

ABSTRACT



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DIFFERENCES EFFECT OF PLYOMETRIC DEPTH JUMP EXERCISE ON THE LAND AND SAND TO AGILITY ON FUTSAL PLAYERS

Consisting of Chapter VI, 78 page, 11 Tabel, 4 Figure, 4 Scheme, 3 graphs, 11 Appendix

Objective: *To determine the effect of plyometric depth jump on the land and sand to agility on futsal player. **Methods:** This study is an experimental study to determine the effects of interventions to research object. The sample consisted of 16 people (aged 18-23 years), and selected based on random sampling techniques. Samples were grouped into two treatment groups, the treatment group I consists of 8 people at a gave plyometric depth jump on land, and group II treatment consists of 8 people at a gave plyometric depth jump on sand. **Results:** hypothesis I tested in group I mean before it was 17.325 ± 0.79 , and after was $14,800 \pm 0.77$ by paired sample t-test $p \text{ value} < 0.001$ it is means plyometric depth jump on land can increase agility on a futsal player. Hypothesis II tested in group II before treatment was 16.950 ± 0.60 , and after was 14.637 ± 0.94 by paired sample t-test $p \text{ value} < 0.001$ It is means the plyometric depth jump on sand can increase agility on a futsal player. Hypothesis III group I mean treatment was 2.721 ± 0.39 and the mean group II was 2.321 ± 0.24 by independent sample T-test showed the $p \text{ value} = 0.032$, it is mean there are differences increase agility on a futsal player. **Conclusion:** Plyometric depth jumps on the land and sand effective to improve the agility on futsal players. But the plyometric depth jump on land better to improve agility on futsal players than plyometric depth jump on sand.*

Keywords : *Plyometric depth jump on land, depth plyometric jump on sand, and Agility.*