Summary

Introduction and research problem:

To reach the highest level of sport doesn't come easy but throug training which lean on scientific basis which mastered in the develope countries.

The game of basketball like other sportive activities requires in i training the physical preparation which summed up in the gener preparation to the physical propriety with a perfect and sober frame, ar its preparation which requires a much of focusing on the elements whi connect a deep connection with the skills of basketball .

The basketball sport consider one of the team activities sport whi be characterized through the competition by the varies and the changes the defensive and offensive situation through the rhole time of the gam which requires quickness in performance . The researcher saw that tl speed of the player in her performance in the offensive skills is tl essence of performance of basketball sport , that every time that tl player can perform the technique requires which impased by the playir different situation and which have the advantage of the quickness performance lead to the speed achieve the highest leveling sport .

And after the development which taking place in the law of tl game and which aim to develop the side belongs to the quickness of tl skill performance, the quickness of performance had developed clear because of the changes which entered on the law of the game that imita in the rule of the 5 second and so the time of walking out from the ha back of the playground in 8 second instead of to seconds and the time attack because 24 seconds instead of 30 second and so not to renew tl attack except in special cases.

Learning on the back framework and in the light of former researches and in the limit of the researcher knowledge, she noticed tl need-lack of female basketball sport to the physical preparatic programming which planned and intended carefully and which aim to tl

Means and tools data collection:

1- Analyses the resources and scientific researches.

2- The physical tests.

3- The skills tests.

4- Statistical analysis style:

      The following statistical steps were used:

- Arthimetic means.

- Standard deviation.

- "T" test.

Conclusions:

1- Planning the training through divided if into a training period, each o
it have it's target which lead to the improvement in both physical an
skillfullness performance speed to the female basketball players.

2- The proposed program lead to improve the skillfullness performanc
speed to the female basketball player where as develop meelian reacl
39.14%.

Recommendations:

1- Taking care of arousing and developing the skillfullness performance'
speed whereas this speed is considered the most important performanc
element which effects directly and efficiently on both sides of defenc
and attack.

2- guiding coaches to take care of skillfullness trainning methods whicl
depend mainly on their players speed during different playing situatior
and under gradual defensive pressure.

3- Taking care of trainning female players can skillfullness preparatior
concerning special physical characteristic's development , as it has ;
positive influence improving the skillfullness of female players.