

## **Effects of Plyometric Training on Anaerobic Capacity and Motor Skills in Female Futsal Players**

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**ABSTRACT** This study was conducted to define the effects of an 8-week plyometric training program on anaerobic capacity, leg strength, vertical jumping and speed values in female futsal players. The study was conducted on 20 volunteer futsal players playing for the top teams of the 2013-2014 season of the Interuniversity League. 20 players futsal players were randomly assigned to the experimental group (n=10), and control group (n=10). The Wingate anaerobic test was used to measure anaerobic power and capacity, a dynamometer was used to measure leg strength, and the Newtest Powertimer measurement device was used to measure the players' 30-meter sprint and vertical jumping values. The multivariate analysis of variance (MANOVA) method was used for statistical analysis. A statistically significant difference was observed in the following factors among the female futsal players of leg power (F (1.36)= 4.20, p= 0.05), absolute peak power (F (1.36)= 6.61, p= 0.01), absolute mean power (F (1.36)= 4.77, p= 0.04), vertical jump (F (1.36)= 14.73, p= 0.00), and speed (F (1.36)= 14.28, p= 0.00). In conclusion, this 8-week training program increased the abovementioned factors in female futsal players.