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Analysis Of Plyometric Training In Basketball: Systematic Literatur Review

Faradz Jiddan[1], Adi S[2]

[12]Department of Physical Education, Health, and Recreation, Faculty of Sports Science, Universitas Negeri Semarang, Indonesia

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Abstract

Study purpose the reason for this study is to look at the Analysis of the Use of Plyometric Training in Basketball. Materials and methods PRISMA tables will be used for systematic review and meta-analysis in this review investigation. Various studies published from January 2020 to Desember 2024. In the search procedure, the following keywords were used: (1) Plyometric; (2) Training; (3) Basketball. The search in this study used the Scopus research journal database. Results the theme of this research as a whole obtained 153 articles. Consisting of 57 articles,10 relevant articles were retrieved. Conclusions analysis of plyometric training in basketball includes the effect of plyometric training based on the results of relevant research, including strengthening leg muscle explosiveness, movement flexibility, maximizing vertical jump, stabilizing hanging time, improving performance (jump shoot, rebound, lay up) and minimizing the risk of injury. However, further research is needed with adjustments to the characteristics of athletes.

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✉Corresponding author:
E-mail: jiddanfaradz@students.unnes.ac.id

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INTRODUCTION

Basketball is a sport that involves complex movements such as jumping, running, and changing direction quickly. As a result, basketball players often experience musculoskeletal injuries, especially in the lower limbs such as ankles and knees (Andreoli et al., 2019). One of the best ways to increase strength is to perform progressive weight training (Adi et al., 2023). Strength training, including exercises with and without a ball, increases the cardiopulmonary capacity and sports endurance of basketball players, which makes them more competitive (Han, 2023). To improve muscle strength and asymmetry in basketball players, consistent plyometric training is required.

Plyometric training has the ability to improve various types of physical fitness, this method uses explosive movements to improve muscle strength, speed, and agility. (Ramirez-Campillo et al., 2020). Unilateral plyometric jump training reduces the risk of injury in basketball players as it increases stabilization time and peak landing power during the landing test, as well as improving one-legged stance (Zhao et al., 2024). Mentioned that affecting the physical abilities of basketball players with unilateral plyometric exercises included flexibility, balance, vertical jump, sprinting, and speed. while bilateral and combined also improved results (Aztarain-Cardiel et al., 2024). Plyometric exercises have been tested and widely recognized for their benefits in improving physical fitness which is important for basketball players.

A systematic literature review synthesizes previous research to strengthen knowledge about a subject while remaining honest and unbiased, providing a comprehensive overview of the literature related to a theme, method, and research question (Williams et al., 2020). Explicit methods, guided by principles such as transparency, coverage, saturation, connectedness, coherence, and universalism, are used systematically in literature reviews (Simsek et al., 2021). By integrating Systematic Literature Review (SLR) into classroom action research, it effectively strengthens teachers' ability to apply relevant research methodologies when teaching so that they can develop more innovative and effective data-driven teaching strategies (Adi S et al., 2025). using systematic literature reviews can test the feasibility of previous to current research according to the year under study with a complete database.

In the study (Cherni et al., 2019) Plyometric exercises for eight weeks did not improve the knee stability, but helped them change direction and reduce the risk of falls and injuries. Combining vertical and horizontal jumps in plyometric exercises will improve abilities with the exception of linear sprint performance. (Aztarain-Cardiel et al., 2023). In the research guide, plyometric exercises improved jumping, speed, balance, and change of direction, but did not significantly affect lower limb strength (Zhou et al., 2024). This study was conducted with the aim of complementing the limitations of previous studies with data collected by researchers.

METHODS

Systematic literature review research refers to a group of studies on data collection methods or research subjects investigated using various literature sources, including books, encyclopedias,

scientific journals, magazines, and documents (Rumini & Adi et al., 2024). Researchers used the literature research method, which means collecting data from books, journals, articles, magazines, and the internet on the subject of the relationship between flexibility training and sports performance (Adi et al., 2023)

Study Participants

The words "Polymetric","Training","Basketball" were searched for in published articles from the Scopus research journal database from the years 2020 through 2024

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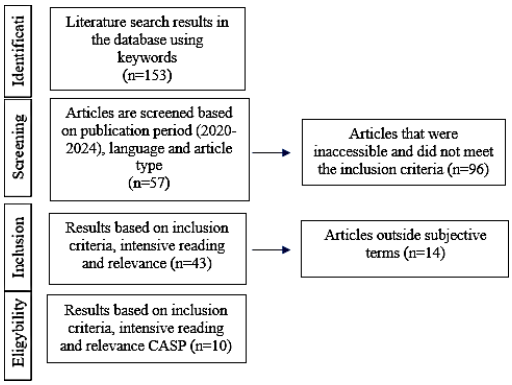

reporting of systematic reviews, PRISMA 2020 reflects the latest advances in terminology and methodology (Matthew et al., 2023). In the systematic review and meta-analysis articles published in the Korean Journal of Radiology, some PRISMA 2020 checklist items were missed (Suh et al., 2022).

Study organization

The variables selected for the search in Scopus were: (1) number of databases contained in the keyword search; (2) years of selected articles published from 2020 to 2024; (3) relevant articles; (4) field (sport, training, education, or mixed); (5) type of research (discovery, experimental, correlational, quantitative, qualitative); (6) the number of normal citations per article according to the inclusion criteria but articles that were not accessible and not related to pliometric training were included in the exclusion criteria.

Statistical analysis

As the titles, abstracts, and keywords of the existing articles were sufficient to create a reliable and adequate core of articles for further analysis and use, this analysis concentrated on them. Only open access articles were included in this review study. This was done because the authors wanted everyone to be able to see their research. To select only relevant people who could speak on a particular topic, the following inclusion and exclusion criteria were used.

RESULTS

The results of the identification of the literature search in the database using keywords (*n*=153), from the entire database will be filtered from 2020 to 2024 and selected the category of inaccessible articles (*n*=57), inaccessible articles that do not meet the inclusion criteria (*n*=96). Furthermore, the filtered articles will be selected using keywords that match the theme of plyometric, training, basketball (*n*=43). Then from the selection results, relevant articles will be selected (*n*=10).

The following table shows the number of publications published during the selected time

period, as well as the year the publications were published.

Table 1. Evolution of the number of publications per year

Your of publications	Number of articles	Percentage
2020	6	10.53%
2021	5	8.77%
2022	11	19.30%
2023	15	26.32%
2024	20	35.09%
Total	**57**	**100%**

The evolution table shows the number of article publication times per year in table 1. The explanation of the table above includes; from 2020 to 2024 there is an increase and decrease in scientific publications 2020 (6 articles), 2021 (5 articles), 2022 (11 articles), 2023 (15 articles), 2024 (20 articles).

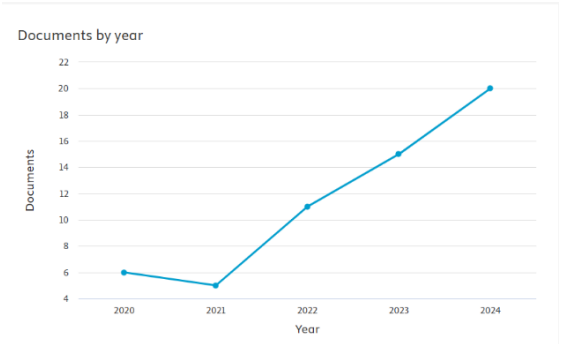

Fig. 1. Graphical evolution of the number of publications per year

According to the literature, the plyometric analysis that can be applied in basketball is shown in the table:

Topic	Sample	Result
Improving muscle strength of young basketball players with plyometric resistance training (Pamuk et al., 2022)	Basketball players	Improved strength and power
Factors affecting Physical Performance Performing Plyometric Training (Aztarain-Cardiel et al., 2024)	Basketball players	Improve performance and jumping
Effect of plyometric training on sand and wood parquet surfaces on physical performance parameters (Ozen et al., 2020)	Basketball players	Improve running performance and jumping ability
impact of plyometric training on agility, sprinting, and vertical jump functional performance (Anversha et al., 2024)	Basketball athletes	Improves functional performance and reduce the risk of injury
Effect of Combined Balance and Plyometric Training on Athletic Performance (Bouteraa et al., 2020)	Basketball players	Improved balance, strength and agility
Effect of plyometrics compared to high-	Basketball players	Improved strength, limb coordination

intensity interval training on athletic performance (Haghighi et al., 2024)		and performance
Impact of Plyometric Training on the Performance of Three Types of Jumps and Jump Shots (Huang et al., 2024)	Basketball athletes	Reduce the risk of injury and improve jumping
Physical Fitness influenced by Plyometric Training, Strength, and Change of Direction (De Villarreal et al., 2021)	Basketball players	Improving strength, physical fitness and performance
Effect of Plyometric Training on Various Surfaces on Performance Parameters (Buğa & Gencer, 2022)	Basketball players	Anaerobic performance and vertical jump strength
Effect of Combination of Shooting Training and Plyometric Training on Biomechanical Characteristics in Jump Shots (Radenković et al., 2023)	Basketball athletes	Explosive strength and jump shot power

DISCUSSION

Improving the strength of basketball players

The game of basketball requires good defense and attack skills, with explosive movements that greatly affect the stability of the player's strength, this greatly affects the basic techniques that have been mastered. Core strength training improves the competitive ability of basketball players by improving ball handling, physical confrontation, shooting techniques, technical movements, and other aspects (Ning, 2022). After three days a week doing plyometric depth jump training accompanied by music, basketball players experienced an increase in leg muscle strength and explosiveness (Adi et al., 2020). When compared to conventional resistance training approaches, the combination of specialized strength training and blood flow restriction of basketball players improves the strength quality (Meng, 2022). Combined strength training that combines plyometric and traditional strength training is more effective than other strength training approaches, to improve the vertical jump performance of young basketball players (Uysal et al., 2023). The important effect of training with variations of resistance band stretching that adjust the explosive ability of the leg muscles requires the muscles to perform more strength increase. Therefore, combined plyometric training increases the intensity of the exercise more extra without neglecting excessive load and athletes become lighter when performing vertical jumps without resistance bands (Herlambang, 2024). Having physical strength provides an advantage during physical confrontations and increases effectiveness when performing explosive

movements compared to players who have low physical strength.

Improve the performance

Maintaining performance as an athlete or beginner player is needed with a variety of exercises consistently, so that it continues to increase and there is no decline when playing. Based on various studies that have validated the effectiveness of an exercise, an intense training program is made so that the results can be maximized. the higher the level of physical activity, the more potential to have a good body mass index (Adi et al., 2020). After adding eight weeks of balance and plyometric training, there was an improvement in the physical performance of jump height, balance, and agility of female youth basketball players into regular basketball training during the competitive season (Bouteraa et al., 2020). Strength-velocity balance training F-Vimb specially designed for individuals improved the physical performance of basketball players after eight weeks, and in just four weeks, running action and vertical jump increased (Barrera-Domínguez et al., 2023). Compared with the control group, the six-week plyometric training program had a positive impact on the physical performance of basketball players. It improved flexibility, balance, vertical jump, running back and forth, speed, and T score (Demir & Dağlıoğlu, 2022). For high school basketball players, plyometric training resulted in comparable physical fitness improvements between medium and large (De Villarreal et al., 2021). Athletes will experience symptoms of anxiety and stress in competition due to a variety of performance-affecting factors (Adi et al., 2024). Therefore, plyometric training has a significant effect on muscle function and neuromechanical function, but optimizing the transfer of training results to sport performance requires more specific training modalities (Duchateau & Amiridis, 2023) To maximize the results of plyometric training requires a variety of training variations to complement and maintain the stability of athlete performance continues to increase consistently, this can be used as a guide for coaches for their athletes.

Reduces the risk of injury

A decrease in flexibility when basketball players play can also be caused by an unbalanced training program, potentially leading to the risk of injury because it is too focused on one muscle group or movement, therefore it is necessary to pay attention to the principles and the right dose of exercise so that each individual can provide optimal results. Coaches need to pay attention to the athlete's body condition (Tunggal & Adi et al., 2022). Plyometrics with or without significantly reduces the knee flexion angle, thereby reducing the risk of lower extremity landing injuries in athletes (Bathe et al., 2023). In female athletes with dynamic knee valgus, plyometric training with feedback or taping improved landing error scores and muscle onset, while taping improved joint position sense (Shams et al., 2021). However, in basketball players with chronic ankle instability plyometric exercises with feedback can be helpful, reducing the risk of injury to the knee and ankle joints because the landing technique in this exercise flexes the knee joint and reduces large reaction forces. (Saghari et al., 2022) The stretch shortening cycle of U14 athletes may be better with plyometric training, which mproves the reactive strength index and leg spring stiffness. However, there were no changes in jump height or other

running metrics (Cardiel-Sánchez et al., 2024) For adult and youth athletes, plyometrics also increase the reactive strength index, thereby reducing the risk of injury (Rebelo et al., 2022) Coaches can benefit from injury prevention programs with plyometric and muscle strengthening exercises that significantly improve athlete performance.

CONCLUSION AND SUGGESTIONS

Plyometrics is a training method that focuses on explosive movements by combining strength and speed. Based on the results of relevant research by conducting a literature review regarding the analysis of plyometric exercises in basketball games, there is an influence, namely strengthening leg muscle explosiveness, flexibility of movement, maximizing vertical jump, stabilizing hang time, improving performance (jump shoot, rebound, lay up) and minimizing the risk of injury. However, plyometric training requires progressive training, because it is necessary to pay attention to individual conditions first so as not to increase the risk of injury and provide optimal results. therefore, further research is needed that can understand the characteristics of an athlete so that the training program provided is appropriate and measurable.

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