

**THE EFFECT OF FOUR WEEKS PLYOMETRIC  
TRAINING ON LOWER LIMB EXPLOSIVE POWER  
AMONG KUANTAN VOLLEYBALL PLAYERS**

**By**

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## ABSTRACT

The purpose of this study was to determine the effectiveness of plyometric training on lower limb explosive power among Kuantan volleyball players. Twelve (N=12) Kuantan district volleyball players ( $15.08 \pm 0.29$ ; years,  $60.67 \pm 8.86$ ; kg,  $167.58 \pm 5.89$ ; cm) were purposively participated in this study. The participants have been divided into two group which is Plyometric Group (PG) and Traditional Group (TG). Vertical jump test is an indicator to measure lower limb explosive power among Kuantan volleyball players. Four weeks of plyometric training was developed as training program which the intensity and frequency has been set and gradually increased. Results shown that there was a significant difference ( $p < 0.05$ ) on lower limb explosive power for plyometric training group ( $p = 0.01$ ). There was no significance difference on lower limb explosive power among participant in traditional training group. In conclusion, findings in current study demonstrated that short-term plyometric training program will improve the lower limb explosive power among young volleyball players.

**Keywords** – *Plyometric training, Traditional training, Explosive power, Training volume, Training intensity and frequency.*

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