

FRONTAL PLANE PLYOMETRIC LEBIH BAIK DARIPADA SAGITTAL PLANE PLYOMETRIC TERHADAP POWER DENGAN LEFT LATERAL HOP PADA PEMAIN BOLA BASKET PUTRI USIA 15-16 TAHUN

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Abstrak

Bola basket merupakan salah satu cabang olahraga beregu yang mengalami perkembangan yang cukup pesat. Hal ini disebabkan karena jenis olahraga ini bukan hanya sebagai olahraga prestasi tetapi juga sebagai olahraga pendidikan ataupun olahraga rekreasi. **Tujuan:** Untuk mengetahui Pengaruh Sagittal Plane Plyometric and Frontal Plane Plyometric Terhadap Power Dengan Left Lateral Hop pada Pemain Bola Basket Putri Usia 15-16 Tahun. **Metode:** Penelitian ini menggunakan desain pret-post without control design. Subjek penelitian sebanyak 28 pemain basket, kemudian dibagi menjadi 2 kelompok: satu kelompok berisi 14 orang. Kelompok 1 dengan latihan Sagittal Plane Plyometri dan kelompok 2 dengan latihan Frontal Plane Plyometric. Sebelum diberi perlakuan SPP atau FPP selama 6 minggu dengan jumlah kegiatan perminggu sebanyak 2 kali, subjek diukur kemampuannya terlebih dahulu (pre test). Setelah perlakuan, subjek kembali diukur kemampuannya (post test). Parameter yang digunakan adalah Left Lateral Hop. Setelah mengolah dan menganalisis data secara statistik diperoleh kesimpulan bahwa Frontal Plane Plyometric berpengaruh terhadap peningkatan Power dengan Left Lateral Hop diperoleh hasil kelompok FPP Pre test $102,142 \text{ cm} \pm 5,749$ dan Post test $103,5 \text{ cm} \pm 5,571$, jadi Frontal Plane Plyometric dapat meningkatkan Power dengan Left Lateral Hop pada pemain bola basket putri usia 15-16 tahun.

Kata Kunci : Bola Basket, Power, Frontal Plane Plyometric, Sagittal Plane Plyometric Left Lateral Hop

FRONTAL PLANE PLYOMETRIC BETTER THAN SAGITTAL PLANE PLYOMETRIC ON POWER WITH LEFT LATERAL HOP IN FEMALE BASKETBALL PLAYERS AGES 15-16 YEARS

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Abstract

Basketball is one of the team sports that has developed quite rapidly. This is because this type of sport is not only an achievement sport but also as an educational or recreational sport. **Objective:** To determine the effect of Plyometric Sagittal Plane and Frontal Plane Against Power with Left Lateral Hop in Basketball Players Daughter Ages 15-16 Years. **Method:** This study used a pre-post without control design. The research subjects were 28 basketball players, then divided into 2 groups: one group containing 14 people. Group 1 with Sagittal Plane Plyometry training and group 2 with Frontal Plane Plyometric exercises. Before being treated with SPP or FPP for 6 weeks with the number of activities per week as much as 2 times, the subject measured his ability first (pre test). After treatment, the ability of the subject again measured (post test). The parameter used is Left Lateral Hop. After processing and analyzing the data statistically, it was concluded that the Frontal Plane Plyometric had an effect on the increase of Power with Left Lateral Hop. Hop on female basketball players aged 15-16 years.

Keywords: Baketball, Power, Fronal Plane Plyometric, Sagittal Plane Plyometric, Left Lateral Hop