

EFFECTIVENESS OF PLYOMETRIC EXERCISE IN IMPROVING AGILITY IN CHANGING DIRECTION AMONG UNDER-21 FOOTBALL VARSITY PLAYERS

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ABSTRACT

Plyometric exercise is widely recognized for enhancing explosive power, agility, and athletic performance. In football, agility and the ability to rapidly change direction are essential skills that contribute to effective gameplay. This study aimed to determine the effectiveness of plyometric exercise in improving agility in changing direction among Under-21 football varsity players of the University of Perpetual Help System Laguna – Biñan. A quasi-experimental research design was utilized in the study. Eighteen football varsity players aged 18 to 21 years old participated in the implementation. The respondents underwent a six-week plyometric training program conducted twice a week for 30 to 40 minutes per session. A 20-meter Beep Test was used as the primary outcome measure to evaluate agility and change-of-direction performance before and after the intervention. The collected data were analyzed using mean and paired t-test statistical treatment. The pre-test results revealed a mean score of 10.25 with a standard deviation of ± 1.75 , while the post-test results showed an increased mean score of 11.07 with a standard deviation of ± 1.56 . The computed t-value was -10.089 with a p-value of less than 0.001, which indicated a statistically significant difference between the pre-test and post-test scores. The findings suggest that plyometric exercise had a positive effect on improving agility in changing direction among Under-21 football varsity players. The study concluded that integrating plyometric exercises into football training programs may enhance athletic performance and agility.

Keywords: Plyometric Exercise, Agility, Change of Direction, Football Players, Beep Test