

IMPACT OF PLYOMETRIC TRAINING ON THE EXPLOSIVE LEG POWER

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ABSTRACT

The training methods are having much influence in the enhancement of the sports player's abilities, specially the physical abilities in the sports players like speed, endurance, strength and power, etc. In the present study the investigator was tried to find out the impact of the plyometric training on the explosive power of legs among the basket ball players. The main objectives of the study – to measure the explosive power of the basket ball players and also to investigate the impact of plyometric training on the explosive strength and power of the basket ball players. The hypothesis of the study – there would be impact of plyometric training on the explosive power of the sample group and there would be difference in the explosive strength in pre and post tests among the basket ball players. Sample of the study - fifty basket ball players selected through the simple random sampling method, the investigator were given all the needful information of the study. Tools – plyometric training method used as a tool in the study, needful metrials were used in the training sessions. Broad jump test also used to measure the explosive strength before the plyometric training and the after the training period. The statistical tools used in the study like mean, sd, t test were used to prove the research hypothesis of the present study.

Key words – Plyometric training, Explosive strength.leg power.

INTRODUCTION

A Plyometric Exercise is quick, powerful movement that starts with an eccentric (muscle-lengthening) action and is immediately followed by a concentric (muscle-shortening) action.

Performing plyometric movements increases muscular power, which translates to higher jumps and faster sprint times. Combining plyometric moves with resistance training is a way to maximize power and performance, but as a general rule, if you lift legs heavy one day, then skip the lower-body plyometrics training and vice versa for upper-body lifting and plyometrics. In the simplest of terms, plyometrics are exercises that involve a jumping movement. For example, skipping, bounding, jumping rope, hopping, lunges, jump squats, and clap

push-ups are all examples of plyometric exercises. Plyometric training is a fantastic cardio workout and a great way to burn calories. So, yes, it is an efficient workout supplement to help lose **weight**. **Plyometrics** also helps to increase your speed, physical agility and reaction time. ... First, build a foundation using stability endurance training.

METHOD

In the present study the investigator tested the explosive strength of the basket ball players of the Gulbarga university, investigator made two test pre test and post tests, pre test without any training, in the post test the sample group involved in the plyometric training, after three weeks plyometric training post test was conducted to measure the explosive strength, . Statistical techniques were used to identify the significant impact of the plyometric training on the explosive strength of the sample group.

OBJECTIVES

- To measure the explosive strength of the basket ball players
- To investigate the impact of polymeric training on the explosive strength of the basket ball players.

HYPOTHESIS OF THE STUDY

- There would be impact of plyometric training on the explosive strength of the sample group.
- There would be difference in the explosive strength in pre and post tests among the basket ball players.

SAMPLE OF THE STUDY

Fifty basket ball players selected through the simple random sampling method, the investigator were given all the needful information of the study.

TOOLS

The plyometric training method used as a tool in the study, needful materials were used in the training sessions. Broad jump test also used to measure the explosive strength before the plyometric training and the after the training period.

STATISTICAL

The basic tools used in the study like mean, SD, t test were used to prove the research hypothesis of the present study.

DATA ANALYSIS AND INTERPRETATION

Broad jump test	N	Mean	SD	T value
Pre test	50	1,66	3.44	1.190**
Post test	50	2.12	2.34	

Significant at 0.01

The plyometric training is very effective on the lower body strength and explosive power in the basketball players of Kalaburagi district. The pre test means score was lower than the post test, this revealed that the plyometric training has the positive influence on the explosive power of legs of basketball players.

FINDINGS

- ✚ There is influence of plyometric training on the legs power and strength
- ✚ There is significant difference in pre and post test result of broad jump tests

REFERENCES

1. Related studies on plyometric training
2. Online sources related to plyometric training
3. Online library sources