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EFFICACY OF 6 WEEK PLYOMETRIC TRAINING ON AGILITY PERFORMANCE IN COLLEGIATE MALE BASKETBALL PLAYERS

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ABSTRACT

Objective

To evaluate the effectiveness of six week plyometric training on agility performance in collegiate male basketball players.

Background of the Study

Basketball is the world`s second fastest game and is played all over the world. player requires an appropriate mixture of mental, physical, technical, and tactical ability. Agility is an ability of the neuromuscular system to coordinate explosive changes of direction and/or multiple body segments in all planes of motion. Plyometric training has been advocated for sports that require the athletes to have explosive power and agility. Advanced technique such as plyometric training protocol has proven more effective but not much studies have been done to assess its effectiveness over agility.

Methods

A total of 24 collegiate basketball players were taken with a mean age of 20.5 with a standard deviation of one. They were grouped in one group and were selected based on their selection criteria. Informed consent was obtained from the subjects. The study was conducted for six weeks (12 sessions). Evaluation parameters were Illinois agility test, T test.

Results

Paired t test was used to analyze data. The results of this study show that plyometric training can be effective training to improve Agility of the basketball players

Conclusions

These results suggest that plyometric training is advantageous for developing lower body explosive power and Agility. Agility and explosive power is a key component in many sports, so coaches and participants should therefore consider a plyometric training program that incorporates specific exercises according to the needs of individual's athletic performance as part of the overall training program.

KEYWORDS: Agility, Illinois Test, Plyometric, T Test

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