

## **Abstract**

### **Title:**

Development of swinging power of upper arm.

### **Objectives:**

Verify a program to improve swinging power of upper arm in a female handball team.

### **Methods:**

During the experiment I used methods to improve swinging power specifically plyometric method, speed method and kontrast method. Further I used test method and statistical significance for comparing the results.

### **Results:**

The program for the observed team is considered suitable.

### **Keywords:**

Handball, power skills, swinging power.