

Widsarut Sekaew 2014: Effect of 4-week Plyometric Training Pattern on Muscle Power and Agility in Soccer Players. Master of Science (Sports Science), Major Field: Sports Science, Faculty of Sports Science. Thesis Advisor: Mr.Thawichai Khaothin, Ph.D. 98 pages.

This study was to examine the effect of 4-week plyometric training pattern on muscle power and agility in male soccer players. Twenty-two untrained male soccer players from Buriram Rajabhat University to participate in this study. All subjects were randomly assigned to two groups namely a training group and a control group. The training group ($n=11$) participated in a 4-week plyometrics training pattern was two training sessions per week and control group ($n=11$) did not participate in plyometrics training pattern. Both groups were tested before and after the 4-week plyometrics training period on the counter movement jump of muscle power and illinois agility test were selected as testing variables to evaluate the training program. The results of this study showed that significant differences between training and control groups in muscle power and agility. In training group the muscle power increased ($p<0.05$) and improved agility ($p<0.05$) significantly, as well. There was no significant change in muscle power and agility for the control group. It can be concluded that 4-weeks of plyometrics training pattern can improves muscle power and agility in untrained male soccer players.

Student's signature

Thesis Advisor's signature

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