

Compare the effect of plyometric and resistance on some measures of body composition and fitness and skills of footballers Branch 16 to 22 years old

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Abstract The aim of this study was to compare the of plyometric and resistance trainings effects on fitness and skills of 16 to 22 years old of lahijan city. For this purpose 20 young players with $177/35 \pm 5/12$ cm high and $18/5 \pm 1/76$ years old , $65/05 \pm 5/47$ kg were ed. The practiced plyometric trainings and soccer three times a week. They were award of the risks and benefits of participating in stady and were divided in tow strength (n=10) and plyometric (n=10) groups . they trained for 8 weeks. Plyometric group's program. Was boneer jump twice football , and resistance group's program was squat bend the knew , opening knee and toe with weights by 8-12 repetitions twice football trainings. Ilinius test , 27 meter running (30 yard) 1RM spuat motions Aerobic power cooper test , RAST , sarjrnt test and Christian moore wrer used for measuring of agility , speed , let muscle strength , aerobic power , anarobic power , leg muscle power , shotting - passing - dribbling for data analysis , descriptive statistics test within group and independent group were used siphificaut level was P

Keywords : Keywords: plyometric exercises, resistance training, agility, muscle strength, speed, aerobic capacity, anaerobic power, shooting, passing, dribbling

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