

# Effects of speed agility quickness training and plyometric training on selected physical fitness variable among college men Kabaddi players

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## ■ ABSTRACT

The purpose of the study was to final out the effects of SAQ training and plyometric training on selected physical fitness components of men Kabaddi players. To achieve the purpose forty five men Kabaddi players were selected from Alagappa Arts College, Karaikudi. They were divided into three equal groups, group I underwent SAQ training, group II underwent plyometric training and control group. The training schedule was four days per week for six weeks, this was achieved by the application no ANACOVA, where in the final means were adjusted, difference in the means was tested for significance. This significance of the paired adjusted final means was tested by Scheffe's post hoc method. Physical fitness components significantly improved due to SAQ training and plyometric training for men Kabaddi players.

■ **Key Words** : SAQ training, Speed, Agility

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