

ABSTRAK

EBEN EZER MANULLANG, NIM. 6192421003. Perbedaan Pengaruh Latihan *Speed Play* dan *Continuous Running* Terhadap Peningkatan *VO2Max* Atlet Sepakbola Usia 16 Tahun Pada Sekolah Sepakbola (SSB) Putra Kalang Tahun 2024.

(Pembimbing Skripsi : Mahmuddin)

Skripsi : Fakultas Ilmu Keolahragaan UNIMED, Medan 2024

Penelitian ini bertujuan untuk mengetahui perbedaan pengaruh latihan *speed play* dan *continuous running* terhadap peningkatan *VO2Max* atlet sepakbola usia 16 tahun pada Sekolah Sepakbola (SSB) Putra Kalang tahun 2024. Penelitian ini merupakan penelitian eksperimen mengacu pada dilakukannya *pre-test*, *treatment*, dan *post-test*. Populasi penelitian ini adalah seluruh Atlet Sepakbola SSB Putra Kalang yang berusia 16 tahun berjumlah 15 atlet. Pengambilan sampel menggunakan teknik *purposive sampling*, sampel penelitian berjumlah 12 atlet. Penelitian ini dilaksanakan selama 5 minggu, yaitu dalam 18 kali pertemuan dengan frekuensi latihan 4 kali dalam seminggu. Instrumen tes yang digunakan adalah *bleep test* untuk mengukur kualitas *VO2Max* atlet. Variabel penelitian meliputi X1= latihan *speed play* X2= latihan *continuous running* dan Y= peningkatan *VO2Max*. Data dianalisis menggunakan uji-t. Di mana pada pengujian hipotesis pertama, didapatkan harga $t_{hitung} = 11,84 > t_{tabel (0,05/5)} = 2,02$, maka disimpulkan bahwa terdapat pengaruh yang signifikan dari latihan *speed play* terhadap peningkatan *VO2MAX* atlet sepakbola usia 16 tahun pada Sekolah Sepakbola (SSB) Putra Kalang tahun 2024 dengan besaran pengaruh sebesar 13,07%. Kemudian pada pengujian hipotesis kedua, didapatkan harga $t_{hitung} = 6,55 > t_{tabel (0,05/5)} = 2,02$, maka disimpulkan bahwa terdapat pengaruh yang signifikan dari latihan *continuous running* terhadap peningkatan *VO2Max* atlet sepakbola usia 16 tahun pada Kalang tahun 2024 dengan besaran pengaruh sebesar 10,75%. Selanjutnya pada pengujian hipotesis ketiga (uji t gabungan), didapatkan harga $t_{hitung} = 0,29 < t_{tabel (0,05(one tailed)/10)} = 2,02$, maka disimpulkan bahwa tidak terdapat perbedaan pengaruh latihan *speed play* dan *continuous running* terhadap peningkatan *VO2Max* atlet sepakbola usia 16 tahun pada Sekolah Sepakbola (SSB) Putra Kalang tahun 2024.

Kata kunci : Perbedaan pengaruh, *speed play*, *continuous running*, peningkatan *VO2Max*, sepakbola.

ABSTRACT

EBEN EZER MANULLANG, NIM. 6192421003. *Differences in the Effects of Speed Play and Continuous Running Training on Increasing VO2Max of 16-Year-Old Soccer Athletes at the Kalang Boys' Soccer School (SSB) in 2024.*

(Thesis Supervisor: Mahmuddin)

Thesis: Faculty of Sports Science UNIMED, Medan 2024

This study aims to determine the differences in the effects of speed play and continuous running training on increasing VO2Max of 16-year-old soccer athletes at the Kalang Boys' Soccer School (SSB) in 2024. This study is an experimental study referring to the pre-test, treatment, and post-test. The population of this study were all 16-year-old Kalang Boys' Soccer Athletes totaling 15 athletes. Sampling using purposive sampling technique, the research sample was 12 athletes. This study was conducted for 5 weeks, namely in 18 meetings with a training frequency of 4 times a week. The test instrument used was the bleep test to measure the quality of athletes' VO2Max. The research variables include X1 = speed play training X2 = continuous running training and Y = increase in VO2Max. Data were analyzed using the t-test. Where in the first hypothesis test, the t-count value was obtained = $11.84 > t_{table (0.05/5)} = 2.02$, it was concluded that there was a significant effect of speed play training on increasing the VO2Max of 16-year-old soccer athletes at the Putra Kalang Football School (SSB) in 2024 with an influence of 13.07%. Then in the second hypothesis test, the t-count value was obtained = $6.55 > t_{table (0.05/5)} = 2.02$, it was concluded that there was a significant effect of continuous running training on increasing the VO2Max of 16-year-old soccer athletes in Kalang in 2024 with an influence of 10.75%. Furthermore, in the third hypothesis test (combined t-test), the calculated t value = $0.29 < t_{table (0.05 (one tailed) / 10)} = 2.02$ was obtained, so it was concluded that there was no difference in the effect of speed play and continuous running training on increasing VO2MAX of 16-year-old soccer athletes at the Putra Kalang Soccer School (SSB) in 2024.

Keywords: *Difference in influence, speed play, continuous running, increasing VO2Max, soccer.*