

## DAFTAR GAMBAR

|                                              | Halaman |
|----------------------------------------------|---------|
| Gambar 2.1 Otot Tungkai .....                | 11      |
| Gambar 2.2 Ukuran <i>Zig-zag Drill</i> ..... | 17      |
| Gambar 2.3 <i>Zig-zag Drill</i> .....        | 18      |
| Gambar 2.4 Kerangka Konseptual .....         | 19      |
| Gambar 3.1 Desain Penelitian .....           | 22      |
| Gambar 3.2 <i>Standing Broad Jump</i> .....  | 24      |