

ABSTRAK

**ANGGUN AMALIA SEMBIRING. (NIM. 6211111018). Pengaruh Latihan *Circuit Training* Terhadap ketepatan *Bowling Off spin* Atlet Unimed Cricket Club (UCC) (Pembimbing : Prof. Dr. Sanusi Hasibuan, M.Kes)
Skripsi : Fakultas Ilmu Keolahragaan UNIMED 2024**

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *circuit training* terhadap ketepatan *bowling off spin* atlet unimed *cricket club* (UCC). *Circuit training* merupakan salah satu bentuk latihan yang memiliki pola menggabungkan beberapa jenis latihan dalam satu sesi latihan. Latihan *circuit* menjadi salah satu bentuk latihan yang mampu meningkatkan ketepatan *bowling off spin* bila di susun secara baik dan benar, sehingga mampu mencapai tujuan latihan dengan baik.

Penelitian ini merupakan penelitian eksperimen dengan metode *pretest - posttest one group design*. Subjek pada penelitian ini adalah atlet unimed *cricket club* (UCC) sebanyak 18 atlet. Penelitian ini dilakukan di jl. william iskandar pasar V Medan Estate. Instrument yang digunakan adalah tes *bowling off spin*. Teknik analisis data dengan menguji normalitas data dan pengujian hipotesis t.

Berdasarkan hasil penelitain yang dilakukan maka di peroleh dari nilai rata-rata awal 6.00 menjadi 11.28 yang jika dipresentasekan dengan persen pretest ada di 33,33% dan posttest 62,67% yang dimana jika dilihat ada peningkatan sebesar 29,33 %. Artinya *circuit training* dapat meningkatkan ketepatan *bowling off spin* atlet UCC sebanyak 29.33 %. Dari data tersebut di dapatlah t_{hitung} (10.480) $> t_{tabel}$ (2.110), yang artinya hipotesis alternatif (H_a) yang berbunyi “ ada Pengaruh yang signifikan latihan *circuit training* terhadap ketepatan *Bowling off spin* atlet unimed *cricket club* (UCC)” diterima. Artinya adanya pengaruh latihan *circuit training* terhadap ketepatan *Bowling off spin* pada atlet unimed *cricket club* (UCC).

Kata Kunci : Latihan *Circuit Training*, *Bowling Off spin*

ABSTRACT

ANGGUN AMALIA SEMBIRING (Nim: 6211111018). *The Effect of Circuit Training Exercises on the Correct Bowling Off spin of Unimed Cricket Club (UCC) Athletes* (Supervisor: Prof. Dr. Sanusi Hasibuan, M.Kes) Thesis: UNIMED Faculty of Sports Science 2024

This study aims to determine the effect of circuit training on the off-spin bowling accuracy of Unimed Cricket Club (UCC) athletes. Circuit training is a form of training that has a pattern of combining several types of training in one training session. Circuit training is a form of training that can improve the accuracy of off-spin bowling if it is arranged properly and correctly, so that it can achieve training goals well.

This research is experimental research with a pretest - posttest one group design method. The subjects in this study were 18 Unimed Cricket Club (UCC) athletes. This research was conducted on Jl. William Iskandar V Market Medan Estate. The instrument used is the bowling off spin test. Data analysis techniques by testing data normality and testing the T hypothesis.

Based on the results of the research carried out, the initial average value was obtained from 6.00 to 11.28, which if presented as a percentage for the pretest was 33.33% and posttest 62.67%, which if seen was an increase of 29.33%. This means that circuit training can increase the off-spin bowling accuracy of UCC athletes by 29.33%. From these data, it can be seen that $t_{count} (10,480) > t_{table} (2,110)$, which means that the alternative hypothesis (H_a) which reads "There is a significant influence of circuit training exercises on the bowling off spin accuracy of Unimed Cricket Club (UCC) athletes" is accepted. This means that there is an influence of circuit training exercises on the accuracy of Bowling off spin in Unimed Cricket Club (UCC) athletes.

Keywords: Circuit Training Exercises, Bowling Off spin

