

## ABSTRACT

### THE EFFECT OF SPEED RUNNING AND FENCE JUMPING TRAINING ON LEG MUSCLE EXPLOSIVE *POWER* IN GRESCO *ACADEMY* MEN'S VOLLEYBALL ATHLETES

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**Keywords:** *fast running and fence jumping exercises to increase the explosive power of the leg muscles*

This study aims to determine the treatment of fast running and fence jumping on leg muscle explosive *power* in Gresco *Academy* male volleyball athletes.

This research uses a quantitative approach with a quasi-experimental quantitative research type (Quasy Experiment). The subjects in this research were coaches, Gresco *Academy* athletes. The data collection technique in this research used the vertical jump test technique

The results of the research can be obtained from the treatment of *Sprinting* and fence jumping on the explosive *power* of leg muscles by carrying out the treatment for 6 meetings for treatment and 2 meetings at the beginning and at the end of the meeting to carry out the test. So the results obtained in this research are *Ha*, namely there is an increase or acceptance.