

**FRONTAL PLANE PLYOMETRIC LEBIH BAIK DARIPADA  
SAGITTAL PLANE PLYOMETRIC TERHADAP SPEED  
DENGAN LEFT LATERAL SHUFFLE TES  
PADA PEMAIN BOLA BASKET  
PUTRI USIA 15-16 TAHUN**

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**Abstrak**

Tujuan penelitian : untuk mengetahui *Frontal Plane Plyometric* Lebih Baik Daripada *Sagittal Plane Plyometric* terhadap *Speed* dengan *Left Lateral Shuffle test* pada pemain bola basket putri usia 15-16 tahun. Metode : Rancangan yang dipakai peneliti yaitu *pre-post test without Control Group*. Parameter yang digunakan untuk mengukur *Speed* adalah *Lateral Shuffle Test (LST)*. Subjek penelitian sebanyak 28 pemain basket. Sampel dilakukan pengukuran (*pretest*) dan diberikan program latihan kemudian diukur kembali (*posttest*). Hasil : Hasil pengukuran diperoleh kesimpulan bahwa *Frontal Plane Plyometric* berpengaruh terhadap peningkatan *Speed* diperoleh hasil kelompok *Frontal Plane Plyometric Pretest*  $0,782 \text{ m/s} \pm 0,030$  dan *Post test*  $0,795 \text{ m/s} \pm 0,032$  dan hasil kelompok *Sagittal Plane Plyometric Pretest*  $0,762 \text{ m/s} \pm 0,028$  dan *Post test*  $0,761 \text{ m/s} \pm 0,024$ , jadi *Frontal Plane Plyometric* dapat meningkatkan *Speed* pada pemain bola basket putri usia 15-16 tahun. Kesimpulan : *Frontal Plane Plyometric* lebih baik daripada *Sagittal Plane Plyometric* terhadap *Speed* dengan *Left lateral shuffle test* pada pemain bola basket putri usia 15-16 tahun.

**Kata Kunci :** *Plyometric Training, Speed.*

**FRONTAL PLANE PLYOMETRIC BETTER THAN  
SAGITTAL PLANE PLYOMETRIC ON SPEED  
WITH THE LEFT LATERAL SHUFFLE TEST  
ON FEMALE BASKETBALL PLAYER  
AGE 15-16 YEARS**

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**Abstract**

Objective : To determine of Frontal Plane Plyometric better than Sagittal Plane Plyometric on Speed using the Left Lateral Shuffle test on female basketball players aged 15-16 years. Method : The design use is the pre-post test without control group. The parameter used to measure Speed is the Lateral Shuffle Test (LST). The research subjects were 28 basketball players. The sample is measured (pretest) and given an exercise program then measured again (posttest). Result : The measurement results obtained by the conclusion that the Frontal Plane Plyometric effect on increasing the Speed obtained by the Frontal plane plyometric Pretest group  $0.782 \text{ m / s} \pm 0.030$  and Post test  $0.795 \text{ m / s} \pm 0.032$  and Sagittal Plane Plyometric Pretest group  $0,762 \text{ m/s} \pm 0,028$  dan *Post test*  $0,761 \text{ m/s} \pm 0,024$ , so Frontal Plane Plyometrics can increase speed of women basketball player aged 15 -16 years. Conclusion : Frontal Plane Plyometric better than Plyometric Sagittal Plane on Speed with the Left lateral shuffle test on female basketball players aged 15-16 years.

Keywords : Plyometric Training, Speed.