

Combined Effects of Plyometric and Endurance Training Among Female Hockey Players

NCT06509672

Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (5)

- Only female hockey players
- Age 18-24 years
- Athletes with at least one year experience in hockey
- Athletes must be without previous experience in intense strength/endurance training
- Only players who will participate in at all training sessions will be included in the statistical analysis

Exclusion (4)

- Participants having injuries resulting in loss of one or more hockey matches/ training sessions in the preceding three months prior to the initiation of the study
- Participants with the history of systemic disease
- Participants with history of lower extremity and lumber spine pathology
- Participants with prior surgery history

Locations (1 total)

Pakistan Sports Academy, Lahore, Pakistan