

# **The Effects of Three Different Resistance Training Program on Jump, Sprint and Repeated Sprint Performance in Male Futsal Players**

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The main aim of the present study was to investigate the effect of three different resistance training program on jump, sprint and repeated sprint performance in male futsal players. 21 futsal players were ed as subjects in this study. All subjects were randomly divided into three groups; the first group was divided into two sessions per week (Age= 12.42 1.27; Weight= 45.57 8.73), the second group with one training session per week (Age= 12.14 1.77; Weight= 43.43 8.98) and the third group every two weeks each session (Age= 12.28 1.11; Weight= 41.86 6.09). Jump, Sprint and Repeated Sprint Performance were measured using Sargent jump tests, Sprint 60 meter and also RSA test of 625 meters before and after the training period. Covariance analysis (ANCOVA) was used at the significance level of 0/05 to analyze the data. The results of this study showed that jump, Sprint and repeated sprint performance of futsal players increased significantly after 6 weeks of strength training in all three groups. Also there was a significant difference between the three groups. Based on the results of this study, futsal players can use three strength training program to increase jump, Sprint and repeated sprint performance. The maximum effect on jump, sprint, and repeated sprint performance is related to two resistance-training sessions in per week. It is suggested that resistance training be used to improve the speed, jump, and performance of repeated speeds of futsal athletes.

**Keywords :** Training Program, Jump, Sprint, Repeated Sprint Performance

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