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Abstract in English

Effectiveness Of Program (Educational - Training) To Develop Some Basic Skills For Volleyball Juniors

**Research presented within the requirements for the degree of doctor
of philosophy In Physical Education**

Preparation

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Introduction search

Provide search:

The steps to the success of any sporting activity in any society must follow the proper scientific approach, which aims to improve the activity and access to the highest levels of the ball is the plane of the games that feature fun and excitement Vahraz superiority goal sought by all athletes.

Scientific and technological progress in today's world, especially after the advent of atheist and the twentieth century dictate Nations many duties and paid to the initiative and use the maximum of contemporary technological methods as well as the development of education and training methods to get rid of the traditional systems in order to keep abreast of developments and to keep pace with the spirit of the times and the nature of the from a knowledge explosion and technological progress .

And indicates both the "Mohamed Sobhi Hassanein and Hamdi Abdel Moneim" (١٩٩٧), Zaki Mohamed Hassan (١٩٩٨م) Volleyball A team sports that are dynamic that results in a high level of performance and this occupies a prominent place in the world and the Olympics, also check opportunities recreation and practice and competition, which helped to spread in all parts of the world.

Indicates "Mohamed Sobhi Hassanein and Hamdi Abdel Moneim" (١٩٩٧) that the process of scientific development in volleyball became the basis for reliable access to international levels, where the training of new research scientists have contributed to the development of the training process to improve aspects of the physical and technical skills and tactical, psychological and other players volleyball according to their specialties.

See Mohammad Hassan Allawi (١٩٩٤) that most of the training scientists agreed that the physical components of the development are the essential ingredient which helps to attain the highest levels and the physical components of the development are closely linked to the process of motor skills as an individual athlete can not master the

appropriate basic motor skills for the type of activity development athlete who specializes in the case of the lack of the necessary components for this activity is the development of physical and physical components of effective factors to improve the level of performance in sports activities and physical components vary depending on the type of physical activity and physical components, the better the higher the level of performance skills.

Find a problem:

The researcher reviewed the research problem by asking a number of questions and answer them Medda including that came in the literature and scientific studies.

Q: Why deliberately researcher to develop the program (Teaching - Training)?

Agree all of Abdul Hamid Sharaf (٢٠٠٢) (٧٨) and Zaki Mohamed Hassan (٢٠٠٤م), it is the main reasons for the lack of progress the sport in Egypt is the lack of attention to the programs that translate the planning process to be able to define their operational process, and not rely on the scientific method in education and training of players .

With this in mind, and keep abreast of scientific progress in the field of education and training of motor skills of the game Volleyball resorted researcher to think about the design of the program (Educational - Training) proposal using a modern technological means and a set of exercises using simple tools and exercises free and using acetic rubber and appropriate to the characteristics of youth, with the aim improve the performance skills of young people, as the use of educational means to facilitate the teaching and learning process, and play a vital role in raising the motivation of the individual learner, as well as motivate learners and increase their activity and their interaction, and the focus of his attention, and make education kept effect, is also working on the formation of motor program better and faster learner, save for the workers time and effort, and taking into account individual differences among rookies, helping to achieve the goals of the educational process and Altdrebh more effectively.

Where the researcher believes that planning for education and training and educational programs training inhalers play a major role in the development of educational and training process level and contribute effectively to reach high levels of sports, and in their absence to become the educational process of training is useless and lacks many of the steps of success, it is the main reasons for the superiority of states advanced in the field of sports in general and volleyball in particular, such as Brazil, Italy, Russia, Serbia, Bulgaria and France is planning for training and training programs inhalers that produced physical and skill levels and high tactical level .

Q: Why chose researcher budding stage under ١١ years old?

Confirms Mohammed Tawfiq Alwoayli (٢٠٠٠) that the basic motor skills are the backbone for the process of training, especially rookies and young adulthood as difficult to fix errors later, and the most important training Facts in any sport or game that depends on the upgrading and progress level rookies good to reach the highest levels technical, and rookies are the basic rule that build on the basis of which the upper levels and the big difference.

Among the most important facts of training in any sport or game that depends on how much progress and upgrading the level of good rookies to reach the highest technical levels, and beginners are the basic rule that build on the basis of which the upper levels and the big difference.

Where the researcher believes that youth training is primarily designed to prepare them and prepare them to progress in their job according to the characteristics age group to which they belong, and the development of their physical abilities and skills and psychological, as the basic rule is to improve the quality of the game of volleyball should start from budding stages.

So it is vital interest in these ages and these stages are the real field to learn the skills and motor skills as they are the mainstay of the reach advanced levels and all the nations of the world seek to development in various different areas, sports is one of these areas, which won wide attention in all respects physical and technical skills

and tactical and psychological players, as well as the development of training and education and the development of tools and devices used ways, through their respective athletic activity laws.

So it became necessary attention to this age group, where it ground to learn real skills and motor skills as they mainstay to reach the upper levels.

On the other hand Athakik Balnashin access to the highest level possible in the game of volleyball through the development of various physical components and technical skills and aspects of tactical as well as the mental and emotional capacity in excess of their ability to achieve optimal performance in the previous variables and how to use them in the global games, and has reached the level of performance in a game of volleyball in developed countries such as Brazil, Italy, the Netherlands, America, Japan, Cuba, Argentina and Russia in recent years to a distinct phase in all the previous round due to the results of scientific studies and research and development of hardware and utilities and the use of scientific methods in the education and training of youth team volleyball.

With this in mind and through researcher experience as a player and coach and the rule of international volleyball found that there is a lack of interest in budding stages in volleyball from various aspects which led to poor results in different leagues teams to higher levels and beginners alike .

And the belief of the researcher of the importance of the junior sector as it represents the foundation to the upgrading and progress in different sports, especially volleyball, the research is an attempt on the part of the researcher to rationing program (Educational - Training) according to scientific bases and according to the characteristics of the Sunni phase selected and legal aspects of the educational process of training and those who guide them through the use of educational means and the quality of educational training exercises appropriate for beginners and taking into account the characteristics of mutations physical attributes that growth is the basis and pillar to learn basic

skills and substantive tests and inhalers to upgrade the skill level of an emerging volleyball.

Q: Why researcher deliberately to prolong the duration of the program (Teaching - Training)?

Long training process is the range is the perfect way to reach Balnashin to the highest level athlete possible to reach the upper levels and compete at the international level in a game of volleyball, and that access to those levels does not come haphazardly, but are through scientific training systematized and organized for long periods especially for juniors.

Confirms Mohammed Tawfiq Aloulila (٢٠٠٠م) to the basic skills is one of the most important pillars of the educational process and training more sensitive it usually takes longer for such time the training period, and players must mastered the necessary basic skills and without mastering these skills, both the coach and the players Biao their time without benefit.

It also reminds all of the "unique stage" and others (٢٠٠٢) and "by God and others (٢٠٠٣) and" Abdel Atty AE, Khalid Mohammed increase "(٢٠٠٤) that the technical skills in volleyball look easy, but it requires a great effort in Mastery of the difficulty of implementation, so why imposed by the laws of the game, which requires extreme attention to preparing players technically.

The importance of research:

Scientific importance:

*This research is an attempt to complete the construction of knowledge to clarify the impact of the program (Educational -Training) for the development of basic skills in volleyball and use them in the field of athletic training.

*Know the quality of the exercises used and appropriate to the characteristics of the junior.

*The importance of research in an attempt codify a set of exercises for some technical skills to emerging volleyball under ١١ years where the

researcher surveyed reference for some of the scientific literature and previous studies of volleyball to determine the most appropriate exercises as well as providing the voltage of the coaches through the design of an educational program - Training standardized education and training technical skills to emerging volleyball.

*Within the limits of science researcher There are no previous studies on the development of basic skills for a period of two years.

***Applied Popularity:**

*This paper presents a model for the program (Educational -Training) basic skills and identify the impact of the program in improving the physical level and skill among rookies.

*Know the quality of the exercises appropriate to the nature of the junior.

*Improve the level of physical performance and skill through the appropriate exercises for beginners properties.

***Aim of the research:**

The research aims to identify the effectiveness of the program (Educational -Training) for the development of some of the basic skills to emerging volleyball under 11 years Through :

*Program Design (Educational _ Training) to prepare a proposal for the development of physical and skill to emerging volleyball.

*Identify the impact of the program (Educational -Training) on the physical capabilities of the emerging ball aircraft under development.

*Identify the impact of the program (Educational -Training) on the development of basic skills for emerging volleyball under discussion.

***Research hypotheses:**

*There are statistically significant differences are found between measurements search for the four consecutive and dimensional measurements of the physical capacities under discussion.

*No improvement between measurements search for the four consecutive and dimensional measurements of the physical capacities under ratios.

*There are statistically significant differences are found between measurements search for the four consecutive measurements and post basic skills under discussion.

*No improvement between measurements search for the four consecutive measurements and proportions of a posteriori basic skills under discussion.

***Search procedures**

***Research Methodology**

The researcher used the experimental nature of its relevance and search using the experimental design experimental per set, which is based on measurement (tribal, first iterative, iterative second, post test) tests the physical and technical skills for the youth team volleyball under 11 years.

***Community and the research sample**

***Sample Search**

The researcher choose the sample experimental way of intentional National Project for emerging centers ball training aircraft under ١١ years and the ١٤ emerging province of Assiut and the researcher to choose the exploratory sample intentional way and the ٢٨ emerging from Banha Sporting Club and shoban Sporting Club registered the Egyptian Federation of Volleyball.

***Sphere with**

*Application of the program has educational process - during the training period from Sunday, ٠٧.٠١.٢٠١٢ till Monday, ٢٠١٤/٠٦/٣٠m, for a period of two years.

***Spatial domain**

*The tribal measurement application, as well as the training program and measurement Interconnection and telemetric the research sample hall covered sports stadium Banha.

*Homogeneity of experimental research sample

The researcher conducting homogeneity of the sample empirical research in the following variables:

*Sample homogeneity of experimental research in some selected physical variables (height - weight - arm length - the length stop - the length of the man - the length of the foot - chest circumference) .

*Sample homogeneity of experimental research in some of the physical variables (the muscle power of the two men - the ability of muscle to arms - muscular endurance - carrying the insignia of power quickly - the transition speed - speed motor - Fitness - Flexibility - Compatibility).

*Sample homogeneity of experimental research in the skill variables (transmitter, receiver, setup, beating overwhelming, rollback, the defense of the stadium).

***Means and tools of data collection**

*Forms for recording data

*Record the results of tests Anthropometry own Balnashin form.

The researcher prepared Anthropometry data registration form

*Recording the results of physical tests for Balnashin form.

The researcher prepare physical data registration form

*Record the results of tests of skill Balnashin own form.

The researcher's technique to prepare the data recording facility form

Testing and measurement unit

*Height cm

*Kilograms weight

*The length of the neck cm

*Arm cm length *Along desist cm *Man cm length

*Foot length cm *Cm chest circumference

***Physical tests**

Physical tests used (test name, purpose and unit of measurement)

*Achtbaraado 18 m from the stand measuring speed transitional second.

*Test the speed of rotation of the arms around the basket measuring speed motor for the number of arms.

*Test jump broad stability measure the ability of the two men cm.

*Test jump broad stability measure the ability of the two men cm.

*Test jump for the attack was to measure the ability of the two men cm.

*Testing pay football Medical measure the ability of the arms cm.

*Test a run 9.3, 6, 3.9 seconds to measure fitness.

*Test drape the trunk of a successor lie measure flexibility cm.

*Test sit, lie down, measuring the number of bearing force.

*Prostration diagonal measurement of stand tolerance test force number.

*Test lift legs up from lying measure bearing strength again.

*Test repeated beatings skill overwhelming measure bearing distinctive force as quickly .

*** Tests of skill**

Skill tests used for the research group

*Test transmitter accuracy of the bottom of the various centers degree.

*Test transmitter accuracy of the various centers of higher degree.

*Test the accuracy of the reception of the highest degree of the various centers.

*Test accuracy reception from the bottom of the various centers degree

*Test scroll from the top of the various centers degree accuracy.

*Test scrolling down the various centers of the degree of accuracy.

*Scrolling from the top of the head above the test score.

*Test scrolling down over the head grade.

*Test the setup of the highest degree of skill.

*Test batting crushing of various skill centers degree.

*Test skill bulwark of different centers degree.

*Test the skill of the defense of the stadium from different centers degree.

*The researcher has used the number (8) Anthropometry tests (12) and physical tests (12) skill tests, and for the following reasons:

* This was codified tests on a sample Egyptian .

* Easy to understand and apply these tests .

* The use of these tests in many previous studies .

* These tests included the physical attributes associated with the offensive strike and testing their own skills .

* **Surveys**

* **Expeditionary first study**

- The researcher selecting a random sample of (28) arises under 11 years of research community but outside the core sample for research and emerging club Banha sports, was applied Expeditionary first study from (Sunday, 01.07.2012 till Friday, 07/07/2012 m).

* Objectives of the study Expeditionary first

- To ensure the validity of the tools and equipment used in the search

- Training assistants on how to conduct the tests and measurements and accuracy Date .

- Find honesty factor (comparison peripheral sincerity) tests Alantherubomitria and physical and skill .
- Find reliability coefficient using the test application method and re-applied at intervals of a time frame of three days .

*** The results of the scoping study first**

- Have been confirmed the validity of the tools and equipment used in the search .
- Assistants have been trained on how to conduct measurements and tests in accordance with the terms of their application and their accuracy in recording the results .
- The honesty coefficient (comparison peripheral sincerity) tests Alantherubomitria, was using the stability test application and re-apply for the tests physical style coefficient was calculated.

*** Scientific transactions for tests**

- The researcher trying to ensure the scientific validity (reliability and honesty) of the tests used before, during and after the training program in the period from (sunday, 01.07.2012 till, Friday 7/7/2012 m).

*** Believe tests:**

The researcher calculates the sincerity of the tests in the anthropometric variables using the sincerity of differentiation through research sample exploratory distinctive group split and a non-distinctive.

*** Stability tests**

Stability has been found for the tests used for transactions using the application of the test method, and then re-applied at intervals of a time frame of three days was the Pearson correlation coefficient was calculated and the value of (c) The following tables illustrate transactions stability tests used under .

*** Expeditionary second study**

- The researcher using the previous sample and applied them Expeditionary first study and number (28) arises under 11 years of research community but outside the core sample for research and emerging club Banha sports, was applied Expeditionary second study from (Saturday, 8.07.2012 till, Sunday 14/07/2012 m).

Fit module with dedicated time content, as well as appropriate training module with the times and percentages allocated components .

Determine training loads in terms of (intensity-size-density) to legalize loads for juniors according to their abilities.

Rationing training load using the equation rate target during training pulse (THR) .

Appropriate authority to place the user in the implementation of training modules .

Ensure the safety of the health status of junior research sample .

*** The results of the scoping study, the second**

- Fit allocated to the unit training time which is (120) s with the unit content and the right time for the warm-up represents (15%) of the training unit time as a main part (75%) of the module time the conclusion and calm represents (10%) of the unit time training .

- The legalization of training loads using the training load components (intensity-size-density) and apply the training module to carry the maximum unit training to carry less than the maximum and average unit training to carry .

- The measurement of pulse rates for juniors and teach them the best way on how to measure and then been applied to the target pulse equation (THR), with an average resting pulse junior research sample rate of 72 beats per minute and reached a maximum average pulse rate of 200 beats per minute .

- Has been the target pulse account depending on the severity of pregnancy.

- The validity of user location and suitability for the implementation of training modules .

implementation of the program:

tribal measurements Pre Tests

The researcher conducting tribal measurement on a sample of basic study in Anthropometry and physical and skill capacity on Wednesday, 01/10/2012 until Tuesday, 07.10.2012 for a period of 7 days was Anthropometry and physical variables measure through some tests Anthropometry and physical as well as the measurement of basic skills level through some tests of skill and the hall covered sports stadium Banha.

experiment Experiment Implementation

The implementation of educational Training Program proposed using drills footwork to improve the level of some of the basic skills for 105 a week by 3 units per week and extending unit 120 minutes, during the period from 01.11.2012 to 30.06.2014 and the hall covered stadium Banha sports.

consecutive measurements Mid Tests

measurement iterative first

The researcher conducted the first iterative measurement on a sample study in the basic physical and skill capabilities on Saturday 25/5/2013 until Friday, 31/05/2013, and it covered stadium Banha sports hall.

second measurement iterative

The researcher conducting the iterative measurement on the second sample in the study of basic physical and skill capabilities on Thursday, 26.12.2013 until Tuesday, 31.12.2013 and the hall covered sports stadium Banha.

dimensional measurements Post Tests

The post test measurement on the sample in the study of basic capabilities in the physical and skill capabilities action on Tuesday 24/06/2014 until 06/30/2014. The researcher took into account the order of the same measurements as in the tribal measurement first, second, iterative, and the researcher collects data and scheduling a prelude to a statistically processed 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

- Improvement rate (rate of change) Progress
- Percentage Percentage - Arithmetic average Arithmetic Mean
- Median broker - Standard deviation - Sprains Skewness
- Pearson Pearson Product - Moment- Correlation coefficient

Calculation indication of the differences between the averages of double samples Paried T-Test.

- Contrast Analysis of Variance (ANOVA analysis).
- The least significant difference value (LSD).
- Degrees of freedom Degree of Freedom.
- Improvement rate (rate of change) Progress.

Conclusions & Recommendations

Conclusions

In light of the objectives of the research and homework and the methodology used, and in the research sample characteristics and limits of statistical processors and presentation and discussion of results, it was possible to reach the following conclusions:

first imposition own conclusions:

- * statistically significant differences in muscle power of the two tests .
- *statistically significant significant differences in muscle tests the ability of the arms .
- * statistically significant differences in the moral tests bear distinctive strengths speed and no statistically significant significant differences in speed tests .
- *statistically significant differences in the moral test Fitness.
- *statistically significant differences in the moral test of flexibility .
- * statistically significant differences in the moral compatibility test .

own conclusions imposition II:

- *percentage of improvement between measurements Find the four muscular ability of the two men came in the broad jump test by (171.205%) and vertical jump test by (132.875%) and test jump from approaching by (124.727%).
- *percentage of improvement between measurements Find the four muscle's ability to arms came in the payment of medical ball with the right hand by test (132.798%) and pay medical test ball with the left hand by (177.156%) and test-handed push by medical football (139.598%).
- *percentage of improvement between measurements Find the four bearing muscle test came in the sitting of lying by (349.023%) and testing lie italics by (1542.434%) and test the two men lifted aloft by (298.924%).
- *percentage of the improvement came between measurements Find the four distinctive strength to withstand the speed tolerance test performance in beating the overwhelming skill (470.859%).
- *came the percentage of improvement between measurements Find the four transitional speed in the 18-meter test the enemy by (25.774%) and the speed of rotation of the motor in the test right arm

around the basket by (150.868%) and test the rotation left arm around the basket (170.696%).

*percentage of improvement between measurements Find the four agility test came in a run shuttle by (22.334%).

*percentage of improvement between measurements Find the four flexible drape test came in the trunk successor by (131.350%).

*came the percentage of improvement between measurements Find the four consensus in compatibility testing between the arms and the eye by (735.592%).

conclusions for the third imposition:

*the presence of statistically significant differences in test transmission from the bottom of the right region, Central and left in the right area, central and left significant differences.

* statistically significant differences in the moral test the scroll from the top of the right and the central region and left to scroll from the right and the central region and the left and scroll from the top above the head.

* statistically significant differences in the moral test of scrolling down the right region, Central and left to scroll from the right and the central and no region and the left and scroll down over the head.

* statistically significant differences in the moral test reception from the top of the right region, Central and left to send the right region, Central and left.

* statistically significant differences in the moral test reception from the bottom of the right and the central region of the left and send the right region, Central and left.

* statistically significant differences in the moral test preparation skill from the top of the center (2), (3), (4) to the reception area from the right, middle and left behind.

* statistically significant differences in the moral test transmitter from the top of the right region, Central and left in the right area, central and left.

* statistically significant differences in the moral test of beating the overwhelming skill center (2), (3), (4) in the right area, central and left.

* statistically significant differences in the moral test skill bulwark of defense and offensive center (2), (3), (4).

* statistically significant differences in the moral test the defense of the pitch from the right and the central region and left beaten Center (2), (3), (4).

conclusions for the fourth imposition:

*came the percentage of improvement in test transmission from the bottom of the right area at the right and left central region and follows the order by (633.347%), (680.229%), (781.743%) and the central region in the right region, Central and left by (603.480%), (727.716%), (677.507%) and left the region in the right region, Central and left by (922.229%), (856.359%), (659.606%).

*percentage of the improvement came in the test scroll from the top right of the area to pass from the right region, Central and left the order follows by (662.713%), (633.347%), (594.555%), and to pass from the right region, Central Region and Central and left the order follows by (623.682%), (608.560%), (532.517%) and left the area to pass from the right and the central region and the left in order follows by (586.192%), (580.669%), (552.690%) and in the scroll of the highest test over the head by (432.629%).

*percentage of the improvement came in the test scrolling down the right of the area to pass from the right region, Central and left the order follows by (800.259%), (734.621%), (675.230%), and to pass from the right region, Central Region and Central and left the order follows by (785.700%), (681.488%), (669.707%) and left the area to pass from the right and the central region and the left in order follows by (745.002%), (703.641%), (660.628%) and in the scroll from the bottom of the test over the head by (445.753%).

*came the percentage of improvement in test reception from the top of the right to send the area from the right and left central region and follows the order by (617.792%), (585.680%), (557.959%), and the middle of sending the right area region and Central and left the order follows by (602.840%), (588.993%), (493.097%), and left to send the area from the right region, Central and left the order follows by (586.192%), (562.377%), (514.754%).

*came the percentage of improvement in test reception from the bottom of the right to send the area from the right and left central region and follows the order by (727.716%), (704.902%), (602.840%), and the middle of sending the right area region and Central and left the order follows by (665.864%), (648.494%), (608.440%), and left to send the area from the right region, Central and left the order follows by (738.098%), (706.956%), (629.572%).

*percentage of the improvement came in to prepare for the test from the top of the center (2) the right of the reception area, central and left the order follows by (764.250%), (738.098%), (700.090%), and center (3) of the receiver from the right and the central region and the left in order follows by (625.680%), (675.230%), (792.850%), and left to send the area from the right region, Central and left the order follows by (653.348%), (660.628%), (842.380%).

*percentage of the improvement came in the test transmission from the top of the right area at the right region, Central and left the order follows by (823.102%), (693.361%), (826.979%) and the central region in the right region, Central and left by (687.746%), (771.400%), (648.494%) and left the region in the right region, Central and left by (734.621%), (677.507%), (686.975%).

*percentage of the improvement came in the Test batting overwhelming Center (2) in the right area and the left in order follows by (1610.671%), (1464.679%), and center (3) in the right area, central and left by (1586.528 %), (1567.320%), (1607.243%) and center (4) in the right area and the left by (1406.696%), (1422.319%).

*came the percentage of improvement in test bulwark of the offensive center (2), (3), (4) order follows by (957.065%), (1009.357%),

(921.004%) and in the bulwark test defense of the center (2), (3), (4) by (853.904%), (888.347%), (681.488%).

*percentage of the improvement came in the defense test on the pitch from the right area to hit the center of (2), (3), (4) order follows by (826.979%), (823.102%), (693.631%) It is beaten from the center of the central region (2), (3), (4) by (648.494%), (775.000%), (697.122%) and left the area to hit the center (2), (3), (4) by (683.966%), (706.956%), (755.336%).

Recommendations

In the light of the conclusions adopted by the nature of the study and the sample and methodology used and the procedures have been followed and the results of the statistical analysis enables the researcher to identify recommendations that can be used in the field of education and training for volleyball as follows:

*attention to developing educational programs - training codified on a sound scientific basis for the development of the physical capabilities of the volleyball phase Sunni under study because of its positive impact on the progress of a clear level of performance skill in volleyball.

*interest in conducting studies and research on the particular physical abilities in young, who are the first structure to the process of the training phase, and what are characterized by the boom in growth and excellence in performance and rapid learning.

*need to use the methods and means of training through appropriate training modules; to focus on exercises that work in the same motor and track the performance of similar skill in other Sunni stages and at an early age.

*Application of the proposed training program on Sunni stage (11 years), due to its positive effect on the physical level and the skill and tactical and guided by the principles Tutorial - Training in the field of youth training at different stages Sneh according to their characteristics.

*Application Tutorial - training proposal similar to the sample of the study teams in terms of the level of Sunni because of its positive impact in the effective acquisition and development of volleyball skills and progress level and stage.

*need for the presence of planned programs of education and training in the field of education and training for each volleyball club volleyball practice on the Egyptian Volleyball Federation level.

*guided by scientific foundations in the construction and design of the educational program - training for upgrading the levels of physical and technical skills and tactical junior volleyball.

*into account the ages properties when working with young people so you can plan to upgrade their previous levels commensurate with the potential physical, physical, motor, mental, and social.

*emphasis on the use of tests that have undergone scientific transactions (honesty - Stability) periodically to evaluate the physical and the skill level of the players that will help trainers to develop training curricula in a scientific, objective and modern in various stages of training.

*direct results of this study and the proposed training program and the steps implemented to workers in the field of training in the field of youth volleyball in sports clubs to benefit from the results of this research in the process of education and training for the youth team volleyball.

*provide tools and devices, taking into account security and safety factors and the characteristics of growth and individual differences among the players.

*use physical exercise capacity of young and need to use the methods and means of appropriate training to upgrade the components of fitness for junior volleyball to avoid the phenomenon of overload and the use of the training program for the development of special physical attributes skillfully to emerging volleyball under 11 years .

*use footwork drills for juniors and use the tutorial and learning tool (video) in teaching basic volleyball skills.

*applying physical and skill tests skills in question.

*attention performance and flexibility exercises prolongation before and after each training module.

*application training speed, flexibility, agility at the beginning of training modules as well as the application of endurance training and muscle at the end of the regular respiratory training units and after the arrival of the players to fatigue stage.

*invent modern educational and training tools for the development of physical and skill level of the players.

*interest in the development of scientific programs that raises the level of physical performance and skill with players at all different levels.

*conduct a study similar to this study at other levels and different samples in terms of age, sex and type of practitioner activity.