

The Effects of Multiple Levels Core Training Program on Some Physical Variables And Performance of Blocking and Spiking skills In Volleyball Dr. Mahmoud Abd Elmohsen

Abd Elrahman Research aims to identify the impact of the use of Core exercises on some level of physical variables and Performance of Blocking And Spiking skills in a game of volleyball. The researcher used experimental method of intentional research sample consisted of 20 players, were divided into two groups each (10) players, one experimental and one control from the players Club of young Muslims in Minia to the game of volleyball (b) for the sports season 2012/2013, the researcher has applied the training programme of the proposed Core muscles (12) week (3) training units per week, and the results showed that the proposed training programme has a positive impact on the performance of physical variables and the level of performance of Blocking and Spiking skills, and that differences between the percentage improvement was attributed to the experimental group. One of the most important recommendations attention core exercises (of various types) taking into account fits with the players level, in the light of the nature, style and requirements of each specific sport has an effective impact on performance, and attention must be paid to the design and operation of core exercises with derivation of ideas from various sports skills to serve parts of that skill is functional, direct and search their impact on performance during the actual competition.

The core: includes the muscles of the trunk and pelvis that are responsible for the maintenance of stability of the spine and pelvis and help in the generation and transfer of energy from large to small body parts during many sports activities Core Training: pre-programmed integration of local, single-joint muscles and multi-joint muscles to provide stability and produce motion. This results in proximal stability for distal mobility, a proximal to distal patterning of generation of force, and the creation of interactive moments that move and protect distal joints.