

ABSTRAK

TEGUH SAGARA. 2023. **Pengaruh Bentuk-bentuk Latihan Pliometrik Terhadap *Power* Otot Tungkai dan Implementasinya Pada Hasil *Shooting* Sepak Bola.** Jurusan Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi, Tasikmalaya.

Shooting merupakan salah satu teknik penting yang harus dilatih dalam permainan sepak bola. Oleh sebab itu penelitian ini bertujuan untuk mengungkapkan pengaruh latihan pliometrik terhadap *power* otot tungkai dan implementasinya pada hasil *shooting* sepak bola. Metode penelitian menggunakan eksperimen desain *pre-test dan post-test*, variabel bebas dan terikat, populasi peserta ekstrakurikuler sepak bola SMPN 16 Kota Tasikmalaya sebanyak 20 siswa, sampel ditetapkan sebanyak 20 siswa. Instrumen penelitian menggunakan *standing broad jump* test untuk mengukur *power* otot tungkai, dan test hasil *shooting* ke gawang sepak bola. Hasil penelitian mengungkapkan bahwa latihan pliometrik secara signifikan berpengaruh terhadap *power* tungkai serta berimplikasi positif pada hasil *shooting* permainan sepak bola. Rekomendasi untuk meningkatkan hasil *shooting* permainan sepak bola dianjurkan dengan memberikan bentuk latihan pliometrik.

Kata Kunci: Pliometrik, *Power* Otot Tungkai, Sepak Bola, *Shooting*.

ABSTRACT

TEGUH SAGARA. 2023. *The Effect Of Plyometric Exercise on Leg Muscle Power and Its Implementation on Soccer Shooting Result. Physical Education Department, Faculty of Educational Science and Teachers' Training, Siliwangi University, Tasikmalaya.*

Shooting is one of the important techniques that must be learned in soccer games. Therefor, this study aims to reveal the effect of plyometric training on leg muscle power and its implementation on soccer shooting result. The research method used is experimental design pre-test and post-test, independent and dependant variabls, and the population of the research participants is in the extracurricular footbal SMPN 16 Kota Tasikmalaya as many as 20 students, the sample was set as many as 20 students. The research intruments used are standing broad jump test to measure leg muscle power and shooting test to the soccer goal. The result of the study revealed that the plyometric exercise significantly affected on the leg muscle power and had positive implementation for the results of shooting soccer. The Recommendation for improving the shooting skills of soccer games are recommended by giving a plyometric exercise.

Keywords: Plyometric, Leg Muscle Power, Football, Shooting,