

# **Comparison of the effect of balance- polymetric and resistance -speed trainings on ed body composition and physical fitness ed factors of soccer in the age U-21 ShahrDari Club of Ardabil**

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**Abstract:** Research on pleometric and resistance and balance and sprint exercises suggests that these exercises can improve body composition and physical fitness. The purpose of this study was to compare 8 weeks of pleometric-equilibrium and resistance-speed training on body composition and body fitness factors of age-old football players. 30 players the age group of the city of Ardabil with an average age ( $19.64 \pm 0.70$ ) and mean height ( $24/8 \pm 36/175$ ) They were randomly divided into three groups: plyometric-equilibrium (9 persons), Resistance-rate ( $n = 8$ ) and control ( $n = 8$ ). The experimental group performed 8 sessions per week and 3 sessions each week And they also tracked football for three days. While the control group did just 3 sessions a week, it was football. Pre and post-8 weeks training period ed body composition (Weight, body fat percentage, body mass index, body weight, body weight)by body composition model in body770 and ed physical fitness factors (speed, explosive power, balance, agility, abdominal muscular endurance). covariance statistics to breakdown Statistical analysis was performed using SPSS 21 software. The level of signifigance was considered ( $p$

**Keywords :** Pleometry, Balance, Resistance, Speed, Body composition, Physical fitness, Football

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