



# Power Training for Sport: Plyometrics for Maximum Power Development

*Tudor O. Bompa*

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One of the great experiences for a spectator of sports is that wonderful moment when you watch a superb athlete explode in performance. In figure skating, basketball, track and field and many other sports, this explosion doesn't just happen. Serious athletes use power training techniques to bring themselves to the point where this explosion can happen...the latest method is called plyometric training. Plyometrics represents an important form of training which results in the development of explosive power and quick reaction based on the improved reactivity of the neuro-muscular system.

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