

ABSTRACT

Putra., Dwi. Nurdianto., 2022. The Effect of Plyometric Exercise Depth Jump Method on Increasing Vertical Jump of the Bawean Volleyball Vocaba Club, Gresik Regency, Physical Education Study Program. Faculty of Pedagogy and Psychology. PGRI Adi Buana University, Surabaya. Advisor 1 Drs. Ismawandi BP., M.Pd., Advisor 2 Moh. Hanafi, S.Pd., M.Pd.

Keywords: Plyometric, Vertical Jumpt, Depth Jump, Volleyball

Due to the COVID-19 pandemic, many volleyball players have decreased their fitness conditions, especially in player jumps, the lack of training activity is due to the pandemic conditions and the lack of independent training methods programmed by the coaches of the players are still not optimal, which is what causes the players not to have jumps. like before the pandemic.

In this study, the researcher wanted to use the type of research "one group pretest - posttest design" because in this study there was no control group and subjects were not applied randomly, but this study only wanted to know the difference in results caused by the treatment that had been given, The population in this study is the Bawean vacoba club players, Gresik Regency, the research sample is 30 male players.

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