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[ABS-33] Abstract Submitted to COIS 2018

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COIS 2018 <cois2018.automail@interconf.org>

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Dear Dr. Mansur .,

We have received the submission of your abstract:

Abstract ID:

ABS-33

Please use this "Abstract ID" in all correspondence (instead of abstract title).

Title:

The Effect of Plyometric Training to Speed of YUSO Sleman Athletes

Authors:

Mansur

Institutions:

Universitas Negeri Yogyakarta

Content:

The purpose of this study was to determine the effects of plyometric training (dynamic and static plyometrics training) on speed of YUSO Sleman athletes, eight-teen volleyball athletes recruited as population samples. The sample divided into two group (dynamic plyometric group and static plyometric group). In addition, speed performance was assessed by 35 meter speed run test. This study used experimental research design. Paired t test was used to find out the effects of plyometric training (dynamic and static plyometrics training) on speed of YUSO Sleman athletes and independent t test was used to find out different effect of dynamic and static plyometrics training. The analysis data result showed that are no significant effect of dynamic plyometric training on speed ($p= 0,134$); no significant effect of statistic plyometric training on speed ($p= 0,176$), and no significant different effect of dynamic and statistic plyometric training on speed ($p= 0,214$). The data result suggest that p lyometric training did not effective to improve speed.

Keywords:

dynamic plyometric training, static plyometric training, speed, volleyball athletes

Topic:

Sports Coaching

Presenter:

Mansur .

Type:

Oral Presentation

The Letter of Acceptance (LoA) and Letter of Invitation (LoI) can be downloaded directly from your account, once your abstract is accepted to be presented.

Thank you.

Best Regards,

COIS 2018 Organizing Committee

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