

Independent Study Title	The Effect of Speed Hops Training on the Speed of 100 metres	
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ABSTRACT

The aim of this study was to compare the effect of Speed Hops training and regular training program on the speed of 100 metres sprinting. The 12 young girl sprinters from Damrongradsongkor School Chiangrai division were participated in this study. They were divided into two groups; Speed Hops training with regular training program and only regular training program. There were records of the speed of 100 metre sprinting during pre and post 6 weeks of training. The comparison of the speed was statistically analyzed by using Wilcoxon Signed Ranks Test and Mann-Whitney U Test (SPSS programs for Windows version 10)

The results were found that the difference of mean speed between pre – test and post – test in Speed Hops training with regular training program was 0.265 seconds with significant difference at 0.05 levels. While the value in only regular training program was 0.0767 seconds with significant difference at 0.05 levels. The speed of Speed Hops training with regular training program with difference of 0.1583 seconds at 0.05 levels. This means that the Effect of Speed Hops Training with regular training could effectively increase the speed of 100 metre young girl sprinters.