

ABSTRAK

PENGARUH LATIHAN *SKIPPING HIGH KNEES* DAN *SKIPPING DOUBLE HOPS* TERHADAP POWER TUNGKAI

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Tujuan dari penelitian ini adalah untuk mengetahui pengaruh latihan *skipping high knees* dan *skipping double hops* terhadap *power tungkai* pada atlet UKM bola voli putra Universitas Pendidikan Indonesia. Rancangan penelitian ini menggunakan metode penelitian eksperimental dengan desain penelitian *pretes*, perlakuan dan *posttest* kepada 16 orang sampel penelitian ini adalah atlet UKM bola voli Putra Universitas Pendidikan Indonesia yang terbagi dalam dua kelompok yang diberi perlakuan *skipping double hops* dan *skipping high knees*, pembagian kelompok menggunakan teknik ordinal pairing. Teknik pengumpulan data dilakukan dengan melakukan tes *vertical jump*. Berdasarkan hasil analisis statistik deskriptif, melalui uji normalitas, uji homogenitas dengan uji liliefors, dan terakhir dilakukan uji-t untuk membandingkan antara hasil pretest dan hasil posttest pasca perlakuan, maka diperoleh tiga kesimpulan. Kesimpulan 1).Terdapat pengaruh latihan yang signifikan dengan latihan *skipping high knees* terhadap *power tungkai*, kesimpulan 2).Terdapat pengaruh yang signifikan dengan latihan *skipping double hops* terhadap *power tungkai*, kesimpulan 3).Terdapat perbedaan pengaruh latihan yang signifikan antara latihan *skipping high knees* dan *skipping double hops* terhadap *power tungkai*, dengan demikian maka latihan *skipping double hops* lebih signifikan terhadap *power tungkai*.

Kata Kunci: Latihan, *Skipping*, *High Knees*, *Double Hops*, *Power Tungkai*

ABSTRACT

THE EFFECT OF SKIPPING HIGH KNEES AND SKIPPING DOUBLE HOPS ON POWER LIMBS

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The purpose of this research is to know the effect of high skipping high knees and skipping double hops training on limb power at athlete of volleyball of men's volleyball University of Indonesia Education. The design of this study using experimental research methods with pretest research design, treatment and posttest to 16 samples of this study were athletes of volleyball of men's volleyball University of Indonesia Education which was divided into two groups that were given skipping double hops and skipping high knees, group division using ordinal pairing technique. Data collection technique is done by performing vertical jump test. Based on the results of descriptive statistical analysis, through normality test, homogeneity test with lilefors test, and lastly t-test to compare between pretest result and posttest result after treatment, then obtained three conclusions. Conclusions 1). There is significant exercise influence with high knees practice on limb power, conclusions 2). There is significant influence with the practice of skipping double hops on leg power, conclusion 3). There is a significant difference in the effect of exercise between skipping high knees and skipping double hops on leg power, thus double-hops skipping exercises are more significant against leg power

Keywords: *Exercise, Skipping, High Knees, Double Hops, Limb Power*