

ABSTRACT

Novthris Ramulia Nababan 6173121041. "CONTRIBUTION OF PUSH UP AND KNEE TUCK JUMP TRAINING TO FLICK ABILITY IN UNIMED HOCKEY CLUB UHC'S MEN ATHLETES IN 2021". Thesis Supervisor, Dr. Amir Supriadi, S.Pd., M.Pd. Faculty of Sports Science, State University of Medan.

This conducted with the aim of knowing the contribution of push up and knee tuck jump exercises to the flick ability of Unimed Hockey Club (UHC) male athlete.

This study is a correlation study. The method used is a survey with data collection techniques using test and measurements. The instrument used in this study was the medicine ball test, the vertical jump test and the flick test. The sample of this study were male athletes from Unimed Hockey Club (UHC) totaling 12 people. The data analysis technique used a regression correlation test.

The first hypothesis analysis is the contribution of Push Up training to Flick results in Unimed Hockey Club male athletes in 2021, obtained $F_{hitung} = 69,15$ and $F_{tabel} = 4,96$, then $F_o > F_t$ based on the hypothesis testing criteria in this study concluded that, there was a significant contribution from Push Up training on flick results for Unimed Hockey Club male athletes in 2021.

Analysis of the second hypothesis, namely the contribution of Knee Tuck Jump training to Flick results in Unimed Hockey Club male athletes in 2021, obtained $F_{hitung} = 118,5$ and $F_{tabel} = 4,96$ then $F_o > F_t$ based on hypothesis conclude that, there is a significant contribution from the Knee Tuck Jump practice on Flick results in Unimed Hockey male athletes in 2021.

Analysis of the third hypothesis, namely the contribution of Push Up and Knee Tuck Jump Exercises to Flick results in Unimed Hockey Club male athletes in 2021, obtained $F_{hitung} = 15,29$ and $F_{tabel} = 4,96$ then $F_o > F_t$ based on hypothesis testing criteria in this study concluded that, there is a significant contribution the joint significant of Push Up and Knee Tuck Jump exercises on Flick results in Unimed Hockey Club male athletes in 2021.

Keywords :Contribution, Push Up, Knee Tuck Jump, Flick

ABSTRAK

Novthris Ramulia Nababan 6173121041. “KONTRIBUSI LATIHAN *PUSH UP* DAN LATIHAN *KNEE TUCK JUMP* TERHADAP KEMAMPUAN *FLICK* PADA ATLET PUTRA UNIMED *HOCKEY CLUB* (UHC) TAHUN 2021”. Pembimbing Skripsi, Dr. Amir Supriadi, S.Pd., M.Pd. Fakultas Ilmu Keolahragaan Universitas Negeri Medan.

Penelitian ini dilakukan dengan tujuan untuk mengetahui Kontribusi latihan *push up* dan latihan *knee tuck jump* terhadap kemampuan *flick* atlet putra Unimed *Hockey Club* (UHC)

Penelitian ini merupakan penelitian korelasi. Metode yang digunakan adalah survei dengan teknik pengambilan datanya menggunakan tes dan pengukuran. Instrumen yang digunakan dalam penelitian ini menggunakan *test Medicine Ball*, *test Vertical Jump* dan *test Flick*. Sampel penelitian ini adalah atlet putra Unimed *Hockey Club* (UHC) yang berjumlah 12 orang. Teknik analisis data menggunakan uji korelasi regresi.

Analisis hipotesis pertama yaitu kontribusi latihan *Push Up* terhadap hasil *Flick* pada atlet putra Unimed *Hockey Club* Tahun 2021, di peroleh $F_{hitung} = 69,15$ dan $F_{tabel} = 4,96$ maka $F_o > F_t$ berdasarkan kriteria pengujian hipotesis dalam penelitian ini menyimpulkan bahwa, terdapat kontribusi yang signifikan dari latihan *Push Up* terhadap hasil *Flick* pada atlet putra Unimed *Hockey Club* Tahun 2021.

Analisis hipotesis kedua yaitu kontribusi latihan *Knee Tuck Jump* terhadap hasil *Flick* pada atlet putra Unimed *Hockey Club* Tahun 2021, di peroleh $F_{hitung} = 118,5$ dan $F_{tabel} = 4,96$ maka $F_o > F_t$ berdasarkan kriteria pengujian hipotesis dalam penelitian ini menyimpulkan bahwa, terdapat kontribusi yang signifikan dari latihan *Knee Tuck Jump* terhadap hasil *Flick* pada atlet putra Unimed *Hockey Club* Tahun 2021.

Analisis hipotesis ketiga yaitu kontribusi latihan *Push Up* dan *Knee Tuck Jump* terhadap hasil *Flick* pada atlet putra Unimed *Hockey Club* Tahun 2021, di peroleh $F_{hitung} = 15,29$ dan $F_{tabel} = 4,96$ maka $F_o > F_t$ berdasarkan kriteria pengujian hipotesis dalam penelitian ini menyimpulkan bahwa, terdapat kontribusi yang signifikan secara bersama-sama dari latihan *Push Up* dan *Knee Tuck Jump* terhadap hasil *Flick* pada atlet putra Unimed *Hockey Club* Tahun 2021.

Kata kunci: Kontribusi, *Push Up*, *Knee Tuck Jump*, *Flick*