

EFFECTS OF PLYOMETRIC TRAINING ON AGILITY AND DYNAMIC POSTURAL CONTROL IN BADMINTON PLAYERS

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ABSTRACT

In sports training, the concept of specificity has emerged as an important parameter in determining the proper choice and sequence of exercise in a training program. The aim of this study was to determine the effects of plyometric training on agility and dynamic postural control in badminton players. 32 male badminton players at the age of 20–30 years were randomly assigned to two groups, a plyometric training group (mean age=26.81 ± 1.12) and a control group (mean age=26.37 ± 1.17). Plyometric training group was submitted to 6 weeks of plyometric exercises, two sessions per week. The control group carried out the basic training program only. Agility was evaluated in all subjects using Illinois agility test and Dynamic Postural Control using Y Balance Test prior to and at the end of the trial. Paired and unpaired t-test was used to determine significant differences between pre-test and post-test periods among groups and between groups to analyze the data. The result of this study reveals a significant difference with plyometric training group showing faster times in Illinois agility test ($P \leq 0.0001$, $t = 11.7530$) and an increase in reaching distances in Y Balance Test after 6 weeks. The control group has not showed any significant difference in both outcome measurements. It can be concluded that plyometric training increased agility and dynamic postural control in badminton players.