

Effects of Plyometric Training on Explosive Strength, Speed and Kicking Speed in Female Soccer Players

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KEYWORDS Leg Power. Jumping. Sprint. Kicking. Stretch-shortening Cycle

ABSTRACT The aim of the present study was to examine how speed, explosive strength, and kicking speed are affected by a 10-week plyometric training (PT) program in elite female soccer players. Twenty adult players from Women First League (age=19.3±1.6year, height=163.3±4.7cm, body mass=56.6±6.1kg) were divided into plyometric group (PG) and control group (CG). Both the groups performed technical and tactical training and matches together. PG performed PT 2 times per week for 10 weeks. No significant difference was found between the groups at pretest variable ($p>0.05$). The significant improvement was found in the posttest of both groups ($p<0.05$), except for 10-20-m sprint test in the CG ($p>0.05$). Sprint, counter movement jump, standing broad jump, peak power and kicking speed test values were all significantly improved in the PG, as compared with the CG ($p<0.05$). The results indicated that safe and effective PT can be useful to strength and conditioning coaches for explosive strength.