ABSTRACK

DEDE NOVI FAUZIAH EFFECTIVENESS OF TRAINING METHODS OF ABC RUNS AND HURDLE DRILLS TOWARD STRAIGHT KICK SPEED ON PENCAK SILAT ATHLETES OF THE STATE UNIVERSITY OF JAKARTA.
Undergraduated Thesis: Jakarta, Sport Coaching Education, Faculty Of Sport Science, Jakarta State University, Juli 2019.

This study was aimed to determine the effectiveness of training methods of abc runs and hurdle drills toward straight kick speed on Pencak Silat atlets of the State University of Jakarta. Pre-test was did and collected B Campus of the State University of Jakarta while the implementation of the study was carried out at Jakarta International Velodrome which was conduted from 12 June 2019 to 10 July 2019. This study used the experimental methods. The data sources were Pencak Silat athletes of the State University of Jakarta totaling 60 people. The technique used to collect samples is purposive sampling where the researcher sets certain criteria to get the desired sample, so that from 60 people filtered 22 people. The instrument was used a straight kick speed test for 10 seconds, which has been validated by experts.

The data analysis techniques was using t test analysis techniques. That was did by comparing the value of th with tt between the null hypothesis (H0) and the experimental hypothesis (H1) with degrees of freedom (db) (N1 + N2-2) = 22 at the level of trust (α) = 0, 05 with tt 1,724. The results of the study concluded that: The exercise methods of abc runs is effective in increasing the speed of the straight kick of Pencak Silat athletes in State University of Jakarta. With the calculation results obtained by t_{count} of 6.48 and t_{table} of 1.812 with a significant level (α) = 0.05. Whereas the results obtained

by the exercise methods of hurdle drills were t_{count} of 12,60 dan t_{table} of 1,812 with a significant level (α) = 0.05. There were no significant difference between the abc run and hurdle drills. The calculation results obtained by t_{count} of 0.24 and t_{table} of 1.724 with a significant level (α) = 0.05.