

Exploring the Approaches of Performance Enhancement by Plyometric Exercise in Badminton Players: A Systematic Review

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ABSTRACT

Introduction: Plyometric exercises are widely used nowadays for athletes. Badminton is a sport that requires many performance parameters like agility, endurance and power with good reaction time, etc. Plyometrics includes high-intensity and velocity activities to improve power, speed, agility and endurance of an individual.

Aim: To perform a systematic review to evaluate how effective plyometrics would be for increasing these performance parameters in badminton players.

Materials and Methods: A comprehensive search was conducted across PubMed and Google Scholar for randomised controlled trials published between 2015 and 2025. Studies were screened through titles, abstracts and full texts based on predefined eligibility criteria.

Result: Included articles and research have shown us the significant increase in performance in the badminton players by affecting their power, agility, speed and endurance by giving some weeks of plyometric training. The data was collected pre and post the training given. Some studies have also given positive effects on balance and control.

Conclusion: Plyometric exercises are an effective method for improving the performance parameters, including power, agility, speed and endurance of badminton players. Large well-designed trials are present to prove the above-mentioned data.

Keywords: Agility, Explosive power, Plyometric training, Power training, Speed.

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