

## THE IMPACT OF TRAINING SURFACE IN AGILITY OF PREPUBESCENT VOLLEYBALL PLAYERS

E. Gortsila<sup>1</sup>, A. Theos<sup>1</sup>, G. Nestic<sup>2</sup>, M. Maridaki<sup>1</sup>

<sup>1</sup>*Sports Medicine & Biology of Exercise, University of Athens, Athens, Greece,* <sup>2</sup>*Sport and Physical Education, University of Belgrade, Belgrade, Serbia*

The purpose of the present study was to examine the impact of training surface in agility of prepubescent volleyball players. Thirty female prepubescent volleyball players (age:  $11.2 \pm 0.6$  yrs) took part in this study and were randomly allocated in two groups. Group A (N=15) participated in a 10 week training programme in sand surface, while group B (N=15) participated in a same programme in land surface. Measurements of agility (T-Test & Illinois) were conducted before (pre) and after (post) the training period. Subjects performed the agility tests on the land (L condition) and on the sand (S condition). Differences in agility pre - post training, between the conditions and between the groups were analysed using T-test. Agility T-Test and Illinois did not differ significantly in both groups in pre condition, but were significantly improved in post ( $p < 0.001$ ). Group A achieved greater improvement in T-Test in both L and S condition compared to group B (S condition: A=  $15.0 \pm 0.1$  vs. B=  $17.2 \pm 0.2$  sec,  $p < 0.0001$  and L condition: A=  $13.2 \pm 0.1$  vs. B=  $14.4 \pm 0.1$  sec,  $p < 0.0001$ ). In accordance were the results for Illinois test (S condition: A=  $21.4 \pm 0.2$  vs. B=  $22.3 \pm 0.1$  sec,  $p < 0.0001$  and L condition: A=  $20.2 \pm 0.1$  vs. B=  $21.1 \pm 0.2$  sec,  $p < 0.0001$ ). Despite the fact that agility was improved in both groups after the 10- week training program, the much greater improvement achieved in group A suggest that the training surface may play an important role.