

## ABSTRAK

**INDRA APRILIANDO SIPAYUNG (NIM : 6203121078), “PENGARUH LATIHAN *RESISTANCE BAND* DAN *SINGLE LEG BOUND* TERHADAP PENINGKATAN KECEPATAN TENDANGAN SABIT PADA ATLET MERPATI PUTIH SANTO PETRUS MEDAN TAHUN 2024”.**

**(Pembimbing : Albadi Sinulingga)**

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

Penelitian ini bertujuan untuk mengetahui Pengaruh latihan *resistance band* dan *single leg bound* terhadap peningkatan kecepatan tendangan sabit pada atlet merpati putih Santo Petrus Medan tahun 2024.

Penelitian ini menggunakan metode eksperimen dengan desain one group pre-test post-test design. Populasi dalam penelitian ini berjumlah 25 orang dari anggota Pencak Silat Merpati Putih Santo Petrus Medan. Adapun pengambilan sampel dalam penelitian ini dilakukan random sampling. Sampel yang digunakan pada penelitian ini berjumlah 20 orang. Teknik pengambilan data yang digunakan adalah dengan cara pengambilan pre-test dan post-test.

Mengacu atas perolehan hitungan uji *Paired Sample t-test* signifikansi latihan *resistance band* dan *single leg bound* menggunakan tes tendangan sabit sebesar  $0.001 < 0.05$  artinya  $H_0$  ditolak dan  $H_a$  diterima, oleh karena itu diambil simpulan yakni ada perbedaan yang signifikan hasil tendangan sabit dalam 10 detik pada atlet Pencak Silat Merpati Putih Santo Petrus Medan sebelum dan sesudah diberikan perlakuan latihan *resistance band* dan *single leg bound*.

**Kata kunci:** Kecepatan tendangan sabit, *resistance band*, *single leg bound*

## **ABSTRACT**

**INDRA APRILIANDO SIPAYUNG (NIM: 6203121078), "THE EFFECT OF RESISTANCE BAND AND SINGLE LEG BOUND EXERCISES ON INCREASING SCREEN KICKING SPEED IN MERPATI WHITE SANTO PETRUS MEDAN ATHLETES IN 2024".**

**(Supervisor: Albadi Sinulingga)**

**Thesis: Sports Coaching Education, Faculty of Sports Science, Medan State University.**

*This research aims to determine the effect of resistance band and single leg bound training on increasing the speed of sickle kicks in white pigeon athletes from Santo Petrus Medan in 2024.*

*This research uses an experimental method with a one group pre-test post-test design. The population in this study was 25 people from members of Pencak Silat Merpati Putih St. Petrus Medan. The sampling in this research was carried out by random sampling. The sample used in this research was 20 people. The data collection technique used is by taking pre-test and post-test.*

*Referring to the results of the Paired Sample t-test test, the significance of resistance band and single leg bound training using the sickle kick test was  $0.001 < 0.05$ , meaning that  $H_0$  was rejected and  $H_a$  was accepted, therefore the conclusion was drawn that there was a significant difference in the results of the sickle kick in 10 seconds. Pencak Silat athletes Merpati Putih St. Petrus Medan before and after being given resistance band and single leg bound training treatment.*

**Keywords: Sickle kick speed, resistance band, single leg bound**