

ABSTRACT

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Sport as a physical or physical activity can provide satisfaction to the perpetrator as an individual need. Power has an important role because sports require a good level of muscle explosive power (power), including in volleyball. This study aims to determine the effect of barrier hops training on leg muscle power in volleyball extracurricular students at SMA Negeri 1 Karangnunggal Tasikmalaya. The research method used is the experimental method. The total population was 20 people and the sample used was 20 people. The sampling technique used was saturated sampling. The analysis shows that barrier hops training has a significant influence on the strength of leg muscles when playing volleyball in extra-curricular students at SMA Negeri 1 Karangnunggal Tasikmalaya. This means that barrier hops training is effective and efficient for explosive leg muscle power in volleyball.

Keywords: Barrier Hops, Leg Muscle Power, Volleyball Game