

ABSTRAK

**Mangihut Bonansa Situmorang (NIM. 6213121031). “Perbedaan Pengaruh Latihan *Resistance Band* Dan *Ankle Weight* Terhadap Peningkatan *Power* Otot Tungkai Dan Kemampuan *Shooting* Pemain Usia 13-17 Tahun Sekolah Sepakbola Generasi Sampali Tahun 2025”. (Pembimbing Skripsi : Novita)
Skripsi : Fakultas Ilmu Keolahragaan, UNIMED 2026.**

Sepakbola merupakan olahraga beregu yang sangat populer didunia. Permainan ini menuntut keterampilan teknik, taktik, serta kondisi fisik yang prima untuk mendukung performa pemain dilapangan. Salah satu komponen fisik yang berperan penting dalam sepakbola adalah *power* otot tungkai yang mendukung kemampuan pemain dalam menendang bola, melakukan *akselerasi*, *sprint*, maupun lompatan. Latar belakang penelitian ini adalah berdasarkan observasi secara umum *power* otot tungkai dan kemampuan *shooting* pemain belum optimal. Kondisi ini menunjukkan perlunya program latihan yang dapat meningkatkan daya ledak otot tungkai dan kontrol gerak, seperti latihan *resistance band* dan *ankle weight* yang diyakini mampu meningkatkan kemampuan *shooting* dan *power* otot tungkai.

Penelitian ini bertujuan untuk mengetahui perbedaan pengaruh latihan *resistance band* dan *ankle weight* Terhadap Peningkatan *power* Otot Tungkai dan Kemampuan *shooting* Pada Pemain Usia 13-17 Tahun Sekolah Sepak Bola Generasi Sampali Tahun 2025. Penelitian ini menggunakan metode eksperimen semu dengan desain *randomized pre-test and post-test two group design*. Sampel penelitian berjumlah 10 pemain yang dipilih menggunakan teknik *purposive sampling*, kemudian dibagi menjadi 2 kelompok masing masing 5 pemain. Hasil penelitian menunjukan bahwa (1) Latihan *resistance band* memberikan pengaruh yang signifikan terhadap peningkatan *power* otot tungkai pada pemain usia 13-17 tahun Sekolah Sepak Bola Generasi Sampali Tahun 2025. (2) Latihan *ankle weight* juga memberikan pengaruh yang signifikan terhadap peningkatan *power* otot tungkai pada pemain usia 13-17 tahun Sekolah Sepak Bola Generasi Sampali Tahun 2025. (3) Latihan *resistance band* tidak lebih besar pengaruhnya apabila dibandingkan latihan *ankle weight* terhadap peningkatan *power* otot tungkai pemain usia 13-17 tahun Sekolah Sepak Bola Generasi Sampali Tahun 2025. (4) Latihan *resistance band* terbukti memberikan pengaruh yang signifikan terhadap peningkatan kemampuan *shooting* pada pemain usia 13-17 tahun Sekolah Sepak Bola Generasi Sampali Tahun 2025. (5) Latihan *ankle weight* memberikan pengaruh yang signifikan terhadap peningkatan kemampuan *shooting* pada pemain usia 13-17 tahun Sekolah Sepak Bola Generasi Sampali Tahun 2025. (6) Latihan *resistance band* secara signifikan tidak lebih besar pengaruhnya apabila dibandingkan latihan *ankle weight* terhadap peningkatan kemampuan *shooting* pada pemain usia 13-17 tahun Sekolah Sepak Bola Generasi Sampali Tahun 2025.

Kata Kunci: *Resistance Band*, *Ankle Weight*, *Power* Otot Tungkai, *Shooting*, Sepakbola

ABSTRACT

MangihutBonansaSitumorang (Student ID: 6213121031). “Differences in the Effects of Resistance Band and Ankle Weight Training on the Improvement of Leg Muscle Power and Shooting Ability of Players Aged 13–17 Years at GenerasiSampali Soccer School in 2025.”(Supervisor: Novita)
Thesis: Faculty of Sports Science, Universitas Negeri Medan, 2026.

Football is a very popular team sport worldwide. This game demands technical and tactical skills, as well as excellent physical condition to support player performance on the field. One crucial physical component in football is leg muscle power, which supports players' ability to kick the ball, accelerate, sprint, and jump. The background of this study is based on general observations that players' leg muscle power and shooting ability are suboptimal. This condition indicates the need for a training program that can increase leg muscle explosiveness and motor control, such as resistance band and ankle weight training, which are believed to improve shooting ability and leg muscle power.

This study aims to determine the differences in the effects of resistance band and ankle weight training on improving leg muscle power and shooting ability in players aged 13-17 years at the Sampali Generation Football School in 2025. This study used a quasi-experimental method with a randomized pre-test and post-test two-group design. The study sample consisted of 10 players selected using purposive sampling and then divided into two groups of five players each. The results of the study showed that (1) Resistance band training had a significant effect on increasing leg muscle power in players aged 13-17 years at the Sampali Generation School in 2025. (2) Ankle weight training also had a significant effect on increasing leg muscle power in players aged 13-17 years at the Sampali Generation Football School in 2025. (3) Resistance band training had no greater effect than ankle weight training on increasing leg muscle power in players aged 13-17 years at the Sampali Generation Football School in 2025. (4) Resistance band training was proven to have a significant effect on increasing shooting ability in players aged 13-17 years at the Sampali Generation Football School in 2025. (5) Ankle weight training had a significant effect on increasing shooting ability in players aged 13-17 years at the Sampali Generation Football School in 2025. (6) Resistance band training had no significantly greater effect than ankle weight training on increasing shooting ability in players aged 13-17 years at the Sampali Generation School Until 2025.

Keywords: Resistance Band, Ankle Weight, Leg Muscle Power, ShootingAbility, Soccer.