

ABSTRAK

**Samuel Sitempu. “Pengaruh Latihan *Front Cone Hops* Dan *Quick Leap* Terhadap Daya Ledak Otot Tungkai Pada Atlet PPKS *Training Center Academy Volleyball*”. (Pembimbing: Alin Anggreni Ginting)
Skripsi: FIK UNIMED 2026.**

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *front cone hops* dan *quick leap* terhadap daya ledak otot tungkai pada atlet PPKS *Training Center Academy Volleyball*. Lokasi studi dilaksanakan di lapangan latihan PPKS *Training Center Academy Volleyball* pada bulan Mei – Juni 2025. Populasi dalam penelitian merupakan seluruh atlet *Club PPKS Training Center Academy Volleyball* dengan sampel dalam penelitian berjumlah 12 atlet putra yang berusia 16-19 tahun yang dipilih menggunakan teknik *purposive sampling* berdasarkan kriteria tertentu. Studi menggunakan metode eksperimen dengan desain *Two-Group Pretest-Posttest Design*. Hasil penelitian menunjukkan bahwa latihan *front cone hops* meningkatkan daya ledak otot tungkai dengan rata-rata kenaikan 3.33 dan latihan *quick leap* sebesar 2.83. kedua latihan memberikan pengaruh yang signifikan terhadap peningkatan daya ledak otot tungkai $p = .001 < .050$ namun, tidak terdapat perbedaan signifikan antara keduanya $p = 0.827 > .050$. Dapat disimpulkan bahwa kedua latihan tersebut efektif dalam meningkatkan daya ledak otot tungkai atlet voli. *Front cone hops* menunjukkan peningkatan yang lebih besar daripada *quick leaps*, namun tidak signifikan setelah diuji secara analisis.

Kata kunci: *Front Cone Hops*, *Quick Leap*, Daya Ledak Otot Tungkai, Bola Voli

ABSTRACT

Samuel Sitempu. “The Effect Of Front Cone Hops And Quick Leap Training On Leg Muscle Explosive Power In Ppks Training Center Academy Volleyball Athletes”.

(Mentor: Alin Anggreni Ginting)

Skripsi: FIK UNIMED 2026.

This study aims to determine the effect of front cone hops and quick leap exercises on the explosive power of the leg muscles in the athletes at the PPKS Training Center Academy Volleyball Club. The research was carried out at the PPKS Training Center Academy Volleyball court from May to June 2025. The population in this study consisted of all athletes at the PPKS Training Center Academy Volleyball Club, with a sample of 12 male athletes aged 16–19 years selected using purposive sampling based on specific criteria. The research used an experimental method with a Two-Group Pretest–Posttest Design. The results showed that front cone hops training improved leg explosive power with an average increase of 3.33 cm, while quick leap training improved it by 2.83 cm. Both training methods had a significant effect on increasing leg explosive power ($p = .001 < .050$), but there was no significant difference between the two ($p = .827 > .050$). It can be concluded that both exercises are effective in increasing the explosive power of volleyball athletes leg muscles. Front cone hops showed a greater improvement than quick leaps, but this was not significant after analysis.

Keywords: *Front Cone Hops, Quick Leap, Leg Explosive Power, Volleyball*