

ABSTRAK

ANUGRAH ABTA SK NIM (6193121047), “PENGARUH LATIHAN *RESISTANCE BAND LEG PRESS* DAN *RESISITANCE BAND LYING LEG PRESS* TERHADAP *POWER* OTOT TUNGKAI HASIL *SHOOTING* PADA ATLET USIA 15-16 TAHUN SSB SEJATI PRATAMA MEDAN JOHOR TAHUN 2024”.

Pembimbing : Mahmuddin

Skripsi : Pendidikan Kepelatihan Olahraga, Fakultas Ilmu Keolahragaan, Universitas Negeri Medan

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *Resistance band leg press* dan *Resistance band lying leg press* terhadap *power* otot tungkai hasil *Shooting* siswa SSB Sejati Pratama usia 15-16 tahun. Metode yang digunakan adalah eksperimen dengan desain *one group pretest-posttest design*. Populasi yang digunakan dalam penelitian ini adalah seluruh siswa Sekolah SepakBola (SSB) Sejati Pratama yang berjumlah 35 orang dan sampel sebanyak 10 atlet dengan teknik pengambilan sampel menggunakan teknik *purposive sampling*. Teknik pengambilan data yang digunakan adalah dengan cara pengambilan *pre-test*, *treatment* dan *post-test*. Pengujian hipotesis sebesar 12,256 dan *t* tabel 1,833 maka (*thitung* > *t* tabel), sehingga dapat diketahui terdapat pengaruh yang signifikan dari pemberian variasi latihan *Resistance band leg press* dan *resisitance band lying leg press* terhadap peningkatan *power* otot tungkai siswa SSB Sejati Pratama usia 15-16 tahun. Dari analisis data *Shooting* yang telah dilakukan diketahui bahwa nilai *thitung* hipotesis sebesar 7,36 dan *t* tabel 1,833 maka (*thitung* > *t* tabel), sehingga dapat diketahui terdapat pengaruh yang signifikan dari pemberian latihan *Resistance band leg press* dan *resistance band lying leg press* terhadap peningkatan hasil *Shooting* siswa SSB Sejati Pratama usia 15-16 tahun. Oleh karena itu Terdapat Pengaruh Latihan *Resistance band leg press* dan *resistance band lying leg press* Terhadap peningkatan *Power* otot tungkai Hasil *Shooting* Pada Siswa Usia 15-16 SSB Sejati Pratama tahun 2024.

Kata kunci : *Power* otot tungkai, *Shooting*, *Resistance band leg press* dan *resisitance band lying leg press*

ABSTRAK

ANUGRAH ABTA SK NIM (6193121047), “THE EFFECT OF RESISTANCE BAND LEG PRESS AND RESISTANCE BAND LYING LEG PRESS TRAINING ON LEG MUSCLE POWER FROM SHOOTING RESULTS IN ATHLETES AGED 15-16 YEARS SSB SEJATI PRATAMA MEDAN JOHOR IN 2024”.

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This study aims to determine the effect of Resistance band leg press and Resistance band lie leg press exercises on the power of shooting range muscles of SSB Sejati Pratama students aged 15-16 years. The method used is an experiment with a one group pretest-posttest design. The population used in this study were all students of the Sejati Pratama Football School (SSB) totaling 35 people and a sample of 10 athletes with a sampling technique using a purposive sampling technique. The data collection technique used is by taking pre-test, treatment and post-test. Hypothesis testing of 12.256 and $t_{table} 1.833$ then ($t_{count} > t_{table}$), so it can be seen that there is a significant effect of providing variations of Resistance band leg press and resistance band lie leg press exercises on increasing muscle power including SSB Sejati Pratama students aged 15-16 years. From the Shooting data that has been done, it is known that the t_{count} value of the hypothesis is 7.36 and $t_{table} 1.833$ then ($t_{count} > t_{table}$), so it can be seen that there is a significant effect of providing Resistance band leg press and resistance band lie leg press exercises on increasing Shooting results of SSB Sejati Pratama students aged 15-16 years. Therefore, there is an Effect of Resistance band leg press and resistance band lie leg press Exercises on Increasing Muscle Power in Shooting Results in Students Aged 15-16 SSB Sejati Pratama in 2024.

Keywords: Leg muscle power, Shooting, Resistance band leg press and resistance band lying leg press.