

# BÖLÜM 25

## PİLYOMETRİK EGZERSİZLER

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### Giriş

Pilyometrik egzersiz (PE)'ler, spora özgü performansı geliştirmek için takım ve bireysel sporlarda yaygın olarak kullanılan bir kuvvet antrenmanı türüdür (1, 2). Pilyometrik egzersizlerin, kuvvet ve sıçrama yüksekliği (3), koşu ekonomisi (4), çeviklik (5), sprint hızı ve dayanıklılık (6) gibi bir dizi fiziksel niteliği geliştirmede etkili bir yöntem olduğu gösterilmiştir. Pilyometrik çalışmaların bir antrenman yöntemi olarak kullanılmaya başlaması 1920–1930'lu yıllara rastlar. Bu yıllarda, Doğu ve Kuzey Avrupa ülkelerinin sporcuları; jimnastik antrenmanlarının bir parçası olarak sıçrama antrenmanı yapmışlardır. 1933 yılında ise Romanya Ulusal Beden Eğitimi Akademisi tarafından “Sporda Sıçrama Antrenmanı” adlı bir kitapçık yayınlanmıştır. 1920'li yıllarda başlayıp 1960'lı yıllara kadar “sıçrama antrenmanı” veya “şok antrenmanı” olarak bilinen çalışmalar doğu bloğu ülkeleri tarafından uygulanmaktaydı. Rusların 1960 sonrası senelerde olimpiyat ve atletizm branşında elde ettikleri başarılar sonrasında diğer ülkelerde bu alana ilgi duymaya başladı. Bu çalışmaların etkili sonuçlarını yaşamaya başlayan ilk sporcunun ise 1972 Olimpiyat Oyunlarında 100 m. ve 200 m. koşularında altın madalya kazanan Rus atlet Valery Borzov olduğu kabul edilmektedir (7).

Plyometrics terimi, “büyütmek” veya “artırmak” anlamına gelen Yunanca pleythein kelimesinden ve kelimenin daha kısa hali olan Yunanca plio “daha fazla” ve plyo “hareket etmek” anlamına gelen Yunanca kelimedenden türetilmiştir. Metrik, “ölçmek” veya “uzunluk” anlamına gelir. Pilyometrik ifadesi “plio” (daha fazla) ve “-metrik” (ölçü) ifadelerinin birleşmesi ile “daha fazla ölçüde” veya ölçülebilir artış

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Şekil 2. Farklı pliometrik egzersizlerin görselleri (Kaynak 7)

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