ABSTRAK

Leonardo Lumbantobing NIM. 6212421006, "Pengaruh Latihan *Hurdle Drill* Dan *Ladder Drill* Terhadap Peningkatan Kelincahan Dan Kecepatan Lari Atlet Putra Binaan Unimed *Hockey Club* Tahun 2025".
(Pembimbing Skripsi: Rahma Dewi)
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Kemampuan kelincahan dan kecepatan lari atlet putra Unimed *Hockey Club* masih tergolong rendah, terlihat dari kesulitan dalam melakukan perubahan arah serta dalam mempertahankan kecepatan lari selama proses latihan. Penelitian ini bertujuan untuk mengetahui pengaruh latihan *Hurdle drill* dan *Ladder drill* terhadap peningkatan kelincahan dan kecepatan lari atlet putra binaan Unimed *Hockey Club* tahun 2025, serta perbedaan pengaruh di antara kedua latihan tersebut. Populasi penelitian berjumlah 28 atlet, dengan sampel 10 atlet yang ditentukan melalui teknik *purposive sampling* dan dibagi menjadi dua kelompok menggunakan teknik *ordinal pairing* agar kemampuan awal kedua kelompok seimbang. Metode penelitian menggunakan eksperimen dengan desain *two-group pretest-posttest design*. Instrumen yang digunakan adalah *agility t-test* untuk kelincahan dan tes kecepatan lari 30 meter untuk kecepatan lari. Hasil Uji t berpasangan pada penelitian menunjukkan bahwa latihan *Hurdle drill* berpengaruh signifikan terhadap peningkatan kelincahan (thitung = 6,098 > ttabel = 2,131) dan kecepatan lari (thitung = 8,544 > ttabel = 2,131). Latihan *Ladder drill* juga memberikan pengaruh signifikan terhadap peningkatan kelincahan (thitung = 13,081 > ttabel = 2,131) dan kecepatan lari (thitung = 7,602 > ttabel = 2,131). Namun, hasil Uji t dua sampel independen menunjukkan tidak terdapat perbedaan pengaruh yang signifikan antara kedua bentuk latihan tersebut terhadap peningkatan kelincahan (thitung = -0,037 < ttabel = 2,306) dan kecepatan lari (thitung = -0,687 < ttabel = 2,306). Dengan demikian, latihan *Hurdle drill* dan *Ladder drill* sama-sama efektif dalam meningkatkan kelincahan dan kecepatan lari atlet putra binaan Unimed *Hockey Club* tahun 2025, sehingga keduanya dapat diterapkan secara bergantian atau dikombinasikan dalam program latihan untuk mengoptimalkan performa atlet.

Kata kunci: *Hurdle Drill*, *Ladder Drill*, Kelincahan, Kecepatan lari, *Hockey*.

ABSTRACT

Leonardo Lumbantobing NIM. 6212421006, "The Effect of Hurdle Drill and Ladder Drill Training on Improving the Agility and Running Speed of Male Athletes the Unimed Hockey Club in 2025"
(Supervisior: Rahma Dewi)
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The agility and running speed of male athletes from the Unimed Hockey Club are still relatively low, as evidenced by their difficulty in changing direction and maintaining running speed during training. This study aims to determine the effect of hurdle drills and ladder drills on improving the agility and running speed of male athletes trained by the Unimed Hockey Club in 2025, as well as the differences in the effects of the two exercises. The research population consisted of 28 athletes, with a sample of 10 athletes determined through purposive sampling and divided into two groups using ordinal pairing to ensure that the initial abilities of the two groups were balanced. The research method used an experiment with a two-group pretest-posttest design. The instruments used were the agility t-test for agility and the 30-meter running speed test for running speed. The results of the paired t-test in the study showed that hurdle drill training had a significant effect on increasing agility (t-value = 6.098 > t-table = 2.131) and running speed (t-value = 8.544 > t-table = 2.131). Ladder drill training also had a significant effect on improving agility (t-value = 13.081 > t-table = 2.131) and running speed (t-value = 7.602 > t-table = 2.131). However, the results of the two-sample independent t-test showed no significant difference between the two forms of exercise in terms of improving agility (t-value = -0.037 < t-table = 2.306) and running speed (t-value = -0.687 < t-table = 2.306). Thus, both the Hurdle drill and Ladder drill are effective in improving the agility and running speed of the male athletes trained by the Unimed Hockey Club in 2025, so that both can be applied alternately or combined in a training program to optimize athlete performance.

Keywords: Hurdle Drill, Ladder Drill, Agility, Running Speed, Hockey.