

Effects of Ladder Training Versus Plyometric

NCT06462209

Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	42 participants

Key Eligibility Criteria

Inclusion (2)

- Age ranging from 18-25year.
- Player with minimum 1- year experience of cricket Only female cricket players.

Exclusion (2)

- Any cardiopulmonary problem. Lower extremity injuries of last 6 months(fractures, ligament ruptures)
- Players who were unable to complete ladder and plyometric training.

Locations (1 total)

Riphah International University, Lahore, Punjab Province, Pakistan