

DAFTAR PUSTAKA

- Arazi Hamid, Ben Coetzee, Abbas Asadi. 2012. Comparative Effect of Land and Aquatic-Based Plyometric Training on Jumping Ability and Agility of Young Basketball Players. *South African Journal for Research in Sport, Physical Education and Recreation*. Volume 34. Nomer 2. Halaman: 1-14.
- Argaditama, Yoga. 2012. *Pengaruh Latihan Shuttle Run yang Disisipkan dalam Bermain terhadap Peningkatan Kelincahan dan Daya Tahan Aerobik Atlet Bola Voli Yuso Sleman Yuniior*. Skripsi. Yogyakarta: Universitas Negeri Yogyakarta.
- Ariani, Rahayu. 2010. *Survei Tingkat Kelincahan Siswa Kelas IV – V pada Murid Sekolah Dasar Negeri 01 Mijen Kecamatan Kaliwungu Kabupaten Kudus Tahun Pelajaran 2009 / 2010*. Skripsi. Semarang: Universitas Negeri Semarang.
- Brown, Keyle. 2005. Body Composition Strength and Power Development Softball and Baseball. *NSCA's Performance Training Journal*. Volume 4. Nomer 1. Halaman: 102-114.
- Bryan C. Heiderscheit, Karen Palmer Mclean, Davies. 2013. The Effects of Isokinetic Vs. Plyometric Training on the Shoulder Internal Rotator. *Journal of Orthopaedic & Sports Physical Therapy*. Volume 23. Nomer 2. Halaman: 125-133.
- Donald A. Chu. 1998. *Jumping Into Plyometric*. Europa: Human Kinetic.
- Ismaryati. 2008. Peningkatan Kelincahan Atlet melalui Penggunaan Metode Kombinasi Latihan Sirkuit pliometrik dan Berat Badan. *Jurnal Paedagogia*. Jilid 11. Nomor 1. Halaman: 74 – 89.
- Johnson Sara B, Robert W. Blum, Jay N. Giedd. 2010. Adolescent Maturity and the brain: the promise and pitfalls of neuroscience research in adolescent health policy. *National Institute of Health Public Asses Journal*. Volume 45. Nomer 3. Halaman 216-221.
- Kartiman. 2013. *Upaya Meningkatkan Kelincahan melalui Metode Permainan Kasti*. Skripsi. Tasikmalaya: Universitas Siliwangi Tasikmalaya.
- Lee E. Brown dan Vance A. Ferigro. 2005. *Training for Speed, Agility, and Quickness*. Europa: Human Kinetic.

- Maggit, Carolyn. 2013. *Memahami Perkembangan Anak*. Jakarta: PT Indeks. Hal 161-173.
- Mahardika, I Made Sriundy. 2005. Karakteristik Anak SD sebagai Dasar Pertimbangan dalam Memberikan Kegiatan Cabang Olahraga Tinju. *Jurnal Pendidikan Pendidikan Jasmani dan Kesehatan*. Volume 6. Nomer 2. Halaman: 61 – 118.
- Miller, Micheal G., Jeremy J. Herniman, Mark D. Ricard, Christopher C. Cheatham, dan Timothy J. Michael. 2006. The Effects of A 6-Week Plyometric Training Program on Agility. *Journal of Sports Science and Medicine*. Volume 5. Nomer: 2. Halaman: 459-465.
- Nurchahyo, Febri. 2013. Tingkat Kemampuan Motorik Peserta Didik yang Mengikuti Ekstrakurikuler Sepak Bola di Godean Sleman. *Jurnal Pendidikan Jasmani Kesehatan dan Rekreasi*. Volume 2. Nomer 7. Halaman 17-29.
- Nur Cahyo, Fathan. 2010. *Permainan Bola Kecil Modul Pembelajaran PJKR*. Yogyakarta. Fakultas Ilmu Keolahragaan UNY.
- Roger Gayle. 2007. *Active After School with Softball*. Australia Government: Australian Sport Comission.
- Shanley Ellen, Mitchell J. Rauh, Lori A. Michener, Todd S. Ellenbecker. 2011. Incidence of Injuries in High School Softball and Baseball Players. *Journal of Athletic Trainer assosiation*. Volume 6. Nomer: 3. Halaman: 648–654.
- Sherwood, Lauralee. 2001. *Fisiologi Manusia dari Sel ke Manusia*. Jakarta: EGC. Halaman: 134-135.
- Sopiyudin. 2009. *Statistik untuk Kedokteran Kesehatan*. Jakarta: Salemba Medika.
- Susmini, Tri. 2012. *Kemampuan Dasar Bermain Kasti Siswa Kelas IV dan Kelas V SD Negeri Banjarnegoro 1 Kecamatan Mertoyudan Kabupaten Magelang*. Thesis. Yogyakarta: Universitas Negeri Yogyakarta.
- Sutrisno Hadi. 2007. *Metodologi Research*. Yogyakarta: Andi Offset.
- Tatsuo, Yasumitsu, Haruo Nogawa, Yoshiro Hatano. 2011. Effects of the Coordination Exercise Program on School Children's Agility: Short-Time Program during School Recess. *Journal of Research CHPER-SD*, Volume 6. Nomer 2. Halaman: 10-13.
- Tim Abdi Guru Penjaskes. 2007. *Pendidikan Jasmani untuk Kelas IV SD*. Jakarta: Erlangga.

- Vrestegen, M. and Marcello, B. 2001. *Agility and coordination in B. foran (ed), high performance sport conditioning, champaign, IL: Humankinetics.*
- Yuniati, Sri. 2013. *Upaya Meningkatkan Kelincahan Siswa Sekolah Dasar melalui Permainan Menjala Ikan.* Skripsi. Tasikmalaya: Universitas Siliwangi Tasikmalaya.
- Young, Warren, Farrow, Damian. 2006. A Review of Agility: Practical Applications for Strength and Conditioning. *Strength and Conditioning Journal*. Volume 28. Nomer 5. Halaman: 24-29.