

**SAGITTAL PLANE PLYOMETRIC LEBIH BAIK DARIPADA  
FRONTAL PLANE PLYOMETRIC TERHADAP POWER  
DENGAN STANDINGLONG JUMP PADA  
PEMAIN BOLA BASKET PUTRI  
USIA 15-16 TAHUN**

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**ABSTRAK**

*Power* adalah kekuatan sebuah otot untuk mengatasi tahanan beban dengan kecepatan tinggi dalam gerakan yang utuh. *Plyometric training* merupakan suatu metode latihan yang dapat digunakan untuk meningkatkan kesegaran biomotorik atlet, termasuk kekuatan dan *speed* yang memiliki aplikasi yang sangat luas dalam kegiatan olahraga, dan secara khusus latihan ini sangat bermanfaat untuk meningkatkan *power*. Tujuan: Mengetahui pengaruh *frontal and sagittal-plane plyometrics* terhadap *power* menggunakan *standing long jump* pada pemain bola basket putri usia 15-16 tahun. Metode: Penelitian ini menggunakan desain *quasi-experimental between-groups*. Sampel penelitian merupakan pemain bola basket putri berusia 15-16 tahun., kemudian sampel dipilih berdasarkan kriteria inklusi dan diperoleh responden sebanyak 14 orang. Parameter yang digunakan adalah *standing long jump*. Pemberian latihan *plyometric* dilaksanakan dengan frekuensi 2 kali seminggu dengan lama latihan 6 minggu atau dilakukan selama 12 kali pertemuan dalam 6 minggu. subjek diukur kemampuannya terlebih dahulu (*pretest*). Setelah dikenai perlakuan subjek kembali diukur kemampuannya (*posttest*). Rancangan yang dipakai peneliti disebut *pretestposttest design*. Setelah mengolah dan menganalisis data secara statistik diperoleh kesimpulan bahwa *sagittal Plane Plyometric* berpengaruh terhadap peningkatan *power* diperoleh hasil kelompok *SPP Pretest*  $146.5\text{cm} \pm 9.22163$  dan *Post test*  $148.0\text{cm} \pm 9.24870$ , jadi *Sagittal Plane Plyometric* dapat meningkatkan *Power* pada pemain bola basket putri usia 15-16 tahun

**Kata kunci** : *power, sagittal plane plyometric, frontal plane plyometric, standing long jump,*

**SAGITTAL PLANE PLYOMETRIC IS BETTER THAN FRONTAL  
PLANE PLYOMETRIC ON POWER  
WITH STANDING LONG JUMP IN FEMALE  
BASKETBALL PLAYER AGE  
15-16 YEARS**

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**ABSTRACT**

Speed is the ability to make similar movements in succession in the shortest possible time. Power is the strength of a muscle to overcome load resistance at high speed in a full motion. Plyometric training is a training method that can be used to improve athletes' biomotoric freshness, including strength and speed which has a very wide application in sports activities, and specifically this exercise is very useful for increasing power. Objective: To find out the effect of frontal and sagittal-plane plyometrics on speed and power using standing long jumps on female basketball players aged 15-16 years. Method: This study uses a quasi-experimental design between-groups. The study sample was a female basketball player aged 15-16 years, then the sample was selected based on inclusion criteria and obtained as many as 14 respondents. The parameter used is standing long jump. Giving plyometric training is carried out with a frequency of 2 times a week with a duration of 6 weeks of training or done for 12 meetings in 6 weeks. The subject measured his ability first (pretest). After being subjected to treatment the subject again measured his ability (posttest). The design used by researchers is called the pretest-posttest design. After processing and analyzing the data statistically it was concluded that the Sagittal Plane Plyometric group had  $146.5\text{cm} \pm 9.22163$  and Post test  $148.0\text{cm} \pm 9.24870$ , so Sagittal Plane Plyometric could increase the Power of female basketball players aged 15-16 year

**Keywords:** power, speed, plyometrics, standing long jump, basketball