

ABSTRAK

Tuah Iwan Ramadan (6213121103). “Pengaruh Latihan *Ladder Drill* dan *Jumping Lunge* Terhadap Peningkatan Power Otot Tungkai dan Kecepatan Tendangan Sabit Pada Atlet Perguruan PSHT SMA Al – Hikmah Tahun 2025” (Pembimbing: Irwansyah Siregar) Skripsi: Fakultas Ilmu Keolahragaan.

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *ladder drill* terhadap peningkatan tendangan sabit dengan kecepatan oleh atlet pencak silat Perguruan PSHT SMA Al-Hikmah Tahun 2025. Penelitian ini berdasarkan latar belakang rendahnya kemampuan kecepatan tendangan sabit atlet yang diperlihatkan pada hasil observasi dan tes awal, di mana sebagian besar atlet berada pada kategori kurang hingga sangat kurang. Kecepatan tendangan sabit merupakan salah satu komponen biomotor penting dalam pencak silat karena berpengaruh langsung terhadap efektivitas serangan dan perolehan poin dalam pertandingan. Metode eksperimen seperti desain *one group pretest-posttest* digunakan oleh penelitian ini. Sampel penelitian adalah atlet pencak silat Perguruan PSHT SMA Al-Hikmah yang dipilih menggunakan teknik total sampling. Instrumen penelitian yang digunakan berupa tes kecepatan tendangan sabit dengan menggunakan *hand box/pacing pad*. Program latihan *ladder drill* diberikan secara sistematis dan terprogram selama periode latihan yang telah ditentukan. Data yang diperoleh dianalisis menggunakan uji normalitas, uji homogenitas, dan uji hipotesis yang memakai uji *t* atau *paired sample t-test*. Data berdistribusi normal dan homogen ditunjukkan melalui hasil penelitian ini. Uji hipotesis pada latihan *ladder drill* menunjukkan adanya pengaruh yang signifikan terhadap peningkatan tendangan sabit pada kecepatan atlet pencak silat. Hal ini dibuktikan dengan nilai *t* hitung yang lebih besar daripada nilai *t* tabel, serta adanya peningkatan nilai rata-rata kecepatan tendangan sabit pada hasil tes akhir dibandingkan tes awal. Berdasarkan hasil penelitian dapat disimpulkan bahwa latihan *ladder drill* efektif dalam meningkatkan kecepatan tendangan sabit atlet pencak silat. Oleh karena itu, latihan *ladder drill* direkomendasikan sebagai salah satu metode latihan fisik yang dapat diterapkan oleh pelatih untuk meningkatkan performa atlet pencak silat, khususnya pada aspek kecepatan tendangan.

Kata Kunci: *Jumping Lunge*, *Ladder Drill*, Pencak Silat

ABSTRACT

Tuah Iwan Ramadan (6213121103). “The Effect of Ladder Drill and Jumping Lunge Training on Increasing Leg Muscle Power and the Speed of Crescent Kicks in PSHT Athletes of Al-Hikmah Senior High School in 2025” (Supervisor: Irwansyah Siregar). Thesis: Faculty of Sports Science.

This study aimed to determine the effect of ladder drill training on improving the speed of crescent kicks among pencak silat athletes of PSHT at Al-Hikmah Senior High School in 2025. This research was based on the low ability of athletes in performing crescent kicks quickly, as shown in the results of observations and initial tests, where most athletes were categorized as poor to very poor. The speed of the crescent kick is one of the important biomotor components in pencak silat because it directly affects the effectiveness of attacks and the acquisition of points in matches. This study used an experimental method with a one group pretest–posttest design. The research sample consisted of pencak silat athletes of PSHT at Al-Hikmah Senior High School who were selected using the total sampling technique. The research instrument used was a crescent kick speed test using a hand box/pacing pad. The ladder drill training program was carried out systematically and in a structured manner during the predetermined training period. The collected data were analyzed using normality tests, homogeneity tests, and hypothesis testing using the t-test or paired sample t-test. The results of the study showed that the data were normally distributed and homogeneous. The hypothesis testing of ladder drill training indicated a significant effect on improving the speed of crescent kicks among pencak silat athletes. This was proven by the calculated t-value which was greater than the t-table value, as well as an increase in the average score of crescent kick speed in the final test compared to the initial test. Based on the results of the study, it can be concluded that ladder drill training is effective in improving the speed of crescent kicks of pencak silat athletes. Therefore, ladder drill training is recommended as one of the physical training methods that can be applied by coaches to improve the performance of pencak silat athletes, particularly in the aspect of kick speed.

Keywords: Jumping Lunge, Ladder Drill, Pencak Silat