

Efektivitas Latihan Pliometrik Double Leg Speed Hop Dan Frog Jump Terhadap Power Shooting Pada Siswa Inafootball Soccer School.

ABSTRAK

Penelitian ini bertujuan untuk mengetahui: 1). Latihan pliométrik *double leg speed hop* dapat meningkatkan *power shooting* 2) Latihan pliométrik *frog jump* dapat meningkatkan *power shooting*, 3) Latihan pliométrik *double leg speed hop* lebih efektif daripada latihan pliométrik *frog jump* dalam meningkatkan *power shooting*. Penelitian ini dilaksanakan mulai dari bulan Agustus 2019 sampai Januari 2020. Pengambilan data dilaksanakan pada bulan November - Desember 2019 pada siswa *Inafootbaal Soccer School*, Jakarta.

Adapun populasi dalam penelitian ini adalah siswa *Inafootbaal Soccer School* usia 17 – 18 tahun. Sedangkan untuk teknik pengambilan sampel menggunakan teknik *simple random sampling*. Sehingga, sampel yang digunakan berjumlah 30 orang siswa *Inafootbaal Soccer School*. Instrumen penelitian yang digunakan dalam penelitian ini adalah alat pengukur *power shooting*.

Hasil penelitian menunjukkan bahwa: 1). Latihan pliométrik *double leg speed hop* dapat meningkatkan *power shooting*. Hal ini dapat dilihat dari hasil $t_{hitung} = 6.42 > t_{tabel} = 1.71$ dengan taraf signifikansi 0.05. 2) Latihan pliométrik *frog jump* dapat meningkatkan *power shooting*, Hal ini dapat dilihat dari hasil $t_{hitung} = 3.33 > t_{tabel} = 1.71$ dengan taraf signifikansi 0.05. 3) Latihan pliométrik *double leg speed hop* lebih efektif daripada latihan pliométrik *frog jump* dalam meningkatkan *power shooting*. Hal ini dapat dilihat dari hasil $t_{hitung} = 3.63 > t_{tabel} = 2.47$ dengan taraf signifikansi 0.025.

Kata Kunci : *Double Leg Speed Hop, Frog Jump, Power Shooting, Plyometrik*

The Effectiveness of Double Leg Speed Hop and Frog Jump Pliometric Exercises Against Power Shooting in Inafootball Soccer School Students.

ABSTRACT

This study aims to find out: 1). Double leg speed hop plyometric exercises can increase power shooting 2) Frog jump plyometric exercises can improve power shooting, 3) Double leg speed hop plyometric exercises are more effective than frog jump plyometric exercises in increasing power shooting This research was conducted from August 2019 to January 2020. Data retrieval is carried out in November - December 2019 on students of Inafootbaal Soccer School, Jakarta.

The population in this study were students of Inafootbaal Soccer School aged 17-18 years. As for the sampling technique using simple random sampling technique. Thus, the sample used was 30 students of Inafootbaal Soccer School. The research instrument used in this study was a measurement of power shooting.

The results showed that: 1). Double leg speed hop plyometric exercises can increase power shooting. This can be seen from the results of $t_{count} = 6.42 > t_{table} = 1.71$ with a significance level of 0.05. 2) Frog jump plyometrics exercises can improve power shooting, This can be seen from the results of $t_{count} = 3.33 > t_{table} = 1.71$ with a significance level of 0.05.3) Double leg speed hop plyometrics exercises are more effective than frog jump pliometric exercises in increasing power shooting. This can be seen from the results of $t_{count} = 3.63 > t_{table} = 2.47$ with a significance level of 0.025.

Keywords : Double Leg Speed Hop, Frog Jump, Power Shooting, Plyometrics