

DAFTAR PUSTAKA

- Andrew, Damon. P .S. 2010. *Effect of Three Modified Plyometric Depth Jumps and Periodized Weight Training On Lower Extremity Power*. Alabama : University of South Alabama.
- Cole, B.MD. 2016. *Basketball Anatomy*. USA : Human Kinetics.
- Faidlullah, H.Z. dan Kuswandari, D.R. 2009. *Pengaruh Latihan Pliometrik Depth Jump dan Knee Tuck Jump Terhadap Hasil Tendangan Lambung Atlit Sepak Bola Pemula di SMP Al-Firdaus Surakarta*. Skripsi. Surakarta : Universitas Muhammadiyah Surakarta.
- Griwijono, S. Dan Sidik, D.D.Z. 2013. *Ilmu Faal Olahraga (Fisiologi Olahraga)*. Bandung : PT. Remaja Jaya Rosdakarya.
- Kelso, T. 2015. *Vertical Jump Performance : The Effect's of Strength, Power and Training Surface Stability*. Diakses : 11 Agustus 2017.
- KirKendall, DR. 2014. *Hubungan Daya Ledak Otot Tungkai Terhadap Kemampuan Lompat Jauh Gaya Berjalan di Udara*. (E-Journal ISSN 2355-0058, Volume 1 No 2, Juli 2014).
- Kisner, C. Dan Colby, L.A. 2007. *Therapeutic Excercise 5th Edition*. Philadelphia : Physical Therapy Division.
- Mackenzie, B. 2005. *101 Performance Evaluation Test*. E-book British Library.
- Markovic, G. 2007. *Plyometric Training Concepts For Performance Enhancement*. E-Journal.
- Milic, V. 2008. *The Effect Of Plyometric Training On The Explosive Strength of Leg Muscles Of Volleyball Players On Single Foot and Two Foot Take Off Jumps*. Serbia : Facta Universitatis.
- Perbasi. 2010. *Peraturan Resmi Bola Basket*. Yogyakarta : Basketball Arena.
- Potach, David. 2008. *Plyometric Training*. E-Journal.
- Satriya. Sidik, S. Dan Imanudin, I. 2007. *Metodologi Kepelatihan Olahraga*. Bandung : Fakultas Pendidikan Olahraga dan Kesehatan UPI.

- Shah, S. 2012. *Plyometric Exercise. Journal International Health Science and Research Volume 2*. SPB. India : Physiotherapy College Ugat.
- Singh, S. 2016. *An Effective Procedure to Individualize the Training Load for Depth Jumping*. India : Medicina Sportiva.
- Struzik, A. 2014. *Biomechanical Analysis of the Jump Shot in Basketball*. Poland : University School of Physical Education.
- Verkhoshansky, N. 2012. *Shock Method and Plyometrics : Updates and an In Depth Examination*. USA : Central Sport Performance.
- Widiastuti. 2015. *Perbedaan Pengaruh Latihan Half Squat Jump dengan Tempo Cepat dan Tempo Lambat Terhadap Daya Ledak Otot Tungkai*. (E-Journal Kesehatan, Volume 07, Maret 2017, Halaman 53-61).
- Wood, R. 2008. *Dalam Skripsi Fauzan, M. Pengaruh Latihan Resistance Extremitas Bawah dengan Metode Dumbbell Squat Terhadap Peningkatan Vertical Jump pada Atlet Bola Voli di JPOK Universitas Negeri Sebelas Maret*. Surakarta : Universitas Muhammadiyah Surakarta.