

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

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Abstrak

Tujuan: *Power* adalah unsur kondisi fisik yang sangat dibutuhkan dalam cabang olahraga permainan termasuk bola basket. Penulisan ini bertujuan untuk menelaah literature, jurnal, artikel ataupun hasil penelitian dengan topik pengaruh *aquatic plyometric training* terhadap *power* pada pemain basket. **Metode:** Pencarian sumber literature, jurnal, artikel, hasil penelitian di beberapa database seperti *Google Scholar*, *PubMed* 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* dapat meningkatkan kelincahan seseorang. **Kesimpulan:** *Aquatic plyometric training* dapat meningkatkan *power* pada pemain bola basket secara signifikan.

Kata Kunci : Plyometrik air, Power, Latihan plyometrik, Pengaruh latihan plyometrik air terhadap *power*, Pemain basket

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

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Abstract

Objective: Power is an element of physical condition that is needed 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 power in basket ball players. **Method:** Search for sources of literature, journals, articles, research results in several databases such as Google Scholar, PubMed 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 improve the power a person. **Conclusion:** Aquatic plyometric training a significantly increase the power for basketball players.

Keywords : Aquatic plyometric, Power, Plyometric training, Effect of aquatic plyometric training to power, Basket ball players