

The Effect of Eight Weeks of Plyometric Training on Anaerobic Power and Agility of Teenage Boys during Different Adolescence

Sadegh Saleh Niai*,

Methods: This quasi-experimental study was conducted in the field. In this study, pre-test and post-test design with a control group and an experimental group were used. Each group was subdivided into three subgroups according to the stage of maturity. Initial call was announced by 300 football school players aged 6 to 16 years. After completing the Sports Medicine Questionnaire, 55 individuals were eligible and finally 48 persons were able to complete the research protocol. The subjects were randomly divided into control (n = 24) and experimental (n = 24) groups. Each of these groups was subdivided into three subgroups (11 to 13 years, 13 to 14 years and 14 to 16 years). Each group consisted of 8 subjects. After determining and distributing the data by Shapiro Wilk test, covariance analysis test was used to determine the difference between post-test and intra-group and non-group pre-test scores. Statistical analysis was performed by SPSS 16 software. **Results:** The results of data analysis showed that the ed plyometric exercises were performed on agility (p = 0.000), speed (p = 0.016), muscle strength (p = 0.000), anaerobic power (P = 0.003) caused significant changes. The results also showed that there was a significant difference between anaerobic power of athlete boys at different stages of puberty (p = 0.012). The results also showed that plyometrics training had a significant effect on the anaerobic power of boys in puberty stage (P = 0.031). **Conclusion:** Therefore, it is concluded that plyometric exercises increase the speed of power utilization and neuromuscular adaptation. The study showed that plyometric training combined with soccer training in training sessions increases the mean values of agility, speed, power and explosive power, so the researcher recommends doing so to coaches and athletes in soccer.

Keywords : plyometric training, anaerobic power, agility, speed, power, adolescent boys, different adolescence

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