

Effects of Elastic, Plyometric and Strength Training on Selected Anaerobic Factors in Sanandaj Elite Volleyball Players

Authors : Majed Zobairy, Fardin Kalvandi, Kamal Azizbaigi

Abstract : This research was carried out for evaluation of elastic, plyometric and resistance training on selected anaerobic factors in men volleyball players. For these reason 30 elite volleyball players of Sanandaj city randomly divided into 3 groups as follow: elastic training, plyometric training and resistance training. Pre-exercise tests which include vertical jumping, 50 yard speed running and scat test were done and data were recorded. Specific exercise protocol regimen was done for each group and then post-exercise tests again were done. Data analysis showed that there were significant increases in exercise test in each group. One way ANOVA analysis showed that increases in speed records in elastic group were significantly higher than the other groups ($p < 0/05$), based on research data it seems that elastic training can be a useful method and new approach in improving functional test and training regimen.

Keywords : elastic training, plyometric training, strength training, anaerobic power

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