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***THE DIFFERENCES LATERAL JUMP OVER BARRIER EXERCISE AND LATERAL JUMP WITH SINGLE LEG EXERCISE TO EXPLOSIVE POWER LEG MUSCLE ON BASKETBALL PLAYERS***

*Composed Chapter VI, 79 pages, 13 tables, 4 drawings, 4 Scheme, 6 graphs, 17 Appendix*

**Objective:** *To determine differences in lateral lateral jump over the barrier and jump with single leg exercise to leg muscle explosive power on basketball players. **Methods:** This study is experimental. The sample consisted of 20 people (teens 15-18 years old), selected based on random sampling techniques. Samples were grouped into two treatment, the treatment I consisted of 10 people given practice lateral jump over the barrier, the second group consisted of 10 people given lateral jump with single leg exercise. **Result:** mean hypothesis test of group I before treatment  $5474.22 \pm 144.741$  after  $6566.82 \pm 149.518$ . by paired sample t-test p value  $< 0.001$  means that the lateral jump over the barrier exercise can increase the explosive power leg muscle on basketball players. In treatment II mean before  $5475.34 \pm 171.436$ , after  $6818.95 \pm 120.684$  with paired samples t-test p value  $< 0.001$  means lateral exercises with single leg jump could increase the explosive power leg muscle on basketball players. Hypothesis III mean treatment  $1092.60 \pm 94.903$ , the mean treatment II  $1353.91 \pm 117.590$  with independent t-test value  $< 0.001$  means that there are differences in the addition of lateral jump over the barrier exercises and lateral jump with single leg exercise to increase the explosive power leg muscle basketball player. **Conclusions:** Lateral jump over the barrier exercise and lateral jump with single leg exercise effectively to increase explosive power leg muscle on basketball players.*

**Keywords:** *Lateral Jump Over Barrier Exercise, Lateral jump With Single Leg Exercise, Explosive Power*