PENGARUH *AQUATIC PLYOMETRIC TRAINING* (APT) TERHADAP PENINGKATAN TINGGI LONCATAN *SPIKE* PADA PEMAIN BOLA VOLI

SKRIPSI

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar
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ABSTRAK

Spike atau sering disebut *smash* merupakan salah satu teknik dasar dalam permaina bola voli. *Spike/smash* dalam permainan bola voli sangat berperan penting dalam kesuksesan suatu tim, terutama ketika menyerang. Penelitian ini bertujuan untuk mengetahui pengaruh *Aquatic Plyometric Training* (APT) terhadap peningkatan tinggi loncatan *Spike* pada pemain Bola Voli. Metode yang digunakan dalam penelitian ini metode eksperimen dengan diberikan APT dua kali seminggu, selama 6 minggu dengan bentuk latihan *squat jumps with blocking form, single- and double-leg bounding, spike approaches, depth jumps, power skips, and continuous jumping for height*. Menggunakan desain penelitian *one group pre-test post-test design*. Populasi pada penelitian ini merupakan atlet bola voli putri SMAN 1 Kawali yang berjumlah 25 orang. Metode pengambilan sampel menggunakan purposive sampling, yang didapatkan 10 sampel sesuai kriteria. Instrumen penelitian yang digunakan untuk mengukur tinggi loncatan adalah *Vertical Jump*. Hasil dari penelitian ini menyatakan bahwa terdapat pengaruh yang signifikan *Aquatic Plyometric Training* (APT) terhadap peningkatan tinggi loncatan *spike* pada pemain bola voli. Jadi kesimpulannya untuk meningkatkan tinggi loncatan spike dapat dilatih dengan menggunakan *Aquatic Plyometric Training*.

Kata Kunci: *aquatic plyometric trainig* (APT), *plyometric training*, tinggi loncatan *spike*.

THE EFFECT OF AQUATIC PLYOMETRIC TRAINING (APT) ON INCREASING SPIKE JUMP HEIGHT IN VOLLEYBALL PLAYERS

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ABSTRACT

Spike or often called smash is one of the basic techniques in playing volleyball. Spike/smash in volleyball plays a very important role in a team's success, especially when attacking. This research aims to determine the effect of Aquatic Plyometric Training (APT) on increasing Spike jump height in Volleyball players. The method used in this research was an experimental method where APT was given twice a week, for 6 weeks, with training in the form of squat jumps with blocking form, single- and double-leg bounding, spike approaches, depth jumps, power skips, and continuous jumping for height. Using a one group pre-test post-test research design. The population in this study was 25 female volleyball athletes from SMAN 1 Kawali. The sampling method used purposive sampling, which obtained 10 samples according to the criteria. The research instrument used to measure jump height is the Vertical Jump. The results of this study state that there is a significant influence of Aquatic Plyometric Training (APT) on increasing spike jump height in volleyball players.So in conclusion, to increase the height of your spike jump, you can train using Aquatic Plyometric Training.

Keyword: aquatic plyometric trainig (APT), plyometric training, spike jump height.

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