

**Lampiran 11**

**PROGRAM LATIHAN *PLYOMETRIC BOX JUMP* DAN *HURDLE HOPS***

**TIM FUTSAL SMA NEGERI 1 BANDAR LAMPUNG**

Pertemuan	Box Jump	Hurdle Hops	Keterangan
Ke 1	<p>Briefing dan doa Warming Up Dinamis stretching Running ABC</p> <p>Melakukan tes awal kekuatan shooting, setiap pemain mendapat 2x kesempatan diambil hasil terbaiknya</p> <p>Cooling Down Statis stretching Evaluasi</p>	<p>Briefing dan doa Warming Up Dinamis stretching Running ABC</p> <p>Melakukan tes awal kekuatan shooting, setiap pemain mendapat 2x kesempatan diambil hasil terbaiknya</p> <p>Cooling Down Statis stretching Evaluasi</p>	<p>Tes Awal</p> <p>Menggunakan Alat Test Power Tendangan</p>
Ke 2	<p>Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC</p> <p>30 menit</p> <p>38 menit</p> <p>Latihan inti Materi Box Jump 5 set x 3 rep</p> <p>20 menit</p> <p>Latihan shooting Punggung kaki</p> <p>20 menit</p> <p>Cooling Down Statis stretching Evaluasi</p>	<p>Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC</p> <p>Latihan inti Materi Hurdle Hops 5 set x 3 rep</p> <p>Latihan shooting Punggung kaki</p> <p>Cooling Down Statis stretching Evaluasi</p>	<p>Volume 75%</p> <p>Intensitas 85%</p> <p>Istirahat set 2 menit</p> <p>1 rep = 15 tolakan</p> <p>Total tolakan 75</p>

Pertemuan	Box Jump	Hurdle Hops	Durasi
Ke 3	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Volume 75%
30 menit			Intensitas 85%
38 menit	Latihan inti Materi Box Jump 5 set x 3 rep	Latihan inti Materi Hurdle 5 set x 3 rep	Istirahat set 2 menit
20 menit	Latihan shooting Punggung kaki	Latihan shooting Punggung kaki	1 rep = 15 tolakan
20 menit	Cooling Down Statis stretching Evaluasi	Cooling Down Statis stretching Evaluasi	Total tolakan 75
Ke 4	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Volume 75%
30 menit			Intensitas 85%
38 menit	Latihan inti Materi Box Jump 5 set x 3 rep	Latihan inti Materi Hurdle 5 set x 3 rep	Istirahat set 2 menit
20 menit	Latihan shooting Punggung kaki	Latihan shooting Punggung kaki	1 rep = 15 tolakan
25 menit	Cooling Down Statis stretching PNF Evaluasi	Cooling Down Statis stretching PNF Evaluasi	Total tolakan 75

Pertemuan	Box Jump	Hurdle Hops	Durasi
Ke 5	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Volume 80%
30 menit			Intensitas 90%
40 menit	Latihan inti Materi Box Jump 4 set x 4 rep	Latihan inti Materi Hurdle 4 set x 4 rep	Istirahat set 2 menit
20 menit	Latihan shooting Punggung kaki	Latihan shooting Punggung kaki	4 rep = 20 tolakan
20 menit	Cooling Down Statis stretching Evaluasi	Cooling Down Statis stretching Evaluasi	Total tolakan 80
Ke 6	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Volume 80%
30 menit			Intensitas 90%
40 menit	Latihan inti Materi Box Jump 4 set x 4 rep	Latihan inti Materi Hurdle 4 set x 4 rep	Istirahat set 2 menit
20 menit	Latihan shooting Punggung kaki	Latihan shooting Punggung kaki	4 rep = 20 tolakan
20 menit	Cooling Down Statis stretching Evaluasi	Cooling Down Statis stretching Evaluasi	Total tolakan 80

Pertemuan	Box Jump	Hurdle Hops	Durasi
Ke 7	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Volume 80%
30 menit			Intensitas 90%
40 menit	Latihan inti Materi Box Jump 4 set x 4 rep	Latihan inti Materi Hurdle 4 set x 4 rep	Istirahat set 2 menit 4 rep = 20 tolakan
20 menit	Latihan shooting Punggung kaki	Latihan shooting Punggung kaki	Total tolakan 80
25 menit	Cooling Down Statis stretching PNF Evaluasi	Cooling Down Statis stretching PNF Evaluasi	
Ke 8	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Volume 90%
30 menit			Intensitas 85%
45 menit	Latihan inti Materi Box Jump 6 set x 3 rep	Latihan inti Materi Hurdle 6 set x 3 rep	Istirahat set 2 menit 3 rep = 15 tolakan
20 menit	Latihan shooting Punggung kaki	Latihan shooting Punggung kaki	Total tolakan 90
20 menit	Cooling Down Statis stretching Evaluasi	Cooling Down Statis stretching Evaluasi	

Pertemuan	Box Jump	Hurdle Hops	Durasi
Ke 9	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Volume 90%
30 menit			Intensitas 85%
45 menit	Latihan inti Materi Box Jump 6 set x 3 rep	Latihan inti Materi Hurdle 6 set x 3 rep	Istirahat set 2 menit
20 menit	Latihan shooting Punggung kaki	Latihan shooting Punggung kaki	3 rep = 15 tolakan
20 menit	Cooling Down Statis stretching Evaluasi	Cooling Down Statis stretching Evaluasi	Total tolakan 90
Ke 10	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Volume 90%
30 menit			Intensitas 85%
45 menit	Latihan inti Materi Box Jump 6 set x 3 rep	Latihan inti Materi Hurdle 6 set x 3 rep	Istirahat set 2 menit
20 menit	Latihan shooting Punggung kaki	Latihan shooting Punggung kaki	3 rep = 15 tolakan
25 menit	Cooling Down Statis stretching PNF Evaluasi	Cooling Down Statis stretching PNF Evaluasi	Total tolakan 90

Pertemuan	Box Jump	Hurdle Hops	Durasi
Ke 11	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Volume 100%
30 menit			Intensitas 90%
50 menit	Latihan inti Materi Box Jump 5 set x 4 rep	Latihan inti Materi Hurdle 5 set x 4 rep	Istirahat set 2 menit
20 menit	Latihan shooting Punggung kaki	Latihan shooting Punggung kaki	4 rep = 20 tolakan
20 menit	Cooling Down Statis stretching PNF Evaluasi	Cooling Down Statis stretching PNF Evaluasi	Total tolakan 100
Ke 12	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Volume 100%
30 menit			Intensitas 90%
50 menit	Latihan inti Materi Box Jump 5 set x 4 rep	Latihan inti Materi Hurdle 5 set x 4 rep	Istirahat set 2 menit
20 menit	Latihan shooting Punggung kaki	Latihan shooting Punggung kaki	4 rep = 20 tolakan
20 menit	Cooling Down Statis stretching PNF Evaluasi	Cooling Down Statis stretching PNF Evaluasi	Total tolakan 100

Pertemuan	Box Jump	Hurdle Hops	Durasi
Ke 13	Briefing dan doa Warming Up Jogging 5 menit Dinamis stretching Running ABC	Briefing dan doa Warming Up Jogging 5 menit Dinamis stretching Running ABC	Volume 90%
30 menit			Intensitas 85%
45 menit	Latihan inti Materi Box Jump 6 set x 3 rep	Latihan inti Materi Hurdle 6 set x 3 rep	Istirahat set 2 menit
20 menit	Latihan shooting Punggung kaki	Latihan shooting Punggung kaki	3 rep = 15 tolakan
20 menit	Cooling Down Statis stretching Evaluasi	Cooling Down Statis stretching Evaluasi	Total tolakan 90
Ke 14	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Volume 80%
30 menit			Intensitas 90%
40 menit	Latihan inti Materi Box Jump 4 set x 4 rep	Latihan inti Materi Hurdle 4 set x 4 rep	Istirahat set 2 menit
20 menit	Latihan shooting Punggung kaki	Latihan shooting Punggung kaki	4 rep = 20 tolakan
20 menit	Cooling Down Statis stretching Evaluasi	Cooling Down Statis stretching Evaluasi	Total tolakan 80

Pertemuan	Box Jump	Hurdle Hops	Keterangan
Ke 15	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Briefing dan doa Warming Up Jogging Dinamis stretching Running ABC	Volume 75%
30 menit			Intensitas 85%
38 menit	Latihan inti Materi Box Jump 5 set x 3 rep	Latihan inti Materi Hurdle Hops 5 set x 3 rep	Istirahat set 2 menit
20 menit	Latihan shooting Punggung kaki	Latihan shooting Punggung kaki	3 rep = 15 tolakan
25 menit	Cooling Down Statis stretching PNF Evaluasi	Cooling Down Statis stretching PNF Evaluasi	Total tolakan 75
Ke 16	Briefing dan doa Warming Up Dinamis stretching Running ABC	Briefing dan doa Warming Up Dinamis stretching Running ABC	Tes Akhir
	Melakukan tes akhir kekuatan shooting, setiap pemain mendapat 2x kesempatan diambil hasil terbaiknya	Melakukan tes akhir kekuatan shooting, setiap pemain mendapat 2x kesempatan diambil hasil terbaiknya	Menggunakan Alat Test Power Tendangan
	Cooling Down Statis stretching Evaluasi	Cooling Down Statis stretching Evaluasi	



**Lampiran 12**

**Lampiran Dokumentasi Penelitian**

**SMA Fransiskus Bandar Lampung**





