The study aimed at identifying the effect of using the playometrics exercise on developing "arm and leg" explosive power, and the precision of conducting smash attack.

The researcher used the quantitative method; pre - test and post - test were used, on two experimental groups. The study sample consisted of (20) players from Al - Yarmouk Volleyball team. The sample was divided into two groups; experimental group and control group; (10) students each. The experimental group was trained using "arm and leg" plyometrics exercise, while the control group was trained using the traditional approach. The training program consisted of (8) weeks; two training units a week, each unit lasted for (25) minutes. The study lasted from (4/3/2007) to (29/4/2007), in the gymnasium hall at Al - Yarmouk University.

The study results showed significant effect of the use of plyometrics exercise on developing "arm and leg" explosive power, and the precision of conducting smash attack, between the tow groups; the experimental group excelled the control group.

According to the study results, the researcher recommends that the plyometrics exercise must be given more importance in the training process; to develop volleyball skills, especially attaching skills. And polymeric exercise must be similar to the skill performance in speed, motor course and the working muscles to develop the special abilities of the volleyball players.

Keywords: Training Program, Plyometrics Exercises, Explosive Power, Smash Attack Precision.

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