

**ALDO BAKHTIAR. Effectiveness of Hurdle Hops Exercise Method and Squat Jump Exercise Method on Higher Increase of Volleyball Athlete of Volley Ball Vocus Bekasi City. Essay. Jakarta: Sports Achievement, Faculty of Sport Sciences Jakarta State University, July 2017**

This study aims to find out, 1. Metode Hurdle Hops exercise is effective in increasing the jump highs of volleyball athletes Vocus City of Bekasi. 2. Jump Squat practice method is effective in increasing the jump height of volleyball athletes Vocus Kota Bekasi. 3. Effectiveness between Hurdle Hops practice method and Jump Squat to increase jump height of volleyball athlete Vocus Kota Bekasi

This research was conducted in volley ball field Vocus Bekasi city. Research begun on June 4 to July 11, 2017 is included with the initial and final tests. The meeting is held 4 times a week. Total meetings are 16 practice meetings. The research method used in this research is experimental method by using Purposive Sampling technique. The sample used in this study is athlete son VION volleyball club Bekasi City who meet the criteria amounted to 12 people. Data were collected from preliminary tests and high end jump tests. Then divided into two groups of 6 people each group. Group A was given the Hurdle Hops training method, while group B was given the Squat Jump training method.

The collected data is used to test the hypothesis using the t-test. From the results of hypotheses 1, 2, and 3 using t test statistics it can be summarized as follows: (1) Data preliminary test results and the final test of training methods hurdle hops. The result of this exercise is  $t_{hitung} (17,38) > (2.015)$ . So this exercise can increase jump height. (2) Preliminary test data and final test on squat jump training method. The result of this exercise is  $t_{hitung} (5.08) > (2.015)$ . So this exercise method can increase jump height. (3) The data obtained from the final test of both groups is t-count 3.71 and the t-table value with degrees of freedom ( $db = n_1 + n_2 - 2 = 10$ ) is  $t_{table} = 2.776$ . Thus t-compute the final test of hurdle hops and squat jump practice method from t-table  $t_{hitung} 3.71 > t_{table} 2,776$ , therefore  $H_0$  is rejected which means there is a significant difference between doing hurdle hops practice method and Squat jump.

The final conclusion obtained through this research is the Hurdle Hops training method is more effective than the Squat Jump training method of increasing the leap athlete of the Vocus club at Bekasi City.