Effectiveness of complex training on some of physical variables and performance level for basketball players under 16 age
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The effectiveness of plyometric training is well supported by research. Complex training has gained popularity as a training strategy combining weight training and plyometric training. Anecdotal reports recommend training in this fashion in order to improve muscular power and athletic performance. Recently, several studies have examined complex training. Despite the fact that questions remain about the potential effectiveness and implementation of this type of training, the purposes of this study were to investigate the effectiveness complex training on some of physical variables and performance level for youth basketball players from el gezera club (first class). Complex training performed by 16 youth players from el gezera club (first class). were classified by two group (experimental group 8 players and control group 9 players), the experimental group was participated in complex training to 2 months, the control group don’t participated in complex training, results of recent studies are useful in guiding practitioners in the development and implementation of complex training programs. In some cases, research suggests that complex training has an acute ergogenic effect on upper body power and the results of acute and chronic complex training include improved jumping performance. The combination of plyometric training and weight training are thought to be useful for developing athletic power. More specifically, complex training alternates biomechanically similar high load weight training exercises with plyometric exercises. Recent research suggests that it may be necessary to allow three or four minutes rest between the weight training and plyometric conditions. Finally, these data demonstrate a possible relationship between strength and plyometric performance in the complex suggesting that this training strategy may best be suited for more highly trained individuals using RM loads in the weight training portion of the complex. Future research should examine the effects of the specific type of exercises employed, age, gender, training status and load/intensity on complex training.