CONCLUSIONS

From the analysis of the data the following conclusions were drawn.

1. Plyometric training group significantly improved the selected physical and physiological variables of volleyball players such as speed, explosive power, muscular strength, agility, resting heart rate and breath holding time.

2. Weight training group significantly improved the selected physical and physiological variables of volleyball players such as speed, explosive power, muscular strength, agility, resting heart rate and breath holding time.

3. Combination of Weight training and plyometric training group significantly improved the selected physical and physiological variables of volleyball players such as speed, explosive power, Muscular Strength, agility, resting heart rate and breath holding time.

4. Control group did not improve all the dependent variables such as speed, explosive power, Muscular Strength, agility, resting heart rate and breath holding time.
5. There was significant difference among the weight training, plyometric training and combination of Weight training and plyometric training groups in improving the selected dependent variables such as speed, explosive power, Muscular Strength, agility, resting heart rate and breath holding time.

6. Combination of Weight training and plyometric training group was found to be better in improving all selected independent variables such as speed, explosive power, Muscular Strength, agility, resting heart rate and breath holding time when compared to the Weight training and plyometric training groups.