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*Review Article*

## **Boosting Basketball Skills And Performance: A Literature Review On Plyometric Agility Training**

**Rishita<sup>1</sup>, Dr. Probhjot Singh Nalwa<sup>2</sup>, Dr. Shweta Sharma<sup>3</sup>, Dr. Abhishek Kori<sup>4\*</sup>, Dr. Ashish Kumar<sup>5</sup>**

<sup>1</sup>Postgraduate student, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar (Deemed to be) University, Mullana-Ambala, Haryana. (rishitakhurana46@gmail.com)

<sup>2</sup>Demonstrator, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar (Deemed to be) University, Mullana-Ambala, Haryana. (probhjot.singh@mmumullana.org)

<sup>3</sup>Assistant Professor, Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation, Maharishi Markandeshwar (Deemed to be) University, Mullana-Ambala, Haryana. (shweta.sharma@mmumullana.org)

<sup>4</sup>Consultant Sports Physiotherapist, GSC, Mumbai, Maharashtra, (abhishekkori5@gmail.com)

<sup>5</sup>Assistant professor Guru Kashi University, Talwandi sabo, Bathinda, Punjab, India.  
(ashishdubey845450@gmail.com)

**\*Corresponding author:** Dr Abhishek Kori

**\*Consultant Sports Physiotherapist, GSC, Mumbai, Maharashtra. (abhishekkori5@gmail.com)**

### **Abstract**

**BACKGROUND:** Swiftness of ball games is one of the biggest reasons for its popularity. All ball games are very versatile and are played very recently globally. Plyometric agility training is a crucial component of basketball performance enhancement. Agility is the capacity to maintain body position and quickly change the direction during sequence of motions and it is an essential factor in determining performance in basketball as it requires speed and quick decision-making skills. Plyometric agility drill training is found to have a significant effect among basketball players. Training plays a crucial role in enhancing athletic performance like power, improved footwork, increased speed and strength, faster response.

**METHODS:** A comprehensive search was conducted for this literature review using online databases as Pedro, PUBMED, and Google Scholar. The findings from a thorough analysis of pertinent papers are reported in this paper.

**RESULTS:** According to studies, plyometric agility exercise can help improve one's ability to change direction. According to the studies, basketball players who receive plyometric agility training also increase their jumping and running.

Additional research demonstrated that plyometric training improved basketball players' power and coordination. Plyometric training increases the volume of muscles in the lower leg, decreases the time it takes to leap, and speeds up the development of force, according to other studies.

**CONCLUSION:** According to the findings of this literature study, plyometric agility training is crucial for basketball players' ability to change direction, jump, sprint, coordinate, have explosive strength, and increase their power.

**Keywords:** Agility training, plyometric training, basketball players,

**\*Author of correspondence: Email:** rishitakhurana46@gmail.com

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## **Introduction**

Basketball is a team activity that involves a lot of high-intensity movements including sprinting, jogging, accelerating, jumping, and landing, punctuated by quick stops, decelerations, and frequent direction changes.<sup>1</sup> Basketball players need to be fully fit both anaerobically and aerobically. Basketball players can walk up to 5 kilometres every game, according to research, meaning that they spend roughly 57% of their game time walking and 9% standing still. This highlights the aerobic metabolic demands of basketball.<sup>2</sup> While playing basketball mostly consists of aerobic exercise, anaerobic exercise frequently consists of quick layups, emergency stop-jump shots, instant dribbling, and quick takeoffs to compete for rebounds. This demonstrates that jumping, agility (changing direction and speed), and repetitive running are critical skills for basketball players.<sup>2</sup> A player must develop the athletic abilities that enable him to play at a higher level in order to hone his basketball skills, which are vital for raising the calibre of play. Variables like speed, power, endurance, agility, coordination, balance, and response time are all part of athletic skills that support the player's overall development. The degree of the athlete's overall conditioning directly correlates with the level at which basketball skills are executed.<sup>3</sup> Motoric and anthropometric characteristics are crucial for attaining sporting success in basketball games. Basketball players need to possess strength, quickness, flexibility, explosiveness, and endurance. Anthropometrically speaking, basketball players' length significantly affects the team's performance.<sup>4</sup>

Basketball is a high-intensity sport characterized by rapid movements such as fast breaks, quick changes in direction, explosive sprints, and continuous jumping. To excel in basketball, players must be able to efficiently and frequently perform the sport's fundamental movements with speed and agility. Therefore, agility is a crucial attribute for basketball players. Various field tests are conducted to assess the agility skills of athletes in basketball. These tests typically involve sudden changes in direction, reflecting the dynamic and unpredictable nature of basketball movements.<sup>4</sup>

## **Plyometric**

Early in the 1970s, when athletes from Eastern European nations started to dominate power-dependent events, plyometrics as it is currently employed garnered a lot of interest. A specialist high-intensity training method called plyometrics helps an athlete's muscles produce as much strength as possible in the shortest amount of time, leading to power development.

Plyometrics use the stretch-shortening cycle, which stimulates the muscle spindles to produce maximal power during the concentric phase of movement and uses the energy accumulated during the eccentric loading period.<sup>5</sup>

## **Plyometric Training**

Plyometric training has been demonstrated to be a successful strategy for enhancing explosive action performance (e.g., jump, sprint, and COD).<sup>6</sup> Studies have demonstrated that plyometric training can enhance muscle strength, foot strength, and vertical leap performance when combined with a strength training program.<sup>7</sup>

Plyometric training uses the musculotendinous system's stretch-shortening cycle (SSC), which entails a quick eccentric stretch followed by a concentric shortening of the same muscles. Stretch-strengthening exercises, SSC drills, reactive neuromuscular training drills, and rebound activities are frequently included. The muscle tendon unit's capacity to generate maximal force in the shortest period of time and to stimulate physiological adaptations (such as the force-velocity curve, pennation angle, and muscle fibre type transition) may be improved by using SSC muscle movements during plyometric training.<sup>8</sup>

## **Agility**

Agility refers to the ability to maintain body control while swiftly changing direction during movement sequences. It is a key determinant of basketball performance, as the sport demands both speed and quick decision-making. Agility training is vital for enhancing athletic capabilities such as power, footwork, speed, strength, reaction time.

Agility involves changing the position of the body while combining balance, coordination, speed, reflexes, and strength. It is typically achieved when an individual utilizes their ATP-PC or lactic acid (anaerobic) energy systems. In the context of sports, agility is characterized by the ability to quickly move the entire body with changes in speed or direction in response to a specific stimulus, such as reacting to an opposing player or a moving target, as commonly observed in field sports and racket sports.<sup>3</sup>

## **Agility Training**

The capacity to quickly change direction during a sequence of motions while maintaining control over one's body position is known as agility. Through neuromuscular conditioning and neural adaptation of muscle spindles, Golgi-tendon organs, and joint proprioceptors, agility training is believed to reinforce motor programming.<sup>7</sup>

## **Methodology**

**Design:** We conducted a comprehensive search and used keywords to locate pertinent articles published between 2015 and 2024 on websites like PubMed and Google Scholar. A two-step screening procedure was applied to the papers received between these dates: first, the abstract or article title was screened, and then the complete text was examined. Every article that wasn't relevant was removed.

**Search strategy:** Using the keywords "plyometric training," "basketball player," and "agility training," a comprehensive search was conducted on search engines such as Google Scholar and PubMed.

**Inclusion and Exclusion criteria:** Every paper, including literature reviews, clinical trials, meta-analyses, and RCTs, was included. Articles published prior to 2015, those that were paid for, or those for which complete texts and abstracts were not available were eliminated.

#### **Discussion:**

Basketball, volleyball, and handball are examples of versatile sports that require efficiency in a number of physical and skill-related fitness parameters, including anthropometric measurement, body composition, strength, muscular endurance, aerobic capacity, power, flexibility, agility, and reaction time.

Players can improve their talents by doing plyometric exercises. "Explosive-reactive" power training is the term for exercises that use fast muscular contraction and stretching repeatedly to build strength. The authors of a prior plyometric training study hypothesised that benefits were due to improved motor unit recruitment patterns.

An excellent way to enhance important basketball performance characteristics like agility, explosiveness, and injury prevention is through plyometric agility training. A player's capacity to compete at a high level can be greatly increased by incorporating plyometric workouts into regular training routines. Long-term impacts and the best training regimens for various playing positions should be investigated in future studies.<sup>9</sup>

Improvement in performance adaptations in basketball players on a set of basketball-related physical skills, such as jumping and running, by the application of plyometric training with ball approaches.

Better explosiveness Research shows that performing plyometric workouts can greatly increase vertical leap height, which is an essential ability for dunks and rebounds.

Plyometric exercises have been shown to increase lateral speed and reaction times, which helps athletes handle both offensive and defensive situations more skilfully. Plyometric training enhances neuromuscular coordination and force application, which improves sprint performance. Stronger tendons and ligaments from properly designed plyometric exercise lower the chance of common basketball ailments including knee problems and ankle sprains.

Basketball players must perform intricate moves with both their dominant and non-preferred hands in addition to their preferred side.<sup>6</sup>

The findings show that athletes who engaged in plyometric training experienced better adaptations to maximal-intensity exercise. Thus, adding a plyometric training component to basketball training alone can enhance young basketball players' responses to maximal-intensity exercises during the preseason.<sup>8</sup>

Young basketball players benefit from plyometric training programs that increase their power and agility. With plyometric model training, we observe that we have a positive impact on the completion of significant motor tasks, but more importantly, the model was developed with the intention of achieving the impact of the plyometric program training. Indicators of explosive power and agility have improved in elevating these abilities to boost the effectiveness of program training.<sup>7</sup> Improvements in agility are positively correlated with plyometric training. For athletes who need to move quickly to execute their sport, this increase in agility is advantageous, and it confirms findings from prior research.

Our study's extremely positive findings show the advantages of a brief plyometric training program for improving agility in young basketball players. It has been determined that plyometric training programs can help basketball players become stronger in addition to breaking up the monotony of training.

**Conclusion:** Plyometric agility training is essential for basketball players' capacity to change direction, jump, sprint, coordinate, possess explosive strength, and boost their power, according to the results of this research review.

**Conflict of interest:** None

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**Declaration:** The content in the manuscript has not been previously published and is not being concurrently submitted elsewhere.

**Ethical clearance:** Ethical clearance was not required as this study was a literature review.

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