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THE EFFECTS OF 6-WEEKS PLYOMETRIC TRAINING PROGRAM ON JUMPING PERFORMANCE AMONG TRIPLE JUMP PLAYERS.

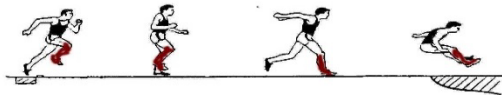
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INTRODUCTION

Triple jump is the Track and field event in which the athlete has to repeat the maximum force to sustain vertical and horizontal velocity in all three phases of jump. Triple jump consists of three take off phases the hop, step and jump phase which is done in running approach by the athlete. In this event the athlete hops with one foot, lands with the same foot, steps on to their other foot, and lastly jump and lands into the sand pit . Plyometric training technique aims to improve vertical jump height and leg muscle strength and power .Plyometric training may facilitate neural adaptations that improve the proprioception, kinesthesia, and muscle performance characteristics .

RESULTS

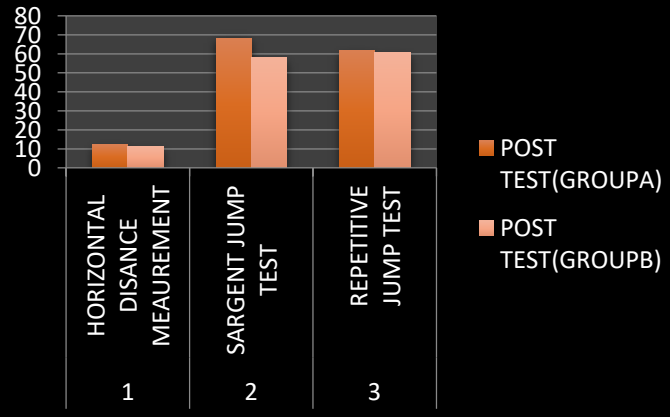
- The mean value of the horizontal distance measurement is higher in Group A(12.34±1.02) than the Group B(11.23±0.77).
- The mean value of the Sargent jump test is higher in Group A(68.30±9.05) than the Group B (58.20±8.52).
- The mean value of the repetitive jump test is higher in Group A (61.90±1.19) than the Group B (60.60±1.50).
- Thus there is existence of significant difference within the Group A and B(P<0.05).
- Therefore, the present study showed statistically significant results.



HOP must take off and land on same foot STEP must land on opposite foot JUMP must land in the landing area

AIM

To find the effects of 6-weeks plyometric training program on jumping performance among triple jump players.



METHODOLOGY

- STUDY DESIGN : Randomized controlled trial
- STUDY TYPE : Pre and post test
- STUDY METHOD : Random sampling
- SAMPLE SIZE : 20
- STUDY DURATION : 6 weeks
- STUDY SETTINGS : SDAT [Sports Development Authority of Tamilnadu] and SRM Institute of Science and Technology.

CONCLUSION

The study concludes that there is a significant effects of 6-weeks plyometric training program on jumping performance among triple jump players

OUTCOME MEASURES

- The Sargent jump test-To assess the vertical jump height
- repetitive jump test-To assess the anaerobic leg power
- horizontal distance measurement- To assess jumping performance of the athlete.

REFERENCES

- Miller MG, Herniman JJ, Ricard MD, Cheatham CC, Michael TJ. The effects of a 6-week plyometric training program on agility. Journal of sports science & medicine. 2006 Sep; 5 (3):459
- Miladinov O, Bonov P. Individual approach in improving the technique of triple jump for women. New Studies in Athletics. 2004; 19(4):27-36.