

ABSTRACT

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THE EFFECT OF CIRCUIT WEIGHT TRAINING TOWARDS THE LEG EXPLOSIVE POWER ON VOLLEYBALL ATHLETES OF CLUB DIKLAT VOLI KARANGANYAR

ABSTRACT

Background : In a volleyball game the basic technique that a player needs to possess is the passing, service, smash and block. One of active role is the physical condition is explosive power. And one of the methods used to increase explosive power is circuit weight training. **Objective** : To gain insight into the effect of circuit weight training toward the leg explosive power on volleyball athletes. **Methods** : The research used quasi experiment with the one grup pretest-postest design. The respondents were 20 athletes of club Diklat Voli Karanganyar. And sampling were consecutive sampling. Data analysis with Shapiro Wilk and Paired Samples Test. **Results** : the results of the circuit weight training showed a signification of 0.000 ($P < 0.05$). in indicated that circuit weight training had effect on the increase of leg explosive power on volley athletes of “Diklat Voli Karanganyar”. **Conclusion** : there was an effect of circuit weight training toward the leg explosive power on volleyball athletes of club “Diklat Voli Karanganyar”.

Keyword : Circuit Weight Training, Leg Explosive Power.