

Harit Hattha 2014: Effect of Plyometric Training on Agility of Futsal Players. Master of science (Sports Science), Major Field: Sports Science, Faculty of Sports Science. Thesis Advisor: Associate Professor Bunjob Piromkam, Ph.D. 97 pages.

The purpose of this research were to study and contrast the effect of Plyometric training on agility of futsal players. Thirty subjects were simple random sampling from male futsal players of The institute of Samutsakorn, age 17 – 22 years old. Subjects were randomly assigned into 3 groups with 10 subjects in each group. The control group performed only futsal training programe. The first experimental group performed established forword jump and futsal training programe. While the second experimental group performed established sidestanding jump and futsal training programe. Subjects were trained 3 days per week for 8 weeks. All of the subjects were tested for Illinois agility test at the beginning of the study and after the 4th and the 8th week to training. Data were analyzed of mean, standard deviation, one-way analysis of variance, one-way analysis of variance with repeated measure, two-way analysis of variance with repeated measure and followed by using the Tukey's multiple comparison test. Results were considered significantly difference when $p < .05$.

The results of the study showed that agility of futsal players of 3 groups after the 8th week of training program was not significantly different. In addition the control group after 8th week of training showed significant difference from before training. First experimental group after the 4th and the 8th week of training comparing with the 4th and the 8th week before training was significantly different. For the 2nd experimental group, there was significantly difference between the 4th week of before & after training, as the same as the 8th week of before and after training. From this study, the effect of these two ways of training (befor & after training) could create the agility of Futsal players effectively. The trainer, therefore, could later select the appropriated program for the players.

Student's signature

Thesis Advisor's signature