EFFECTS OF IN-SEASON PLYOMETRIC TRAINING ON SPRINT AND BALANCE PERFORMANCE IN BASKETBALL PLAYERS

Abstract
The purpose of this study was to examine the effects of in-season plyometric training program on balance and sprint performance in basketball players. Twenty intermediate basketball players participated in this study and were divided into two groups; plyometric training (PL; n = 10) and control group (CG; n = 10). Plyometric training took place 2 days a week for 6 weeks including depth jump, vertical jump, and standing long jump. Star Excursion Balance Test (SEBT) and 20-m sprint were measured at pre and post-training. The PL demonstrated significant improvement (P < 0.05) in 20-m sprint (~7%) after a 6-week of training and compared to CG. There were not significant changes (P > 0.05) in SEBT, but PL showed ~5% improvement. In conclusions, it could be concluded that a 6-week in-season plyometric program can improve sprint and balance in male basketball players. Also, this study provides support for coaches and basketball players who use this training method at during competitive phase.

Key words: basketball, quickness, postural control