

DAFTAR PUSTAKA

- Adam, M. B. A., Rusdiana, A. R., Badruzaman, B., Imanudin, I. I., Umaran, U. U., Hardwis, S. H., et al. (2024). Dampak Latihan Plyometric terhadap Peningkatan Power Tungkai dan Dukungan terhadap Kelincahan Atlet Basket. *SPRINTER: Jurnal Ilmu Olahraga*, 5(2), 198–206. <https://doi.org/10.46838/spr.v5i2.527>
- Ahmad, S., Banjarnahor, F. B., & Deni, Rahman, M. (2021). Efektivitas Latihan Plyometric terhadap Peningkatan Lompatan Vertikal pada Pemain Voli. *Jurnal Pengabdian Masyarakat Waradin*, 48(2), 39–62. www.ine.es
- Allsabab, H., Akbar, M., Putra, R. P., & Sugito, C. (2023). *Body mass index and physical fitness level of elementary school students Edu Sportivo Indonesian Journal of Physical Education Body mass index and physical fitness level of elementary school students*. 215–229.
- Amra, F., & Fdiel, A. (2023). Peran daya ledak otot tungkai terhadap kemampuan lay up shoot atlet bola basket. *Jurnal Patriot*, 5(3), 201–210. <https://doi.org/10.24036/patriot.v5i3.982>
- Anak, A, N, P, L., Luh, I, L., & Anak, A, B. (2023). Korelasi Berat Badan dan Daya Ledak Otot Tungkai Terhadap Kelincahan Atlet Shorinji Kempo. *Physical Education and Empowerment*, 4(2). <https://journal.unsika.ac.id/index.php/speed>
- Andrašić, S., Gušić, M., Stanković, M., Mačak, D., Bradić, A., Sporiš, G., et al. (2021). Speed, change of direction speed and reactive agility in adolescent soccer players: Age related differences. *International Journal of Environmental Research and Public Health*, 18(11). <https://doi.org/10.3390/ijerph18115883>
- Anniza, M., & Iskandar, D. (2022). The Relationship Of Coordination and Agility To The Risk Of Injury In Futsal Players At Muhammadiyah Cilgon Junior High School. *Journal of the Japanese Society of Pediatric Surgeons*, 4(1), 156–157. https://doi.org/10.11164/jjsps.4.1_156_2
- Anto, T. putra, & Afrizal. (2020). *Kontribusi Kelenturan dan Daya Ledak Otot Tungkai Terhadap Heading Sepak Bola*. *Jurnal Patrio*. 2, 616–626.
- Anversha, A. T., Ramalingam, V., Kumari, J. P. S. P., & Sugumaran, S. V. (2024). Impact of plyometric training on agility, sprint and vertical jump functional performance in junior level basketball players. *Journal of Physical Education and Sport*, 24(3), 638–648. <https://doi.org/10.7752/jpes.2024.03076>
- Arasy, W. M., & Hariyanto, A. (2022). Analisis Status Gizi Dan Kondisi Fisik Siswa Putra Yangmengikuti Ekstrakurikuler Bolabasket Dan Futsal Di Sman 1 Situbondo. *JPO : Jurnal Prestasi Olahraga*, 6(2), 136–144.
- Arisetiawan, R. E., Fepriyanto, A., & Supriyanto, N. A. (2020). Plyometrics: Meningkatkan Power Otot Tungkai dan Under Shoot Atlet Bola Basket. *Journal Sport Area*, 5(1), 76–83. [https://doi.org/10.25299/sportarea.2020.vol5\(1\).4059](https://doi.org/10.25299/sportarea.2020.vol5(1).4059)

- Astuti, L. W., Yuliana, N., & Utami, S. (2021). Gambaran indeks massa Tubuh (IMT) mahasiswa DII keperawatan Fakultas Kesehatan Universitas Samawa. *Jurnal Kesehatan Samawa*, 1(1), 24–29. <http://www.e-journalppmunsa.ac.id/index.php/jks/article/view/679>
- Bila, D. S., Irawan, D. S., & Rahim, A. F. (2023). Differences In Knee Valgus Degrees In Cutting And Drop Landing On The Dominant And Non-Leg Dominant In High School Basketball Players. *Jurnal Keperawatan Dan Fisioterapi (Jkf)*, 6(1), 1–9. <https://doi.org/10.35451/jkf.v6i1.1700>
- Blantas, I. (2021). The Effectiveness of Plyometric Training in Speed and Agility in Young Basketball Players. *Journal of Modern Education Review*, ISSN 2155-7993, USA. *Article in International Journal of Modern Education*, 11(9), 947–956. [https://doi.org/10.15341/jmer\(2155-7993\)/09.11.2021/006](https://doi.org/10.15341/jmer(2155-7993)/09.11.2021/006)
- Cahyani, A. A. R., Heynoek, F. P., Yudasmaras, D. S., & Januarto, O. B. (2022). Survei Tingkat Keterampilan Teknik Dasar Pemain Bola Basket Putra Kelompok Usia 14 Tahun Klub Human Kota Malang. *Sport Science and Health*, 4(12), 1157–1173. <https://doi.org/10.17977/um062v4i122022p1157-1173>
- Candra, O. (2020). Tingkat Kemampuan Vo2Max Pada Atlet Bola Basket Puteri POMNAS Riau. *Journal Sport Area*, 5, 106–115. [https://doi.org/10.25299/sportarea..vol\(\).3761](https://doi.org/10.25299/sportarea..vol().3761)
- Cengizel, Ç. Ö., Cengizel, E., & Öz, E. (2024). Somatotype and body composition profiles of children and adolescent male basketball players. *Homo: Internationale Zeitschrift Fur Die Vergleichende Forschung Am Menschen*, 75(1), 41–49. <https://doi.org/10.1127/homo/2024/1829>
- Ciocca, G., Tessitore, A., & Tschann, H. (2022). Agility and change-of-direction speed are two different abilities also during the execution of repeated trials and in fatigued conditions. *PLoS ONE*, 17(6 June), 1–13. <https://doi.org/10.1371/journal.pone.0269810>
- Dakosta, M. S., Almas, A., & Ariyanti, L. (2023). Hubungan Status Gizi dengan Kelincahan (Agility) Pada Pemain Basket Anak Usia 9-12 Tahun. *Physio Jurnal*, 3(2), 41–48.
- Deliceoğlu, G., İbiş, O., & Tortu, E. (2024). Evaluating Agility in Pre-Adolescent Basketball: A Comparative Analysis of CODAT, IAT, and RAT. *Applied Sciences (Switzerland)*, 14(9). <https://doi.org/10.3390/app14093815>
- Fadiel, A., Jonni, Yaslindo, & Amra, F. (2023). Hubungan Daya Ledak Otot Tungkai dan Kelincahan terhadap Kemampuan Lay Up Shoot Atlet Bolabasket. *Jurnal Pendidikan dan Olahraga JP&O*. 6(5), 25–32.
- Febrian, R. A. (2021). Latihan Ball Feeling Dan Latihan Ladder Drill Terhadap Kelincahan Menggiring Bola Pemain Sepak Bola. *Jurnal Kesehatan Olahraga*, 9(3), 381–390. <https://ejournal.unesa.ac.id/index.php/jurnal-kesehatan-olahraga/article/view/41403>

- Fernando, J. (2022). Jurnal Olahraga dan Kesehatan Indonesia (JOKI) available online at <https://jurnal.stokbinaguna.ac.id/index.php/jok> MEDIA PEMBELAJARAN BOLA VOLI INTERAKTIF. *Jurnal Olahraga Dan Kesehatan Indonesia (JOKI)*, 2, 94–99.
- González-Millán, S., Caparrós, T., Toro-Román, V., Illera-Domínguez, V., Albesa-Albiol, L., Moras, G., et al. (2024). Effect of Ball Inclusion in Drop Vertical Jump Test on Performance and Movement Variability in Basketball Players. *Applied Sciences (Switzerland)*, 14(2). <https://doi.org/10.3390/app14020505>
- Gusnelia, S., Hermanzoni, H., Umar, U., & Setiawan, Y. (2022). Pengaruh Latihan Pliometrik Terhadap Peningkatan Daya Ledak Otot Tungkai Atlet Taekwondo Dojang Kodim 03/04 Agam Bukittinggi. *Jurnal Patriot*, 4(1), 81–94. <https://doi.org/10.24036/patriot.v4i1.793>
- Haïdara, Y., Okilanda, A., Dewintha, R., & Suryadi, D. (2023). Analysis of Students' Basic Basketball Skills: a Comparative Study of Male and Female Students. *Tanjungpura Journal of Coaching Research*, 1(1), 1–5. <https://doi.org/10.26418/tajor.v1i1.63796>
- Handayani, S., Irianto, I., & Maulang, I. (2022). Gambaran kelincahan pada anggota Unit Kegiatan Mahasiswa (UKM) Futsal Universitas Hasanuddin di era new normal. *Jurnal Sport Science*, 12(2), 125. <https://doi.org/10.17977/um057v12i2p125-133>
- Harliawan, M., & Hasyim, H. (2024). *Pembelajaran Permainan Bola Basket. Jawa Tengah: PT Nasya Expanding Management (Penerbit NEM - Anggota IKAPI)*.
- Haryono, M. H., Hidayat, Y., & Rahmat, A., (2024). (2024). 1 1 , 2 , 3. *Aspek-Aspek Psikologis Atlet-Siswa Permainan Bola Basket Berdasarkan Jenis Kelamin Dan Posisi Bermain. Jurnal Pedagogik Olahraga*, 10, 290–305.
- Herlambang, M., Maulana, F., & Nurudin, A. A. (2022). Latihan Kecepatan, Kelincahan dan Keseimbangan Untuk Meningkatkan Kemampuan Dribbling Dalam Permainan Futsal. *Jurnal Educatio FKIP UNMA*, 8(4), 1601–1606. <https://doi.org/10.31949/educatio.v8i4.4047>
- Horníková, H., & Zemková, E. (2022a). Determinants of Y-Shaped Agility Test in Basketball Players. *Applied Sciences (Switzerland)*, 12(4), 1–9. <https://doi.org/10.3390/app12041865>
- Huang, H., Huang, W. Y., & Wu, C. E. (2023). The Effect of Plyometric Training on the Speed, Agility, and Explosive Strength Performance in Elite Athletes. *Applied Sciences (Switzerland)*, 13(6). <https://doi.org/10.3390/app13063605>
- Hudain, M. A., Kamaruddin, I., Hita, I. P. A. D., Pranata, D., & Ariestika, E. (2023). Investigation of nutritional status, VO2max, agility, speed, and strength: A cross-sectional study in basketball athletes. *Journal Sport Area*, 8(2), 261–271. [https://doi.org/10.25299/sportarea.2023.vol8\(2\).11724](https://doi.org/10.25299/sportarea.2023.vol8(2).11724)

- Hunter, S. K., Angadi, S. S., Bhargava, A., Harper, J., Hirschberg, A. L., Levine, B. et al. (2023). The Biological Basis of Sex Differences in Athletic Performance: Consensus Statement for the American College of Sports Medicine. In *Translational Journal of the American College of Sports Medicine* (Vol. 8, Issue 4). <https://doi.org/10.1249/TJX.0000000000000236>
- I, Gusti, Putu, Ngurah, Adi, S., & Maryoto, S. (2020). Korelasi Kecepatan Lari dan Kekuatan Otot Tungkai Terhadap Kelincahan Siswa. *Jurnal Adiraga*, 6(2), 01–09. <https://doi.org/10.36456/adiraga.v6i2.2723>
- Imam, Abusyahiqo, Z., Anita, Faradilla, R., & Rahmanto, S. (2023). Pengaruh depth jump exercise terhadap daya ledak otot tungkai pada pemain basket Safun Rahmanto. *Jurnal Sport Science*, 13(2), 65–73. <https://doi.org/10.17977/um057v13i2p65-73>
- Iqbal, M., Suropto, A. W., Pendidikan, J., Kesehatan, J., Rekreasi, D., & Keolahragaan, F. I. (2023). *Indonesian Journal for Physical Education and Sport Pengaruh Latihan Sirkuit terhadap Tingkat Kebugaran Jasmani Siswa Ekstrakurikuler Bola Basket SMA Negeri 3 Cirebon. Jurnal For Physical Education and Sport*. 4, 316–326.
- Ivan, M., Aziz, M., & Irawati, A. F. (2025). *Hubungan Panjang Tungkai dan Daya Ledak Otot Tungkai terhadap Kemampuan Berubah Arah pada Atlet Bolabasket*. 15(1), 52–59.
- Jadhav, V., & Bhatt, G. (2021). Prevalence and Nature of Musculoskeletal Injuries in Female Basketball Players. *International Journal of Health Sciences and Research*, 11(9), 10–17. <https://doi.org/10.52403/ijhsr.20210902>
- Jaslin, Rahmat, Z., & Yudha Pranata, D. (2020). Hubungan Kelincahan Dengan Nilai Psikomotor Mata Pelajaran Pendidikan Jasmani Siswa Kelas Xi Sma Negeri 4 Banda Aceh. *Jurnal Ilmiah Mahasiswa Pendidikan*, 1(1).
- Jaya, D. V., & Kumala, M. (2020). Hubungan aktivitas fisik dengan komposisi tubuh mahasiswa Fakultas Kedokteran Universitas Tarumanagara Angkatan 2013. *Tarumanagara Medical Journal*, 2(1), 27–34. <https://doi.org/10.24912/tmj.v2i2.7833>
- Jayanto, C., Karjadi, M. S., & Permono, P. S. (2015). Unnes Journal of Sport Sciences. *Unnes Journal of Sport Sciences*, 4(1), 50–59. <http://journal.unnes.ac.id/sju/index.php/ujss>
- Joseph, R., Philip, N., Binu, P., & Varghese, G. (2024). " *Exploring Gender Differences in Psychological Skills among Basketball Players : Insights into Self-Awareness , Arousal Regulation , and Imagery* ". 44(4), 1186–1198.
- Junaidi, A., & Sutisyana, A. (2024). *Pengaruh latihan variasi. Jurnal Mahasiswa Pendidikan Olahraga*. 4(3), 1–7.

- Kabacinski, J., Szozda, P. M., Mackala, K., Murawa, M., Rzepnicka, A., Szewczyk, P., et al. (2022). Relationship between Isokinetic Knee Strength and Speed, Agility, and Explosive Power in Elite Soccer Players. *International Journal of Environmental Research and Public Health*, 19(2). <https://doi.org/10.3390/ijerph19020671>
- Kautsar, C. (2024). Hubungan Indeks Masa Tubuh Dengan Ketahanan Fisik Mahasiswa Pendidikan Olahraga Angkatan 2020 Kelas B. *Jurnal Ilmu Pengetahuan Naratif*, 05(3), 1–12.
- Kevin Dhanial Ryu Sisnet Tanidi, Andiana, O., Abdullah, A., & Yunus, M. (2023). Gambaran Pengetahuan dan Sikap Atlet Bola Basket tentang Cedera Ekstremitas Bawah (Studi kasus: Klub Basket Imonoke Fakultas Ekonomi dan Bisnis Universitas Negeri Malang). *Sport Science and Health*, 864–872. <https://doi.org/10.17977/um062v5i82023p864-872>
- Kristalistanto. (2020). Pengaruh Motivasi Berprestasi, Power Tungkai, Dan Kelincahan, Terhadap Keterampilan Lay-Up Shoot Dalam Permainan Bola Basket. *Jurnal Pendiidkan Unsika*, 8(November), 173–190.
- Maizan, I., & Umar. (2020). Profil Kondisi Fisik Atlet Bola Voli Padang Adios Club. *Jurnal Peforma Olahraga*, 6.
- Martínez-Mireles, X., Nava-González, E. J., López-Cabanillas Lomelí, M., Puente-Hernández, D. S., Gutiérrez-López, M., Lagunes-Carrasco, J. O., et al. (2025). The Shape of Success: A Scoping Review of Somatotype in Modern Elite Athletes Across Various Sports. *Sports*, 13(2), 1–20. <https://doi.org/10.3390/sports13020038>
- Mauladan, M. P. R., Roesdiyanto, R., Hasanah, Z., & Hariadi, I. (2024). Tingkat Kelincahan Anak Usia 9-10 Tahun Kecamatan Pasirian Kabupaten Lumajang. *Sport Science and Health*, 6(6), 629–636. <https://doi.org/10.17977/um062v6i62024p629-636>
- Naufalin Nafisah, & Eko Hariyanto. (2024). Hubungan Antara Keseimbangan Dan Kelincahan Dengan Kemampuan Dribble Bola Basket Pada Siswa Kelas 11 Putra Di SMA Negeri 1 Bululawang. *Jurnal Bintang Pendidikan Indonesia*, 2(2), 56–70. <https://doi.org/10.55606/jubpi.v2i2.2885>
- Novanto, A. F., Yunus, M., Abdullah, A., & Raharjo, S. (2023). Latihan Three Corner Drill dan Illinois Agility Run dapat Mempengaruhi Kelincahan Atlet Badminton Pusat Latihan Kota Malang untuk Porprov Tahun 2022. *Sport Science and Health*, 5(3), 247–252. <https://doi.org/10.17977/um062v5i32023p247-252>
- Oktariana, D., & Hardiyono, B. (2020). Pengaruh Daya Ledak Otot Lengan, Daya Ledak Otot Tungkai Dan Kekuatan Otot Perut Terhadap Hasil Smash Bola Voli Pada Siswa SMK Negeri 3 Palembang. *Journal Coaching Education Sports*, 1(1), 13–24. <https://doi.org/10.31599/jces.v1i1.82>

- Oktavianus, I., Yenes, R., Rozi, F., Irawan, R., & Donie, D. (2023). Pengaruh model latihan daya ledak otot tungkai dan keseimbangan terhadap kemampuan jump shot pada atlet klub bolabasket halilintar. *Jurnal Patriot*, 5(3), 230–238. <https://doi.org/10.24036/patriot.v5i3.997>
- Olayiwola, Z. A., Popoola, F. F., Agwasim, S. N., & Akin, D. (2024). *Gender differences in sports performance across hockey , soccer , and basketball among athletes in South-West Nigeria*.
- Pamuk, Ö., Makaracı, Y., Ceylan, L., Küçük, H., Kızılet, T., Ceylan, T., et al. (2023). Associations between Force-Time Related Single-Leg Counter Movement Jump Variables, Agility, and Linear Sprint in Competitive Youth Male Basketball Players. *Children*, 10(3). <https://doi.org/10.3390/children10030427>
- Prasetyo, A. F., & Rudiana, R. D. P. (2020). Korelasi Fleksibilitas, Kecepatan, Indeks Masa Tubuh Dan Kelincahan Terhadap Pemain Futsal. *Biomatika : Jurnal Ilmiah Fakultas Keguruan Dan Ilmu Pendidikan*, 6(02), 138–144. <https://doi.org/10.35569/biomatika.v6i02.820>
- Purwantiningrum, D. (2023). Peran Muscle Spindle Dalam Sistem Busur Refleks Pada Latihan Pliometrik. *Journal of Basic and Applied Anatomy Histology*, 1(1), 6–13. <http://joints.ub.ac.id/>
- Putri, A. E., Donie, Fardi, A., & Yenes, R. (2020a). Metode Circuit training Dalam Peningkatan Daya Ledak Otot Tungkai Dan Daya Ledak Otot Lengan Bagi Atlet Bolabasket. *Jurnal Patriot*, 2(3), 680–691. <http://patriot.ppj.unp.ac.id/index.php/patriot/article/view/661>
- Ramadhani, O. (2023). Hubungan Indeks Massa Tubuh dan Daya Ledak Otot Tungkai dengan Kelincahan Atlet Futsal Kabupaten Situbondo. *Jurnal Kesehatan Olahraga*, 15–20.
- Rosadi, C. R. R., Mukhlisuddin, & Irfandi. (2021). Hubungan Daya Ledak Otot Tungkai Dengan Kemampuan Shooting Pemain Sepakbola Cobra 89 FC Aceh Besar 2020. *Jurnal Ilmiah Mahasiswa*, 2(1), 1–18.
- Safun, R., Ali, M., & Bambang, S. U. (2021). Perbandingan pengaruh latihan nordic hamstring dan static stretching terhadap kelincahan pemain basket Charis National Academy. *Journal Power Of Sport*, 3(1). <http://repository.unpkediri.ac.id/3160/>
- Saichudin, & Munawar, S. A. R. (2019). *Buku Ajar Bola Basket*. Malang: Wineka Media.
- Saputro, I. T. (2023). *Profil Atlet Tolak Peluru Cabang Olahraga Atletik*. *Journal for Physical Education and Sport Indonesia* . 4(2), 636–645.

- Sayfullah, Simanjuntak, G. victory, Triansyah, A., Hidasari, Fitriani, P., & Bafadal, MUhammad, F. (2023). Hubungan Power Otot Tungkai dan Kelincahan Terhadap Kemamouan Tendangan Sabit Pencak Silat. *Penambahan Natrium Benzoat Dan Kalium Sorbat (Antiinversi) Dan Kecepatan Pengadukan Sebagai Upaya Penghambatan Reaksi Inversi Pada Nira Tebu*, 10, 56–69.
- Shalom, A., & Alcaraz, P. E. (2023). *terapan Tes Lompat Spesifik Unik untuk Mengukur Daya Ledak Pemain Basket : Validitas dan Keandalan*. 10–12.
- Shalom, A., Gottlieb, R., Alcaraz, P. E., & Calleja-Gonzalez, J. (2023). A Unique Specific Jumping Test for Measuring Explosive Power in Basketball Players: Validity and Reliability. *Applied Sciences (Switzerland)*, 13(13). <https://doi.org/10.3390/app13137567>
- Sriratih, A., & Muzaffar, A. (2022). Survei Tingkat Kebugaran Jasmani Pada Siswa Kelas VIII SMP Negeri 11 Muaro Jambi Pasca Masa Pandemi. *Cerdas Sifa Pendidikan*, 11(2), 119–129. <https://doi.org/10.22437/csp.v11i2.19712>
- Steff, N., Badau, D., & Badau, A. (2024a). Improving Agility and Reactive Agility in Basketball Players U14 and U16 by Implementing Fitlight Technology in the Sports Training Process. *Applied Sciences (Switzerland)*, 14(9). <https://doi.org/10.3390/app14093597>
- Sudirman, R. (2020). Hubungan Daya Ledak Otot Tungkai dan Kelincahan Dengan Kemampuan Menggirng Bola dalam Permainan Sepak Bola Pada Unit Kegiatan Mahasiswa Penjaskes STKIP Setia Budhi Rangkasbitung. *Jurnal Pendidikan Dasar Setia Budhi*, 2(1), 17–29.
- Syafii'e, H., & Wartanto, F. (2022). Pengaruh Penggunaan Medial Arch Support Terhadap Kelincahan Siswa Ekstrakurikuler Sepak Bola di SMP. *Jurnal Health Sains*, 3(8), 1336–1342. <https://doi.org/10.46799/jhs.v3i8.504>
- Taqy, A., Nurrochmah, S., & Pratama, R. (2024). Jurnal Kejaora : Analisis Antropometri dan Kondisi Fisik pemain Bola Basket PORPROV 2022 Kota Batu dan Kabupaten Malang. *Jurnal Kesehatan Jasmani Dan Olahraga*, 9(April), 77–83.
- Telew, A.A. J., Langitan, F.W., & Pongoh, Y. R. (2023). Profil Kemampuan Daya Ledak Otot Tungkai Atlet Persiapan Pra PON 2023 Cabang Olahraga Bola Basket Putra Sulawesi Utara. *Olymous Pendidikan Kesehatan Dan Rekreasi UNIMA*, s9-I(13), 251. <https://doi.org/10.1093/nq/s9-i.13.251b>
- Thieschäfer, L., & Büsch, D. (2022). Development and trainability of agility in youth: A systematic scoping review. *Frontiers in Sports and Active Living*, 4. <https://doi.org/10.3389/fspor.2022.952779>
- Thomas MPT, L. S., Poojary MPT, S. B., Srivastava MPT, S., Author, C., Srivastava, S., & Professor, A. (2023). Effect Of Agility and Eccentric Training On Athletic Performance In Basketball Players-A Randomized Controlled Trial. *Journal of Pharmaceutical Negative Results*, 14(1), 1260–1268. <https://doi.org/10.47750/pnr.2023.14.S01.171>

- Toselli, S., Zaccagni, L., Rinaldo, N., & Mauro, M. (2025). Somatotype and Bioelectrical Impedance Vector Analysis in the Evaluation of Reference Characteristics of Elite Young Basketball Players. *Applied Sciences (Switzerland)*, 15(6), 1–14. <https://doi.org/10.3390/app15062894>
- Wahyu, I. M. W. P. P., Dewi, A. A. N. T. N., Wahyuni, N., & Ruma, I. M. W. (2023). Relationship between leg muscle explosive power and lay-up shoot ability. *Physical Therapy Journal of Indonesia*, 5(1), 5–8. <https://doi.org/10.51559/ptji.v5i1.168>
- Wahyuni, S., & Donie. (2020). 320976-Vo2Max-Daya-Ledak-Otot-Tungkai-Kelincaha-66a45D16. *Journal Patriot*, Volume 2, 1–13.
- Wulansari, N. D., Ghifari, N., & Purwaningtyas, D. R. (2021). Faktor-faktor yang mempengaruhi daya tahan kardiorespiratori atlet taekwondo kyorugi di DKI Jakarta. *Altius: Jurnal Ilmu Olahraga Dan Kesehatan*, 10(1), 112–125. <https://doi.org/10.36706/altius.v10i1.13688>
- Yusrin, M., Gifari, A., Putri, M. W., & Parulian, A. F. (2024). *Gambaran Daya Ledak Otot Tungkai Pada Peserta Ekstrakurikuler Basket di Sekolah Menengah Atas* Description Of Leg Muscle Explosive Power In Basketball Extracurricular Participants In High School. *Jurnal.polanka.ac.id/index.php/JKIKT*. 6(1), 1–13.
- Zacharakis, E. D., Bourdas, D. I., Kotsifa, M. I., Bekris, E. M., Velentza, E. T., & Kostopoulos, N. I. (2020). Effect of balance and proprioceptive training on balancing and technical skills in 13-14-year-old youth basketball players. *Journal of Physical Education and Sport*, 20(5), 2487–2500. <https://doi.org/10.7752/jpes.2020.05340>