

Introduction Search

entrance Search

Featuring track and field competitions and its relation to other theories of science and rely on them in different knowledge and information is configured, so it is a field competitions and Alamadmarmhsalh so interconnected the various theories and information mix. The most important reasons for linkage field competitions Track and other sciences is due to that this science is aimed at improving the development of the technical performance of an athlete in several some factors associated factors physiological, morphological and some associated factors of physical and mechanical to improve the level of players, especially contests that require high technical performance, such as the long jump competition is jump competition the trio of contests that depend on the great synergy that appears in Almottagabl tension between the shoulder belt and pelvic girdle and legs, especially in the upgrading of Hajla step and then jump and prepare for landing a sound stage

And occupies the long jump competition prominent place among the field competitions, and despite the ease of the technical performance of this competition but it is one of the toughest races that could apply where the rider digitally view of the challenges faced during the performance, which must be based rider at the moment of upgrading to convert horizontal speed Center gravity to the vertical speed and the front was less possible in the speed gained from approaching and this requires attention explosiveness power because it is one of the most important elements of physical fitness impact in the long jump and a special moment upgrading..

And consistent both "Bsreis Ahmed" (1997) "and Zaher Abdel-Rahman" (2001) that the explosive power (explosive power) from own physical abilities Bmstabaka long jump.

Research problem

Mr. Abdel-Maksoud indicates (1997) noted that the achievement in many sports activities are determined by the level of capability Through the work of a researcher coach he noted that there is a big gap between the local numbers of Arab, African and figures from the World and

Olympic then. Reaching global figures in this century to a level not expected in the near past accessible due to follow the trainers the traditional methods of training and lack of interest, tummy tuck, and in spite of doing many of the scientific research on the causes of the existence of this deterioration that gap persists despite the regularity of players in training did not improve relative in the Egyptian figure is the piece simple very simple improvement for the progress figure incident in both the Arab and African world and Olympic numbers happen and researcher noted that the need here to develop the force element explosiveness due to the large number of stages, which should lead high-powered, he pointed Tamer Aweys Jabali (2009 m) that can be selected players jump to the requirements of the ability of the properties as follows streaming, of upgrading, of aviation, of landing

Hence the researcher believes that the ability element is a physical elements and the most influential on the digital level to race the long jump, as the decline in the power rates negatively affects the digital level, and based on that the main objective of the search is to work on the long development of explosive power when players jump and done by designing a training program aimed at developing capacity using some special exercises and basic assistance for performance

Aim of the research

The research aims to design a training program using different funds highs and knowledge of its impact on both:

-The level of explosive power to Nacia long jump

-Level digital Nacia long jump

Research hypotheses

- There are significant differences between the measurement and measurement tribal interconnecting post test and measurement in explosive power to Nacia long jump and in favor of telemetric

There are significant differences between the measurement and measurement tribal -interconnecting post test and measurement in the digital level Nacia long jump and in favor of telemetric

Search Procedures

Research Methodology

The researcher used the experimental method, using experimental design style measurement (tribal - Penny - post test) for a trial period of one so as to appropriateness of the nature of research.

Society and the research sample

Research community of players long jump is made up under 18 years totaling 30 hopper and registered the Egyptian Federation of Athletics for the season 2014/2015 and then the researcher to choose the research sample purposively of registered players to the project of the National Stadium Banha sporting stage under (18) years, where he composed the research sample of 13 players, divided as follows (6) players as a pilot group, and (5) players were excluded as a study exploratory number (2) players for not abiding in the exercise.

Media and data collection tools

-Reference survey

The researcher surveyed reference for references and scientific research related to the search topic in the faculties of Physical Education and the International Information Network (Internet(

-Forms

-Tests

- Hardware and tools used in the training program and measurements for research

Devices used in the research:-

-The researcher using smart speed attached device (2)

Instruments used in the search

-The balance of medical-mail

-Tape measure

-Different height boxes

-Long jump pit

-Weights

The first scoping study

The researcher conducted the first scoping study on Saturday 22/8/2015 m and that a sample from the same research community and outside the .research sample core strength (5) players

the Second scoping study

The researcher conducting the second scoping study on Wednesday 08/28/2015 AD to it on the same sample reconnaissance first

the Third scoping study

The third was conducted scoping study on Saturday 29/8/2015 m

Basic experiment

The researcher conducting basic experience through the application of the proposed training program for the members of the sample group in the period on Saturday, 05.09.2015 and till the day Friday, 06/11/2015 m and so on Stadium Banha Sports by 4 training units per week, equivalent to (32) training module during the proposed training program(

Measurement interconnecting

the researcher conducting interconnecting measurement of the variables in question after the end of the unit (16) from the application of the program will be held on Friday, 09.10.2015 m.

Dimensional Measurements

Dimensional measurements carried out on members of the sample group using the same tools and the same way and in the same conditions in which tribal measurement was made and on Monday, 9/11/2015 m.

Statistical processors

The researcher using Spss.v.17 statistical processors and Excel software program to find appropriate statistical transaction data for research and dump the data after the researcher used the following statistical treatments to interpret the results- :

- SMA (Q)
- . The correlation coefficient
- Intermediate (t)
- . Analysis of variance in one direction
- Standard deviation (p).
- Torsion coefficient (l)
- "Test "z

Conclusions and recommendations

Conclusions

In light of the above presentation of data and results and interpretation, discussed and based on research objectives and Frodah possible for the researcher conclude the following points:-

- Could be reached and that the physical attributes selected have a .positive impact on the digital level for the long jump
- The development of these qualities through the training program has achieved efficiency in the development of the digital level of the long .jump for the research sample
- The use of scalable headroom funds severity ranging from 70%: 90% .have improved the explosive power of the sample in question
- The proposed training program led to improved explosive power and record level to contest the long jump for the research sample

:Recommendations

Based on the search results and the conclusions reached by the researcher in the sample under the limits of the researcher was able to reach a set of recommendations:

-You should pay attention to the training of special physical qualities in different ages and included in the preparation for the junior programs.

-The application of the proposed exercises using graded funds rise at different stages of Sunni and similar rookies.

-Almssamm use the test as a measure to determine the appropriate intensity for players Kei can determine the heights funds and barriers used in bleomtry training.

Use the intensity ranging from 70%: 90% for the development of
-explosive power