

## ABSTRAK

**Agus Wahono (6173121002) Jurusan Pendidikan Kepelatihan Olahraga dengan Judul “Pengaruh Variasi Latihan Menggunakan *Resistance Band* Terhadap Power Otot Tungkai Dan Hasil *Shooting* SSB PSDMS U-14 Tahun 2021”.**

**(Pembimbing : M. Faisal Ansari Nasution)**

**Skripsi : Fakultas Ilmu Keolahragaan Unimed 2021.**

Tujuan Penelitian Ini Adalah Untuk Mengetahui Pengaruh Variasi Latihan Menggunakan *Resistance Band* Terhadap Power Otot Tungkai dan Hasil Shooting SSB PSDMS U-14 Tahun 2021. Penelitian Ini Merupakan Penelitian Eksperimen. Teknik Pengambilan Data Dalam Penelitian Ini Menggunakan Tes *Vertical Jump* Serta Test Shooting Sepak Bola Yang Berjarak 16,5 Meter. Subjek Penelitian Ini Adalah Siswa SSB PSDMS Usia 14 Tahun Yang Berjumlah 10 Orang. Dipilih Dengan Menggunakan Teknik Simple Random Sampling. Penelitian ini Dilakukan di SSB PSDMS. Teknik Analisis Data menggunakan Statistika Inferensial Dengan Uji T Pada Taraf Signifikan 5%. Hasil Penelitian Pada Hipotesis Variasi Latihan Menggunakan *Resistance Band* Terhadap Power Otot Tungkai Diperoleh T Hitung (7,55) > T Tabel (1,833). Sedangkan Hasil Variasi Latihan Menggunakan *Resistance Band* Terhadap Shooting Diperoleh T Hitung (11,96) > T Tabel (1,833). Hasil Tersebut Dapat Disimpulkan Variasi Latihan Menggunakan *Resistance Band* Memberikan Pengaruh Yang Signifikan Terhadap Power Otot Tungkai dan Hasil Shooting SSB PSDMS U-14 Tahun 2021.

**Kata Kunci : *Resistance Band, Power Otot Tungkai, Shooting, Sepak Bola***

## ABSTRACT

**Agus Wahono (6173121002) Department of Sports Coaching Education with the title "The Effect of Exercise Variations Using *Resistance Bands* on Limb Muscle *Power* and *Shooting* Results of SSB PSDMS U-14 in 2021". (Pembimbing : M. Faisal Ansari Nasution)  
Skripsi : Fakultas Ilmu Keolahragaan Unimed 2021.**

The purpose of this study was to determine the effect of variations in exercise using resistance bands on leg muscle power and the results of shooting SSB PSDMS U-14 in 2021. This Research Is An Experimental Research. The data collection technique in this study used a vertical jump test and a soccer shooting test that was 16.5 meters away. The subjects of this study were SSB PSDMS students aged 14 years, totaling 10 people. Selected Using Simple Random Sampling Technique. This research was conducted at SSB PSDMS. Data analysis technique using Inferential Statistics with T-test at a significant level of 5%. The results of the research on the hypothesis of exercise variation using resistance bands on leg muscle power obtained T count (7.55) > T table (1.833). While the results of the variation of exercise using resistance bands on shooting are obtained T Count (11.96) > T table (1.833). These results can be concluded that variations in exercise using resistance bands have a significant effect on leg muscle power and results of shooting SSB PSDMS U-14 years 2021.

***Keywords: Resistance Bands, Muscle Power in the Legs, Shooting, Football***

