

ABSTRACT

MUHAMAD SUGIH NOORSIDIQ. 2024. *Comparison of the Effect of Plyometric Training with Equipment and Without Equipment on Increasing Leg Muscle Power (Experimental Study of Futsal Extracurricular Members of SMK Negeri 2 Tasikmalaya Academic Year 2023/2024)*. Physical Education Department Thesis. Faculty of Teacher Training and Education, Siliwangi University.

This study aims to determine the comparison of the effect of plyometric training with and without equipment on increasing leg muscle power in futsal extracurricular members at SMK Negeri 2 Tasikmalaya. The research method used is a quasi experiment with a pre test-post test research design. The population in this study were all members of the futsal extracurricular at SMK Negeri 2 Tasikmalaya with a total of 20 people. The sampling technique was carried out by saturated sampling. The sample used in this study made the entire population the research sample, namely 20 people divided into group A as the plyometric training group using equipment and group B as the plyometric training group without using equipment. Data analysis techniques are carried out through analysis prerequisite tests and hypothesis testing. The prerequisite analysis test using the Lilliefors test obtained that the values for both groups were normally distributed. The homogeneity test using the F test obtained homogeneous values for the two groups. Hypothesis testing using the t test in group A with a value of 8.98 and group B 1.36 so it can be concluded that plyometric training using tools has an effect on the leg muscle power of members of the futsal extracurricular members of SMK Negeri 2 Tasikmalaya for the 2023/2024 academic year.

Keywords: *Plyometric Training; Futsal; Leg Muscle Power*