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The effect of plyometric training program on young volleyball players in their usual training period

Karin Vassil, Boris Bazanovk

Abstract

The purpose of this study was to find out the efficiency of composed plyometric training program on youth volleyball players force capabilities in their usual training period. The plyometric training program was applied during 16 week period where was attended twenty-one 12-19 years old youth volleyball players. Twelve of them were female and nine male volleyball players. There were three control testings. All subjects participated in following tests: standing long jump, depth leap long jump, medicine ball throws up in 10

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seconds, medicine ball overhead throws forward against the wall in 10 seconds, maximal vertical jumps to the maximal height in 10 seconds, maximal vertical jump height. Testing results statistical analysis has shown athletes legs and arms speed force reliable improvement. Standing long jump, depth leap long jump and maximal vertical jump height test results, what has shown legs explosive power, has not shown remarkable reliable difference ($P > 0.05$). Medicine ball throws and maximal vertical jumps to the maximal height in 10 seconds, what show speed force improvement, showed reliable difference ($P < 0.01$).

Key words: TRAINING METHOD;
LEGS AND ARMS SPEED FORCE
TRAINING.

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