

Atiq Firman Aziz. Efektivitas Latihan Hurdle Hops dan Knee Tuck Jump Terhadap Power Shooting Siswa Ekstrakurikuler Futsal SMAN 93 Jakarta. Skripsi, Jakarta : Program Studi Konsentrasi Kepeleatihan Olahraga, Fakultas Ilmu Keolahragaan, Universitas Negeri Jakarta 2019.

ABSTRAK

Penelitian ini bertujuan untuk mengetahui : 1) efektivitas latihan *hurdle hops* terhadap peningkatan *power shooting*, 2) efektivitas latihan *knee tuck jump* terhadap peningkatan *power shooting*, 3) manakah yang lebih efektif antara metode latihan *hurdle hops* dan *knee tuck jump* terhadap peningkatan *power shooting* siswa ekstrakurikuler *Futsal* SMAN 93 Jakarta. Penelitian ini dilakukan di SMAN 93 Jakarta tepatnya di Komplek Paspampres Kramat Jati Jakarta Timur. Penelitian ini menggunakan metode eksperimen dimana memberikan perlakuan berupa latihan *plyometric* kepada dua kelompok yang berbeda. Kelompok pertama diberikan metode latihan *hurdle hops*, dan kelompok kedua dengan metode latihan *knee tuck jump*. Untuk mengetahui peningkatan *power shooting* pada siswa ekstrakurikuler *Futsal* SMAN 93 Jakarta yaitu dengan menggunakan alat pengukur *power* tendangan. Teknik sampel yang digunakan yaitu *purposive sampling* dengan sampel yang diambil yaitu 20 siswa laki-laki yang mengikuti ekstrakurikuler *Futsal* di SMAN 93 Jakarta. Teknik pengujian hipotesis menggunakan teknik analisa dengan uji-t pada taraf signifikan $\alpha = 0,05$. Dari hasil tes kedua metode latihan tersebut diperoleh nilai rata-rata terakhir sebesar 65.57 untuk *hurdle hops* dan 63.84 untuk *knee tuck jump*, dan juga diperoleh simpangan baku sebesar 18.41 dan 25.1. Berdasarkan hasil rata-rata diperoleh skor tertinggi pada kelompok latihan *hurdle hops* dibandingkan dengan kelompok *knee tuck jump*. Untuk mengetahui adanya perbedaan antara kelompok X dan Y maka ditentukan dengan menguji uji t yaitu t_{hitung} sebesar 15.17 dan t_{tabel} pada taraf signifikan 0.05 df $(n-1) = 9$ adalah 2,26. Maka $t_{hitung} > t_{tabel}$. Maka H_0 ditolak yang berarti terdapat perbedaan yang signifikan antara latihan *hurdle hops* dan *knee tuck jump* terhadap peningkatan *power shooting* siswa ekstrakurikuler *Futsal* SMAN 93 Jakarta.

Kata Kunci : *Futsal, Plyometric, Power Shooting.*

Atiq Firman Aziz. Effectiveness of Hurdle Hops and Knee Tuck Jump Exercises on Power Shooting Students in Futsal Extracurricular at 93 Senior High School Jakarta. Thesis, Jakarta: Sports Coaching Concentration Study Program, Faculty of Sports Sciences, State University of Jakarta, 2019.

ABSTRACT

This study aims to determine: 1) the effectiveness of hurdle hops training on increasing power shooting, 2) the effectiveness of knee tuck jump exercises on increasing power shooting, 3) which is more effective between hurdle hops and knee tuck jump training methods for increasing power shooting of extracurricular students Futsal of 93 senior high school Jakarta. This research was conducted at 93 senior high school Jakarta, precisely in the Paspampres Complex, Kramat Jati, East Jakarta. This study used an experimental method which gave treatment in the form of plyometric exercises to two different groups. The first group was given the hurdle hops training method, and the second group with the knee tuck jump training method. To find out the increase in power shooting on extracurricular Futsal students at 93 senior high school Jakarta, that is by using a kick power measuring device. Samples taken were 20 male students who participated in Futsal extracurricular activities at 93 senior high school Jakarta. Hypothesis testing technique uses analysis techniques with t-test at a significant level $\alpha = 0.05$. From the results of the second test the training methods obtained the last average value of 65.57 for hurdle hops and 63.84 for knee tuck jumps, and also obtained standard deviations of 18.41 and 25.1. Based on the average results obtained the highest score in the hurdle hops group compared to the knee tuck jump group. To find out the difference between the groups X and Y, it is determined by testing the t test, namely tcount of 15.17 and t table at a significant level of 0.05 df (n-1) = 9 is 2.26. Then $t_{hitung} > t_{table}$. So H_0 is rejected, which means there is a significant difference between hurdle hops and knee tuck jump exercises to increase power shooting of extracurricular Futsal students at 93 senior high school Jakarta.

Keyword : Futsal, Plyometric, Power Shooting.