

# **The Effect of a Six-week Land-based and Aquatic-based Plyometric Training Program on Anaerobic power, Agility, Dynamic Balance and Delayed Muscle Soreness of Beach Volleyball Players**

Hamed Fathinezhad Jouryabi\*,

The present study was semi-experimental and conducted on a field basis. A total of 40 volunteers Lashkar-e-Pash province, adolescent volleyball players aged between 14 and 17 years old with 2 years of experience in the sport, participated voluntarily in this study, and 30 of them were randomly assigned into 3 groups of 10 Plyometric exercises in the field, pliometric exercises in water and control were divided. Before and after 6 weeks of subjects, explosive power measurements were taken the vertical jump test, the Illinois test for agility and the Star Excursion Balance Test (SEBT) to measure dynamic equilibrium and to assess muscle soreness the standard McQueen questionnaire Gil was done. The questionnaire is based on the amount of pain the number 1 to number 10. Statistical results showed that anaerobic power increased significantly after water and sandy plyometric exercises (P

**Keywords :** Plyometric exercises in water and drought, beach volleyball, physical fitness, muscle soreness.

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