Sprint running contributes in varying degree to successful performance in many sports. A variety of training regimens are commonly used to improve the sprinting performance. The plyometric exercises have become very popular because of the dynamic nature. The plyometric training represents the bridge between pure strength training and event-specific training for actual event. According to the principle of specificity, anything, which is more similar or identical to the competition demands, has more transfer effect, based on Young's (1992)sprint bounding, as it has relatively short stretch-shortening time, which enhances its specificity as a training exercise for sprinters and jumpers. The purpose of the present study is to determine the relationship of sprint bounding with the sprint ability of sprinters and jumpers. Thirty male national level sprinters and jumpers who were attending the national coaching camp at Patiala were the subjects of the present study. To evaluate the sprint ability time over 20 m (fly start), 30 m (standing start) and 30 m sprint bounds was recorded. In 30 m sprint bounds, the numbers of bounds were also counted. The time was recorded by electronic timer (Speed Light; Australia). The trigger to the timer was event regulated by the optoelectronic light barriers. The sprint bound index (SBI) was computed as the number of bounds completed multiplied by the time taken to cover 30 m distance as proposed by Young (1992). Unpaired 't' test was used to find out the differences between the sprinters and jumpers in different parameters. The mean values of different parameters are presented in part-A of the table. The table shows that there are no statistically significant differences in the mean values of different parameters between sprinters and jumpers. This may be due to the fact that both the sprinters and jumpers are habitual of doing the same nature of bounding exercises in their training programme. The part-B of the table shows that there is statistically significant relationship of SBI with time of 20 m fly, 30 m standing run, 30 m sprint bounds and stride numbers. It is suggested that the coaches in their training programme incorporate sprint bounding exercises due to its specificity and identical movement structure.

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