Accept Type

- Oral Presentation (۱۱۹)
- Poster Presentation (٤٧٦)

Subjects

- Developing Sports Technology for active Life (Young Investigator Award) (٥)
- Keynote Speakers (١٥)
- Motion Behavior (٦٠)
- Sport and Media (٦)
- Sport injuries & corrective exercises (٩٨)
- Sport management (١٥٤)

Comparison of the Effect of Two Types of Plyometric and Traband Resistance Training on Physical Performance of Young Volleyball Players

Poster Presentation

Authors

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Abstract

Understanding the physical and physiological characteristics of each sport is one of the determinants and effective factors in athletes performance. Different exercise methods can have different effects on physical performance of athletes.

The purpose of this study was to compare the effects of plyometrics and traband training programs on the physical performance of volleyball players. The statistical population of this study was young volleyball players of Shahid Bagheri Sports Complex in Tehran, with a sample of ۳۰ people that their ages range from ۱۸ to ۲۵ years. They were selected through purposive sampling. They were randomly divided into two groups: plyometric training (n = ۱۵) and traband resistance training (n = ۱۵). Exercises were performed ۳ sessions per week for ۸ weeks. Before each training session for ۱۰-۱۵ minutes, warm-up was performed and cooling movements were performed at the end of each session for ۱۰ minutes. Physical performance including vertical jump, spike jump, agility, displacement velocity (۹ and ۱۸ m), and volleyball repetitive effort test performance were measured using specific tests before and ٤۸ hours after the last training session. Data were analyzed using Shapiro Wilk test, independent t-test, and t-test at significant level (P <۰٫۰۵). The results showed that both training methods can increase vertical jump, spike jump, agility, speed (۹ and ۱۸ m) and volleyball repetitive effort test (ideal time, real time, ideal jump and real jump) in Volleyball players (P <۰٫۰۵). There was no significant difference between the two groups in any of the indices (P <۰٫۰۵).

Conclusion: It can be concluded that volleyball players can use both plyometrics and traband exercise programs to improve their physical performance.

Keywords

Volleyball Player, Traband; Plyometric, Physical Performance, Young

Subjects

Sport physiology & nutrition

12th International Congress on Sports Sciences

9-12 November 2020
TEHRAN-IRAN

Sport Sciences Research Institute of Iran
Center of International Congresses

Sport Sciences Research Institute of Iran

No: 1429-12THCONG

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12th International Congress on Sport Sciences (ICSSRI 2020)

held by

Sport Sciences Research Institute of Iran

9 -12 NOV 2020 | TEHRAN, IRAN

Title: Comparison of the Effect of Two Types of Plyometric and Traband Resistance Training on Physical Performance of Young Volleyball Players

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Presentation Format: Poster

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