

Naparrin Chaingarm 2009: The Effect of Plyometric Training Programs on Agility in Soccer Players. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Mr. Jakapong Khaothin, Ph.D. 121 pages.

The purposes of this research were to study and examine the correlation of the effects of plyometric training programs on agility and leg muscle power in soccer players. Twenty - two subjects volunteer from the population of thirty - three. All subjects were male soccer players from Faculty of Sports Science, Kasetsart University of age 19 – 21 years. All Subjects were tested agility by Illinois Agility Test and leg muscle power test by Counter Movement Jump. Then, subjects were randomly assigned into two groups, eleven subjects in each group. The first group was control group, had not been trained with plyometric training programs and the second group was plyometric training group, had to perform only plyometric training programs. The total duration of the intervention was six weeks and trained twice a week. All subjects were doing agility by Illinois Agility Test and leg muscle power test by Counter Movement Jump at pre – experimental and after six weeks of experimental. The obtained data were analyzed in terms of means, standard deviation, t – test and Pearson Product Moment Correlation Coefficient for the statistical significant difference at the level of .05

The results of this study revealed that after six weeks, the significantly different at the level of .05 between control group and plyometric training group on agility and leg muscle power. When considered with in each group, control group was not significantly different at the level of .05 and plyometric training group after six weeks of experimental was significantly different at the level of .05 when compared to the pre – experimental data. The agility and leg muscle power were significantly different at the level of .05 after six weeks of experimental.

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Thesis Advisor's signature