

ABSTRACT

DEANDHIKA RAIHAN ABRAR. 2023. *The Influence of Plyometric Training Variations on Limb Muscle Power in Volleyball Game. (Experiments on Volleyball Extracurricular Students at SMA Negeri 6 Tasikmalaya City. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.*

*This study aims to determine the effect of variations in plyometric training on leg muscle power in volleyball extracurricular students at SMA Negeri 6 Tasikmalaya. The research method used is the experimental method. The research design used was a one group pretest-posttest model, participants were given an initial test (pretest), then given treatment (treatment), namely variations of plyometric exercises Hurdle Hop, Two Foot Ankle Hops, Rim Jump, then carried out a final test (posttest) to find out research result. The research population was 17 extracurricular volleyball students at SMA Negeri 6 Tasikmalaya and 17 people were taken as samples. The instrument used in this research is the vertical jump. Based on the results of research, data processing, data analysis, and hypothesis testing, there is a significant influence on increasing leg muscle power, as evidenced by the *t'*count of 4.54 which is outside the hypothesis acceptance area (*t'*table of 1.75). From these results, there was an increase in leg muscle power as a result of the plyometric training Hurdle Hop, Two Foot Ankle Hops, Rim Jump, in volleyball extracurricular students at SMA Negeri 6 Tasikmalaya.*

Keyword: Plyometric, Hurdle Hop, Two Foot Ankle Hops, Rim Jump, Leg Muscle Power, Volleyball.