

DIFFERENCES IN THE INDICATORS OF EXPLOSIVE POWER OF LEGS OF ATHLETES IN DIFFERENT SPORTS ACTIVITIES

Abstract

The sample consisted of 60 examinees aged 15 (± 6 months), divided in three subsamples of 20 athletes (athletics, basketball, football) was a subject of testing using the following motor tests on the tensoplatform Kistler QuatroJump 9290AD: squat jump, countermovement jump, repetitive jumps with straight legs and the relative values of these tests. The application of multivariate analysis of variance established that there are some statistically significant differences among these groups of athletes. Discriminant analysis established the existence of two statistically significant factors.

Keywords: *explosive power of legs, football players, athletes, basketball players*
