

## **Abstract**

**The effect of using similar exercises on some physical variables and the level of accuracy and strength of the performance of one handed backhand in tennis**

**The research aims to design a training program using similar exercises to identify some of the physical variables under consideration and the level of accuracy and strength of the performance of the one handed backhand for tennis players in Karon Club in Fayoum , The researchers used the experimental approach to design the one group for its suitability to the nature of the research with the use of pre and post measurements, and the research sample was chosen intentionally by Fayyum Qarun Sports Club in Fayoum, who are (12) players and (5) players were withdrawn to conduct the survey study and conduct scientific transactions , so the strength of the research sample became (7) players, and the most important results were that the proposed training program using similar exercises has a positive effect on the development of the physical variables in question and the high level of accuracy and strength of the one handed backhand .**