

**PERBANDINGAN *PLYOMETRIC EXERCISE* DENGAN  
*RESISTANCE EXERCISE* TERHADAP PERFORMA OTOT  
*LOWER EXTREMITY* PADA PEMAIN SEPAK BOLA :  
*LITERATURE REVIEW***

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**Abstrak**

Performa otot pada pemain sepak bola merupakan komponen penting dalam menunjang penampilan saat bertanding. *Plyometric* dan *resistance exercise* merupakan dua jenis latihan yang mampu meningkatkan performa otot. Tujuan dari penelitian ini adalah untuk mengkaji artikel ilmiah yang meneliti tentang perbandingan pengaruh dari *plyometric* dan *resistance exercise* terhadap performa otot pemain sepak bola. Penelitian ini menggunakan metode studi *literature review*. Pencarian artikel ilmiah dilakukan pada situs PubMed, Google scholar, Science Direct, PEDro, Elsevier. Artikel ilmiah yang akan dikaji merupakan artikel ilmiah yang membahas tentang pengaruh *plyometric* dan *resistance exercise* terhadap performa otot pemain sepak bola yang dipublikasi dari tahun 2016 hingga 2020. Dari hasil pencarian ada lima artikel ilmiah yang memenuhi kriteria dan selanjutnya akan dikaji. Hasil dari pengkajian kelima artikel ilmiah terdapat 3 artikel ilmiah yang menunjukkan bahwa *resistance exercise* lebih efektif dibanding *plyometric exercise* terhadap performa otot pemain sepak bola, 1 artikel ilmiah meungungkan *plyometric* dan *resistance exercise* sama-sama efektif, dan 1 artikel ilmiah yang menunjukkan *plyometric exercise* lebih efektif dibanding *resistance exercise*. Dapat disimpulkan bahwa *resistance exercise* lebih efektif dibanding *plyometric exercise*.

**Kata kunci:** *Exercise, Plyometric, Performa Otot, Pemain Sepak Bola, Resistance*

# **A COMPARISON OF PLYOMETRIC EXERCISE AND RESITANCE EXERCISE ON LOWER EXETREMITY MUSCLE PERFORMANCE SOCCER PLAYERS : LITERATURE REVIEW**

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## **Abstract**

Muscle performance is an important component in soccer players for supporting appearance during matches. Plyometric and resistance exercise are 2 types exercises that can improve muscle performance. The purpose of this study is to review scientific articles that examine the comparison of the effect plyometric and resistance exercise on muscle performance soccer players. This study uses a literature review study method. The search of the scientific articles was carried out on PubMed, Google scholar, Science Direct, PEDro, Elsevier. The scientific articles that will be studied are it were discussing for the effects of plyometric and resistance exercise on muscle performance soccer players which published ranging 2016-2020. From the search results, there are 5 scientific articles that meet the criteria and will then be studied. The result of the study from five scientific articles, there are 3 scientific articles which showed that resistance exercise article more effective than plyometric exercise, 1 scientific article revealed that both plyometric and resistance exercises were equally effective. 1 scientific article showed plyometric exercise mor effective compared to resistance exercise.

**Keywords:** Exercise, Muscle performance, Plyometric, Resistance, Soccer players