

The study of the effect of the combined training (Plyometric -speedy) on explosive power, nimbleness, fatigue index and the speed of teens volleyball

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Aref Abdollahi Background and Objective: one of the most important instruments of instructors and coaches is the knowledge of methods, way of trainings and its application in guidance affair of athletes. Therefore, the purpose of present research is the study of the effect of combined training (Plyometric-speedy) on explosive power, nimbleness, fatigue index and the speed of teens volleyball. **Materials and Methods:** the design of this research was a kind of mid-experimental or before-after test design that the effect of the two methods of sprint and Plyometric training on muscle function and sports performance of Hit of Bandar Anzali volleyball boys was studied. For this purpose 30 teens volleyball with (weight average: 57.6 ± 6.5 , hight: 168.6 ± 0.07) randomly as research subjects classified into 3 groups, include: sprint training program (10 people)as the first group, Plyometric training program (10 people) as the second group and the witness group(10 people) as third group. **Physical readiness variables for study included:** explosive power, fatigue index, speed and nimbleness. After and before 6 weeks training, Sargent test for explosive power, Rest test for fatigue index, 40 meter Test for speed assessment and Elino test for nimbleness assessment were used. At the end by t correlated tests and ANOVA, research data were analyzed. **Results:** It was not observed significant difference between the research groups in relation with nimbleness indexes, Anaerobic and fatigue before and after of the test ($p > 0/05$). It was not also observed significant difference between study groups in relation with speed variable ($p > 0/05$) and the only obvious difference in relation with before and after test was speed variable in speedy group (p

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