

LITERATURE REVIEW : PENGARUH AQUATIC PLYOMETRIC TRAINING TERHADAP KELINCAHAN PADA PEMAIN BOLA BASKET

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Abstrak

Tujuan: Kelincahan merupakan salah satu unsur kondisi fisik yang penting pada cabang olahraga permainan salah satunya bola basket. Penelitian ini bertujuan untuk menelaah literature, jurnal, artikel ataupun hasil penelitian dengan topik pengaruh *aquatic plyometric training* terhadap kelincahan pada pemain basket. **Metode:** Pencarian sumber literature, jurnal, artikel, hasil penelitian di beberapa database seperti *Google Scholar, PubMed, Science Direct* dan *Plos One* dengan menggunakan beberapa kata kunci tertentu dalam periode tahun 2012-2020. Dari hasil penelusuran *literature* didapatkan 5 jurnal dan artikel yang memenuhi kriteria inklusi sumber. Penilaian kualitas metodologi dari 5 jurnal dan artikel dinilai dengan *Scimago Journal & Country Rank (SJR)*. Analisis terhadap 5 jurnal dilakukan berdasarkan kesesuaian topik, metode penelitian yang digunakan, sampel, intervensi, instrument/parameter, dan hasil dari setiap artikel. **Hasil:** Setelah dilakukan telaah literature sebanyak 5 jurnal dan artikel menunjukkan bahwa *aquatic plyometric training* tidak dapat meningkatkan kelincahan seseorang. **Kesimpulan:** *Aquatic plyometric training* tidak dapat meningkatkan kelincahan pada pemain bola basket secara signifikan.

Kata Kunci : Plyometrik air, Kelincahan, Latihan plyometrik, Pengaruh latihan plyometrik air terhadap kelincahan, Pemain basket

LITERATURE REVIEW : EFFECT OF AQUATIC PLYOMETRIC TRAINING TO AGILITY IN BASKET BALL PLAYERS

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Abstract

Objective: Agility is an important element of physical condition, especially in sports including basketball . This study aims to examine the literature, journals, articles or research results with the topic of the influence of aquatic plyometric training to agility in basket ball players. **Method:** Search for sources of literature, journals, articles, research results in several databases such as Google Scholar, PubMed, Science Direct and Plos One by using certain keywords in the period 2012-2020. From the literature search results, 5 articles met the source inclusion criteria. The methodological quality assessment of 5 articles was assessed using the Scimago Journal & Country Rank (SJR). Analysis of 5 journals was carried out based on the suitability of the topic, the research methods used, subject, interventions, instruments/parameters, and the results of each article. **Results:** After reviewing the literature as many as 5 articles showed that Aquatic plyometric training cannot improve the agility a person . **Conclusion:** Aquatic plyometric training cannot significantly increase the agility for basketball players.

Keywords : Aquatic plyometric, Agility, Plyometric training, Effect of aquatic plyometric training to agility, basket ball players