

**PENGARUH LATIHAN KOMBINASI *PLYOMETRIC* MENGGUNAKAN
RESISTANCE BAND TERHADAP KEMAMPUAN *VERTICAL JUMP*
ATLET BOLA BASKET PUTRA**

SKRIPSI

Diajukan untuk memenuhi sebagian syarat memperoleh gelar Sarjana Pendidikan



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FAKULTAS PENDIDIKAN OLAHRAGA DAN KESEHATAN
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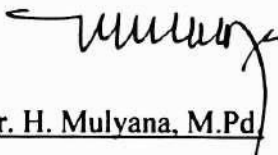


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ABSTRAK

PENGARUH LATIHAN KOMBINASI *PLYOMETRIC* MENGGUNAKAN *RESISTANCE BAND* TERHADAP KEMAMPUAN *VERTICAL JUMP* ATLET BOLA BASKET PUTRA

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Penelitian ini membahas mengenai latihan kombinasi *plyometric* menggunakan *resistance band* terhadap kemampuan *vertical jump* atlet bola basket putra. Tujuan dari penelitian ini adalah untuk menyelidiki efek dari 4 minggu (dilakukan tiga kali per minggu) latihan kombinasi *plyometric* menggunakan *resistance band* terhadap kemampuan *vertical jump* atlet bola basket putra. Metode yang di gunakan dalam penelitian ini adalah metode kuantitatif eksperimen dengan desain *penelitian one group pretest-posttest design*. Populasi yang digunakan adalah atlet Indramayu Basketball Academy yang berjumlah 13 atlet. Teknik pengambilan sample dalam penelitian ini menggunakan teknik *purposive sampling* dengan jumlah sample yang di ambil sebanyak 10 atlet. Instrument penelitian ini menggunakan *vertical jump test*. Teknik analisis data yang digunakan adalah uji paired sample t-test, dan hasil penelitian ini menunjukkan bahwa terdapat pengaruh yang signifikan latihan kombinasi *plyometric* menggunakan *resistance band* terhadap kemampuan *vertical jump* atlet bola basket putra.

Kata kunci: Bola basket, *Plyometric*, *Resistance band*, *Vertical jump*.

ABSTRACT

THE EFFECT OF PLYOMETRIC COMBINATION TRAINING USING RESISTANCE BANDS ON THE VERTICAL JUMP ABILITY OF MALE BASKETBALL ATHLETES

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This study discusses the combination of plyometric training using resistance bands on the vertical jump ability of male basketball athletes. The purpose of this study was to investigate the effects of 4 weeks (conducted three times per week) of plyometric combination training using resistance bands on the vertical jump ability of male basketball athletes. The method used in this study is a quantitative experimental method with a one group pretest-posttest design. The population used is Indramayu Basketball Academy athletes totaling 13 athletes. The sampling technique in this study used purposive sampling technique with the number of samples taken as many as 10 athletes. This research instrument uses the vertical jump test. The data analysis technique used is the T test. the results of this study indicate that there is a significant effect of plyometric combination training using resistance bands on the vertical jump ability of male basketball athletes.

Keywords: Basketball, Plyometric, Resistance band, Vertical jump.

DAFTAR ISI

LEMBAR HAK CIPTA.....	i
LEMBAR PENGESAHAN	ii
LEMBAR PERNYATAAN ORISINALITAS KARYA	iii
KATA PENGANTAR.....	iv
UCAPAN TERIMA KASIH	v
ABSTRAK	vii
<i>ABSTRACT</i>	viii
DAFTAR ISI.....	ix
DAFTAR TABEL	xii
DAFTAR GAMBAR.....	xiii
DAFTAR LAMPIRAN	xv
BAB I PENDAHULUAN.....	1
1.1 Latar Belakang Penelitian	1
1.2 Rumusan Masalah Penelitian.....	5
1.3 Tujuan Penelitian	5
1.4 Manfaat Penelitian	6
1.5 Struktur Organisasi Penelitian	6
BAB II TINJAUAN PUSTAKA.....	7
2.1 Latihan <i>Plyometric</i>	7
2.1.1 Definisi Latihan <i>Plyometric</i>	7
2.1.2 Bentuk-bentuk Latihan <i>Plyometric</i>	8
2.1.3 Manfaat Latihan <i>Plyometric</i>	23
2.2 <i>Resistance Band</i>	24
2.2.1 Definisi <i>Resistance Band</i>	24

2.2.2 jenis-jenis <i>Resistance Band</i>	24
2.3 <i>Vertical Jump</i>	26
2.3.1 Definisi <i>Vertical Jump</i>	26
2.3.2 Faktor-faktor <i>Vertical Jump</i>	26
2.3.3 Pentingnya <i>Vertical Jump</i> dalam Olahraga.....	27
2.3.4 Otot-otot yang Terlibat dalam Menjalankan <i>Vertical Jump</i>	27
2.4 Permainan Bola Basket.....	28
2.4.1 Definisi Permainan Bola Basket	28
2.4.2 Teknik Dasar Permainan Bola Basket.....	29
2.5 Latihan Kombinasi <i>Plyometric</i> Menggunakan <i>Resistance Band</i>	29
2.5.1 Pengenalan Latihan <i>Plyometric</i> Menggunakan <i>Resistance Band</i> .	29
2.5.2 Manfaat <i>Resistance Band</i> dalam Latihan <i>Plyometric</i>	29
2.5.3 Pemahaman <i>Resistance Band</i> untuk Peningkatan Intensitas	30
2.5.4 Keamanan dan Perhatian Khusus dalam Latihan	30
2.6 Kerangka Berpikir	31
2.6.1 Penelitian Yang Relevan	32
2.7 Hipotesis	34
BAB III METODOLOGI PENELITIAN	35
3.1 Metode Penelitian	35
3.2 Desain Penelitian	35
3.3 Prosedur Penelitian	36
3.3.1 Langkah-langkah Penelitian.....	36
3.4 Populasi dan Sampel	36
3.4.1 Populasi.....	36
3.4.2 Sampel.....	37
3.5 Instrumen Penelitian	38

3.6 Perlakuan Penelitian	40
3.6.1 Program Latihan <i>Plyometric</i>	40
3.7 Analisis Data	41
3.7.1 Deskripsi Statistik	41
3.7.2 Uji Normalitas	41
3.7.3 Uji Homogenitas	42
3.7.4 Uji Hipotesis	42
3.7.5 Presentasi Hasil	42
BAB IV TEMUAN DAN PEMBAHASAN	43
4.1 Temuan	43
4.1.1 Profil Sampel	43
4.1.2 Deskripsi Data	44
4.1.3 Uji Normalitas	46
4.1.4 Uji Homogenitas	47
4.1.5 Uji Hipotesis	48
4.2 Pembahasan	50
BAB V SIMPULAN, IMPLIKASI, DAN REKOMENDASI	37
5.1 Simpulan	37
5.2 Implikasi	37
5.3 Rekomendasi	37
DAFTAR PUSTAKA	54
LAMPIRAN	58

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