# ABSTRACT

**IMAMSYAH ADHISATRIO, EFEKTIFITAS METODE LATIHAN *PLYOMETRIC KNEE TUCK JUMP* DAN METODE LATIHAN *PLYOMETRIC DOUBLE LEG HOPS* TERHADAP PENINGKATAN *POWER* OTOT TUNGKAI ATET PUTRA KLUB BOLA VOLI M2 KOTA BEKASI**. Thesis: Jakarta, Sport Achievement, Faculty of Sport Sciences Jakarta State University, 2017.

This study aims to determine (1) the method plyometric exercises knee tuck jump effective in increasing muscle power limbs, (2) method of plyometric exercises double leg hops effective in increasing muscle power limbs, (3) Where the plyometric exercises knee tuck jump and plyometric exercises Double leg hops that are more effective in improving muscle limb power club volleyball M2 Bekasi City. This study was conducted from March 3 to April 2, 2017 is included with the initial test and the final test. Total training meetings amounted to 18 times the exercise meeting. The research method used in this research is experimental method. The population used in this study is all man athletes of volleyball club M2 Bekasi City which amounted to 71 people. The technique used in sampling is purposive sampling so that the sample used amounted to 20 people.

The research instrument used is measuring limb muscle power Athlete of M2 volleyball club of Bekasi City using vertical jump test. The analysis technique calculated the t-count value compared with t-table at the level of trust $\alpha = 0,05$.

The collected data is used to test the hypothesis using the t-test. From the results of the hypothesis 1, 2, and 3 are used statistic test, it can be

summed up as follows: (1) Data from the initial test and final test on a leg muscle power plyometric training methods knee tuck jump. The results of this exercise t-count 15,890 and t-table 2,262. So this exercise can increase leg muscle power. (2) Preliminary test data and end test of leg muscle power on plyometric double leg hops practice method. The results of this exercise t-count 4,814 and t-table 2,262. So this exercise method can increase leg muscle power. (3) The data obtained from the final test of both groups is t-count 2.139 and the t-table value with degrees of freedom (db b = n + n - 2) = 18 is α = 2.101. Thus the t-test test final training methods knee tuck jump and double-leg hops from t-table value that t count 2.139> t-table 2.101, therefore Ho is rejected, which means there is a significant difference between performing the method plyometric exercises knee tuck Jump and plyometric double leg hops.

Final conclusions obtained through this research is the knee tuck jump plyometric exercise is more effective than the double-leg hops plyometric exercises to increase power limbs muscle man athlete volleyball club M2 Bekasi City.