(ABSTRACT)

THE EFFECT OF PLYOMETRIC TRAINING OF STANDING JUMPS AND BOX JUMPS TO INCREASE LEG MUSCLE POWER ON FUTSAL TEAM OF SMA KRISTEN 1 METRO ACADEMIC YEARS 2011/2012

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The Purpose of this research was to prove the effect of plyometric training of standing jumps and box jumps to increase leg muscle power on futsal team of SMA Kristen 1 Metro Academic Years 2011/2012. The research method design was experiment and ordinal pairing pretest, post test design. The samples were 30 student divided into 3 group, standing jumps plyometric training group, box jumps plyometric training group and the control group. Training frequency was three times a weeks, total of set were 2-4, with 8 repetition per set and rest interval of 2 minutes. The program training was given for 8 weeks. The data analysis used is Analysis of Variant.

The data analysis showed standing jumps plyometric training group increase leg muscle power significantly (t. count 3.48 > t. table2.04) also box jumps plyometric training group showed increase significantly (t. count 7.18 > t. table2.04). Different effect showed box jumps plyometric more effective increasing leg muscle power than standing jumps plyometric training (t. count 3.70 > t. table2.04).