

Effect of Aquatic and Land Plyometric Training on Selected Physical Fitness Variables in Intercollegiate Male Handball Players

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Abstract : The purpose of the study was to find out the effects of Aquatic and Land plyometric training on selected physical variables in intercollegiate male handball players. To achieve this purpose of the study, forty five handball players of Sardar Vallabhbhai National Institute of Technology, Surat, Gujarat were selected as players at random and their age ranged between 18 to 21 years. The selected players were divided into three equal groups of fifteen players each. Group I underwent Aquatic plyometric training, Group II underwent Land plyometric training and Group III Control group for three days per week for twelve weeks. Control Group did not participate in any special training programme apart from their regular activities as per their curriculum. The following physical fitness variables namely speed; leg explosive power and agility were selected as dependent variables. All the players of three groups were tested on selected dependent variables prior to and immediately after the training programme. The analysis of covariance was used to analyze the significant difference, if any among the groups. Since, three groups were compared, whenever the obtained 'F' ratio for adjusted post test was found to be significant, the Scheffe's test to find out the paired mean differences, if any. The 0.05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered as an appropriate. The result of the study indicates due to Aquatic and Land plyometric training on speed, explosive power, and agility has been improved significantly.

Keywords : aquatic training, explosive power, plyometric training, speed

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