

ABSTRAK

ALDY DAULAY, (NIM.6182121002), “Kontribusi Latihan *Standing Long Jump With Sprint* Dan *Tubing Drill* Terhadap Kecepatan Renang 50 Meter Gaya Bebas Pada Atlet Putra Kelompok Umur II *Sailfish Swimming Club* Medan Tahun 2022”.

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Skripsi : Fakultas Ilmu Keolahragaan UNIMED, Medan 2022

Penelitian ini bertujuan untuk mengetahui kontribusi latihan *Standing long jump with sprint* dan *Tubing drill* Terhadap Kecepatan Renang 50 Meter Gaya Bebas Pada Atlet Putra Kelompok Umur II *Sailfish Swimming Club* Medan

Metode penelitian yang digunakan dengan penelitian ini adalah metode eksperimen. Populasi dalam penelitian ini berjumlah 20 orang. Teknik pengambilan sampel yang di gunakan adalah *Purposive Seumpling*. Jumlah sampel atlet putra sebanyak 8 orang. Penelitian ini dilaksanakan selama 6 minggu dengan frekuensi latihan kali setiap minggu. Hasil analisis Penelitian menyimpulkan bahwa: (1) Terdapat kontribusi yang signifikan antara latihan *standing long jump with sprint* terhadap kecepatan 50 meter renang gaya bebas *Club Sailfish Swimming Club* medan 2022, hal ini dibuktikan dari hasil perhitungan $T_{hitung} 4,694 > T_{tabel} 2,570$. (2) Terdapat kontribusi yang signifikan antara latihan *Tubing drill* terhadap kecepatan 50 meter renang gaya bebas *Club Sailfish Swimming Club* medan 2022, hal ini dibuktikan dari hasil perhitungan $T_{hitung} 6,920 > T_{tabel} 2,570$. (3) Terdapat kontribusi yang signifikan antara latihan *standing long jump with sprint* dan *Tubing drill* terhadap kecepatan 50 meter renang gaya bebas *Club Sailfish Swimming Club* medan 2022, hal ini dibuktikan dari hasil perhitungan $F_{hitung} 11,412 > F_{tabel} 5,14$.

Kesimpulan yang dihasilkan dari hasil penelitian ini bahwa secara keseluruhan terdapat kontribusi yang signifikan secara bersama-sama antara latihan *Standing long jump with sprint* dan *Tubing drill* terhadap kecepatan 50 meter renang gaya bebas *Club Sailfis swimming club* medan 2022.

Kata Kunci : *Standing long jump with sprint, Tubing drill, Kecepatan, Renang*

ABSTRACT

ALDY DAULAY, (NIM.6182121002), “Contribution of Standing Long Jump With Sprint and Tubing Drill to Swimming Speed of 50 Meters Freestyle in Male Athletes Age Group II Sailfish Swimming Club Medan in 2022 (Supervisor : Imran Akhmad) Thesis : Faculty of Sport Science UNIMED, Medan 2022”

This study aims to determine the contribution of standing long jump with sprint and tubing drill exercises to the 50 meter freestyle swimming speed in male athletes in the age group II Sailfish Swimming Club Medan.

The research method used in this research is the experimental method. The population in this study amounted to 20 people. The sampling technique used is purposive sampling. The number of samples of male athletes as many as 8 people. This research was carried out for 6 weeks with a frequency of exercise every week.

The results of the research analysis concluded that: (1) There was a significant contribution between the standing long jump with sprint exercise on the speed of the 50 meter freestyle swimming Club Sailfish Swimming Club Medan 2022, this is evidenced from the calculation results $T_{count} 4,694 > T_{table} 2,570$. (2) There are a significant contribution between Tubing drill exercises to the speed of 50 meters of freestyle swimming Club Sailfish Swimming Club Medan 2022, this is evidenced by the results of the calculation $T_{count} 6,920 > T_{table} 2,570$. (3) There is a significant contribution between standing long jump with sprint and Tubing drill exercises against the speed of 50 meters freestyle swimming Club Sailfish Swimming Club in 2022, this is evidenced from the results of the calculation $F_{count} 11,412 > F_{table} 5,14$.

The conclusion from the results of this study is that overall there is a jointly significant contribution between Standing long jump with sprint and Tubing drill exercises to the speed of 50 meters of freestyle swimming Club Sailfish swimming club Medan 2022.

Keyword : Standing long jump with sprint, Tubing drill, speed, swimming