

Independent Study Title The Effect of Plyometric Training by Jump Over Barrier and
Lateral Barrier Hop on Vertical Jumps in Volleyball Athletes

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Degree Master of Science (Sports Science)

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ABSTRACT

This independent study aimed to investigate the effect of plyometric training by the Jump Over Barrier , Lateral Barrier Hop Striking Jump,Block Jump on vertical jumps in volleyball athletes and the difference between 2 training programs by comparing the performance in standing jump-reach and running jump-reach before and after the plyometric training. The subjects were 12 female volleyball athletes of Rajamangala University of Technology Lanna Northern Campus. The training program was performed three times a week lasting for 8 weeks. The collecting data were analyzed for paired T-Test and Unpaired T-Test through the computer program SPSS for Windows

This study revealed that the standing jump-reach and running jump-reach after the first program training comprising the Jump Over Barrier , Lateral Barrier Hop Striking Jump,Block Jump were higher than those before the training. The standing jump-reach and running jump-reach after

the second program training comprising Striking Jump,Block Jump were higher than those before the training as well whereas the difference in the second program was significantly less than that in the first program ($p < 0.001$). These findings of the study could suggest coaches, trainers and athletes to consider the use of this plyometric training in combination with other volleyball-training skills to increase the athletes' performance effectively