

ABSTRAK

RIZKY ANANDA, NIM. 6153121044 JURUSAN PENDIDIKAN KEPELATIHAN OLAHRAGA DENGAN JUDUL “PERBEDAAN PENGARUH LATIHAN KNEE TUCK JUMP DAN LATIHAN SQUAT JUMP TERHADAP KECEPATAN DAN KETEPATAN SHOOTING PADA CLUB FUTSAL MEDAN CITY 2021 (PEMBIMBING: ALBADI SINULINGGA) SKRIPSI MEDAN : FAKULTAS ILMU KEOLAHRAGAAN UNIMED 2022.

Tujuan Penelitian ini adalah untuk mengetahui seberapa besar pengaruh latihan *knee tuck jump* dan *squat jump* latihan terhadap kecepatan dan ketepatan *shooting*. Dalam penelitian ini menggunakan desain *pretest-posttest design*. Data yang akan dianalisis diperoleh melalui tes dan pengukuran 14 orang sampel penelitian yakni kelompok eksperimen latihan *Knee Tuck Jump* 7 orang dan kelompok eksperimen latihan *Squat Jump* 7 orang. Dari kedua kelompok sampel tersebut dilihat pengaruh masing-masing kelompok latihan *Knee Tuck Jump* dan kelompok latihan *Squat Jump* terhadap kecepatan dan ketepatan *shooting*.

Berdasarkan hasil perhitungan yang dilakukan maka diperoleh pengujian hipotesis ketiga thitung = -1,616. Selanjutnya nilai tersebut dibandingkan dengan nilai ttabel dengan $dk = n_1 = n_2 - 2 = 7 + 7 - 2 = 12$ pada taraf signifikan $\alpha = 0,05$ adalah 2,178 dengan demikian thitung < ttabel atau -1,62 < 2,178. Hal ini berarti H_0 diterima dan H_a ditolak. Dengan demikian dapat disimpulkan bahwa latihan *knee tuck jump* tidak lebih besar pengaruhnya dibandingkan latihan *squat jump* terhadap ketepatan *shooting* dalam permainan futsal pada club futsal Medan city.

Selanjutnya hasil perhitungan terhadap kecepatan *shooting* diperoleh pengujian hipotesis keenam thitung = 0,32. Selanjutnya nilai tersebut dibandingkan dengan nilai ttabel dengan $dk = n_1 = n_2 - 2 = 7 + 7 - 2 = 12$ pada taraf signifikan $\alpha = 0,05$ adalah 2,178 dengan demikian thitung < ttabel atau 0,32 < 2,178. Hal ini berarti H_0 diterima dan H_a ditolak. Dengan demikian dapat disimpulkan bahwa latihan *knee tuck jump* tidak lebih besar pengaruhnya dibandingkan latihan *squat jump* terhadap kecepatan *shooting* dalam permainan futsal pada club futsal Medan city.

Kata Kunci : *Knee tuck Jump, Squat Jump, Kecepatan, Ketepatan dan Shooting.*

ABSTRACT

RIZKY ANANDA, NIM. 6153121044 DEPARTMENT OF SPORT TRAINING EDUCATION WITH THE TITLE “DIFFERENT EFFECTS OF KNEE TUCK JUMP EXERCISE AND SQUAT JUMP TRAINING ON SHOOTING SPEED AND ACCURACY IN CLUB FUTSAL MEDAN CITY 2021 (SUPERVISOR : ALBADI SINULINGGA) THESIS FIELD: FACULTY OF SPORTS SCIENCE UNIMED 2022.

The purpose of this study was to determine how much influence the knee tuck jump and squat jump exercises have on the speed and accuracy of shooting. In this study using a pretest-posttest design. The data to be analyzed was obtained through tests and measurements of 14 research samples, namely the experimental group for the Knee Tuck Jump exercise of 7 people and the experimental group for the Squat Jump exercise of 7 people. From the two sample groups, the effect of each group on the Knee Tuck Jump exercise group and the Squat Jump training group on shooting speed and accuracy was seen.

Based on the results of the calculations carried out, the third hypothesis testing was obtained $t_{count} = -1,616$. Furthermore, this value is compared with the t_{table} value with $dk = n_1 = n_2 - 2 = 7 + 7 - 2 = 12$ at the significant level = 0.05 is 2.178, thus $t_{count} < t_{table}$ or $-1.62 < 2.178$. This means that H_0 is accepted and H_a is rejected. Thus, it can be concluded that the knee tuck jump exercise has no greater effect than the squat jump exercise on the accuracy of shooting in the futsal game at the Medan city futsal club. Furthermore,

the results of the calculation of the shooting speed obtained by testing the sixth hypothesis $t_{count} = 0.32$. Furthermore, this value is compared with the t_{table} value with $dk = n_1 = n_2 - 2 = 7 + 7 - 2 = 12$ at the significant level = 0.05 is 2.178, thus $t_{count} < t_{table}$ or $0.32 < 2.178$. This means that H_0 is accepted and H_a is rejected. It can be concluded that the knee tuck jump exercise has no greater effect than the squat jump exercise on shooting speed in the futsal game at the Medan city futsal club.

Keywords: *Knee tuck Jump, Squat Jump, Speed, Accuracy and Shooting.*