

**PERBANDINGAN LATIHAN *SKIPPING* DAN *LADDER DRILL*  
TERHADAP PENINGKATAN KELINCAHAN *FOOTWORK* ATLET  
KLUB OLAHRAGA PRESTASI (KOP) BULUTANGKIS UNIVERSITAS  
NEGERI JAKARTA**

**ABSTRAK**

Tujuan penelitian ini adalah untuk mengetahui Perbandingan Latihan *Skipping* Dan *Ladder Drill* Terhadap Peningkatan Kelincahan *Footwork* Atlet Klub Olahraga Prestasi (KOP) Bulutangkis Universitas Negeri Jakarta. Penelitian ini dilaksanakan di Hall A Fakultas Ilmu Olahraga Universitas Negeri Jakarta, Rawamangun, Jakarta timur. Adapun waktu penelitian selama 2 bulan. Jadwal latihan dilaksanakan pada hari senin, Selasa, Kamis. Penelitian ini menggunakan metode eksperimen, dengan sampel yang digunakan *Total Sampling* dengan jumlah sampel 20 orang atlet Klub Olahraga Prestasi (KOP) Bulutangkis Universitas Negeri Jakarta. Teknik analisis data yang digunakan dalam penelitian ini adalah menggunakan teknik analisis Uji-t pada taraf signifikansi  $\alpha = 5\%$ . Instrumen yang digunakan untuk mengukur kelincahan *footwork* atlet menggunakan *court agility test*. Dari data yang ada dari hasil tes akhir kelompok latihan *skipping* dan latihan *ladder drill* diperoleh nilai  $t_{hitung}$  sebesar 0,342 selanjutnya diuji dengan  $t_{tabel}$  pada taraf signifikan 5% dan derajat kebebasan  $(N1+N2)-2=18$  diperoleh  $t_{tabel}$  sebesar 2,101 yang berarti nilai  $t_{hitung} < t_{tabel}$  dengan demikian uji t menyimpulkan bahwa hasil latihan *skipping* dan latihan *ladder drill* tidak terdapat perbedaan (signifikan), maka  $H_0$  diterima dan  $H_1$  ditolak. Berdasarkan hasil data tes akhir yang didapat dan setelah dihitung dalam statistik uji t, hasil yang diperoleh terdapat perbedaan secara signifikan atau hasil antara latihan *ladder drill* lebih baik dibandingkan latihan *skipping*.

**Kata Kunci : Latihan *Skipping*, Latihan *Ladder Drill*, Kelincahan *Footwork*, Atlet Bulutangkis**

**COMPARISON OF SKIPPING AND LADDER DRILL TRAINING ON THE INCREASING OF FOOTWORK BEHAVIOR AT SPORT CLUB SPORT ACHIEVEMENT BULUTANGKIS STATE UNIVERSITY JAKARTA**

**ABSTRACT**

*The purpose of this study was to determine the Comparison of Skipping and Ladder Drill Exercises Against the Increased Agility of Athletes Sports Club Badminton Performance at Jakarta State University. This research was conducted in Hall A, Faculty of Sport Sciences, Jakarta State University, Rawamangun, East Jakarta. The research time is 2 months. Training schedule is held on Monday, Tuesday, Thursday. This study used an experimental method, with the sample used Total Sampling with a sample of 20 athletes of the Badminton Sports Achievement Club, State University of Jakarta. The data analysis technique used in this study was to use the t-test analysis technique at the significance level  $\alpha = 5\%$ . The instrument used to measure the agility of athlete's footwork uses a court agility test. From the available data from the final test results of the skipping and ladder drill group, the tcount value of 0.342 was further tested with a ttable at a significant level of 5% and the degree of freedom  $(N1 + N2) - 2 = 18$  obtained a ttable of 2.101 which means tcount < ttable thus the t test concluded that the results of skipping and ladder drill exercises had no difference (significant), then  $H_0$  was accepted and  $H_1$  was rejected. Based on the results of the final test data obtained and after being calculated in the t test statistics, the results obtained there are significant differences or the results between ladder drill exercises are more effective than skipping exercises.*

**Keywords:** *Skipping Training, Ladder Drill Training, Footwork Agility, Badminton Athletes*