

LAMPIRAN



Lampiran 1. Program Harian Pelatihan Darat Kelompok *Reaction Box Jump*

No	Hari dan Tanggal	Materi Program	Repetisi	Set	Intensitas	Recovery
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1	Rabu, 07 Oktober 2020	<p>Tes Awal</p> <p>a. Pemanasan (15 menit)</p> <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>Strecthing</i> - Pengarahan cara tes awal (<i>vertical jump</i> dan <i>start renang</i>) <p>b. Inti (60 menit)</p> <ul style="list-style-type: none"> - Pengambilan tes awal <i>vertical jump</i> 2 X lompatan masing-masing atlet - Pengambilan tes <i>start renang</i> 3 X <p>c. Pendinginan (15 menit)</p> <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	5	3	70%	2-5 menit
2	Jumat, 09 Oktober 2020	<p>a. Pemanasan (15 menit)</p> <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> <p>b. Inti (60 menit)</p> <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric reaction box jump</i> <p>c. Pendinginan (15 menit)</p> <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	5	4	70%	2-5 menit
3	Senin, 12 Oktober 2020	<p>a. Pemanasan (15 menit)</p> <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> <p>b. Inti (60 menit)</p> <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric reaction box jump</i> 	5	5	70%	2-5 menit

		<ul style="list-style-type: none"> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 				
4	Rabu, 14 Oktober 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric reaction box jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	6	3	70%	2-5 menit
5	Jumat, 16 Oktober 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric reaction box jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	6	4	70%	2-5 menit
6	Senin, 19 Oktober 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric reaction box jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> 	6	5	70%	2-5 menit

		<ul style="list-style-type: none"> - Evaluasi/tanya jawab - Doa penutup 				
7	Rabu, 21 Oktober 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric reaction box jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	7	3	75%	2-5 menit
8	Jumat, 23 Oktober 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric reaction box jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	7	4	75%	2-5 menit
9	Senin, 26 Oktober 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric reaction box jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	7	5	75%	2-5 menit

10	Rabu, 28 Oktober 2020	<p>a. Pemanasan (15 menit)</p> <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> <p>b. Inti (60 menit)</p> <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric reaction box jump</i> <p>c. Pendinginan (15 menit)</p> <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	6	3	75%	2-5 menit
11	Jumat, 30 Oktober 2020	<p>a. Pemanasan (15 menit)</p> <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> <p>b. Inti (60 menit)</p> <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric reaction box jump</i> <p>c. Pendinginan (15 menit)</p> <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	6	4	75%	2-5 menit
12	Senin, 02 November 2020	<p>a. Pemanasan (15 menit)</p> <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> <p>b. Inti (60 menit)</p> <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric reaction box jump</i> <p>c. Pendinginan (15 menit)</p> <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	6	5	75%	2-5 menit
13	Rabu, 04 November 2020	<p>a. Pemanasan (15 menit)</p> <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> 	6	3	80%	2-5 menit

		<p>b. Inti (60 menit)</p> <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric reaction box jump</i> <p>c. Pendinginan (15 menit)</p> <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 				
14	Jumat, 06 November 2020	<p>a. Pemanasan (15 menit)</p> <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> <p>b. Inti (60 menit)</p> <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric reaction box jump</i> <p>c. Pendinginan (15 menit)</p> <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	6	4	80%	2-5 menit
15	Senin, 09 November 2020	<p>a. Pemanasan (15 menit)</p> <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> <p>b. Inti (60 menit)</p> <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric reaction box jump</i> <p>c. Pendinginan (15 menit)</p> <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	6	5	80%	2-5 menit
16	Rabu, 11 November 2020	<p>a. Pemanasan (15 menit)</p> <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> <p>b. Inti (60 menit)</p> <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric reaction box jump</i> 	7	3	80%	2-5 menit

		<ul style="list-style-type: none"> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 				
17	Jumat, 13 November 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric reaction box jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	7	4	80%	2-5 menit
18	Senin, 16 November 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/absensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric reaction box jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	7	5	80%	2-5 menit
19	Rabu, 18 November 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/absensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric reaction box jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> 	8	3	85%	2-5 menit

		<ul style="list-style-type: none"> - Evaluasi/tanya jawab - Doa penutup 				
20	Jumat, 20 November 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/absensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric reaction box jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	8	4	85%	2-5 menit
21	Senin, 23 November 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/absensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric reaction box jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	8	5	85%	2-5 menit
22	Rabu, 25 November 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/absensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric reaction box jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	6	3	85%	2-5 menit

23	Jumat, 27 November 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/absensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric reaction box jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	6	4	85%	2-5 menit
24	Senin, 30 November 2020	<p>Tes akhir</p> <ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/presensi - Pengarahan tes akhir - <i>Jogging</i> - <i>Strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Test <i>vertical jump</i> 2 X lompatan - Test <i>start renang</i> 3 X <i>start</i> c. Pendinginan <ul style="list-style-type: none"> - <i>Strecthning</i> - Evaluasi/tanya jawab - Doa penutup 		2	100%	2 - 5

Lampiran 2. Program Harian Pelatihan Darat Kelompok *Stair Jump*

No	Hari dan Tanggal	Materi Program	Repetisi	Set	Intensitas	Recovery
1	Rabu, 07 Oktober 2020	<p>Tes Awal</p> <p>a. Pemanasan (15 menit)</p> <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>Strecthing</i> - Pengarahan cara tes awal (<i>vertical jump</i> dan <i>start renang</i>) <p>b. Inti (60 menit)</p> <ul style="list-style-type: none"> - Pengambilan tes awal <i>vertical jump</i> 2 X lompatan masing-masing atlet - Pengambilan tes <i>start renang</i> 3 X <p>c. Pendinginan (15 menit)</p> <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	5	3	70%	2-5 menit
2	Jumat, 09 Oktober 2020	<p>a. Pemanasan (15 menit)</p> <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> <p>b. Inti (60 menit)</p> <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric stair jump</i> <p>c. Pendinginan (15 menit)</p> <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	5	4	70%	2-5 menit
3	Senin, 12 Oktober 2020	<p>a. Pemanasan (15 menit)</p> <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> <p>b. Inti (60 menit)</p> <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric stair jump</i> <p>c. Pendinginan (15 menit)</p>	5	5	70%	2-5 menit

		<ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 				
4	Rabu, 14 Oktober 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric stair jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	6	3	70%	2-5 menit
5	Jumat, 16 Oktober 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric stair jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	6	4	70%	2-5 menit
6	Senin, 19 Oktober 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric stair jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	6	5	70%	2-5 menit

7	Rabu, 21 Oktober 2020	<p>a. Pemanasan (15 menit)</p> <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> <p>b. Inti (60 menit)</p> <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric stair jump</i> <p>c. Pendinginan (15 menit)</p> <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	7	3	75%	2-5 menit
8	Jumat, 23 Oktober 2020	<p>a. Pemanasan (15 menit)</p> <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> <p>b. Inti (60 menit)</p> <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric stair jump</i> <p>c. Pendinginan (15 menit)</p> <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	7	4	75%	2-5 menit
9	Senin, 26 Oktober 2020	<p>a. Pemanasan (15 menit)</p> <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> <p>b. Inti (60 menit)</p> <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric stair jump</i> <p>c. Pendinginan (15 menit)</p> <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	7	5	75%	2-5 menit
10	Rabu, 28 Oktober 2020	<p>a. Pemanasan (15 menit)</p> <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> 	6	3	75%	2-5 menit

		<ul style="list-style-type: none"> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric stair jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 				
11	Jumat, 30 Oktober 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric stair jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	6	4	75%	2-5 menit
12	Senin, 02 November 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric stair jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	6	5	75%	2-5 menit
13	Rabu, 04 November 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) 	6	3	80%	2-5 menit

		<ul style="list-style-type: none"> - Melakukan latihan <i>plyometric stair jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 				
14	Jumat, 06 November 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric stair jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	6	4	80%	2-5 menit
15	Senin, 09 November 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric stair jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	6	5	80%	2-5 menit
16	Rabu, 11 November 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric stair jump</i> c. Pendinginan (15 menit) 	7	3	80%	2-5 menit

		<ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 				
17	Jumat, 13 November 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/presensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric stair jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	7	4	80%	2-5 menit
18	Senin, 16 November 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/absensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric stair jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	7	5	80%	2-5 menit
19	Rabu, 18 November 2020	<ul style="list-style-type: none"> a. Pemanasan (15 menit) <ul style="list-style-type: none"> - Berdoa/absensi - <i>Jogging</i> - <i>strecthing</i> b. Inti (60 menit) <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric stair jump</i> c. Pendinginan (15 menit) <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	8	3	85%	2-5 menit

20	Jumat, 20 November 2020	<p>a. Pemanasan (15 menit)</p> <ul style="list-style-type: none"> - Berdoa/absensi - <i>Jogging</i> - <i>strecthing</i> <p>b. Inti (60 menit)</p> <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric stair jump</i> <p>c. Pendinginan (15 menit)</p> <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	8	4	85%	2-5 menit
21	Senin, 23 November 2020	<p>a. Pemanasan (15 menit)</p> <ul style="list-style-type: none"> - Berdoa/absensi - <i>Jogging</i> - <i>strecthing</i> <p>b. Inti (60 menit)</p> <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric stair jump</i> <p>c. Pendinginan (15 menit)</p> <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	8	5	85%	2-5 menit
22	Rabu, 25 November 2020	<p>a. Pemanasan (15 menit)</p> <ul style="list-style-type: none"> - Berdoa/absensi - <i>Jogging</i> - <i>strecthing</i> <p>b. Inti (60 menit)</p> <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric stair jump</i> <p>c. Pendinginan (15 menit)</p> <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 	6	3	85%	2-5 menit
23	Jumat, 27	<p>a. Pemanasan (15 menit)</p> <ul style="list-style-type: none"> - Berdoa/absensi 	6	4	85%	2-5 menit

	Novemb er 2020	<ul style="list-style-type: none"> - <i>Jogging</i> - <i>strecthing</i> <p>b. Inti (60 menit)</p> <ul style="list-style-type: none"> - Melakukan latihan <i>plyometric stair jump</i> <p>c. Pendinginan (15 menit)</p> <ul style="list-style-type: none"> - <i>Strecthing</i> - Evaluasi/tanya jawab - Doa penutup 				
24	Senin, 30 Novemb er 2020	<p>Tes akhir</p> <p>a. Pemanasan (15 menit)</p> <ul style="list-style-type: none"> - Berdoa/presensi - Pengarahan tes akhir - <i>Jogging</i> - <i>Strecthing</i> <p>b. Inti (60 menit)</p> <ul style="list-style-type: none"> - Test <i>vertical jump</i> 2 X lompatan - Test <i>start</i> renang 3 X <i>start</i> <p>c. Pendinginan</p> <ul style="list-style-type: none"> - <i>Strecthnig</i> - Evaluasi/tanya jawab - Doa penutup 		2	100%	2 - 5

Lampiran 3. Data Penelitian Pelatihan *Plyometric Reaction Box Jump*

NO	NAMA	Daya Ledak Otot Tungkai		GAINS	Hasil Jarak Lompatan Start Renang		GAINS
		PRE-TEST	POST-TEST		PRE-TEST	POST-TEST	
1	I Putu Raditya Aryawiguna	51	62	11	2,35	2,65	0,30
2	Mikael David Rusanika	51	61	10	2,35	2,6	0,25
3	Kadek Boy Brahmanda S.M	48	59	11	2,33	2,58	0,25
4	I Kadek Wahyu Adi Permana	47	59	12	2,33	2,56	0,23
5	I Kadek Dwiki Artawan	45	58	13	2,28	2,56	0,28
6	I Kadek Saputra Adinata	45	59	14	2,25	2,56	0,31
7	I Gusti N.B. Perdana Raja	45	58	13	2,25	2,54	0,29
8	I Komang Surya Putra M.	45	57	12	2,22	2,53	0,31
9	Ni Made Sita Dewi Liliana	43	57	14	2,22	2,5	0,28
10	I Gede Eza Purnama Putra	43	56	13	2,2	2,5	0,30
11	Ni Komang Wulan Prayatni	41	55	14	2,17	2,48	0,31
12	Kadek Agus Widy Prianjaya	41	53	12	2,1	2,48	0,38
13	Ni Ketut Karina Santika Putri	41	52	11	2,1	2,45	0,35
14	Amanda Dahlia Latif	38	51	13	2,1	2,45	0,35
15	Ananda Keisah	38	52	14	2,1	2,45	0,35
16	Gloria Agnes Victoria	37	52	15	2,08	2,42	0,34
17	Namira Rabbani Kertapati	36	51	15	2,09	2,4	0,31
18	Prisnanda Putri Agusti M.	36	51	15	2,07	2,4	0,33
19	Ni Wayan Dwarawati Allyzia	35	51	16	2	2,38	0,38
20	Ni Putu Almira Jesslyn	34	49	15	1,99	2,37	0,38
21	I Dewa Ayu Trisya M.	35	49	14	1,98	2,36	0,38

Lampiran 4. Data Penelitian Pelatihan *Plyometric Stair Jump*

NO	NAMA	Daya Ledak Otot Tungkai		GAINS	Hasil Jarak Lompatan Start Renang		GAIN S
		PRE-TEST	POST-TEST		PRE-TEST	POST-TEST	
1	Kevin Eliaka Nugraha	61	68	7	2,60	2,71	0,11
2	Daud Hasongapon Kersen	60	66	6	2,54	2,67	0,13
3	Firman Ardian Santoso	57	66	9	2,55	2,63	0,08
4	Kadek Ryo Prananda	58	64	6	2,52	2,65	0,13
5	Adek Agus Adi Putra Gayatra	60	67	7	2,50	2,65	0,15
6	Dewa Gede Mahesa Adi	48	59	11	2,50	2,6	0,10
7	Made Wahyu Saka Putra P.	50	63	13	2,54	2,6	0,06
8	Putu Gede Trisna Adiputra	49	60	11	2,53	2,6	0,07
9	Eben Haefer Awengkari	50	60	10	2,49	2,58	0,09
10	I Gusti Ade Rama Wijana	56	64	8	2,45	2,55	0,10
11	I Kadek Bagus Rama Yoga	55	65	10	2,48	2,65	0,17
12	Made Yuda Prawira	49	60	11	2,40	2,54	0,14
13	I Made Ngurah Khrisna	53	62	9	2,45	2,53	0,08
14	Komang Danendra Bujangga	52	59	7	2,40	2,58	0,18
15	Wira Apritama Nurcahyono	49	57	8	2,39	2,49	0,10
16	I Gede Jimat Asmara	49	55	6	2,42	2,46	0,04
17	Putu Pande Ardi Putra	45	54	9	2,40	2,45	0,05
18	I Gede Maryo Kanca	49	56	7	2,40	2,47	0,07
19	I Gede Krisna Juniarta	45	54	9	2,38	2,44	0,06
20	I Wayan Yudhiarsa Mega	49	57	8	2,37	2,49	0,12
21	Mikael David Rusantika	49	56	7	2,30	2,39	0,09

Lampiran 5. Hasil Analisis Data Deskriptif Daya Ledak Otot Tungkai (DLOT)

Frequencies

		Notes	
Output Created			16-DEC-2020 22:22:15
Comments			
Input	Active Dataset	DataSet0	
	Filter	<none>	
	Weight	<none>	
	Split File	<none>	
	N of Rows in Working Data		21
	File		
Missing Value Handling	Definition of Missing	User-defined missing values are treated as missing.	
	Cases Used	Statistics are based on all cases with valid data.	
Syntax		FREQUENCIES VARIABLES=PRBJ PSJ /STATISTICS=STDDEV RANGE MINIMUM MAXIMUM MEAN MEDIAN SUM /HISTOGRAM NORMAL /ORDER=ANALYSIS.	
Resources	Processor Time		00:00:01.70
	Elapsed Time		00:00:01.92

		Statistics	
		PRBJ-DLOT	PSJ-DLOT
N	Valid	21	21
	Missing	0	0
	Mean	13.19	8.52
	Median	13.00	8.00
	Std. Deviation	1.632	1.940
	Range	6	7
	Minimum	10	6
	Maximum	16	13
	Sum	277	179

Frequency Table

PRBJ-DLOT

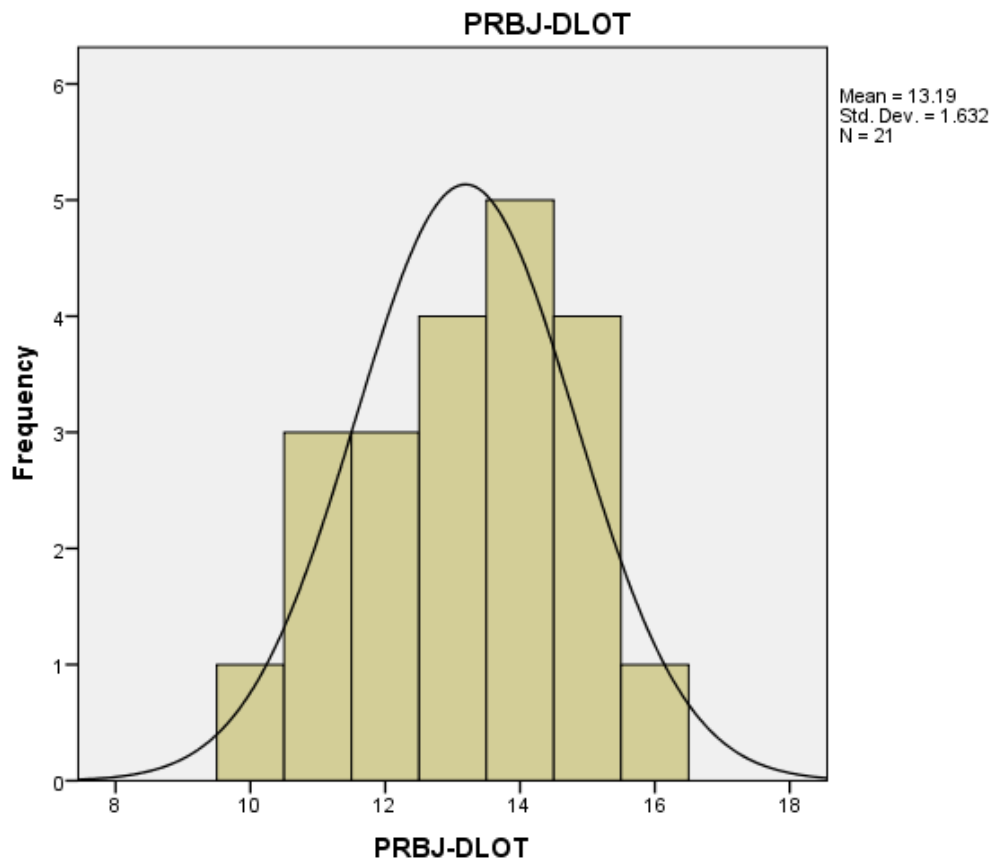
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	10	1	4.8	4.8	4.8
	11	3	14.3	14.3	19.0
	12	3	14.3	14.3	33.3
	13	4	19.0	19.0	52.4
	14	5	23.8	23.8	76.2
	15	4	19.0	19.0	95.2
	16	1	4.8	4.8	100.0
Total		21	100.0	100.0	

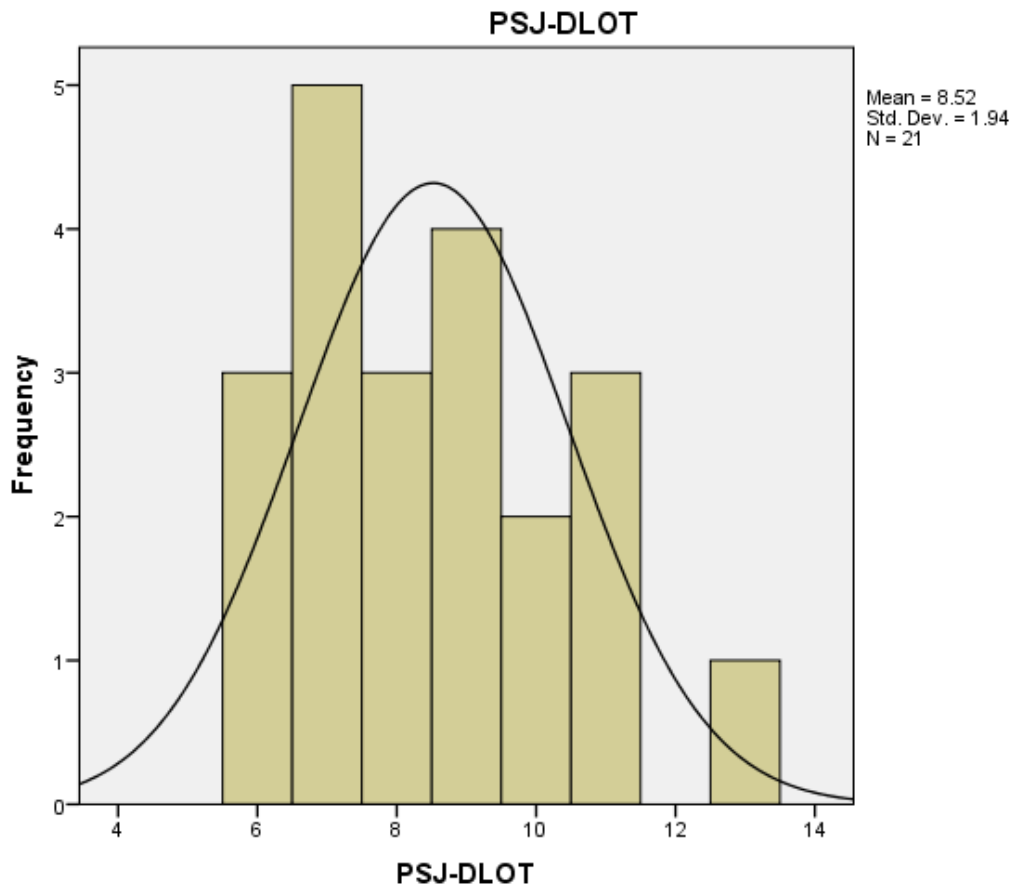
PSJ-DLOT

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	6	3	14.3	14.3	14.3
	7	5	23.8	23.8	38.1
	8	3	14.3	14.3	52.4
	9	4	19.0	19.0	71.4
	10	2	9.5	9.5	81.0
	11	3	14.3	14.3	95.2
	13	1	4.8	4.8	100.0
Total		21	100.0	100.0	

UNDIKSHA

Histogram





Lampiran 6. Hasil Analisis Data Deskriptif Hasil Jarak Lompatan Start Renang (HJLSR)

Frequencies

		Notes	
Output Created			16-DEC-2020 22:25:20
Comments			
Input	Active Dataset	DataSet0	
	Filter	<none>	
	Weight	<none>	
	Split File	<none>	
	N of Rows in Working Data		21
	File		
Missing Value Handling	Definition of Missing	User-defined missing values are treated as missing.	
	Cases Used	Statistics are based on all cases with valid data.	
Syntax		FREQUENCIES VARIABLES=PRBJ PSJ /STATISTICS=STDDEV RANGE MINIMUM MAXIMUM MEAN MEDIAN SUM /HISTOGRAM NORMAL /ORDER=ANALYSIS.	
Resources	Processor Time		00:00:00.58
	Elapsed Time		00:00:00.69

		Statistics	
		PRBJ-HJLSR	PSJ-HJLSR
N	Valid	21	21
	Missing	0	0
Mean		.3171	.1010
Median		.3100	.1000
Std. Deviation		.04507	.03859
Range		.15	.14
Minimum		.23	.04
Maximum		.38	.18
Sum		6.66	2.12

Frequency Table

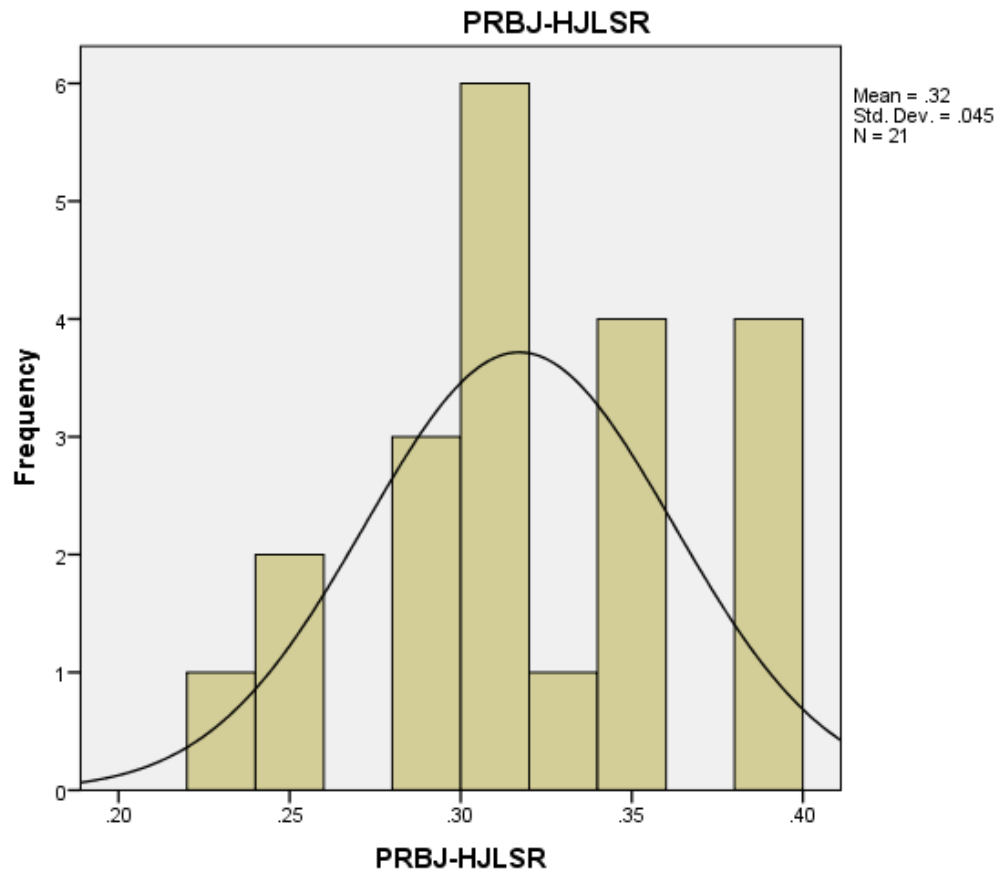
PRBJ-HJLSR

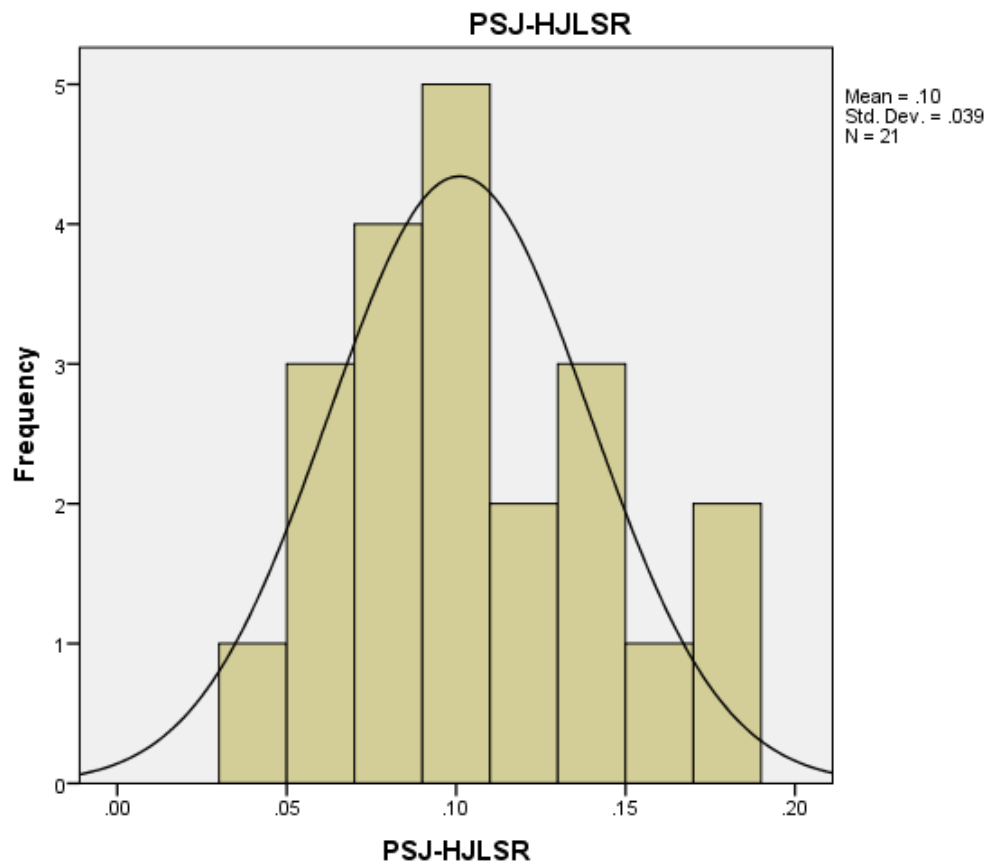
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	.23	1	4.8	4.8	4.8
	.25	2	9.5	9.5	14.3
	.28	2	9.5	9.5	23.8
	.29	1	4.8	4.8	28.6
	.30	2	9.5	9.5	38.1
	.31	4	19.0	19.0	57.1
	.33	1	4.8	4.8	61.9
	.34	1	4.8	4.8	66.7
	.35	3	14.3	14.3	81.0
	.38	4	19.0	19.0	100.0
	Total	21	100.0	100.0	

PSJ-HJLSR

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	.04	1	4.8	4.8	4.8
	.05	1	4.8	4.8	9.5
	.06	2	9.5	9.5	19.0
	.07	2	9.5	9.5	28.6
	.08	2	9.5	9.5	38.1
	.09	2	9.5	9.5	47.6
	.10	3	14.3	14.3	61.9
	.11	1	4.8	4.8	66.7
	.12	1	4.8	4.8	71.4
	.13	2	9.5	9.5	81.0
	.14	1	4.8	4.8	85.7
	.15	1	4.8	4.8	90.5
	.17	1	4.8	4.8	95.2
	.18	1	4.8	4.8	100.0
	Total	21	100.0	100.0	

Histogram





Lampiran 7. Hasil Analisis Data Normal dan Homogen

Explore

Notes		
Output Created		16-DEC-2020 21:43:46
Comments		
Input	Active Dataset	DataSet0
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data	42
	File	
Missing Value Handling	Definition of Missing	User-defined missing values for dependent variables are treated as missing.
	Cases Used	Statistics are based on cases with no missing values for any dependent variable or factor used.
Syntax		EXAMINE VARIABLES=DLOT HJLSR BY MP /PLOT NPLOT SPREADLEVEL /STATISTICS DESCRIPTIVES /CINTERVAL 95 /MISSING LISTWISE /NOTOTAL.
Resources	Processor Time	00:00:02.68
	Elapsed Time	00:00:03.20

Case Processing Summary

		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
DLOT	PRBJ	21	100.0%	0	0.0%	21	100.0%
	PSJ	21	100.0%	0	0.0%	21	100.0%
HJLSR	PRBJ	21	100.0%	0	0.0%	21	100.0%
	PSJ	21	100.0%	0	0.0%	21	100.0%

Descriptives

MP		Statistic	Std. Error		
DLOT	PRBJ	Mean	13.19	.356	
		95% Confidence Interval for Mean	Lower Bound	12.45	
			Upper Bound	13.93	
		5% Trimmed Mean		13.21	
		Median		13.00	
		Variance		2.662	
		Std. Deviation		1.632	
		Minimum		10	
		Maximum		16	
		Range		6	
		Interquartile Range		3	
		Skewness		-.262	.501
		Kurtosis		-.782	.972
		PSJ	PRBJ	Mean	8.52
95% Confidence Interval for Mean	Lower Bound			7.64	
	Upper Bound			9.41	
5% Trimmed Mean				8.42	
Median				8.00	
Variance				3.762	
Std. Deviation				1.940	
Minimum				6	
Maximum				13	
Range				7	
Interquartile Range				3	
Skewness				.574	.501
Kurtosis				-.297	.972
HJLSR	PRBJ			Mean	.3171
		95% Confidence Interval for Mean	Lower Bound	.2966	
			Upper Bound	.3377	
		5% Trimmed Mean		.3184	
		Median		.3100	

	Variance		.002	
	Std. Deviation		.04507	
	Minimum		.23	
	Maximum		.38	
	Range		.15	
	Interquartile Range		.06	
	Skewness		-.173	.501
	Kurtosis		-.741	.972
PSJ	Mean		.1010	.00842
	95% Confidence Interval for Mean	Lower Bound	.0834	
		Upper Bound	.1185	
	5% Trimmed Mean		.0999	
	Median		.1000	
	Variance		.001	
	Std. Deviation		.03859	
	Minimum		.04	
	Maximum		.18	
	Range		.14	
	Interquartile Range		.06	
	Skewness		.463	.501
	Kurtosis		-.467	.972

Tests of Normality

MP	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	Df	Sig.
DLOT PRBJ	.166	21	.133	.950	21	.343
PSJ	.165	21	.140	.932	21	.149
HJLSR PRBJ	.134	21	.200*	.944	21	.265
PSJ	.129	21	.200*	.967	21	.667

*. This is a lower bound of the true significance.

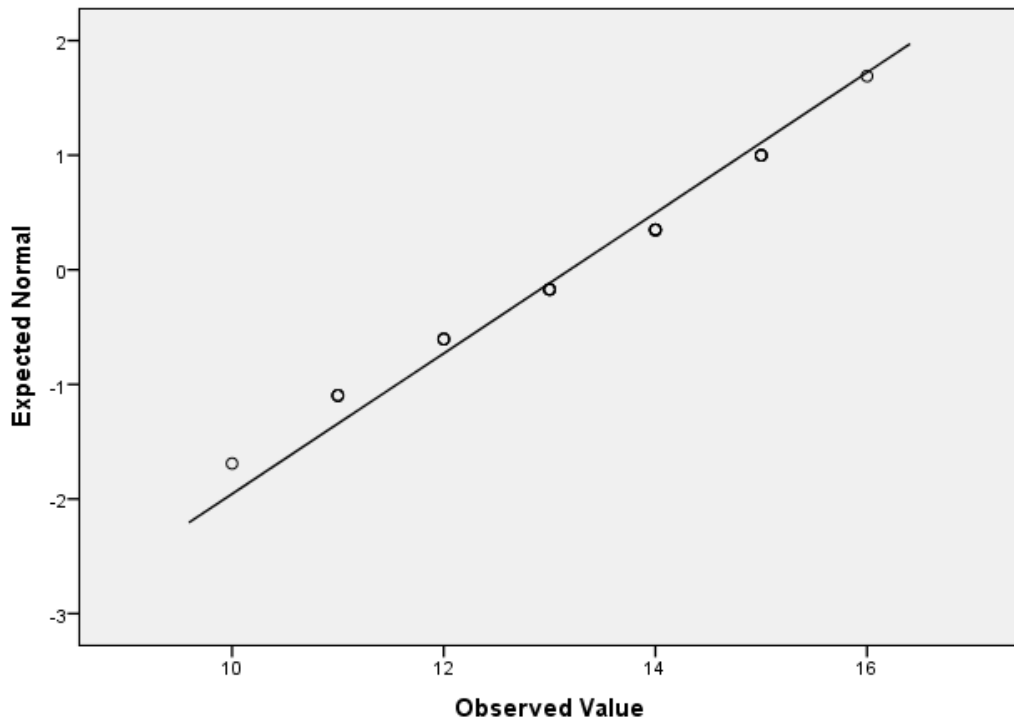
a. Lilliefors Significance Correction

Test of Homogeneity of Variance

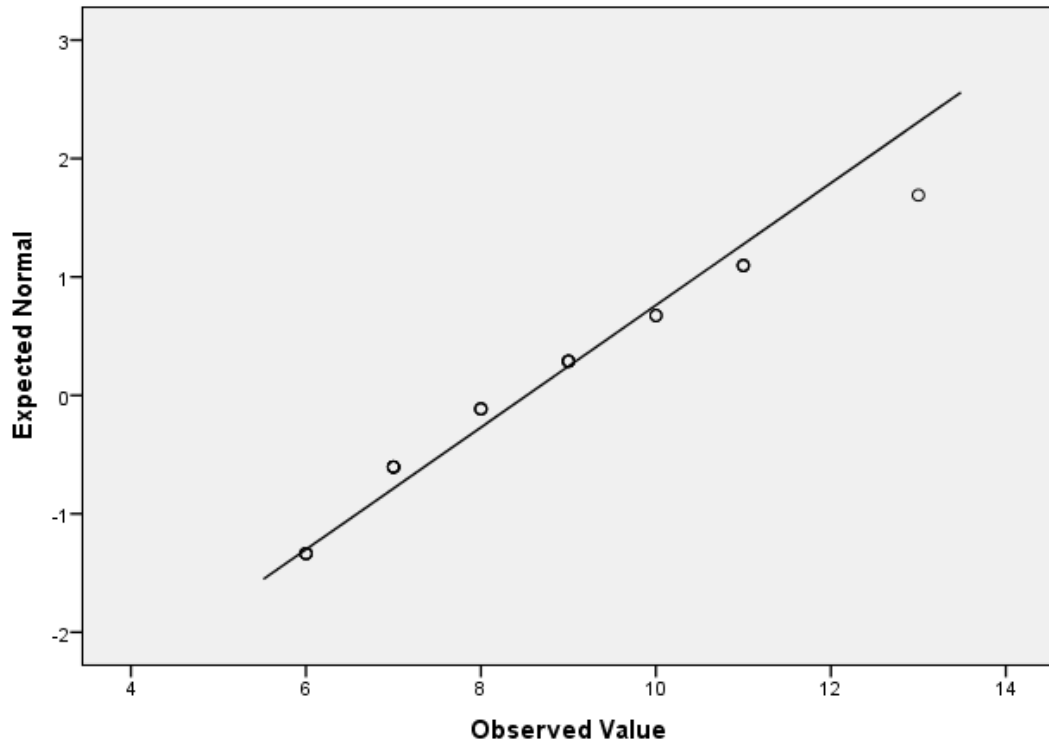
		Levene Statistic	df1	df2	Sig.
DLOT	Based on Mean	.730	1	40	.398
	Based on Median	.520	1	40	.475
	Based on Median and with adjusted df	.520	1	37.238	.475
	Based on trimmed mean	.687	1	40	.412
HJLSR	Based on Mean	.686	1	40	.412
	Based on Median	.457	1	40	.503
	Based on Median and with adjusted df	.457	1	38.701	.503
	Based on trimmed mean	.780	1	40	.382

Normal Q-Q Plot of DLOT

for MP= PRBJ

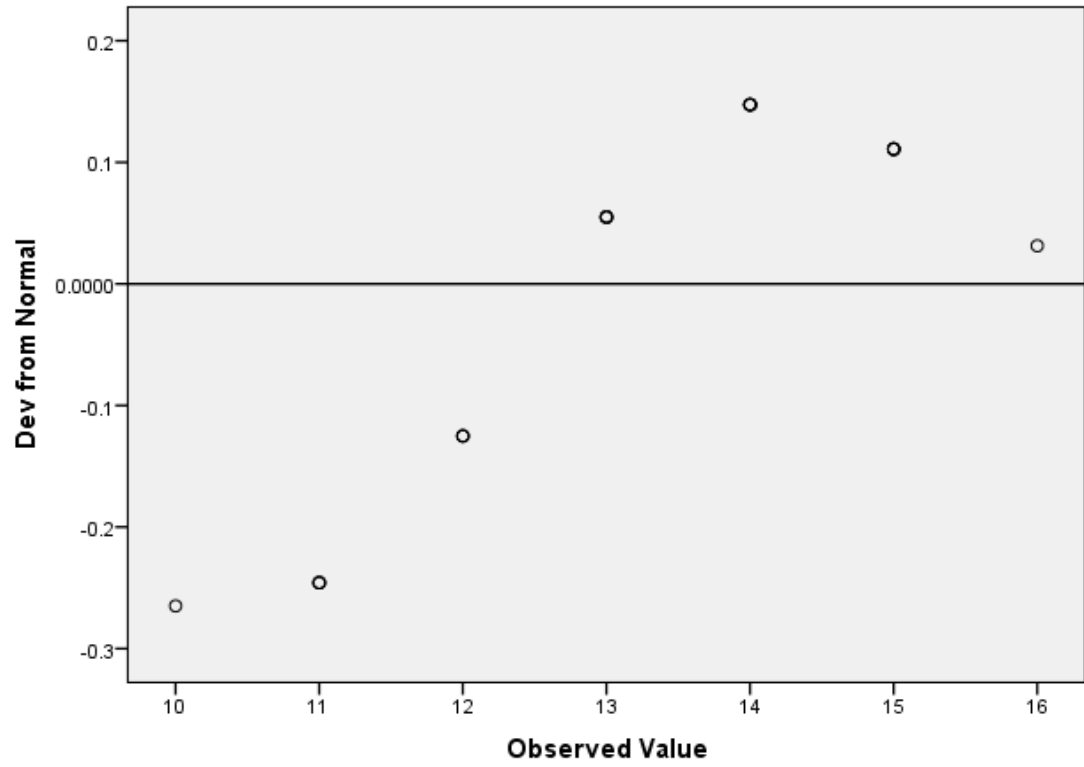


Normal Q-Q Plot of DLOT
for MP= PSJ

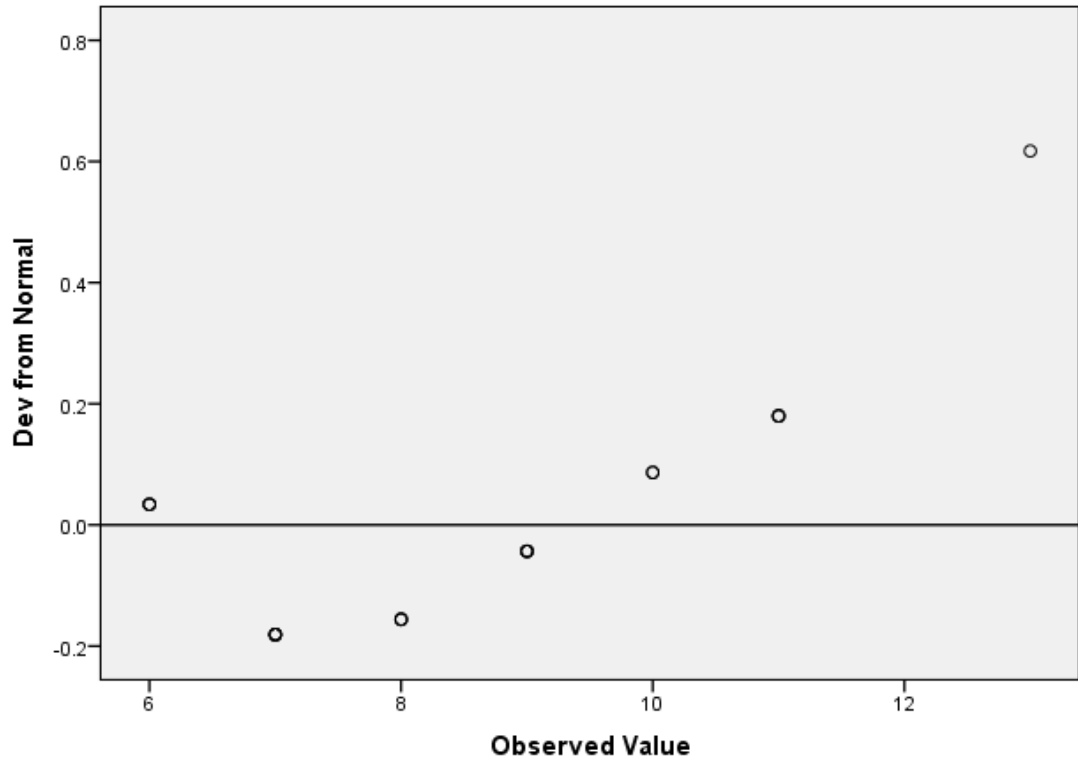


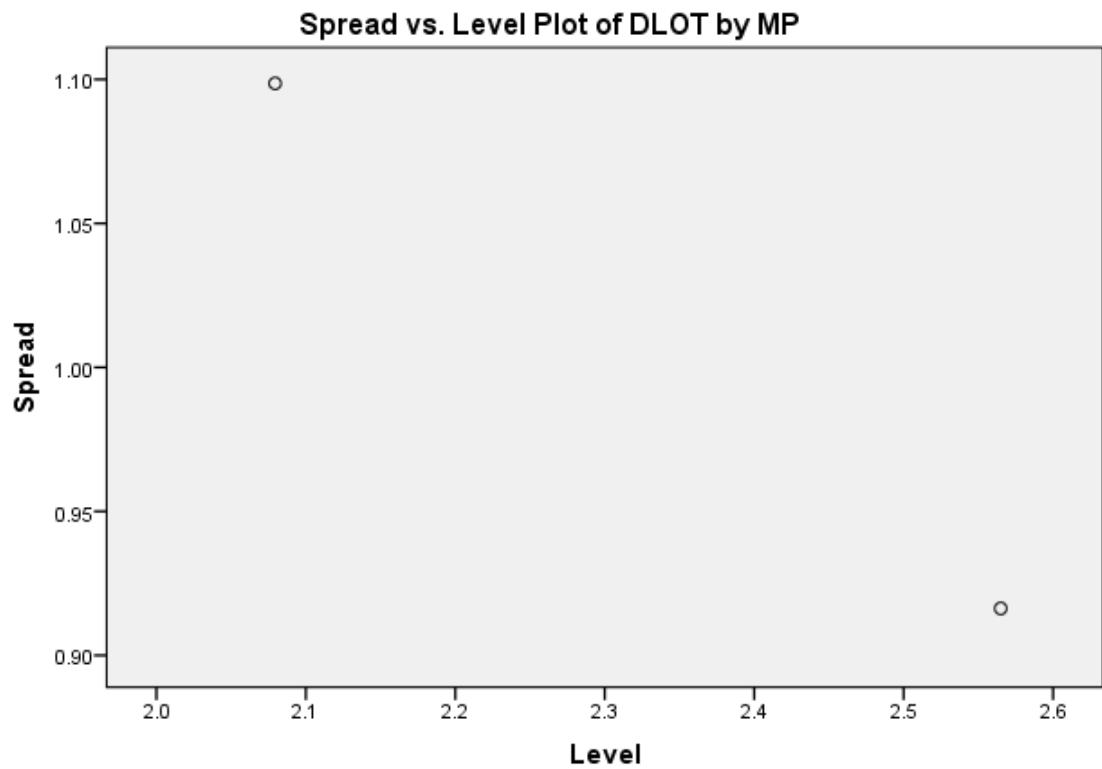
Detrended Normal Q-Q Plot of DLOT

for MP= PRBJ



Detrended Normal Q-Q Plot of DLOT
for MP= PSJ



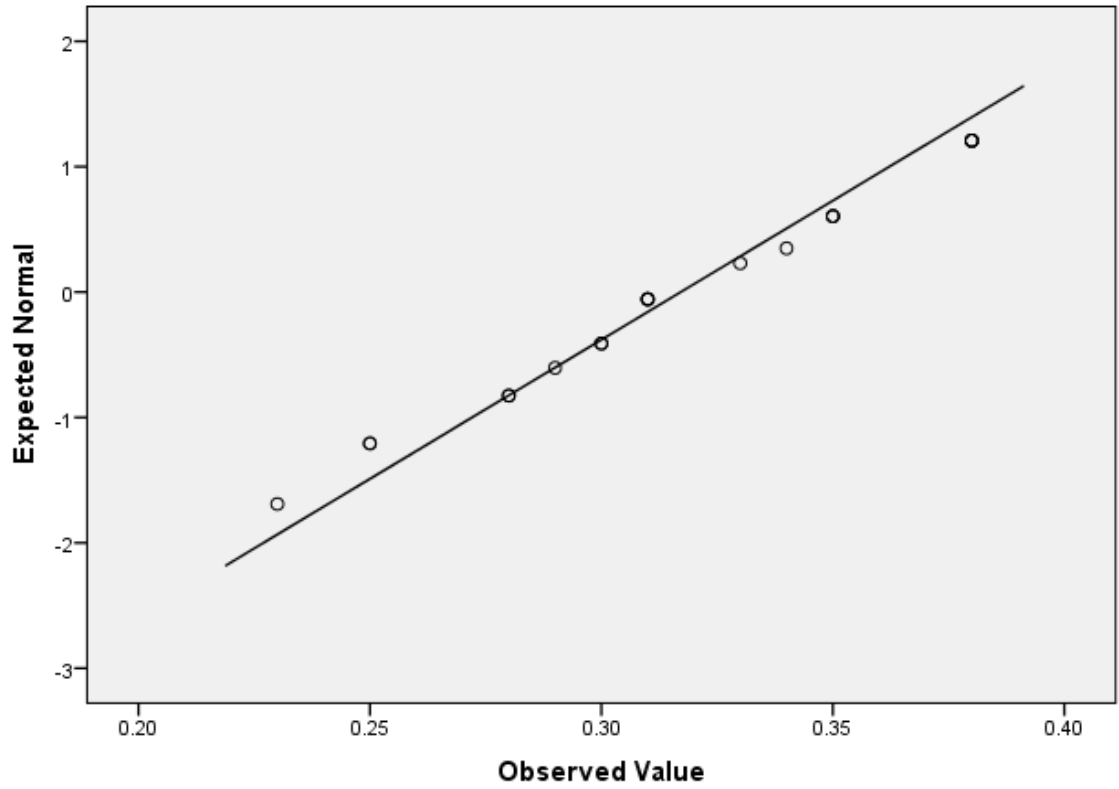


* Plot of LN of Spread vs LN of Level

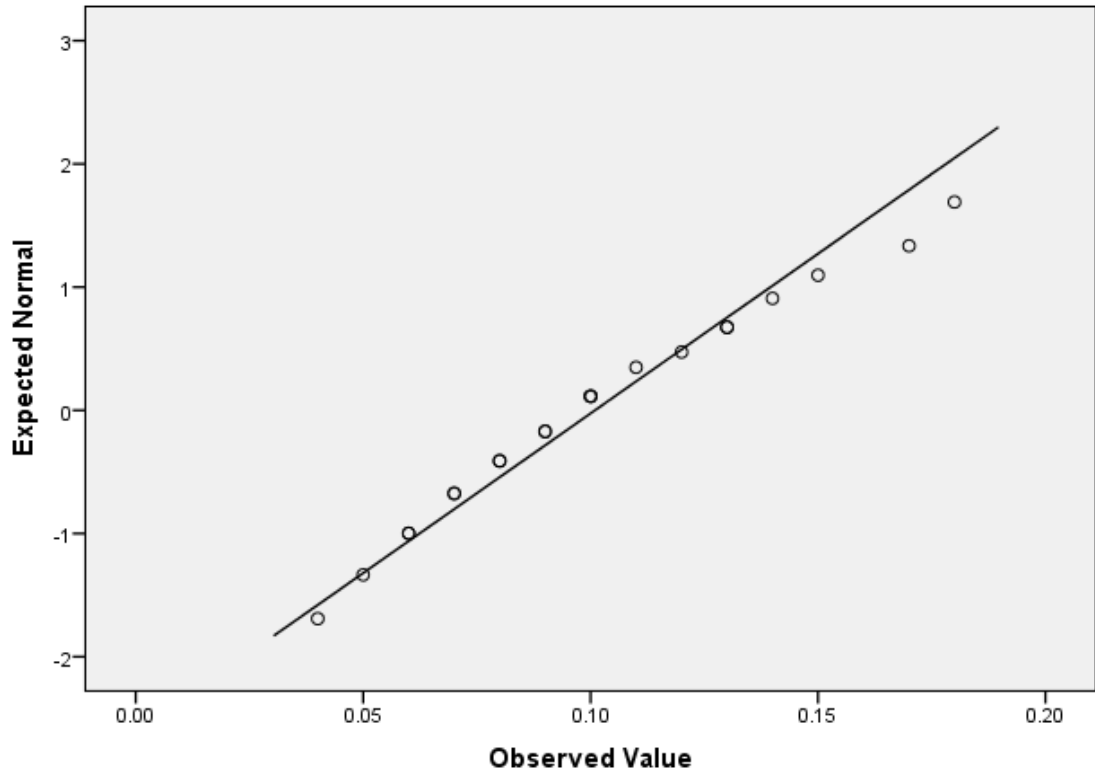
Slope = -0.376 Power for transformation = 1.376



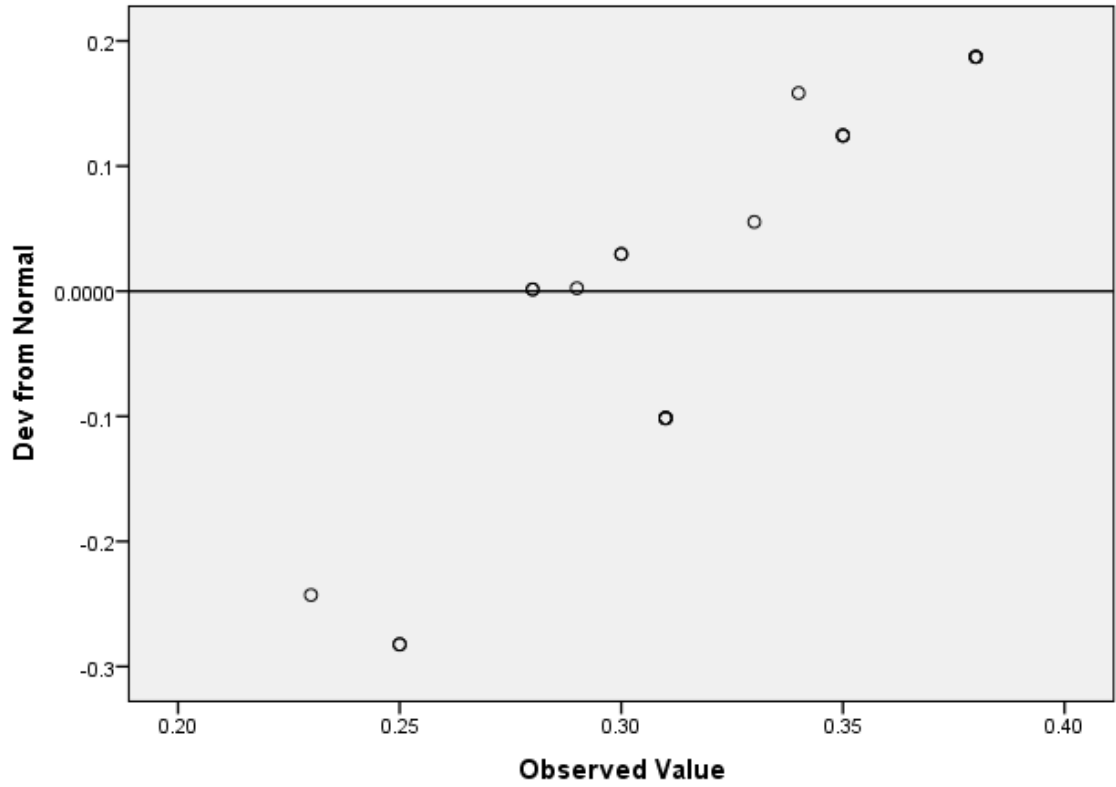
Normal Q-Q Plot of HJLSR
for MP= PRBJ



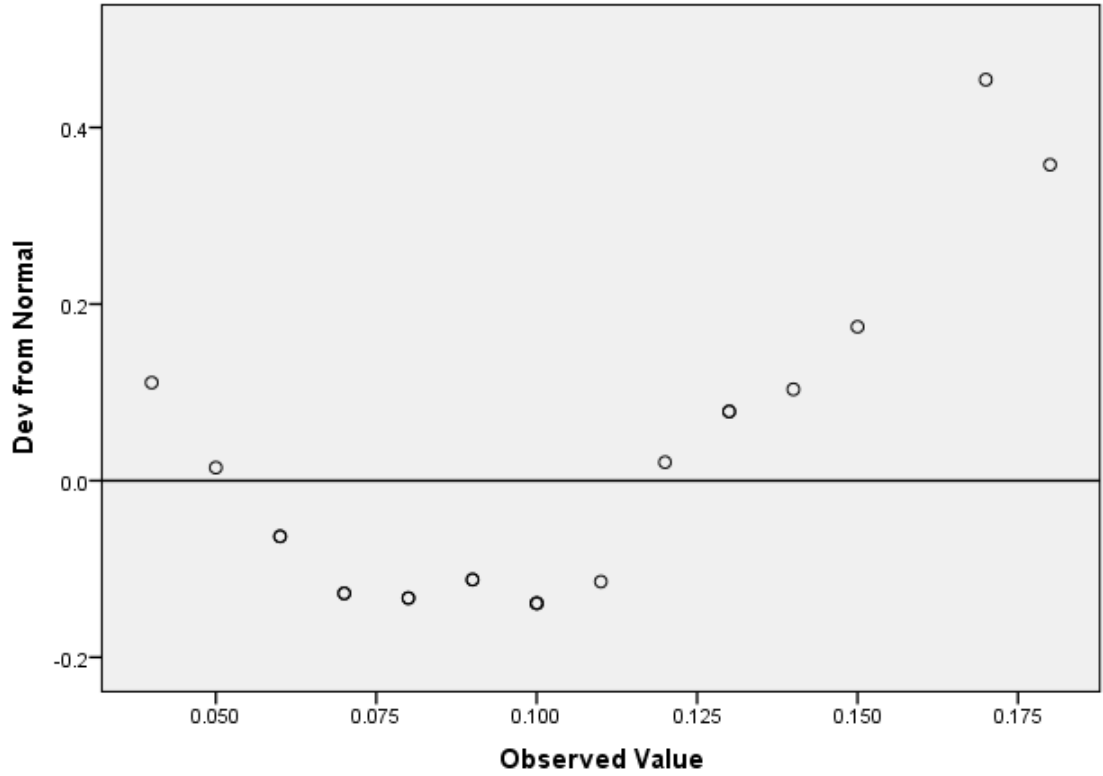
Normal Q-Q Plot of HJLSR
for MP= PSJ

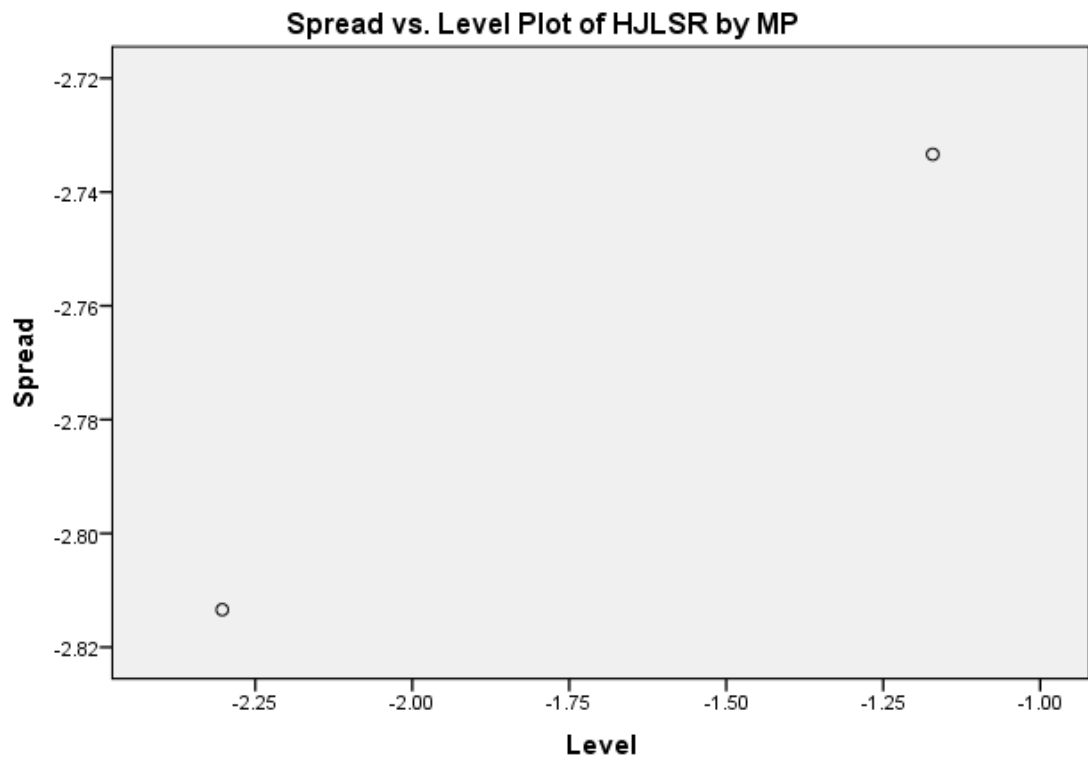


Detrended Normal Q-Q Plot of HJLSR
for MP= PRBJ



Detrended Normal Q-Q Plot of HJLSR
for MP= PSJ





* Plot of LN of Spread vs LN of Level
Slope = .071 Power for transformation = .929



Lampiran 8. Hasil Analisis Data Kolinieritas

Correlations

		Notes
Output Created		16-DEC-2020 22:27:30
Comments		
Input	Data	E:\DATA PAK SURATNO\ANALISIS DATA\DATA MENTAH MANOVA.sav
	Active Dataset	DataSet2
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	42
Missing Value Handling	Definition of Missing	User-defined missing values are treated as missing.
	Cases Used	Statistics for each pair of variables are based on all the cases with valid data for that pair.
Syntax		CORRELATIONS /VARIABLES=DLOT HJLSR /PRINT=TWOTAIL NOSIG /MISSING=PAIRWISE.
Resources	Processor Time	00:00:00.02
	Elapsed Time	00:00:00.02

Correlations			
		DLOT	HJLSR
DLOT	Pearson Correlation	1	.781**
	Sig. (2-tailed)		.000
	N	42	42
HJLSR	Pearson Correlation	.781**	1
	Sig. (2-tailed)	.000	
	N	42	42

** . Correlation is significant at the 0.01 level (2-tailed).

Lampiran 9. Hasil Analisis Data Manova
General Linear Metode

Notes

Output Created		16-DEC-2020 21:45:58
Comments		
Input	Active Dataset	DataSet0
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data	42
	File	
Missing Value Handling	Definition of Missing	User-defined missing values are treated as missing.
	Cases Used	Statistics are based on all cases with valid data for all variables in the metode.
Syntax		GLM DLOT HJLSR BY MP /METHOD=SSTYPE(3) /INTERCEPT=INCLUDE /EMMEANS=TABLES(MP) COMPARE ADJ(LSD) /PRINT=DESCRIPTIVE HOMOGENEITY /CRITERIA=ALPHA(.05) /DESIGN= MP.
Resources	Processor Time	00:00:00.02
	Elapsed Time	00:00:00.05

Between-Subjects Factors

		Value Label	N
MP	1	PRBJ	21
	2	PSJ	21

Descriptive Statistics

MP		Mean	Std. Deviation	N
DLOT	PRBJ	13.19	1.632	21
	PSJ	8.52	1.940	21
	Total	10.86	2.951	42
HJLSR	PRBJ	.3171	.04507	21
	PSJ	.1010	.03859	21
	Total	.2090	.11699	42

Box's Test of Equality of Covariance Matrices^a

Box's M	6.943
F	2.189
df1	3
df2	288000.000
Sig.	.087



Multivariate Tests^a

Effect		Value	F	Hypothesis df	Error df	Sig.
Intercept	Pillai's Trace	.983	1096.066 ^b	2.000	39.000	.000
	Wilks' Lambda	.017	1096.066 ^b	2.000	39.000	.000
	Hotelling's Trace	56.209	1096.066 ^b	2.000	39.000	.000
	Roy's Largest Root	56.209	1096.066 ^b	2.000	39.000	.000
MP	Pillai's Trace	.887	153.167 ^b	2.000	39.000	.000
	Wilks' Lambda	.113	153.167 ^b	2.000	39.000	.000
	Hotelling's Trace	7.855	153.167 ^b	2.000	39.000	.000
	Roy's Largest Root	7.855	153.167 ^b	2.000	39.000	.000

Levene's Test of Equality of Error Variances^a

	F	df1	df2	Sig.
DLOT	.730	1	40	.398
HJLSR	.686	1	40	.412

Tests of Between-Subjects Effects

Source	Dependent Variable	Type III Sum of Squares	df	Mean Square	F
Corrected Metode	DLOT	228.667 ^a	1	228.667	71.193
	HJLSR	.491 ^b	1	.491	278.799
Intercept	DLOT	4950.857	1	4950.857	1541.408
	HJLSR	1.835	1	1.835	1042.721
MP	DLOT	228.667	1	228.667	71.193
	HJLSR	.491	1	.491	278.799
Error	DLOT	128.476	40	3.212	
	HJLSR	.070	40	.002	
Total	DLOT	5308.000	42		
	HJLSR	2.397	42		
Corrected Total	DLOT	357.143	41		
	HJLSR	.561	41		

Tests of Between-Subjects Effects

Source	Dependent Variable	Sig.
Corrected Metode	DLOT	.000
	HJLSR	.000
Intercept	DLOT	.000
	HJLSR	.000
MP	DLOT	.000
	HJLSR	.000
Error	DLOT	
	HJLSR	
Total	DLOT	
	HJLSR	
Corrected Total	DLOT	
	HJLSR	

a. R Squared = .640 (Adjusted R Squared = .631)

b. R Squared = .875 (Adjusted R Squared = .871)

Estimated Marginal Means

Estimates

Dependent Variable	MP	Mean	Std. Error	95% Confidence Interval	
				Lower Bound	Upper Bound
DLOT	PRBJ	13.190	.391	12.400	13.981
	PSJ	8.524	.391	7.733	9.314
HJLSR	PRBJ	.317	.009	.299	.336
	PSJ	.101	.009	.082	.119

Pairwise Comparisons

Dependent Variable	(I) MP	(J) MP	Mean Difference (I-J)	Std. Error	Sig. ^b	95% Confidence Interval for Difference ^b
						Lower Bound
DLOT	PRBJ	PSJ	4.667*	.553	.000	3.549
	PSJ	PRBJ	-4.667*	.553	.000	-5.784
HJLSR	PRBJ	PSJ	.216*	.013	.000	.190
	PSJ	PRBJ	-.216*	.013	.000	-.242

Pairwise Comparisons

Dependent Variable	(I) MP	(J) MP	95% Confidence Interval for Difference
			Upper Bound
DLOT	PRBJ	PSJ	5.784
	PSJ	PRBJ	-3.549
HJLSR	PRBJ	PSJ	.242
	PSJ	PRBJ	-.190

Based on estimated marginal means

*. The mean difference is significant at the .05 level.

b. Adjustment for multiple comparisons: Least Significant Difference (equivalent to no adjustments).

Multivariate Tests

	Value	F	Hypothesis df	Error df	Sig.
Pillai's trace	.887	153.167 ^a	2.000	39.000	.000
Wilks' lambda	.113	153.167 ^a	2.000	39.000	.000
Hotelling's trace	7.855	153.167 ^a	2.000	39.000	.000
Roy's largest root	7.855	153.167 ^a	2.000	39.000	.000

Each F tests the multivariate effect of MP. These tests are based on the linearly independent pairwise comparisons among the estimated marginal means.

a. Exact statistic

Univariate Tests

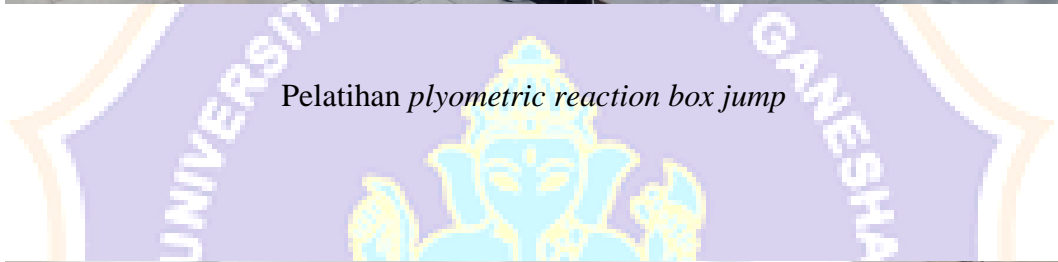
Dependent Variable		Sum of Squares	df	Mean Square	F	Sig.
DLOT	Contrast	228.667	1	228.667	71.193	.000
	Error	128.476	40	3.212		
HJLSR	Contrast	.491	1	.491	278.799	.000
	Error	.070	40	.002		

The F tests the effect of MP. This test is based on the linearly independent pairwise comparisons among the estimated marginal means.

Lampiran 10. Dokumentasi Penelitian



Warming up



Pelatihan plyometric reaction box jump



Pelatihan plyometric reaction box jump

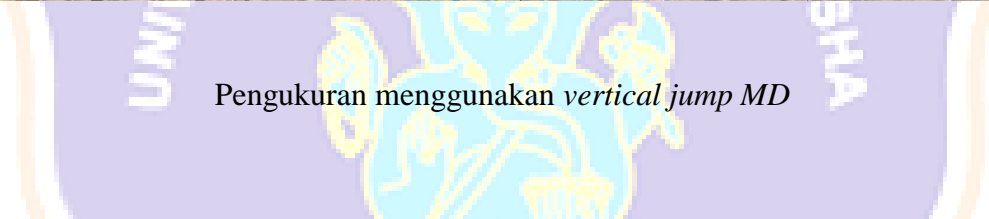


Pelatihan *plyometric stairs jump*



Pelatihan *plyometric stairs jump*

Test vertical jump



Pengukuran menggunakan *vertical jump MD*



Teknik *grab start*



Teknik *grab start*



Pengukuran jarak lompatan *start* renang



Pengukuran jarak lompatan *start* renang

Lampiran 11. Surat Keterangan Melaksanakan Penelitian

PEMERINTAH PROVINSI BALI

DINAS PENDIDIKAN KEPEMUDAAN DAN OLAHRAGA

SMA NEGERI 2 KUTA



Alamat : Jln. Pura Dalem Kedonganan Kuta-Badung,
Telp (0361) 704966/7801863. Kode Post 80361



SURAT KETERANGAN MELAKSANAKAN PENELITIAN

Nomor : 800/479.1/SMAN 2 KUTA/Disdikpora

Yang bertanda tangan di bawah ini, Kepala SMA Negeri 2 Kuta Kabupaten Badung Provinsi Bali, menerangkan bahwa :

Nama : Suratno
NIM : 1829121017
Program Studi : Pendidikan Olahraga
Tempat, Tanggal Lahir : Jakarta, 25 Desember 1971
Alamat : Jl. Nuansa Utama Selatan XXIII/11 Jimbaran Badung
Judul Penelitian : Pengaruh Pelatihan *Plyometric* terhadap Daya Ledak Otot Tungkai dan Hasil Jarak Lompatan *Start* Renang.

Memang benar telah melaksanakan penelitian pada ekstrakurikuler renang di SMA Negeri 2 Kuta dari tanggal 7 Oktober 2020 s.d. 30 November 2020.

Demikian surat keterangan ini dibuat dengan sebenarnya, untuk digunakan sebagaimana mestinya.

Kuta, 2 Oktober 2020

Kepala SMA Negeri 2 Kuta



Drs. I Made Murdia

NIP 19631005 199003 1 008