

**EFFECTS OF RESISTANCE TRAINING COMBINED WITH  
PLYOMETRIC AND SPECIFIC MOVEMENT ON AGILITY  
AND LEG MUSCLE POWER IN MALE  
BADMINTON PLAYERS**

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**Abstract**

The objectives of this research were to study and compare the results of the agility and leg muscle power among three sample groups. In the pre-training period and post-training (after the fourth week and the sixth week), the sample group consisting of 21 students who are badminton players from the Faculty of Sports Science were assigned for the agility test. The participants were divided into three groups: seven students in each one using the randomly assignment method. The first group applied resistance training combined with specific movement, the second group applied resistance training combined with plyometric, and the third group applied resistance training combined with plyometric and specific movement. Each group was trained twice a week for six weeks. Before and after the training in the fourth week and after the training in the sixth week, there would be a testing for agility and leg muscle power. The result was analyzed by three methods: finding the average deviation, one-way analysis of variance (ANOVA), and repeated measures ANOVA. The difference between each average in pair was calculated by using the Least Significant Difference (LSD) method.

The result shows that the average agility and leg muscle power between each sample group is not significantly different at .05. However, the average agility between all groups before and after the training in the fourth week and after the training in the sixth week is significantly different at .05. In conclusion, all the three training methods enhance agility after the training in the fourth week and the sixth week.

**Keywords:** Resistance Training, Plyometric, Specific Movement, Agility, Muscle Power