

RELATIONSHIP OF SOME ANTHROPOMETRIC CHARACTERS WITH THE EFFECTIVITY OF PHYSICAL AND SKILLS PERFORMANCE FOR JUNIOR SQUASH IN SAUDI ARABIA

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***ABSTRACT_** The purpose of this study was to Identify the level of some physical and anthropometric measurements selected for junior squash and the relationship between the physical and anthropometric measurements which are still under study with the performance level of some skills, then determine the most measurements that contribute in the level of skills performance for junior squash. The research sample was selected deliberately and included (18) junior squash under the age of 14 years old from clubs registered and approved by the Saudi Squash Federation at Al-AHSA province. The results indicated that the strength of the arms muscles and the area around the forearm explain a about (62.5%) of the volley shot skill, and (45.9%) of the lob shot skill.*

***KEYWORDS:** squash, anthropometric, physical, skill.*