

INPLASY

The Effects of Plyometric Training on Physical Fitness and Skill-related performance on Female Basketball Players: A Systematic Review and meta-analysis

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ADMINISTRATIVE INFORMATION

Support - No support.

Review Stage at time of this submission - Preliminary searches.

Conflicts of interest - None declared.

INPLASY registration number: INPLASY2023120078

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 19 December 2023 and was last updated on 19 December 2023.

INTRODUCTION

Review question / Objective The objective of this study is to know the effects of plyometric training on physical fitness and skill-related performance on female basketball players.

Condition being studied Many studies have proved that plyometric training is a good training method in sports areas, such as volleyball, tennis, and soccer. However, the effect of plyometric training on female basketball players is unclear. Therefore, we write this study to investigate that.

METHODS

Search strategy Plyometric* OR “stretch-shortening cycle” OR “jump training” OR “jump exercise” AND Female OR Wom?n or girl* and basketball.

Participant or population Female basketball players.

Intervention Plyometrics.

Comparator Without ployometric intervention in control group.

Study designs to be included RCT.

Eligibility criteria (1) full-text articles published in English; (2) population is healthy female basketball players with no limitations on their age and level; (3) studies used the plyometric training as the intervention in experimental group; (4) without plyometric training program in control group; (5) outcome measures are physical fitness (e.g., jump, sprint) or basketball skill-related performance (e.g., free throw, dribbling); (6) randomized controlled trials (RCTs).

Information sources PubMed, Web of Science, SPORTDiscus, Scopes, reference of included articles, google scholar.

Main outcome(s) Including jump, agility, basketball dribbling (etc.) performance.

Quality assessment / Risk of bias analysis QualSyst” would be used to assess the methodology quality.

Strategy of data synthesis First, Two individual authors would screen all the searching outcomes. Then, a third author would double check and if there are any problems, they would discuss with the fourth and fifth author.

Subgroup analysis No.

Sensitivity analysis Including the year of publication and the characteristics of population.

Language restriction English.

Country(ies) involved China, Malaysia.

Other relevant information No.

Keywords Plyometric training, female, basketball, sports, exercise.

Dissemination plans No.

Contributions of each author

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