THE EFFECTIVENESS OF PLYOMETRIC TRAINING ON MUSCLE STRENGTH FOR SOCCER PLAYERS

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Abstract

Objective: The aim of this study is to examine the effectiveness of plyometric training on muscle strength for soccer players in a private school in Kuala Lumpur.

Methodology: All 60 subjects were divided randomly into two groups (N=30). The first 30 subjects were selected for the training group and the other group consisted of the treatment group (N=30). The study used the quasi-experimental method with pre-post-test design with a standing broad jump as the measuring instrument. The acquired data was analysed using t-test. A comparison was made between the two groups to see if there was a difference in the improvement of muscle strength.

Result: The findings showed that the treatment group showed a significant difference (p<0.001). It is suggested that the treatment group’s mean (M=9.57) was much better than the control group’s (M=5.80). This was based on the difference in the post and pre-test scores after six weeks of treatment practice with plyometrics.

Conclusion: The implication shows that plyometric training can enhance strength among football players. Coaches and teachers should look into essential factors that play an important role in developing the players’ skills and overall strength of the football players.

Key words: Effectiveness, Plyometric training, muscle strength, soccer.

Introduction

The concept of plyometric is a training that provides extra stresses to the muscles during pre-stretching phase and stretching reflex done during muscle stretching (Radcliffe & Forward 1999). This will increase the explosive energy production. Repeated training in a set of exercises will provide maximum impacts. According to Chu (1998), present footballers need explosive energy because they are unable to be applied by coaches in increasing players’ performance (Fox & Mataraw 1981).

Methodology

Framework: The framework of this research utilized the quasi-experimental method with pre and post-tests. The subjects were divided into control and treatment groups. The treatment group had to undergo training, while the control group did not receive any training.