This research aims to identify the effect of using a proposed program for complex training on developing the muscular ability of basketball players. The researcher used the experimental approach.

Twenty-four players aged under 16 were selected for this 10 weeks program. Two equal groups (controlling group and experimental group) were selected for this purpose. Both groups performed their regular basketball practice as usual. In addition, the experimental group conducted two training units per week during the period of the proposed training program. The results showed a significant improvement in the muscular power of the experimental group. In conclusion, the study strongly supports the importance of this training as a tool for all trainers having a great effect on the muscular power and helps in training time management as well.