

Effect of Plyometric Training for the Development of Explosive Power among Kho Kho Players of Peddapalli District, Telangana**Dr. Dommati Ravi**

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Abstract:

The Purpose of the study is to find out the effect of Plyometric Training on the development of Explosive Power among Kho Kho Players of Peddapalli District, Telangana between the age group of 14 to 16 Years. The Sample for the Study consists of 30 School Boys Kho Kho Players of Peddapalli District which includes the 15 Boys Kho Kho Players (Experimental Group I i.e. Plyometric Training Group) and 15 Boys Kho Kho Players are Control Group. Plyometric Training Group was given training such as hopping, bounding, Single leg Jumps, Double leg Bounds, Tuck Jumps, Box jump etc. on alternate days for twelve weeks along with the general training of Kho Kho. The Control group not given any treatment except the general training of Kho Kho. Pre and Post Test were used by using Standing Broad Jump Test were used to find out the Explosive Power among Kho Kho Players. It is found Experimental group has increased a lot compare to the Control group due to Plyometric Training. Key Words: Explosive Power, Plyometric training, hopping, bounding etc.

Introduction

Plyometric training, SAQ (Speed, Agility, and Quickness) training, and Interval training are the most effective methods to develop speed, acceleration, and explosive movement in Kho Kho players.

Sachin SavitraSitaramPisal, Manohar HirabaiMahadev Mane (2026) The purpose of the present study was to determine the effect of a 12-week plyometric training programme on the pole turn skill of state-level male Kho-Kho players from the Mumbai Division (Mumbai Suburban and Thane). Pole Turn Skill is a vital technical component of Kho-Kho that allows players to perform rapid turns around the pole while maintaining speed, balance, coordination, and body control. Mastery of this skill enhances chasing efficiency and contributes significantly to overall match performance. The study included 60 state-level male Kho-Kho players aged 18–20 years. The participants were randomly allocated into two equal groups: an experimental group (N = 30) and a control group (N = 30). The experimental group followed a systematic plyometric training programme for 12 weeks, consisting of three training sessions per week in addition to their regular Kho-Kho practice. Meanwhile, the control group continued with their routine training programme without receiving any plyometric intervention. Pole Turn Skill was evaluated before and after the training period using a standardized skill assessment. The data obtained from the pre-test and post-test were analyzed using the t-test, and the level of significance was fixed at 0.05. The statistical analysis demonstrated a significant improvement in the Pole Turn Skill of the experimental group when compared with the control group after the completion of the training programme. Based on the findings, it can be concluded that plyometric training is an effective approach for improving Pole Turn Skill among state-level male Kho-Kho players.

Dr. Rameswaramsatya Prakash, B Sarada(2023) studied to examine the isolated and combined plyometric exercises and agility drills on leg explosive power performance among college level men kho-kho players. Total N=48 (forty eighty) men college level men kho-kho players recruited randomly from various college of Andhra Pradesh and their age period ranged from 18 years to 25 years as per subject's school records and, who at least participated college level kho-kho games competitions. The chosen kho-kho players was randomly recruited into four groups each group n=12 kho-kho players i.e. empirical groups I kho-kho

players underwent isolated plyometric exercises (PEG = 12), empirical group II kho-kho players underwent isolated agility training (ATG = 12), empirical group III underwent combined plyometric exercises and agility training (CTG = 12) and control group kho-kho players (NTG = 12). NTG was practiced only their respective specialization game. The training period was fixed for 18- week's duration and four sessions in a week. The measurement of leg explosive power scores was collected through standing broad jump (In meters) before and after the completion of specific training. The collected scores were analyzed through ANCOVA and level of significant was restricted at 0.05 levels. The study found that isolated, combined plyometric exercises and agility drills program had positive significant impact in increasing explosive power performance of kho-kho players of three empirical group's players comparative to control group.

Purpose of the Study:

The Purpose of the study is to find out the effect of Plyometric Training on the development of Explosive among Kho Kho Players of Peddapalli District, Telangana between the age group of 14 to 16 Years.

Methodology:

The Sample for the Study consists of 30 School Boys Kho Kho Players of Peddapalli District which includes the 15 Boys Kho Kho Players (Experimental Group I i.e. Plyometric Training Group) and 15 Boys Kho Kho Players are Control Group. Plyometric Training Group was given training such as hopping, bounding, Single leg Jumps, Double leg Bounds, Tuck Jumps, Box jump etc. on alternate days for twelve weeks along with the general training of Kho Kho. The Control group not given any treatment except the general training of Kho Kho. Pre and Post Test were used by using Standing Broad Jump Test were used to find out the Explosive Power among Kho Kho Player.

Plyometric Exercises Programme for a 12 Week on alternate days

Days	Plyometric Exercises	Repetitions and Sets
Tuesday	Warming up for 20 min Hopping, Bounding, Single Leg jumps,	12 reps x 3 sets per exercises

	Double leg bounds, Box Jumpsetc	
Thursday	Warming up for 20 min Hopping, Bounding, Single Leg jumps, Double leg bounds, Box Jumpsetc	8-12 reps x 3 sets per exercises
Saturday	Warming up for 20 min Medicine ball exercises, , sprints, hopping, bounding etc.	6-12 reps x 3 sets per exercises

Results and Discussion:

Table I: Mean values of Standing Broad Jump between experimental and control groups of KhoKho Players.

Variables	Group	Pre Test Mean $\pm$ SD	Post Test Mean $\pm$ SD	T	P - Value
Standing Broad Jump	Experimental	2.35 $\pm$ 0.075	2.57 $\pm$ 0.068	-15.964	0.000*
	Control	2.31 $\pm$ 0.070	2.25 $\pm$ 0.083	3.943	0.001*

*Significant at 0.05 level

In Table –I the Mean Values in Standing Broad Jump of Experimental Group is 2.35 and Control Group is 2.31 in Pre Test and Post Test is Experimental Group is 2.57 and Control Group is 2.25. The Experimental Group has increased from 2.35 to 2.57 in mean values due to Physical Exercises Training in Explosive Power compare the Control group mean is 2.25 in post test due to general training.

Conclusions:

The Results of the Study shows due to Plyometric Training experimental group improved a lot in the Explosive compare to control group. It is concluded that due to Plyometric Training there will be increased in Explosive Power amongkhokho players of Peddapalli District. It was concluded that individualized Plyometric training group showed a statistically significant positive sign over the course of the treatment period on Standing Broad Jump of kho-kho players.

Recommendations:

It is recommended that similar studies can be conducted on other events in other events and also female khokho players. This type of study is useful to coaches to give proper coaching for development of motor qualities for improvement of performance Sports and Games

References:

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