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Review of Plyometric Training in Enhancing Lower-Limb Power in Volleyball Players

Kushal Borpatra Gohain[1] and Dr. Mahesh Deshmukh[2]
[1]Research Scholar, Department of Physical Education
[2]Assistant Professor, Department of Physical Education
Sunrise University, Alwar, Rajasthan, India

Abstract: *Plyometric training has emerged as a widely adopted method to enhance lower-limb power, explosiveness, and overall athletic performance in volleyball players. Volleyball requires frequent jumping, rapid direction changes, and high-intensity movements, making lower-limb strength and power crucial. This review examines studies assessing the effectiveness of plyometric training on vertical jump height, sprint performance, and agility among volleyball athletes. Evidence suggests that structured plyometric programs significantly improve explosive power, neuromuscular coordination, and performance metrics, while also contributing to injury prevention when properly designed. Variations in training intensity, duration, and exercise type influence the degree of improvement, highlighting the importance of individualized and periodized programs for optimal results.*

Keywords: Volleyball Performance, Vertical Jump, Explosive Strength