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In contrast, the intervention enhanced the performance of all tested variables in the medio-lateral plane (Table 5), with a significant decrease of surface area (p = 0.012, d = 0.285) and of velocity (p = 0.031, d = 0.968), and an improvement in path length (EO) (p = 0.029, d = 0.968). 35, 1123-1130. Short-term effects of electrical stimulation superimposed on muscular voluntary contraction in postural control in elderly women. 19, 76-78. Fitting the data with an ellipse, the surface area of foot pressure quantified 90% of the total area covered in antero-posterior and medio-lateral planes; the smaller this area, the better the individual's postural control. 45, 1645-1669. (2011). The player aims to get rid of the cards in the quickest way with the fewest moves. This way, you can take your games with you when you're away from your computer. Balance was tested with the eyes both open (EO) and closed (EC), under static conditions (stable ground), and dynamic conditions (lying on a see-saw device with a 55 cm cylinder radius and a height of 6 cm). (2006) showed that high school female volleyball players (aged from 14 to 17 years; 4 to 6 years of experience) decreased their medio-lateral control of pressure after 7 weeks (3 times a week) of plyometric training, despite the absence of change in the antero-posterior center of pressure. Table 3. L., Howeischer, P. Neuromuscular Changes in Adolescent Collegiate Athletes Resulting from a Plyometric Jump-Training Program. D., Ford, K. N., and Hagedus, E. doi: 10.5507/jag.2013.019 CrossRef Full Text | Google Scholar Little, T., and Williams, A. (2008). Postural control was assessed quantitatively by measuring movement of the center of pressure (Paillard and Noé, 2015). Am. J. (2006). Lateral shuffling occurs up to 450 ms per game, with mean values of 63-298 for adult females (Taylor et al. 2017). doi: 10.1007/s11332-013-0159-4 CrossRef Full Text | Google Scholar Asadi, A., and Arazi, H. Between-group differences at baseline were examined using independent t-tests, and the effect of the intervention was determined by 2-way analyses of variance with repeated measures [Experimental vs. (1999). A., and Marrison, A. Hewett et al. doi: 10.1177/0363546507301585 PubMed Abstract | CrossRef Full Text | Google Scholar Zemkova, E., and Hamar, D. Table 2. (2005). Sports Health 7, 392-398. (2004). E., Reeves, N. Train 39, 17-23. TP, YC, and MSC wrote the original draft of the manuscript. It's part of the Microsoft software collection, and is one of the free solitaire games for PCs. The game is played using eight eubs of cards lined in a row on the computer screen. Nat. Improvements of balance in the medio-lateral plane are of particular interest in basketball, since the majority of actions occur in the medio-lateral plane (Matthew and Delextar, 2009; Taylor et al., 2017). Elite female basketball players' body-weight neuromuscular training and performance on the Y-balance test. PubMed Abstract | Google Scholar Zemková, E., and Hamar, D. Analysis of postural control and muscular performance in young and elderly women in different age groups. This digital version of the card game handles the shuffling and dealing of the cards for you. 11.87 ± 0.60 s). The gains in ability to change direction observed here support such a recommendation, as do most empirical studies to date. (2013). doi: 10.1080/02640419508732254 PubMed Abstract | CrossRef Full Text | Google Scholar Melzer, N. Acknowledgments The authors thank the Prof. Likewise, Miller et al. Results Initial measures showed that the majority of parameters did not differ between experimental and control groups and training-related effects were assessed using 2-way analyses of variance with repeated measures. Both clubs undertook training sessions and had identical schedules. 33, 662-675. (1996) tested the effect of a 6 week plyometric and strength program on female volleyball players (age = 15.0 ± 0.6 years) and contrary to the present study, they found significant gains in the H/Q ratio (dominant leg) p < 0.05, non-dominant leg p < 0.01). T. Hewett, T. The publication of this article was funded by the Qatar National Library. doi: 10.1007/s001670100228 PubMed Abstract | CrossRef Full Text | Google Scholar Taylor, J., Sekulic et al. Risk factors for leg injuries in female soccer players: a prospective investigation during one out-door season. Google Scholar Gamble, P. Training for Sports Speed and Agility – An Evidence-based Approach. Braz. doi: 10.1519/JSC.000000000002870 PubMed Abstract | CrossRef Full Text | Google Scholar Han, J., Anson, J., Waddington, G., Adams, R., and Liu, Y. E., Meserth, S. 53, 231-247. New York, NY: Routledge. The remaining two cones C and D were placed 4.57 m on either side of cone B. The effect of ankle disk training on muscle reaction time in subjects with a history of ankle sprain. (2006) found that a plyometric program enhanced Illinois Agility test scores (9 males and 5 females) (4.9% for the Y test and 2.9% for the Illinois agility test). (2014) previously observed that plyometric training enhanced ability to change direction in untrained women (t-test p < 0.05; –1.1 s; 0.76%; ES = 1.1). Tests and measurements: the T-test. M., Reis, J. Ability to Change Direction T-Test Ability to change direction was measured using a standard T-test (Semenick, 1990). doi: 10.1080/026404105004571909 CrossRef Full Text | Google Scholar Singh Bal, B., Jeet Kaur, P., and Singh, D. S., Laskowski, E. Moreover, a lack of improvement in the ratio may be due to an increase in the peak power of the quadriceps that is equal to or greater than that of the hamstrings. doi: 10.1038/mcpneu0886 PubMed Abstract | CrossRef Full Text | Google Scholar Knapik, J. Dynamic stabilization and balance training on power, balance, and landing force in female athletes. A total loss of balance invalidated the trial. Sport 15, 341-347. Table 1. (2014). R. Plyometric training in female athletes. R., Brent, J. T-test scheme. Descriptive data are presented as adjusted group means and standard deviations. Hamstring/quadricep parity with three different weight training methods. Age, genetics, gender, and level of physical training may all influence the training response of the H/Q ratio (Alentorn-Geli et al., 2009). Training Program All subjects normally trained 4-5 times a week and participated in an official match every Saturday, avoiding any additional training not associated with the basketball team. 41, 69-75;discussion 75. Athl. doi: 10.1177/036354659101900113 PubMed Abstract | CrossRef Full Text | Google Scholar Lehnert, M., Hülla, K., Malý, T., Fohler, J., and Zahálka, F. Dynamic balance in medio-lateral plane before and after intervention. Sports Med. G. NYUJ Int. Lifelong Motor Development, 7th Edn. C., 13-14. Balance as a predictor of ankle injuries in high school basketball players. Fong and Ng (2013) have suggest that regular physical activity can boost proprioception by improving the cortical representation of certain joints, and decreasing onset latencies in specifically trained muscle groups (Osborne et al., 2001). Biomotricity 5, 271-278. MSC and SH supervised the study. PubMed Abstract | Google Scholar Myer, G. Sport Rehabil. They also had an appropriate night of sleep prior to definitive initial and final tests, which were carried out at the same time of day (09:00-12.00 am), and under the same environmental conditions (20-25°C). The effects of a 6 week plyometric training programme on explosive strength and agility in professional basketball players. Neurol. The effects of plyometric vs. Prevention of lower extremity injuries in basketball: a systematic review and meta-analysis. H., Haub, M. doi: 10.1177/036354659602400611 PubMed Abstract | CrossRef Full Text | Google Scholar Horlings, C. The vulnerability of female players may reflect poor postural control (McGuine et al., 2000; Zazulak et al., 2007) and/or an imbalance of the lower limbs muscles (Knapik et al., 1991; Pontaga, 2004), as indicated by the isokinetic peak torque ratio for hamstring and quadriceps muscles (H/Q ratio) (Soderman et al., 2001; Wilkerson et al., 2004). 17, 705-729. Poor postural control predisposes to falls and injuries and is a critical component of common motor skills (Burke-Doe et al., 2008; Gabbard, 2011). The concomitant development of ability to change direction and postural control underlines the strong inter-relationship between the two abilities (Little and Williams, 2005; Miller et al., 2006; Sheppard and Young, 2006; Sekulic et al., 2013). Wilkerson et al. O., Bonato, M., and Torre, A. 19, 1-9. The eight weeks of plyometric training did not induce significant changes in H/Q ratio at either of the two speeds tested (60° and 120° s-1). Knee Surg. The physiological load imposed on basketball players during competition. A., Do Vito, G., Ditroilo, M., and Pesce, C. A., Colby, S. Google Scholar Gabbard, C. S. G., Allum, J., Sport Exerc. H., and Bloem, B. J., Best, T., and Leverson, G. The effects of a 6-week plyometric training program on agility. A., Dischiavi, S. 19-640. The role of ankle proprioception for balance control in relation to sports performance and injury. Pract. Br. J. M., et al. Experimental Design The study was approved by the Manouba University Ethics Committee. After being informed about the nature, risks and benefits of the study, volunteers signed their informed consent in accordance with the Declaration of Helsinki. These discrepancies could be due to the type of training applied (intensity, number of contacts, and plyometric drills), to differences in the methods of assessment of postural control and to differences in the sampled population (sex, age, and years of experience). MORE FROM QUESTIONSANSWERED.NET Basketball is a team sport that combines a large proportion of high intensity activities such as running, sprinting, accelerating, jumping and landing, interspersed with frequent and abrupt changes of direction, decelerations, and stops. M., Kirkendall, D. The definitive test began from cone A, with the subject sprinting to cone B and touching its base with her right hand. 2015:842804. Pyramid is a fun and entertaining card game, and a great way to pass the time.TripeaksIn the game of Tripeaks, cards are selected in a sequence going up or down to accumulate points. In terms of postural performance, Static stance (Table 3) showed significant intervention effects (group × time interaction) on the path length with the eyes open (Δ-14.2%, p = 0.038, d = 0.937). Effect tests were calculated by converting partial eta-squared values to Cohen's d; these were classified as small (0.00 ≤ d ≤ 0.49), medium (0.50 ≤ d ≤ 0.79), and large (d ≥ 0.80) (Cohen, 1988). 4, 504-515. 24, 765-773. Law Pol. A test familiarization session was undertaken 3 days prior to the intervention, to minimize learning effects. Hence rate, blood lactate concentration, and time-motion analysis of female basketball players during competition. R., Gribble, P. All movement times were recorded using an electronic timing gate (Microgate S.A.R.L., Bolzano, Italy) mounted at a height of 0.75 m. This program improves physical abilities such as change of direction ability as well as postural control in the medio-lateral plane and a trend to adjusting the balance of the knee may also reduce the risk of injuries. She then shuffled to the right, touching the base of cone D with her right hand, shuffled back to cone B touching it with her left hand, and finally ran backward to cone A (Figure 1). doi: 10.1152/jn.00691.2001 PubMed Abstract | CrossRef Full Text | Google Scholar Matthew, D., and Delextar, A. 31, 2278-2288. The balance tests show that the current intervention induced a significant enhancement in surface area only in the medio-lateral plane (Eyes Open: % Δ = –18.1 ± 32.7; p = 0.051 and Eyes Closed: % Δ = –23.4 ± 38; p = 0.012) (Table 5). (1987). Dynamic balance in antero-posterior plane before and after intervention. doi: 10.1519/00124278-200502000-00013 PubMed Abstract | CrossRef Full Text | Google Scholar Malinzak, R. Int. (2000). The programs that are downloaded on your computer are usually available to play on tablets and smartphones, too. Ther. A., Almuzani, K. Play continues with the remaining cards, and the goal of reaching 13 each time in order to continue. 12, 36-37. (2004) found gains in female collegiate basketball players (aged 19.0 ± 1.4 years) after 6 weeks of a pre-season program combining plyometric, stretching, and isotonic strengthening, with benefits evident at 60°-s-1 (p = 0.035) but not at 300°-s-1 (p = 0.253). The effect of aquatic and land plyometric training on strength, sprint, and balance in young basketball players. Google Scholar Gomes, M. The total distances covered are 203-269 m in adult males (Scanlan et al., 2011) and 125 m in adult females (Scanlan et al., 2012). Funding This work was supported by the Sport Science Program, College of Arts and Sciences, Qatar University, Doha, Qatar. H., Hyppolito, M. The plyometric supplement followed the recommended protocol to improve performance with a minimal risk of injury (Simani et al., 2016). Fry and Powell (1987) suggested that generalized strength training may not improve the H/Q ratio, and therefore the hamstrings peak torque, unless specific hamstring exercises are incorporated into the protocol. However five measures (one parameter for static balance and four parameters for dynamic balance in the antero-posterior plane) showed initial differences, and ANCOVA was then applied. They hung onto the sides of the chair with both hands, and were verbally encouraged to maximal effort. So, this game and other solitaire variations are easily played by all ages. A timer keeps track of the time elapsed as you compete with yourself.FreecellIn this solitaire variation, the player uses four cells to move cards around the virtual board. Sport Med. 20, 345-353. D., Dolezal, B. Biomed. J., Reaburn, P., and Dalbo, V. L., Nance, T. doi: 10.1155/2015/842804 PubMed Abstract | CrossRef Full Text | Google Scholar Hewett, T. 26, 645-653. A decrease in the velocity of the center of pressure during dynamic control with the eyes closed was demonstrated in a study of female basketball players who had undergone balance-agility training (Zemková and Hamar, 2010); in the absence of visual cues, it seems there can be a more efficient integration of other somato-sensory signals, leading to an increase in proprioception (Zemkova and Hamar, 2010; Han et al., 2015; Paillard and Noé, 2015). G., Hermiman, J. Paradoxically, basketball players have shown a poor balance compared with participants in other sports (football, gymnastics, and swimming) (Bressel et al., 2007; Hrysomalitis, 2011). Players are accustomed to controlling the ball and watching the movements of their partners and opponents in order to collaborate or compete with them flawlessly. The present findings should help coaches and physical trainers in their quest to optimize daily training routines, and to enhance the performance of players throughout the playing season. Geriatr. Kinet. Hum. 42:831. Aging Clin. J., and Chelly, M. To evaluate within-group pre-to-post performance changes, paired sample t-tests were applied. Initial characteristics of experimental and control groups. Table 5. The aim of the present study was to test the effects of an 8-week in-season plyometric training intervention on ability to change direction and control posture in national level female basketball players. D., Terry, L. Lateral movements occupy 18- 42% of game time, with individual movements requiring 0.6-1.4 s of high intensity activity (Matthew and Delextar, 2009), executed at an appropriate time, height, and speed (Gamble, 2011). Timing began as the subject passed through the gates, and stopped when she passed through them on her return. Gains in ability to change direction rapidly reflect neural adaptations such as an increased nerve conduction velocity, a reduction in time required for voluntary muscle activation, and better coordination between the central nervous system signal and proprioceptive feedback (Craig, 2004). doi: 10.1519/JSC.000000000001646 PubMed Abstract | CrossRef Full Text | Google Scholar Sekulic, D., Spasic, M., Mirkov, D., Cavar, M., and Sattler, T. Materials and Methods Participants The maximum number of players per team is limited at the senior level of female basketball, so we selected study participants from two clubs, both competing at the national level, and having a similar ranking. doi: 10.1007/s00167-009-0813-1 PubMed Abstract | CrossRef Full Text | Google Scholar Arazi, H., and Asadi, A. P. (2012). Four cones were set in the form of a "T." Cones A and B were set 9.14 m apart. Retest). None of the subjects had prior exposure to the tests of postural control and dynamic balance, hence the familiarization sessions. Champaign, IL: Human Kinetics. (2016). 13, 275-279. (2011) found increases of agility of male basketball players (aged 18-24 years) after 6 weeks of plyometric training (2 sessions a week), and Asadi and Arazi (2012) noted 9% decreases in agility times for the T test after 6 weeks (2 days/week) of high-intensity plyometric training in young male basketball players (19-20 years). C. Subjects could usefully include players of both sexes, at various ages and at differing levels of playing ability. 4, 35-44. Other studies, also, have shown a positive effect of plyometric training on proprioception (Hewett et al., 1996; Potteiger et al., 1999; Arazi and Asadi, 2011). Ankle joint evertor-invertor muscle torque ratio decrease due to recurrent lateral ligament sprains. B. W. MSC and YC contributed to project administration. Anthropometrics The body height and mass were assessed using a stadiometer and weighing scales, respectively. doi: 10.1016/s0268-0033(01)00019-5 PubMed Abstract | CrossRef Full Text | Google Scholar Marigold, D. Before testing, subjects completed a 15-min warm-up that included jogging, lateral displacements, dynamic stretching, and light jumping. YC, HM, and MJ investigated the study. 31, 11-17. S., Schroeder, J. During the 8-week intervention, members of the experimental group replaced a part of their usual in-season regimen with a plyometric program; this was undertaken twice per week, with a 48 h interval between sessions. Further, consideration should be given to testing the relative effectiveness of other schedules of plyometric training that differ in their content and duration. Deficits in neuromuscular control of the trunk predict knee injury risk: a prospective biomechanical-epidemiologic study. Control and Test vs. (2009). (1988). Instability was measured in the antero-posterior and medio-lateral directions. E., Carlson, J. As hypothesized, the data demonstrated a significant improvement in ability to change direction and in the static and dynamic postural control, with a trend to a significant increase in H/Q ratio. Effects of combined plyometric and short sprint with change-of-direction training on athletic performance of male U15 handball players. Biomech. L., Tanaka, E. Google Scholar Sheppard, J. Sports Traumatol. (2015). Pile et al. At 60°-s-1 pre- to post-test results showed an improvement in the dominant leg (% Δ = 7.8 ± 10.6), but associated with a greater increase in the non-dominant leg of the experimental group (% Δ = 13.6 ± 21.5), with little or no change in the control group. The six postural conditions were assessed in random order. E., and Pixley, J. Acta Gymnica 43, 7-15. M., and Pliostomione, B. Effects of plyometric training on physical fitness in team sport athletes: a systematic review. Neither group showed any significant change in anthropometric measures following the intervention. Muscle power and fiber characteristics following 8 weeks of plyometric training. J., Samitier, G., Romero, D., Lizaro-Haro, C., et al. L., Townsend, M. 17, 1-10. The study was conducted mid-season, over an 8-week period, from February to April. Time-motion analysis and physiological data of elite under-19-year-old basketball players during competition. D., Cheatham, C. Author Contributions MSC and MJ contributed to formal analysis. Hamstrings to quadriceps strength ratio (%). Prevention of non-contact anterior cruciate ligament injuries in soccer players. J., Ricard, M. doi: 10.1519/00124278-199908000-00016 CrossRef Full Text | Google Scholar Scanlan, A., Descombe, B., and Reaburn, P. Effects of plyometric training on agility and balance in young female basketball players. doi: 10.1007/s00167-009-0813-1 PubMed Abstract | CrossRef Full Text | Google Scholar Taylor, J., Sekulic, D., Spasic, M., Mirkov, D., Cavar, M., and Sattler, T. Google Scholar Scanlan, A. doi: 10.1097/00042752-200010000-00003 PubMed Abstract | CrossRef Full Text | Google Scholar McLnnes, S. Part 1: mechanisms of injury and underlying risk factors. Table 4. Activity demands during multi-directional team sports: a systematic review. (2001). However, the experimental group speeded their ability to change direction by 4% (p ≤ 0.001), from 11.62 ± 0.60 s to 11.16 ± 0.48 s, whereas, times for the control group remained unchanged (11.65 ± 0.37 vs. Google Scholar Craig, B. The effects of plyometric type neuromuscular training on postural control performance of male team basketball players. The normality of data was tested using the Shapiro-Wilk test. Res. Benis et al. Effects of in-season short-term plyometric training on jumping and agility performance of basketball players. In male players, plyometric training has been shown to enhance change of direction abilities, vertical jumping, and short sprint performances (Hammami et al., 2019), and also to increases balance, joint awareness and overall proprioception (Myer et al., 2006; Arazi and Asadi, 2011; Singh Bal et al., 2011). Statistical Analyses Statistical analyses were carried out using the SPSS 20 program for Windows (SPSS, Inc., Chicago, IL, United States). I., Neal, K. (2002). B., Colston, M. The significance level was set at p < 0.05 throughout. Plyometric training may also increase the H/Q ratio (Hewett et al., 1996; Wilkerson et al., 2004; Myer et al., 2006). Some programs store the progress and scores for you to keep up with your plays. In the static condition, the test lasted 51.2 s and in each dynamic condition, the subject maintained the seesaw platform as horizontal as possible for 25.6 s. 9, 919-932. Train 42, 42-46. doi: 10.4085/1062-6050-51.12.03 PubMed Abstract | CrossRef Full Text | Google Scholar Bressel, E., Yonker, J., Kras, J., and Heath, E. doi: 10.1007/s40279-017-0772-5 PubMed Abstract | CrossRef Full Text | Google Scholar Wilkerson, C. doi: 10.1519/JSC.0b013e31825c2cb0 PubMed Abstract | CrossRef Full Text | Google Scholar Semenic, D. 9, 313-321. Throughout the intervention and until the end of season no anterior cruciate ligament injuries were sustained in either subject group. Google Scholar Miller, M. (2007). Knowledge of covariance (ANCOVA) was run. D., Silvers, H. Google Scholar Asadi, A. C., and Powell, D. Practical Applications The present study shows the practical value of substituting a part of the usual basketball training regimen of female players by 8 weeks of in-season plyometric training. T., Yu, B., and Garrett, W. C., and Michael, T. On some PCs this game is also called Klondike.SpiderSpider is a variation of the traditional solitaire. A., and Abreu, D. Comparison of static and dynamic balance in female collegiate soccer, basketball, and gymnastics athletes. doi: 10.1007/s40520-014-0216-0 PubMed Abstract | CrossRef Full Text | Google Scholar Fry, A. C. Specificity of acceleration, maximum speed, and agility in professional soccer players. A., and Noyes, F. The age and anthropometric characteristics of the two groups are presented in Table 1. (2010). Previous authors have recommended continuation of a plyometric training program into the basketball season (Arazi and Asadi, 2011). A weak balance: the contribution of muscle weakness to postural instability and falls. Athletes were verbally encouraged to maximum effort without knee valgus, with a focus on improving the efficiency and power of jumps. Limitations An extension of the run time and the number of ground contacts made during plyometric training is recommended, with a view to improving trends and attempting to extend the significant gains in the postural control to planes other than the medio-lateral. The path length quantified two-dimensional displacement; again, the smaller the path length, the better the postural stability. doi: 10.1519/00124278-200605000-00019 PubMed Abstract | CrossRef Full Text | Google Scholar Osborne, M. (2016) observed that national female basketball players (age = 20 ± 2 years) enhanced their scores on the Y balance test in both postero-medial and postero-lateral but not in the anterior plane following 8 weeks of biweekly body-weight neuromuscular training. 6, 221-229. (1990). The effect of 6-week combined agility-balance training on neuromuscular performance in basketball players. Speed, Agility, and Speed-Endurance Development. H., Harris, J. The absence of improvement at 120° s-1 could also be due to a velocity-dependent response, since the plyometric exercises were undertaken at a velocity other than 120° 47, 2533-2551. Phys. 29, 1153-1160. They were assured that they could withdraw from the trial without penalty at any time. PubMed Abstract | Google Scholar The relationship between plyometric training and balance has been attributed to the promotion of anticipatory postural adjustments, particularly in peripheral joints. Myer et al. doi: 10.1590/bjpt-rfb.2014.0068 PubMed Abstract | CrossRef Full Text | Google Scholar Hammami, M., Gammouri, N., Aloui, G., Shephard, R. Statistical Power Analysis for the Behavioral Sciences, 2nd Edn. Sport Health Res. G., Carvalho, R. Agility literature review. classifications,training and testing. doi: 10.1519/15354.1 PubMed Abstract | CrossRef Full Text | Google Scholar Pflie, K. References Alentorn-Geli, E., Myer, G. Compared to men, women are reported to perform side-step pivoting with increased knee extension, increased knee valgus (Bahr and Krosshaug, 2005), increased quadriceps activation, and decreased hamstrings activation, and supported by altered muscle-timing patterns (Malinzak et al., 2001). RS, MSC, and SH wrote, reviewed, and edited the manuscript. Likewise, there were no significant group by time interactions at a velocity of 120°-s-1 (Table 6). doi: 10.1519/JSC.0000000000000832 PubMed Abstract | CrossRef Full Text | Google Scholar Behm, D. doi: 10.1123/jscr.2014-0323 PubMed Abstract | CrossRef Full Text | Google Scholar Plisk, S. Nonetheless, due to the rigor of the rules, because of limited playing space, and the exigencies of the game, players are also frequently exposed to situations that upset their control; they must control their body position and maintain balance when jumping, pivoting, shuffling, changing direction, and withstanding contact from an opponent (Plisk, 2008). Fitness 27, 362-367. 19, 76-81. Evaluation of basketball-specific agility: applicability of preplanned and nonplanned agility performances for differentiating playing positions and playing levels. R., Nguyen, A. Repeated exposure to balance and stability challenges results in appropriate feed-forward adjustments prior to landing (Asadi et al., 2015). doi: 10.1016/j.clinbiomech.2004.05.003 PubMed Abstract | CrossRef Full Text | Google Scholar Potteiger, J. (1995). Nevertheless, such changes could allow players to avoid infractions of basketball rules such as walking with the ball or fouls during defensive phases of a game. Plyometric training program. Results from the Romberg Index demonstrated no effect of training on the players' visual dependence to maintain their balance under any of the three tested conditions. Postural control was assessed using a 3 strain gauge force platform (Posture Win6, Techno Concept, Mane, France) with a sampling frequency of 40 Hz and 12 bits A/D conversion. A comparison of knee joint motion patterns between men and women in selected athletic tasks. Keeping the balance between military necessity and humanity: a response to four critiques of the ICRC's interpretive guidance on the notion of direct participation in hostilities. M., and Young, W. Hajer Rahali-Khachlouf (Department of Physical and Rehabilitation Medicine, Military Tuns Hospital, Tunisia) for valuable experimental help. Our results assume that there is a collateral transfer between the sagittal plyometric drills and improvements in medio-lateral postural control. Table 6. In terms of training intensity, volume, and height of jumps, we followed the principle of progressive overload, starting with lower intensity, single-joint, and less complex exercise techniques, and progressing to higher intensities, multi-joint exercises, and more complex techniques (Table 2). Details of movement patterns are now accumulating for female participants, but more information is still needed on training techniques that will develop the needed physiological abilities in women's teams. E. Arthrosc. PubMed Abstract | Google Scholar Burke-Doe, A., Hudson, A., Werth, H., and Riordan, D. SH, YC, HM, and MJ performed the methodology. There are numerous variations of solitaire that are usually played by one individual. The aim of the present investigation was thus to examine the effect of replacing a part of normal basketball practice by an 8 weeks of in-season plyometric training, looking at the impact upon physical qualities such as change of direction ability, postural control, and the H/Q ratio relative to controls who continued with their standard basketball training regimen. The only negative report (Lehnert et al., 2013) found no significant changes in the T test scores of elite male basketball players after 6 weeks of plyometric training. 16, 438-445. Med. Twenty-six national level players aged 18-27 years volunteered for the study. Deficits in hamstring strength relative to the quadriceps are associated with anterior cruciate ligament injuries, whereas larger H/Q ratios increase the tolerance of vertical ground reaction forces (Wilkerson et al., 2004). Enhancing muscular performance in women: compound versus complex, traditional resistance and plyometric training alone. (1991). J., Bauman, C. P., Goldberg, B., and Cholewicki, J. Google Scholar Arazi, H., Asadi, A., and Roohi, S. Participants had already achieved a good overall physical condition at the beginning of the season (having completed 4 training sessions per week for 2 months). However, there is as yet little information on injury prevention in female players (Taylor et al., 2015). Isokinetic testing Subjects performed an initial warm-up (10 min of jogging, followed by 5 min of pedaling and concluding, with stretching of the lower-extremity muscles). 88, 339-353. Much of the data concerning this sport was originally collected on male players. This improvement in H/Q ratio (strength) observed here, although minimal, may have contributed to the improvement of postural control in the static and dynamic medio-lateral planes (Horlings et al., 2008; Meizer, 2009; Forte et al., 2014; Gomes et al., 2015). 10, 239-244. Figure 1. 27, 802-811. However, in the dynamic condition, the intervention had no significant effects in the antero-posterior plane, despite an improvement in the delta change (% Δ) for path length (EO and EC) and velocity (EO) in the experimental group compared to the controls (Table 4). Clin. J., and McKenna, M. Furthermore, female basketball players are particularly vulnerable, with injury rates 2-4 times higher than in male players (Malinzak et al., 2001; Bahr and Krosshaug, 2005; Taylor et al., 2015). s-1. (2019). The game uses two cards coupled together and adding up to 13 that are removed from the deck (like a six and a seven or an eight and a five). A comparison of the activity demands of elite and sub-elite Australian men's basketball competition. doi: 10.1080/02640410902926420 PubMed Abstract | CrossRef Full Text | Google Scholar McGuine, T. S., Jones, C. Gender-specific influences of balance, speed, and power on agility performance. R., Smith, J., and Kaufman, K. Strategies for dynamic stability during locomotion on a slippery surface: effects of prior experience and knowledge. Arazi et al. Google Scholar Simani, M., Chantari, K., Miarika, B., Del Vecchio, F., and Chourf, F. For the H/Q ratio, at the velocity of 60° s-1, the experimental group showed significant improvements in both dominant and non-dominant legs from pretest to posttest (p = 0.020, d = –0.59; p = 0.042, d = –0.73), but values for the control group did not change. Fitness 50, 262-267. doi: 10.1519/00126548-200406000-00002 CrossRef Full Text | Google Scholar Forte, R., Boreham, C., Conflict of Interest Statement The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest. (2013) have demonstrated a significant correlation between gains in agility and increases of muscle power, especially in female athletes. doi: 10.1007/s40279-015-0384-x CrossRef Full Text | Google Scholar Ben Abdelkrim, N., El Fazaaz, S., and El Ati, J. Sports Sci. You basically play against yourself, with the computer as the dealer. Improvements in postural balance seem likely to reduce lower extremity injury risk (Myer et al., 2006) and reflect positive functional adaptations (Hrysomalitis, 2011; Behm et al., 2015), particularly enhanced proactive and feed-forward adjustments that activate appropriate muscles before landing (Marigold and Patla, 2002; Paillard et al., 2005), and increased proprioceptive input (Paillard, 2009). Many of the following games are free to play and easy to use.The Classic GameThe classic game of solitaire that used to be played with a deck of cards can now be downloaded for Windows 10 on your computer and accessed by email. PubMed Abstract | Google Scholar Benis, R. Measures of static postural control moderate the association of strength and power with functional dynamic balance.

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