

**PENGARUH PELATIHAN *PLYOMETRIC DOUBLE LEG SPEED HOP* DAN *SINGLE LEG SPEED HOP* TERHADAP DAYA LEDAK OTOT TUNGKAI PADA PESERTA DIDIK PUTRA EKSTRAKURIKULER BOLA BASKET SMK NEGERI 1 SUKASADA
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ABSTRAK

Penelitian ini dilaksanakan pada peserta didik putra ekstrakurikuler bola basket SMK Negeri 1 Sukasada, Kabupaten Buleleng pada tanggal 22 Juli 2024 – 20 Agustus 2024 untuk mengetahui pengaruh pelatihan *Plyometric Double Leg Speed Hop* dan *Single Leg Speed Hop* terhadap daya ledak otot tungkai. Jenis penelitian ini adalah eksperimen semu dengan rancangan *the non-randomized control group posttest design*. Subjek penelitian adalah peserta didik putra ekstrakurikuler bola basket SMK Negeri 1 Sukasada yang berjumlah 30 orang. Daya ledak otot tungkai diukur dengan *test vertical jump*, selanjutnya analisis data menggunakan uji-t *independent* dengan bantuan *software* SPSS 25. Hasil analisis data (1) kelompok perlakuan memperoleh nilai $t\text{-hitung} = 13,262 >$ dari $t\text{-tabel } 2.002$, dan nilai signifikansi sebesar $.000$. (2) kelompok kontrol memperoleh nilai $t\text{-hitung} = 4,377 >$ dari $t\text{-tabel } 2.002$, dan nilai signifikansi sebesar $.001$. Artinya bahwa pelatihan *plyometric double leg speed hop* dan *single leg speed hop* kelompok perlakuan memiliki pengaruh yang lebih besar dari pada kelompok Kontrol. Sehingga dapat disimpulkan bahwa pelatihan *plyometric double leg speed hop* dan *single leg speed hop* berpengaruh terhadap daya ledak otot tungkai peserta didik putra ekstrakurikuler SMK Negeri 1 Sukasada. Diharapkan sekolah menggunakan pelatihan ini sebagai salah satu alternatif dalam meningkatkan daya ledak otot tungkai peserta didik ekstrakurikuler bola basket.

Kata kunci : Pelatihan *plyometric double leg speed hop* dan *single leg speed hop*

**THE EFFECT OF DOUBLE LEG SPEED HOP AND SINGLE LEG SPEED HOP
PLYOMETRIC TRAINING ON LEG MUSCLE EXPLOSIVE POWER IN MALE
STUDENTS OF BASKETBALL EXTRA-CURRICULAR AT STATE VOCATIONAL
HIGH SCHOOL 1 SUKASADA IN THE 2023/2024 ACADEMIC YEAR**

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ABSTRACT

This study was conducted on male students of basketball extra-curricular at State Vocational High School 1 Sukasada, Buleleng Regency on July 22, 2024 – August 20, 2024 to determine the effect of Plyometric Double Leg Speed Hop and Single Leg Speed Hop training on neck muscle explosive power. This type of research is a quasi-experimental study with a non-randomized control group posttest design. The subjects of the study were 30 male students of the SMK Negeri 1 Sukasada basketball extracurricular. Muscle explosive power was measured by a vertical jump test, then data analysis using an independent t-test with the help of SPSS 25 software. Analysis of data results (1) the treatment group obtained a t-count value = 13.262> from the t-table 2.002, and a significance value of .000. (2) the control group obtained a t-count value = 4.377> from the t-table 2.002, and a significance value of 0.001. This means that the plyometric double leg speed hop and single leg speed hop training of the treatment group has a greater influence than the control group. So it can be concluded that plyometric double leg speed hop and single leg speed hop training has an effect on the muscle explosive power of male students of the SMK Negeri 1 Sukasada extracurricular activities. It is expected that schools will use this training as an alternative to increase the explosive power of extracurricular basketball students.

Keywords: Plyometric training double leg speed hop and single leg speed hop