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## PENGARUH LATIHAN PLIOMETRIK MODIFIKASI TERHADAP POWER OTOT TUNGKAI PADA OLAHRAGA BOLAVOLI

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### Abstract

Plyometrics is about a form of burst-of-power training with characteristic usage of very strong and quick muscle contractions and also represents isometric, eccentric, and isotonic training combinations. The training of plyometrics is with knee-tuck jump modification and of side-front-back jump combination models. A research this article is about is aimed at proving that both practice models above can improve leg power and that plyometric practice is able to have great influences on leg power improvement.

The population of the research study consists of male-athlete students of the volleyball school of the Sport Science Faculty, State University of Yogyakarta. The sample used consisted of 48 students/athletes selected with an intake technique by means of purposive sampling. The trainees were divided into similar three groups: the first group was treated with the knee-tuck jump modification, the second group was treated with side-front-back jump combination, and the third group was given no specific treatment to function as a control group. Before and after the treatments, a vertical jump test was administered. A normality test on the data showed that the data distribution was normal and a homogeneity test on the three groups showed that they were homogeneous. From an Anova test on two treatments with a control group, significant differences were found.

The results of data analysis indicate that plyometric knee-tuck jump modification and side-front-back jump combination training by means of the program for the research study is proven to have influences on the increase of leg muscle power of students/athletes