

ABSTRACT

NUGROHO SANTOSO. COMPARISON OF PYRAMID TRAINING METHODS AND MULTIPLE SET TRAINING METHOD OF INCREASE IN LEG MUSCLE STRENGTH ON MEN HOCKEY TEAM UNIVERSITAS NEGERI JAKARTA. JAKARTA : Coaching Education Program, Faculty of Sport Science, Universitas Negeri Jakarta, June 2016

This study aims to determine several things:

1) Pyramid training method increases leg muscle strength men's hockey team State University of Jakarta. 2) Method of multiple sets of exercise increases leg muscle strength men's hockey team State University of Jakarta. 3) comparison of pyramid training method is more effective than multiple sets of training methods to increase leg muscle strength in male hockey team, State University of Jakarta.

The research process until the final stages, namely data processing, carried out from January to June 2016 on the campus of the State University of Jakarta b. Using the experimental method, the number of meetings as many as 16 sessions. The population and the sample studied was 30 athletes sons hockey Jakarta State University, this study apply the single leg press exercise using two methods pyramid and methods of multiple sets.

Based on the results of the study, 1) a comparison of data on the beginning and end of the pyramid training method, the standard deviation of the difference value of 26.71, the value of the standard error of the mean difference 7.14, then the values obtained $T(t)$ 15.35 and $T_{(t)}$ (t table) by 2.14. Means a significant increase results pyramid method to the leg muscle strength son's hockey team UNJ. 2) a comparison of data at the beginning and end of training methods multiple sets, the standard deviation of the

difference value of 17.76, the value of the standard error of the mean difference of 5.65, then the values obtained T tabel(t) and T 15.84 (t table) by 2.14. Means a significant increase single leg press exercise results using multiple sets of the leg muscle strength son's hockey team UNJ. 3) The final test data comparisons between methods pyramid method and multiple sets to increase leg muscle strength son's hockey team UNJ, average variable x (pyramid) of a standard deviation of 38.57 and 506.73 1487.92 variants. The average variable y (multiple sets) amounted to 481.46, the standard deviation and variance 2007.71 44.80. then obtained value t count 1.6. While the t-table value at 2.05. So $t < t\text{-table}$. It can be concluded, pyramid method is more effective than the method of multiple sets to increase leg muscle strength son's hockey team, State University of Jakarta, only differences resulting increase in leg muscle strength in both methods was not significant.