

PENGEMBANGAN MODEL LATIHAN OLAHRAGA SQUASH  
DI KABUPATEN BANDUNG

TESIS

Diajukan Untuk Memenuhi Sebagian Syarat untuk Memperoleh Gelar Magister  
Program Studi Pendidikan Olahraga



oleh

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# **Pengembangan Model Latihan Olahraga Squash di Kabupaten Bandung**

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Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
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**PENGEMBANGAN MODEL LATIHAN OLAHRAGA SQUASH  
DI KABUPATEN BANDUNG**

**ABSTRAK**

Penelitian ini bertujuan untuk mengembangkan model latihan olahraga Squash Long Term Athlete Development (LTAD) tahap fundamental di Kabupaten Bandung. Penelitian ini merupakan penelitian eksperimen dengan desain penelitian Pretest-Posttest Control Group. Sampel berjumlah 26 orang anak terdiri dari 11 orang anak putra dan 15 orang anak putri berusia 6 tahun sampai 9 tahun. Penelitian dibagi ke dalam dua kelompok yang diambil dengan acak. 13 orang anak kelompok eksperimen, 13 orang anak lagi kelompok kontrol. Hasil penelitian yang diperoleh adalah: 1) Model latihan olahraga Squash LTAD dapat meningkatkan keterampilan gerak dasar anak, 2) Model latihan olahraga Squash Konvensional dapat meningkatkan keterampilan gerak dasar anak, dan 3) Model latihan olahraga Squash *LTAD* lebih baik dari pada model latihan olahraga Squash Konvensional.

**Keywords:** *model latihan, squash, LTAD, konvensional, keterampilan gerak dasar.*

# DEVELOPMENT TRAINING MODEL SQUASH SPORT IN BANDUNG DISTRICT

## ABSTRACT

This study aims to develop a Squash training model Long Term Athlete Development (LTAD) fundamental stage in Bandung Regency. This research is an experimental study with a pretest-posttest control group research design. The sample consisted of 26 children consisting of 11 sons and 15 daughters aged 6 years to 9 years. The study was divided randomly into two groups, 13 children in the experimental group were given the fundamental stage of the LTAD Squash training model, 13 children in the control group were given the Conventional Squash training model. The results obtained are: First, the LTAD Squash training model can improve children's fundamental movement skill, second the Conventional Squash training model can improve children's fundamental movement skills, finally the LTAD Squash training model is better than the Conventional Squash training model.

**Keywords:** *training model, squash, Long Therme Athlete Development, conventional, fundamental movement skill.*

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