

Kraiwich Jeeradechakul 2010: The Effects of Plyometric Training on Muscle Power, Speed and Agility in Male Kabaddi Players. Master of Science (Sports Science)
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Thesis Advisor: Mr. Jakapong Khaothin, Ph.D. 145 pages.

This research aimed to study the effects of plyometric training toward muscle power, speed and agility as well as the coordination of muscle power, speed and agility of male Kabaddi players after getting involve in plyometric training. The samples were 22 male Kabaddi players of Chiang Mai team aged between 17 – 25. The samples were required to take the muscle power test (CMJ). The results of the test were, then, randomly separate the samples into 2 groups of 11 namely : the control group which the subjects practiced the regular program and the experimental group which the subjects practiced in combination with the plyometric training program. The Counter movement jump test was used for the muscle power test, the sprint 10 meter test was used for speed test and the Illinois Agility Test was used for agility test. All the test were conducted before, after 4 weeks and after 8 weeks duration. The results of the test were applied to use as a statistic analysis of mean, standard deviation, t-test setting significant at level of .05, one-way analysis of variance with repeated measures and multiple comparisons were conducted by Tukey's method setting significant at level of .05 and the coefficient relation on Pearson Product Movement Correlation Coefficient setting statistic significant at level of .05

The results revealed that there were no significant differences of muscle power, speed and agility in both groups after 4 week of training but there were significant differences of muscle power, speed and agility in both groups at the level of .05 after 8 week of training. The results indicated that the experimental group could develop better than the control group. There was significant coefficient of muscle power speed and agility at the level of .05 According to this research, it is concluded that practiced in combination with the plyometric training program at 8 week could improve muscle power, speed and agility efficiently.

Student's Signature

Thesis Advisor's Signature