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THE EFFECT OF PRE-SEASON TRAINING REGIME ON SPEED  
DEVELOPMENT IN YOUNG HANDBALL PLAYERS

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# METHODS

## Subject sample

- Subject sample consisted of 24 handball players age 14-18 years old.
- Subject sample characteristics:
  - female,
  - included in continual training process.

## Variable sample

- In order to increase their running speed, players were subject to the specific usual pre-season training regime during the two months period.
- Running speed assessment was conducted at the beginning and at the end of the two months period – initial (I) and final (F) measurement points.
- The variable sample used to evaluate running speed:
  - 30 meter dash (SP20);
  - 100 meter dash (SP20);
  - 400 meter dash (SP20).

## Statistical and data analysis

- Description analysis and paired sample t-test were used to determine the influence of pre-season training regime on running speed.

# RESULTS AND DISCUSION

## Descriptive statistics

	N	Minimum	Maximum	Mean	Std. Deviation	Skewness		Kurtosis	
	Stat.	Stat.	Stat.	Stat.	Stat.	Stat.	Std. Error	Stat.	Std. Error
S30I	24	4.10	5.40	4.6425	.40609	.546	.472	-.917	.918
S30F	24	3.90	5.40	4.4250	.46835	.714	.472	-.588	.918
S100I	24	15.06	18.30	16.6417	.90356	.175	.472	-.355	.918
S100F	24	15.00	18.20	16.5458	.92536	.114	.472	-.589	.918
S400I	24	89.00	122.37	104.2783	10.33607	.167	.472	-.851	.918
S400F	24	87.33	121.27	103.3917	10.56015	.064	.472	-.919	.918

# RESULTS AND DISCUSSION

## Paired sample correlation

	N	Correlation	Sig.
S30I & S30F	24	.970	.000
S100I & S100F	24	.987	.000
S400I & S400F	24	.995	.000

# RESULTS AND DISCUSSION

## Paired sample t-test

	Paired Differences					t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
S30I - S30F	.21750	.12386	.02528	.16520	.26980	8.603	23	.000*
S100I - S100F	.09583	.14711	.03003	.03371	.15795	3.191	23	.004*
S400I - S400F	.88667	1.11707	.22802	.41497	1.35836	3.889	23	.001*

# RESULTS AND DISCUSSION

- The results show there was statistically significant increase in all observed variables.
- We can conclude that pre-season training regime can significantly develop running speed in young female handball players.



**Thank you for your attention!**