MODEL BELAJAR LARI CEPAT BERBASIS *AGILITY BALANCE COORDINATION* PADA ANAK USIA 10 SAMPAI 12 TAHUN

ABSTRAK

Tujuan penelitian ini adalah menghasilkan produk model belajar lari cepat berbasis *Agility Balance Coordination* pada anak usia 10 sampai 12 tahun diterapkan dalam proses belajar lari cepat di Club cabang Atletik maupun di Sekolah Dasar. Model belajar tersebut diharapkan dapat membantupelatih pada saat proses belajar lari cepat dalam pendidikan jasmani, khususnya pada materi gerak dasar lari cepat. Penelitian ini menggunakan metode BORG & GALL, dalam penelitian BORG & GALLada 10 tahapan, namun pada kondisi COVID-19 ini peneliti hanya menggunakan 6 tahapan yaitu Studi Pendahuluan, Merencanakan Penelitian, Pengembangan Desain, uji produk, Uji Kelayakan, Revisi Final Hasil Uji Kelayakan. Produk hasil penelitian yang berupa model lari cepat berbasis *Agility Balance Coordination* pada anak usia 10 – 12 tahuntelah divalidasi dan direvisi oleh ahli atletik, ahli strengh and conditioning, ahli pembelajaran gerak dasar sebanyak 16 model. Data dikumpulkan melalui kegiatan dokumentasi, wawancara, dan observasi. Analisis data dilakukan secara deskriptif. Hasil penelitian berupa buku model belajar lari cepat berbasis *Agility Balance Coordination* pada anak usia 10 – 12 tahun, dan membuktikan bahwa telah dinyatakan valid dan dapat diterapkan untuk usia 10 – 12 tahun oleh ahli atletik,ahli strengh and conditioning, ahli pembelajaran gerak dasar.

Kata Kunci: model belajar, lari cepat, *Agility Balance Coordination*

MODEL FAST LEARNING BASED ON *AGILITY BALANCE COORDINATION* IN CHILDREN AGED 10 TO 12 YEARS

ABSTRACT

The purpose of this study is to produce a model of learning to run fast based on Agility, Balance, Coordination in children aged 10 to 12 years applied in the process of learning to run fast in the Athletic Club Club and in Elementary Schools. The learning model is expected to be able to help trainers when learning to run fast in physical education, especially on the basic material of fast running. This research uses the BORG & GALL method, in the BORG & GALL study there are 10 stages, but in this COVID-19 condition the researcher only uses 6 stages namely Preliminary Study, Planning Research, Design Development, product testing, Feasibility Test, Final Revision of Feasibility Test Results. The product of the research in the form of a sprint model based on Agility, Balance, Coordination in children aged 10 - 12 years has been validated and revised by athletic experts, experts in strengh and conditioning, as many as 16 basic motion learning experts. Data is collected through documentation, interview and observation activities. Data analysis was performed descriptively. The results of the study are in the form of a book model of learning to run fast based on Agility, Balance, Coordination in children aged 10-12 years, and prove that it has been declared valid and can be applied for ages 10-12 years by athletic experts, experts in strengh and conditioning, experts in basic motion learning .

Keywords: *learning model, running fast, Agility, Balance, Coordination*