

**DAMPAK PENERAPAN *COMPLEMENTARY TRAINING* TERHADAP
PENINGKATAN *SPEED* PADA PEMAIN FUTSAL PUTRI**

SKRIPSI

Diajukan untuk Memenuhi Salah Satu Syarat
Memperoleh Gelar Sarjana Pendidikan



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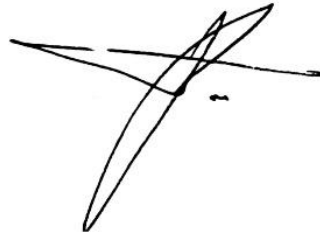
**DAMPAK PENERAPAN *COMPLEMENTARY TRAINING* TERHADAP
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ABSTRAK

DAMPAK PENERAPAN *COMPLEMENTARY TRAINING* TERHADAP PENINGKATAN *SPEED* PADA PEMAIN FUTSAL PUTRI

Pembimbing: I. Dr. H. Dikdik Zafar Sidik, M.Pd.

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Kondisi fisik adalah komponen yang sangat penting di dalam olahraga prestasi, termasuk di dalam permainan futsal. Karakteristik permainan futsal sangat cepat dan dinamis, sehingga pemain harus memiliki kondisi fisik yang bagus, terutama kecepatan. Kecepatan adalah aspek yang sangat diperlukan dalam permainan futsal karena permainan futsal dominan cepat, dan kecepatan akan menjadi hal yang penting untuk strategi dan taktik permainan. Penelitian ini bertujuan untuk mengetahui dampak model *complementary training* terhadap *speed* pada pemain futsal putri. Metode yang digunakan dalam penelitian ini adalah eksperimen dengan desain *pre-test post-test control group design*. Sampel dalam penelitian ini terdiri dari 9 atlet futsal putri dan teknik penelitian ini menggunakan *purposive sampling*. Instrumen dalam penelitian ini menggunakan 20 Meter *Dash Sprint* untuk mengukur kemampuan kecepatan atlet. Analisis data menggunakan *Uji Shapiro-Wilk* dan *Paired Sample T-Test*. Hasil penelitian menunjukkan bahwa terdapat pengaruh yang signifikan antara hasil tes awal dan hasil tes akhir model *complementary training* terhadap peningkatan *speed*. *Complementary training* memberikan peningkatan kemampuan sebesar 5% pada pemain futsal putri. Penelitian ini menyimpulkan bahwa model pelatihan *complementary training* efektif digunakan untuk meningkatkan *speed* pemain futsal putri. Disarankan bagi pelatih futsal untuk memasukkan model *complementary training* yang merancang proses pemulihan atau *recovery* dalam program latihan agar dapat membantu meningkatkan performa atlet dengan lebih maksimal.

Kata Kunci: *Complementary Training*, Pemain Futsal Putri, Prinsip Individu, *Speed*

ABSTRACT

THE IMPACT OF COMPLEMENTARY TRAINING ON INCREASING SPEED IN FEMALE FUTSAL PLAYERS

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Physical condition is a very important component in sports performance, including in the game of futsal. The characteristics of futsal games are very fast and dynamic, so players must have good physical condition, especially speed. Speed is an indispensable aspect in futsal games because futsal games are dominantly fast, and speed will be important for game strategy and tactics. This study aims to determine the impact of the complementary training model on speed in female futsal players. The method used in this research is an experiment with a pre-test post-test control group design. The sample in this study consisted of 9 female futsal athletes and the research technique used purposive sampling. The instrument in this study used the 20 Meter Dash Sprint to measure the athlete's speed ability. Data analysis using the Shapiro-Wilk Test and Paired Sample T-Test. The results showed that there was a significant influence between the initial test results and the final test results of the complementary training model on increasing speed. Complementary training provides an increase in ability by 5% in female futsal players. This study concludes that the complementary training model is effectively used to increase the speed of female futsal players. It is recommended for futsal coaches to include a complementary training model that designs the recovery process in the training program in order to help improve athlete performance more optimally.

Keywords: Complementary Training, Female Futsal Players, Individual Principles, Speed

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