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Effect of resisted sprint training and plyometric training on selected hematological variables among college Kabaddi players

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■ **ABSTRACT**

The purpose of the study is to find out effect of resisted sprint training and plyometric training on selected hematological variables among college Kabaddi players. To achieve these purpose, 30 men students were selected from Department of Physical Education, Annamalai university, Chidambaram as subjects. Their age group ranged from 18 to 25 years. They were divided into three equal groups of 10 subjects each and assigned to Experimental group-I, Experimental group-II and control group. In a week, the Experimental group-I underwent resisted sprint training, Experimental group-II underwent plyometric training and control group was not given any training. All the subjects underwent three areas of test namely, RBC count, WBC count and Hemoglobin. They assessed before and after the training period of eight weeks. The analysis of covariance was used to analyze the data. The study revealed that the above said criterion variables significantly improved due to the effect of resisted sprint training and plyometric training on selected hematological variables among college Kabaddi players.

■ **Key Words :** Sprint training, Plyometric training, RBC, WBC, Hemoglobin

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The word training has been a part of human language since ancient times. It denotes the process of preparation for some task. This process invariably extends to a number of days and even months and year. The basic training procedures will serve better when utilized with modification suited to individuals or a group dealt with. The training programme should look into improving the performance of the athletes and at the same time should prevent injury from taking place (Fox, 1984).

Training is a programme of exercise designed to improve the skills and to increase the energy capacity of an athlete for a particular event. Therefore, training is essential for the development of physical fitness components (William and Sperryn, 1976). It is the process of sports protection based on scientific and pedagogical principles for higher performance (Singh, 1991).

Training adaptation is the sum of transformations brought about by systematically repeated exercises. These structural and physiological and biochemical changes result from a specific demand that athletes place on their bodies by the activity they pursue depending on the volume, intensity and frequency of training. Physical training is beneficial as long as it forces the body to adapt to the stress of the effort (Bompa, 1999).

The resisted sprint training programmes have become highly structured training for athletic performance enhancement. It is an effective training method designed to elicit enhancements in motor fitness, physiological and biochemical parameters. It has vastly different training effects depending upon the intensity and duration of the work and rest period.

Plyometric training is a relatively new concept of training that applies the specific principles recording the present strength conditions of the muscle prior to explosive contraction. The effects of plyometric training in increasing vertical jumping ability has studied experimentally, but no