

ABSTRAK

Steven Wiaja. ‘PENGARUH LATIHAN TENDANGAN MENGGUNAKAN *RESISTANCE BAND* DAN *INTERVAL SPRINT DRILL* TERHADAP PENINGKATAN KECEPATAN TENDANGAN SABIT ATLET PUTRA PERGURUAN SILAT WALET PUTI BATANG KUIS TAHUN 2021 ‘.

(Pembimbing :_Novita)

Skripsi : Fakultas Ilmu Keolahragaan UNIMED 2021

Tujuan penelitian ini adalah untuk mengetahui pengaruh latihan tendangan menggunakan *resistance band* dan *interval sprint drill* terhadap peningkatan kecepatan tendangan sabit atlet putra perguruan silat walet putih batang kuis. Metode yang digunakan adalah metode eksperimen dengan desain *pre-test* dan *post-test one group desain*.

Populasi dalam penelitian ini sebanyak 15 orang, dan sampel yang diambil berjumlah 8 orang diambil dengan cara *sampling purposive*. Penelitian ini dilakukan 18 kali pertemuan sebanyak 3 kali dalam satu minggu selama 6 minggu. Hasil analisis data menunjukkan ada peningkatan kemampuan kecepatan tendangan sabit setelah mendapatkan perlakuan.

Teknik analisis data menggunakan uji-t, dengan hasil hipotesis pertama pada latihan tendangan menggunakan *resistance band* dan *interval sprint drill* terhadap peningkatan kecepatan tendangan sabit diperoleh $t_{hitung} = 5,55$ serta $t_{tabel} = 2,36$ dengan $\alpha = 0,05$ ($t_{hitung} > t_{tabel}$) berarti H_0 ditolak dan H_a diterima. Dengan kesimpulan latihan tendangan menggunakan *resistance band* dan *interval sprint drill* berpengaruh terhadap peningkatan kecepatan tendangan sabit atlet putra Perguruan Silat Walet Putih Batang Kuis.

Kata Kunci : *Resistance Band, Interval Sprint Drill, Tendangan Sabit*

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ABSTRACT

Stevn Wiaja. 'THE EFFECT OF KICK TRAINING USING RESISTANCE BAND AND SPRINT DRILL INTERVAL ON INCREASING THE SPEED OF KICKING Scythe Athletes in PUTI BATANG SILAT Swallow College in 2021 ''.

(Advisor : Novita)

Thesis: Faculty of Sports Science, UNIMED 2021

The purpose of this study was to determine the effect of kick training using resistance bands and interval sprint drills on increasing the speed of the sickle kick of the male athletes of the walet puti silat silat stem quiz. The method used is an experimental method with a pre-test and post-test one group design.

The population in this study were 15 people, and 8 samples were taken by purposive sampling. This research was conducted 18 meetings 3 times a week for 6 weeks. The results of data analysis showed that there was an increase in the speed of the sickle kick after getting treatment.

The data analysis technique used *t*-test, with the results of the first hypothesis on kick training using resistance bands and sprint drill intervals on increasing the speed of the sickle kick, it was obtained $t \text{ count} = 5.55$ and $t \text{ table} = 2.36$ with $= 0.05$ ($t \text{ count} > t \text{ table}$) means that H_0 is rejected and H_a is accepted. With the conclusion that kick training using resistance bands and sprint drill intervals has an effect on increasing the speed of the sickle kick of the male athlete of the walet puti silat college of Batang Quiz.

Keywords: : Resistance Band, Interval Sprint Drill, Kick Kick Sickle

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