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***FRONT CONE HOPS AND ZIG - ZAG DRILL EXERCISES FOR  
IMPROVING LEVEL MUSCLE POWER ON  
BASKET PLAYERS***

***SUMMARY***

***Background:*** To develop talent interest and standard basketball game infrastructure in accordance with PERBASI regulations must be available in schools, so that students can excel in basketball games, good and effective forms and training methods are needed. As a sports coach is required to be able to have the ability to choose methods and techniques for delivering learning materials, especially basketball game material. The power of the player's leg muscles affects the team's ability to score points with a jump shot. If the player's leg muscle power decreases, it causes a player to easily grab the ball by an opponent. This game of basketball requires training to increase the leg muscle power of a player. Types of leg muscle power training that can be done include the Front Cone Hops and Zig - Zag Drill exercises. ***Objective:*** To provide information to sports teachers or sports physiotherapy practitioners about leg muscle power, Front Cone Hops exercises and Zig - Zag Drill exercises and increase knowledge. ***Method:*** The method used in the IEC media is a pocket book as an information medium as well as a promotional medium. ***Results:*** The KIE media of this pocket book will be distributed to sports teachers and sports physiotherapy practitioners so that it can be used as a guide and an alternative exercise to increase leg muscle power in basketball players. ***Conclusion:*** Pocket books can be used as a medium of information and education to increase leg muscle power in basketball players with Front Cone Hops and Zig - Zag Drill exercises.

***Keywords:*** Basketball Player, Front Cone Hops Exercise, Zig - Zag Drill Exercise, Leg Muscle Power, Pocket Book.