



## Effect of Sand and Land plyometric training on speed and explosive power among Basketball players

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### Abstract

The purpose of this study was to compare the effects of 2 different training protocols- Sand and Land Plyometric training on vertical jump and speed among basketball players. Thirty- subjects were randomly assigned between 18 and 21 years of age volunteered as participants to 1 of 3 groups: Sand Plyometric training group (n = 10), Land Plyometric training group (n = 10), and control group (n = 10). 12 weeks of training, 3 days a week was employed on the subjects and Pre & post test on vertical jump and speed was administered. Data were analyzed by analysis of co-variance (ANCOVA). Schiff's test was used as a post hoc test to determine which of the paired mean differ significantly. Results showed that all training treatments elicited significant ( $p < 0.05$ ) improvement in all tested variables. However, the Sand Plyometric training group produced improvements in vertical jump performance and leg strength that were significantly greater performance in compare with the land and control group. This study provides support for the use of a traditional and plyometric drills to improve vertical jumping ability and explosive performance in general.

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

### Introduction

Plyometrics, also known as "jump training" or "plyos", are exercises in which muscles exert maximum force in short intervals of time, with the goal of increasing power (speed-strength). this training focuses on learning to move from a muscle extension to a contraction in a rapid or "explosive" manner, such as in specialized repeated jumping. plyometrics are primarily used by athletes, especially martial artists, sprinters and high jumpers, to improve performance, and are used in the fitness field to a much lesser degree. athletes such as sprinters, who require power for moving in the horizontal plane, engage in bounding plyometric exercises, whereas athletes such as high jumpers and basketball players, who require power to be exerted in the vertical direction, train using vertical jumping exercises (chu, 1992)<sup>[1]</sup>. plyometric is a means of encouraging the muscle to achieve maximal force rapidly and therefore serving to increase explosive-reactive power through a range of motion and is a popular training approach (lockwood, 2004) since its introduction in the early 1980s, two forms of plyometrics have evolved. in the original version of plyometrics, created by russian scientist yuri verkhoshansky, it was defined as the shock method. in this, the athlete would drop down from a height and experience a "shock" upon landing. this in turn would bring about a forced eccentric contraction which was then immediately switched to a concentric contraction as the athlete jumped upward. the landing and takeoff are executed in an extremely

short period of time, in the range of 0.1–0.2 second. the shock method is the most effective method used by athletes to improve their speed, quickness, and power after development of a strong strength base.

### Materials and methods

#### Subjects

Thirty men basketball players were randomly assigned between 18 and 21 years of age volunteered as participants to 1 of 3 group's, the Mean  $\pm$  SD: age  $18 \pm 3$  years, height  $1.72 \pm 0.05$ m, body mass  $74.2 \pm 9.26$  kg. Actively competing in RGUKT Rk vally team participated in the Inter campus tournaments current study.

#### Procedures

The Plyometric training program is designed and is divided into three groups mainly, I Sand Plyometric training (n = 10), group II Land Plyometric training (n = 10), and group III control (n =10). The Plyometric training box is 40cm height and 80cm with. The land Plyometric box is placed a smooth surface and sand Plyometric box is placed a designed Pit with filtered river sand the size of the pit 3feet length, 3feet Width and 2feet depth. Subjects in each training group trained 3 days per week. A session and 60 min per day. All subjects continued with their normal Basketball training and games.

**Results**

**Table 1:** Analysis of Variance & Covariance of Pre, Post and Adjusted Post Test on Speed

	CG	ATWG	ATWOG	Source of Variance	Sum of Squares	df	Mean Squares	F- ratio
Pre-Test Means SD (±)	7.46	7.46	7.48	BG	0.007	2	0.005	0.01
	0.32	0.35	0.35	WG	8.04	56	0.41	
Post - Test Means SD (±)	7.42	6.70	7.17	BG	5.01	2	2.45	14.28
	0.31	0.43	0.43	WG	10.13	56	0.15	
Adjusted Post – Test Means	7.42	6.70	7.15	BG	5.04	2	2.52	58.73
				WG	2.40	55	0.03	

\* Significant at 0.05 level

Table 1 shows the pre-test means of CG, SPTG, and LPTG on speed. The F-value needed for significance for df (2, 56) at  $\alpha < 0.05$  level was 3.15. The obtained F-value for the pre-test mean on speed was 0.05 which was not found to be significant. In post test analysis the F-ratio on the speed variable was 14.28. The analysis of covariance adjusted the

differences in pre test means with post test means between the Sand and land plyometric training and control groups. The F-value needed for significance for df (2, 55) at  $\alpha < 0.05$  levels was. The F-value obtained from testing the adjusted means between the Sand and land plyometric training and control groups on speed was 58.73 which was statistically significant.

**Table 2:** Analysis of Variance & Covariance of Pre, Post and Adjusted Post Test on Explosive power

	CG	ATWG	ATWOG	Source of Variance	Sum of squares	df	Mean Squares	F-ratio
Pre –Test Mean SD(±)	46.20	45.30	45.75	BG	8.10	2	4.05	0.12
	5.75	5.84	5.67	WG	1891.15	56	33.17	
Post - Test Means SD(±)	47.40	51.00	48.90	BG	130.80	2	65.40	1.88
	6.13	5.75	5.76	WG	1976.6	56	34.67	
Adjusted Post – Test Means	46.94	51.45	48.90	BG	203.89	2	101.94	160.24
				WG	35.62	55	0.63	

Significant at 0.05 level

Table 2 shows that the pre-test means of CG, SPTG, and LPTG on explosive power. The F-value needed for significance for df (2, 56) at  $\alpha < 0.05$  levels was 3.15. The obtained F-value for the pre-test mean on explosive power was 0.12. It was found to not be significant. In post test analysis the F-ratio on the variables such as explosive power was 1.88. The analysis of covariance is adjusting the differences in pre-means with post-test means between the Sand and land plyometric training and control groups. The F-value needed for significance for df (2, 55) at  $\alpha < 0.05$  levels was missing number!. The F-value obtained from testing the adjusted means between the Sand and land plyometric training and control groups on explosive power were 160.24. It was found to be significant.

present study, improvements were seen in vertical jump height, vertical jump power, and Margaria power, which support these earlier studies. The increases in power following a plyometric training program could be due in part to increases in muscle fiber size. Improvements in muscle force production have been associated with increases in muscle fiber size (GOLLNICK, 1981).

**Discussion**

The use of plyometric training has been advocated since the past years as a means of enhancing ability in sports and activities in which lower-body power plays a vital role in success (FATOUROS, 2000) [5]. During a plyometric movement, the muscles undergo a very rapid switch from the eccentric phase to the concentric phase. This stretch-shortening cycle decreases the time of the amortization phase that in turn allows for greater than normal power production (POTTEIGER, 1999). The muscles stored elastic energy and stretch reflex response are essentially exploited in this manner, permitting more work to be done by the muscle during the concentric phase of movement (HEDRICK, 1996) [7]. Training programs that have utilized plyometric exercises have been shown to positively affect performance in power-related movements such as jumping (BLATTNER, 1979). In the

**Conclusions**

The present study reveals that the 12 weeks of plyometric training in a land and sand environment, sand plyometric training shown significant differences among the three groups with respect to speed, and explosive power measures. It is also concluded that the subjects with sand training group had shown greater improvement comparable to the subjects with land and control groups regard to all the parameters.

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