EXPLOSIVENESS IN TRAINING PROCESS OF FOOTBALL PLAYERS

Abstract
The research was conducted in order to determine the effectiveness of explosive strength plyometric training in training process of football players. A sample of 30 football players 16 years old was subjected to six-week plyometric training. On the other hand, a group of high school students of the same age and number which was included only in a regular physical education classes with two classes per week, had taken into research, as control group. Variables for the assessment of explosive strength included the following tests: squat jump-no arms, squat jump-arm swing and drop jump. Each of these variables was shown through a number of elements – time of flight, force of thrust on the ground and initial speed, while at drop jump in addition to mentioned elements time of contact was shown. The experiment was conducted at football club, in which the experimental group was subjected to programmed training in order to develop explosive strength for a period of six weeks, three times a week. The training was carried out in the last phase of the preparatory period. To process the data, the canonical discriminant analysis and multivariate analysis of covariance were used. The results showed that there was an increase in the level of explosive strength at football players compared to non-athletes.

Key words: explosiveness, training process, plyometrics, football