

**DAMPAK PENERAPAN *COMPLEMENTARY TRAINING*
TERHADAP PENINGKATAN *POWER ENDURANCE* PADA
PEMAIN FUTSAL PUTRI**

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**DAMPAK PENERAPAN *COMPLEMENTARY TRAINING*
TERHADAP PENINGKATAN *POWER ENDURANCE* PADA
PEMAIN FUTSAL PUTRI**

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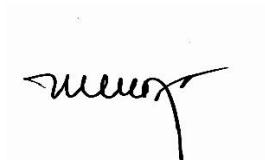
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ABSTRAK

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Pada olahraga kompetisi, atlet akan berusaha mencapai puncak prestasi dengan memecahkan pencapaian rekor-rekor perlombaan sebelumnya. Secara khusus dalam olahraga futsal dibutuhkan daya tahan yang maksimal dan berdurasi panjang selama pertandingan. Masalah kondisi fisik setiap individu pasti akan berbeda khususnya dalam mempertahankan daya tahan *power* yang berdurasi panjang. *Complementary Training* menjadi solusi untuk digunakannya prinsip individu yang dapat mengatasi setiap kelemahan per-individu dalam permainan futsal. Tujuan penelitian ini untuk mengkaji dampak penerapan *complementary training* terhadap peningkatan *power endurance* pada pemain futsal putri. Metode yang digunakan dalam penelitian ini adalah metode eksperimen, dengan menggunakan *one group pretest-posttest design*. Sampel dalam penelitian ini merupakan atlet cabang olahraga futsal putri UPI berjumlah 9 atlet dengan menggunakan teknik *purposive sampling*. Instrumen penelitian menggunakan *multi stage hurdle jump test*. Analisis data dilakukan menggunakan uji *paired sample t-test* dan *wilcoxon signed ranks test*. Terdapat peningkatan 11% signifikan pada *power endurance* kelompok eksperimen setelah diberikan perlakuan *complementary training*. *Complementary Training* efektif meningkatkan *power endurance* pemain futsal putri. Disarankan bagi pelatih futsal untuk mengadopsi *complementary training* yang merancang proses pemulihan atau *recovery* dalam program latihan guna meningkatkan performa atlet.

Kata kunci : *Complementary Training*, Pemain Futsal Putri, *Power Endurance*, Prinsip Individu.

ABSTRACT

THE IMPACT OF IMPLEMENTING COMPLEMENTARY TRAINING ON IMPROVING POWER ENDURANCE IN FEMALE FUTSAL PLAYERS.

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In competitive sports, athletes will try to reach the peak of achievement by breaking previous competition records. In particular, futsal requires maximum endurance and long duration during the match. The problem of physical condition of each individual will definitely be different, especially in maintaining long-duration power endurance. Complementary Training is a solution to the use of individual principles that can overcome any per-individual weaknesses in futsal games. The purpose of this study was to examine the impact of the application of complementary training on increasing the power endurance of female futsal players. The method used in this study is an experimental, using a one group pretest-posttest design. The sample in this study was 9 female UPI futsal athletes using purposive sampling techniques. The research instrument used the multi stage hurdle jump test. Data analysis was performed using paired sample t-test and wilcoxon signed ranks test. There was a significant 11% increase in power endurance in the experimental group after being given complementary training treatment. It is recommended for futsal coaches to adopt complementary training which designs the recovery process in training programs to improve athlete performance.

Keywords: Complementary Training, Female Futsal Players, Individual Principles, Power Endurance

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