

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

Diki Tri Mardiansyah

Abstrak

Tujuan penelitian: untuk mengetahui Frontal Plane Plyometric lebih baik daripada Sagittal Plane Plyometric terhadap Speed dengan Right Lateral Shuffle test pada pemain bola basket putri usia 15-16 tahun. Parameter yang digunakan untuk mengukur Speed adalah Lateral Shuffle Test (LST). Metode: Rancangan yang digunakan peneliti yaitu pre-post test without control group. Subjek dalam penelitian sebanyak 28 pemain bola basket, kemudian dibagi menjadi 2 grup :setiap kelompok berisi 14 orang. Sampel dilakukan pengukuran LST terlebih dahulu (pretest) dan setelah diberikan program latihan sampel kembali diukur kembali (posttest).Hasil: diperoleh hasil kelompok FPP Pretest $0,780 \text{ m/s} \pm 0,020$ dan Post test $0,810 \text{ m/s} \pm 0,020$, jadi Frontal Plane Plyometric dapat meningkatkan Speed pada pemain bola basket putri usia 15-16 tahun. Setelah mengolah dan menganalisis data secara statistik diperoleh kesimpulan: bahwa *Frontal Plane Plyometric* lebih baik daripada *Sagittal Plane Plyometric* terhadap *Speed* dengan *Right 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 RIGHT LATERAL SHUFFLE TEST
ON WOMAN BASKETBALL PLAYERS
AGE 15-16 YEARS**

Diki Tri Mardiansyah

Abstract

Purpose: to determine the Frontal Plane Plyometric better than the Sagittal Plane Plyometric against Speed with the Right Lateral Shuffle test on female basketball players aged 15-16 years. The parameter used to measure Speed is the Lateral Shuffle Test (LST). Method: The design used by the researchers was pre-post test without control group. Subjects in the study were 28 basketball players, then divided into 2 groups: each group contained 14 people. The sample was measured LST first (pretest) and after being given an exercise program the sample was re-measured again (posttest). Results: the results of the FPP group pretest were $0.780 \text{ m / s} \pm 0.020$ and Post test $0.810 \text{ m / s} \pm 0.020$, so Frontal Plane Plyometric can Increase speed in female basketball players aged 15-16 years. After processing and analyzing the data statistically it was conclusion: that the Frontal Plane Plyometric is better than the Sagittal Plane Plyometric on Speed with the Right Lateral Shuffle Test on female basketball players aged 15-16 years.

Keyword : Plyometric Training, Speed.