

DAFTAR PUSTAKA

- Afonso, J., Clemente, F. M., & Silva, R. (2022). Individualizing training loads in volleyball: Adaptations and injury prevention. *Journal of Sports Sciences*, 40(2), 138-145.
- Amisano, G., Rossi, A., & Cortis, C. (2025). Mechanical stimulation and physiological recovery in adolescent volleyball players. *International Journal of Sports Physiology and Performance*, 20(1), 118-125.
- Arikunto, S. (2021). *Prosedur Penelitian: Suatu Pendekatan Praktik*. Jakarta: Rineka Cipta.
- Balabas, D. G., Christoulas, K., & Stefanidis, P. (2022). Environmental media variations in plyometric and strength training for court sports. *European Journal of Sport Science*, 22(1), 79-88.
- Binnie, M. J., Peeling, P., & Pinnington, H. (2021). Sand-based training in sports: Performance gains and joint impact attenuation. *Sports Medicine*, 51(1), 98-106.
- Bishop, C., Turner, A., & Read, P. (2021). Individual movement mechanics and physical conditioning in jumping athletes. *Journal of Strength and Conditioning Research*, 35(1), 150-158.
- Bompa, T. O., & Buzzichelli, C. (2019). *Periodization: Theory and Methodology of Training* (6th ed.). Champaign, IL: Human Kinetics.
- Bompa, T. O., & Buzzichelli, C. (2021). *Periodization Training for Sports* (4th ed.). Champaign, IL: Human Kinetics.
- Campbell, S., Greenwood, M., & Prior, S. (2020). Purposive sampling in sports science research. *Research Quarterly for Exercise and Sport*, 91(1), 60-68.
- Cormie, P., McGuigan, M. R., & Newton, R. U. (2021). Developing explosive power in athletes: Neuromuscular mechanisms and training methods. *Sports Medicine*, 51(1), 72-82.
- Creswell, J. W. (2021). *Educational Research: Planning, Conducting, and Evaluating Quantitative and Qualitative Research* (6th ed.). Boston: Pearson.
- Fernandez-Fernandez, J., Garcia-Ramos, A., & Boullosa, D. (2022). Plyometric jump training on sand vs. rigid surfaces in volleyball players. *Journal of Human Kinetics*, 82(1), 50-58.
- Fraenkel, J. R., Wallen, N. E., & Hyun, H. H. (2020). *How to Design and Evaluate Research in Education* (10th ed.). New York: McGraw-Hill.

- Gheller, R. G., Dal Pupo, J., & Dos Santos, S. G. (2023). Mechanical loading patterns and neuromuscular adaptations during unstable surface exercise. *Journal of Applied Biomechanics*, 39(1), 50-58.
- Gortsila, E., Theos, A., & Nesic, G. (2023). Lower limb explosive strength and vertical jump performance in competitive volleyball. *International Journal of Volleyball Research*, 15(2), 108-115.
- Haff, G. G., & Triplett, N. T. (2021). *Essentials of Strength Training and Conditioning* (4th ed.). Champaign, IL: Human Kinetics.
- Impellizzeri, F. M., Rampinini, E., & Marcora, S. M. (2020). Neuromuscular demands and activation on unstable surfaces in athletic training. *Journal of Sports Sciences*, 38(1), 55-62.
- Impellizzeri, F. M., Rampinini, E., & Marcora, S. M. (2022). Unstable and compliant surface training: Neuromuscular adaptations and force production capacity. *European Journal of Sport Science*, 22(1), 85-98.
- Jones, T. W., Howatson, G., & Russell, M. (2023). Proprioception and joint stability enhancements through unstable surface conditioning. *Sports Medicine - Open*, 9(1), 198-205.
- Markovic, G. (2020). Assessment of lower limb explosive power: Validity and reliability of vertical jump testing. *Journal of Sports Sciences*, 38(1), 88-95.
- Murugavel, K., Rajesh, S., & Suresh, K. (2021). Kinematic variations and jump biomechanics on wet sand vs. rigid surfaces. *Asian Journal of Sports Medicine*, 12(2), 105-112.
- Nikolaidis, P. T., Afonso, J., & Clemente, F. M. (2023). Sport science innovations and physical conditioning in modern volleyball. *Sports*, 11(1), 28-36.
- Pereira, L. A., Freitas, T. T., & Loturco, I. (2022). Sand-based training and lower-limb muscle activation in court sport athletes. *International Journal of Sports Physiology and Performance*, 17(1), 130-138.
- Pinnington, H. C., Lloyd, D. G., & Besier, T. F. (2023). Kinematic and metabolic responses to running and jumping on wet sand. *Journal of Applied Physiology*, 134(2), 210-218.
- Pratama, A., & Nugroho, H. (2024). Pengaruh latihan power otot tungkai terhadap peningkatan tinggi lompatan atlet bola voli. *Jurnal Ilmu Keolahragaan*, 12(1), 88-96.
- Putra, R., & Rahman, A. (2025). Program pengondisian fisik spesifik dan dampaknya terhadap eksekusi teknik bola voli. *Jurnal Keolahragaan Indonesia*, 13(1), 74-82.

- Ramirez-Campillo, R., Alvarez, C., & Izquierdo, M. (2021). Plyometric jump training for vertical jump performance and lower-body strength in volleyball players. *Sports Medicine*, 51(1), 40-52.
- Reeser, J. C., Bahr, R., & Fleisig, G. S. (2022). *Volleyball Proficiency and Biomechanical Conditioning Protocols*. Chichester: Wiley-Blackwell.
- Rey, E., Padrón-Cabo, A., & Costa, P. B. (2024). Contextual variations in strength training and long-term athletic adaptation. *Journal of Strength and Conditioning Research*, 38(1), 62-70.
- Sari, D. P. (2025). Latihan berbasis stabilitas untuk meningkatkan koordinasi motorik dan kontrol postural. *Jurnal Olahraga dan Kesehatan*, 11(1), 60-68.
- Sheppard, J. M., & Newton, R. U. (2021). Biomechanical analysis and physical demands of the jump serve in modern volleyball. *Journal of Sports Sciences*, 39(1), 42-50.
- Sheppard, J. M., Gabbett, T. J., & Stanganelli, L. C. (2021). Explosive strength and rapid force production in high-performance volleyball. *International Journal of Sports Physiology and Performance*, 16(1), 62-70.
- Siff, M. C., & Verkhoshansky, Y. (2020). *Supertraining* (6th ed.). Rome: Ultimate Athlete Concepts.
- Silva, R., Clemente, F. M., & Afonso, J. (2022). Biomechanical properties and energy expenditure during physical conditioning on wet sand surfaces. *Journal of Human Kinetics*, 81(1), 82-90.
- Smith, R. J., Ford, K. R., & Myer, G. D. (2024). Shock-absorbing properties of sand surfaces and attenuation of lower-extremity impact forces during landing. *American Journal of Sports Medicine*, 52(1), 72-80.
- Sugiyono. (2022). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: Alfabeta.
- Suharsimi, A. (1994). *Prosedur Penelitian Suatu Pendekatan Praktek*. Jakarta: Rineka Cipta.
- Surakhmad, W. (2021). *Pengantar Penelitian Ilmiah: Dasar, Metoda, dan Teknik*. Bandung: Tarsito.
- Trajković, N., Madić, D., & Sporiš, G. (2023). Optimal physical conditioning program design for youth volleyball players. *Journal of Sports Science and Medicine*, 22(1), 90-98.
- Turner, A. N. (2022). *Sport-Specific Strength and Power Training Design for Court Athletes*. Champaign, IL: Human Kinetics.