

ABSTRAK

PENGARUH LATIHAN *PLYOMETRIC HURDLE HOPPING* DAN *BOX JUMP* TERHADAP KEMAMPUAN *SMASH* BOLA VOLI PUTRA EKSTRAKURIKULER SMK YPI TANJUNG BINTANG

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Penelitian ini bertujuan untuk mengetahui pengaruh latihan *hurdle hopping* dan *box jump* terhadap kemampuan *smash* bola voli putra pada siswa ekstrakurikuler SMK YPI Tanjung Bintang di kabupaten lampung selatan. Metode Penelitian yang digunakan dalam penelitian ini adalah eksperimen dengan tujuan untuk mengetahui adakah pengaruh hasil studi mengenai permasalahan yang diteliti. Sampel penelitian ini yaitu siswa yang mengikuti latihan ekstrakurikuler bola voli SMK YPI Tanjung Bintang berjumlah 30 siswa. Teknik pengambilan sampel menggunakan ordinal pairing dengan pembagian 2 kelompok yaitu kelompok *hurdle hopping* dan *box jump*. Instrumen yang digunakan mengukur kemampuan smash atlet bola voli ekstrakurikuler yang ada di sekolah. Hasil penelitian menunjukkan bahwa 1) Ada pengaruh yang signifikan latihan *plyometric hurdle hopping* terhadap kemampuan *smash* pada team bola voli SMK YPI Tanjung Bintang, dengan nilai nilai *Sig (2-tailed)* $0,00 < 0,05$. 2) Ada pengaruh yang signifikan latihan *plyometric box jump* terhadap kemampuan *smash* pada team bola voli SMK YPI Tanjung Bintang, dengan nilai nilai *Sig (2-tailed)* $0,00 < 0,05$. 3) ada perbedaan antara latihan *plyometric hurdle hopping* dan latihan *plyometric box jump* secara signifikan terhadap kemampuan *smash* pada team bola voli SMK YPI Tanjung Bintang, dengan nilai *Sig (2-tailed)* $0,002 < 0,05$ maka dapat disimpulkan ada perbedaan yang signifikan dan nilai pada mean kelompok *hurdle hopping* mendapatkan nilai 13,67 sedangkan kelompok *box jump* mendapat nilai 15,27 lebih besar dibandingkan kelompok *hurdle hopping*.

Kata Kunci : *Plyometric, hurdle hopping, box jump*, kemampuan smash bola voli

ABSTRACT

The Effects of Plyometric Hurdle Hopping and Box Jump Training Against Men's Volleyball Smash Ability Extracurricular Activities of SMK YPI Tanjung Bintang

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This study aims to determine the effect of hurdle hopping and box jump exercises on men's volleyball smash skills in extracurricular students of SMK YPI Tanjung Bintang in South Lampung Regency. The research method used in this study is an experiment with the aim of finding out whether the study results affect the problem being studied. The sample of this study is students who participated in extracurricular volleyball exercises at SMK YPI Tanjung Bintang totaling 30 students. The sampling technique used ordinal pairing with a division of 2 groups, namely the hurdle hopping and box jump groups. The instrument used measured the smash ability of extracurricular volleyball athletes in schools. The results of the study showed that 1) There was a significant influence of plyometric hurdle hopping practice on smash ability in the volleyball team of SMK YPI Tanjung Bintang, with a value of sig (2-tailed) $0.00 < 0.05$. 2) There was a significant influence of plyometric box jump practice on the ability of smash in the volleyball team of SMK YPI Tanjung Bintang, with a value of sig (2-tailed) $0.00 < 0.05$. 3) there was the difference between the plyometric hurdle hopping and plyometric box jump training exercises is significant to the smash ability of the volleyball team of SMK YPI Tanjung Bintang, with a sig (2-Tailed) value of $0.002 < 0.05$, it can be concluded that there is a significant difference and the value in the mean hurdle hopping group gets a value of 13.67 while the box jump group gets a value of 15.27 greater than group hurdle hopping.

Keywords : *Plyometric, hurdle hopping, box jump, volleyball smash ability*