

## ABSTRACT

*The effect of skipping training on leg muscle explosive power in AKD club volleyball players in sepulu sub-district in 2019*

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The purpose of this study was to see the effect of skipping training on muscle explosive power in AKD Sepulu club volleyball athletes in Sepulu District in 2019. The samples in this study were 10 athletes of the Sepulu AKD club.

This type of research is quantitative research with experimental methods. The experimental design used was a pretest-posttest design group. It means that the research is directed to compare the distribution results on the pre-test and post-test data from one sample group only.

Obtaining the results of this study is a collection of empirical or tangible facts to describe the effect of the experimental group on jump height. In this study only determined the relationship between the free variable of the skipping training program on the explosive power of the leg muscles. In order to achieve the research objectives that have been formulated, giving treatment based on the design and research variables that lasted for four weeks consisting of sixteen treatments with a frequency of treatment three times a week for the program group that was passed on the explosive power of the leg muscles.

Based on the results of the research and discussion that has been described in the previous chapter, it can be concluded that there is a significant relationship between the skipping training program and the muscular explosive power of the athlete's legs. to an increase in jump height in volleyball athletes in Sepulu District in 2019