IMPACT OF PLYOMETRIC AND CORE TRAINING ON STRENGTH ENDURANCE AND RESPIRATORY RATE VARIABLES AMONG MEN FOOTBALL PLAYERS

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ABSTRACT

In this investigation Thirty six college level men football players were selected based on the availability, who had participated in district /inter collegiate level football tournament as a subjects, from Pondicherry university campus on the academic year of 2011-2013. Since this study involved following variables such as vertical jump, resting heart rate and dribbling. The subject’s age ranged from 18 – 28 years as per their college/university records. The subjects chosen for the study were divided according to their age and pre test performances into three equal groups and designated as two experimental groups and one control group each consisted of twelve men football players. The group such as group 1 underwent the training of plyometric, group 2 underwent core training group 3 were not having any special training programme. The training was applied for only 12 weeks training for 3 days per week one session 45- 90 minutes programme. The data were collected from following variables muscular endurance (Bent knee sit-ups) and respiratory rate (number of respiration/ minute) prior and after the application of experimental training.

KEYWORDS: football tournament, plyometric, training.