## THE EFFECT OF PLYOMETRICS TRAINING TO ENHANCE LEG POWER FOR LAY UP PRACTISING (CASE STUDY IN BASKETBALL EXTRACURICULLAR SMP NEGERI 1 SINGOSARI)

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Abstract	
Authors	FN Heza
Journal Name	Kemenpora
Publish Year	2014
Citation	(not set)
Url	https://scholar.google.com/scholar?q=+intitle:"THE EFFECT OF PLYOMETRICS TRAINING TO ENHANCE LEG POWER FOR LAY UP PRACTISING (CASE STUDY IN BASKETBALL EXTRACURICULLAR SMP NEGERI 1 SINGOSARI)"
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