

The Effect of Skill-Based Maximal Intensity Training on Power, Agility and Speed (PAS) in Female Team Sport Players

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ABSTRACT The purpose of this paper was to investigate the effects of skill-based maximal intensity training on power, agility and speed (PAS) in female team sport players. Participants consist of 31 (basketball (n=10), handball (n=10) and volleyball (n=11) adult female players. The skill-based maximal intensity training programs were conducted for eight weeks. PAS measurements were carried out both at the beginning and the end of the training program. A paired t-test and ANOVA test were used to analyze the differences between and within groups. In the paper, skill-based maximal intensity training programs were found to be effective on PAS. In addition, significant differences were found between pre-PAS and post-PAS tests ($p<0.05$). According to the paper, it was concluded that this training model can boost training efficiency, while the improvement of PAS can provide a competitive advantage for the female players.