

ABSTRAK

Batang Ari Soaduon Siregar. NIM 6203121095 (2020). “Pengaruh Latihan *Resistance Band Leg Press* Dan *Two Foot Barrier Hops* Terhadap Peningkatan *Power* Otot Tungkai Dan *Long Pass* Pada Pemain Sepak Bola PSDK Desa Kolam Usia 15-16 Tahun 2025”.

(Pembimbing Skripsi: Novita)

Skripsi: Fakultas Ilmu Keolahragaan, UNIMED 2026.

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *resistance band leg press* dan *two foot barrier hops* terhadap peningkatan *power* otot tungkai dan *long pass* pada pemain sepak bola PSDK Desa Kolam Usia 15-16 Tahun 2025. Metode penelitian yang digunakan adalah metode eksperimen kuantitatif. Desain penelitian menggunakan *pre-test & post-test one grup design*. Populasi dalam penelitian ini berjumlah 18 atlet. Teknik pengambilan sampel yang digunakan adalah *purposive sampling*. Jumlah sampel atlet yang digunakan sebanyak 10 atlet. Penelitian ini dilaksanakan selama 6 Minggu dengan frekuensi latihan 3 (tiga) kali dalam seminggu. Teknik analisis data menggunakan uji normalitas, uji homogenitas dan uji-t. Hasil analisis hipotesis pertama diperoleh $t_{hitung} 6,25 > t_{tabel} 1,83$ dengan demikian H_a diterima dan H_o ditolak artinya terdapat pengaruh yang signifikan latihan *resistance band leg press* dan *two foot barrier hops* terhadap peningkatan *power* otot tungkai pada pemain sepak bola PSDK Desa Kolam Usia 15-16 Tahun 2025. Hasil analisis hipotesis kedua diperoleh $t_{hitung} 5 > t_{tabel} 1,83$ dengan demikian H_a diterima dan H_o ditolak artinya terdapat pengaruh yang signifikan latihan *resistance band leg raises* dan *two foot barrier foot hops* terhadap *long pass* pada pemain sepak bola PSDK Desa Kolam Usia 15-16 Tahun 2025.

Kata Kunci: Pengaruh, *Resistance Band Leg Press*, *Two Foot Barrier Foot*, Sepak bola

ABSTRACT

Batang Ari Soaduon Siregar. (NIM) 6203121095 (2020). “The Effect of Resistance Band Leg Press and Two-Foot Barrier Hops Training on the Improvement of Leg Muscle Power and Long Pass Performance in 15–16-Year-Old PSDK Desa Kolam Soccer Players, 2025.”

(Thesis Supervisor: Novita)

Thesis: Faculty of Sports Sciences UNIMED 2026.

This study aims to determine the effect of resistance band leg press and two-foot barrier hops training on improving leg muscle power and long pass performance in PSDK Desa Kolam soccer players aged 15–16 years (2025). The research method used was a quantitative experimental method. The study design employed a one-group pre-test and post-test design. The population in this study consisted of 18 athletes, and the sampling technique used was purposive sampling, resulting in a sample of 10 athletes. The research was conducted over six weeks, with a training frequency of three sessions per week. The data analysis techniques included normality testing, homogeneity testing, and t-test analysis. The results of the first hypothesis test showed that $t\text{-count} (6.25) > t\text{-table} (1.83)$, indicating that H_a was accepted and H_o was rejected, meaning there was a significant effect of resistance band leg press training and two foot barrier hops training on improving leg muscle power in PSDK Desa Kolam soccer players aged 15–16 years (2025). The results of the second hypothesis test showed that $t\text{-count} (5) > t\text{-table} (1.83)$, indicating that H_a was accepted and H_o was rejected, meaning there was a significant effect resistance band leg pres training and of two-foot barrier hops training on long pass performance in PSDK Desa Kolam soccer players aged 15–16 years (2025).

Keywords: Effect, Resistance Band Leg Press, Two Foot Barrier Hops, Football