

ABSTRAK

PENGARUH LATIHAN *PLYOMETRIC FROG JUMP* DAN *KNEE TUCK JUMP* TERHADAP KEMAMPUAN *LONG PASS* SEPAK BOLA SSB PUTRA GAYAM FC U-16 DI BANJARNEGARA

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Latar Belakang: Sepak bola merupakan olahraga yang digemari dikalangan masyarakat Indonesia. Dalam penelitian ini terdapat metode latihan *plyometric frog jump* dan *knee tuck jump*. Penelitian ini bertujuan untuk mengetahui pengaruh latihan *plyometric frog jump* dan *knee tuck jump* terhadap kemampuan *long pass* sepak bola SSB Putra Gayam Fc U-16 di Banjarnegara.

Metodologi: Penelitian ini penulis menggunakan *two group pretest and posttest design*. Desain adalah menggunakan dua grup yang diawali dengan tes awal, perlakuan, dan tes akhir. Instrumen ini menggunakan *long pass test* dengan 3 kali kesempatan (Frank M. Verduci Ed.D,1980). Sampel penelitian ini adalah pemain sepak bola Putra Gayam Fc U-16 berjumlah 24 anak. Teknik analisis data dalam penelitian menggunakan uji statistik *Shapiro-Wilk*.

Hasil Penelitian: Berdasarkan hasil penelitian dengan rata-rata terhadap kemampuan *long pass* kelompok latihan *plyometric frog jump* dengan sampel 12 anak saat *pre-test* diperoleh nilai 26,64 m, dan saat *posttest* diperoleh nilai 28,04 m, dengan meningkatnya 1,6 m, dan nilai *Sig.* ,034. Sedangkan hasil penelitian dengan rata-rata terhadap kemampuan *long pass* kelompok latihan *plyometric knee tuck jump* saat *pre-test* diperoleh nilai 26,55 m, dan saat *posttest* diperoleh nilai 29,15 m, dengan meningkatnya 2,6 m, dan nilai *Sig.*,000. Dengan hasil kedua kelompok tersebut memiliki nilai *Sig.* (2-tailed) <0,05 dan dapat disimpulkan ada pengaruh latihan *plyometric frog jump* dan *knee tuck jump* terhadap kemampuan *long pass* sepak bola ssb Putra Gayam FC U-16 di Banjarnegara.

Kesimpulan: Terdapat pengaruh latihan *plyometric frog jump* dan *knee tuck jump* terhadap kemampuan *long pass* sepak bola SBB Putra Gayam Fc U-16 di Banjarnegara.

Kata Kunci: *Plyometric, Frog Jump, KneeTuck Jump, Long Pass*

ABSTRACT

THE IMPACT OF PLYOMETRIC FROG JUMP AND KNEE TUCK JUMP TOWARD THE ABILITY OF LONG PASS FOOTBALL IN SSB PUTRA GAYAM FC U-16 IN BANJARNEGARA

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Background: Football is a popular sport among Indonesians. In this study, there are plyometric training frog jump and knee tuck jump methods. This study aims to determine the impact of plyometric frog jump and knee tuck jump training on the football long pass ability of SSB Putra Gayam Fc U-16 in Banjarnegara.

Method: The research design uses two groups starting with the pretest, treatment and final test. This instrument uses a long pass test with three chances (Frank M. Verduci Ed.D, 1980). The sample of this research is 24 football players of Putra Gayam FCU-16. The data analysis technique in this study is *Shapiro-Wilk* statistical test.

Findings: Based on the results of the study the score of the pre-test was 26.64 m, and the score of the posttest was 28.04 m with an average of the long pass ability of the plyometric frog jump training group with a sample of 12 children. There was an increase of 1.6 m, and the value Sig. ,034. In contrast the results of the study with an average value of the long pass ability of the plyometric knee tuck jump training group during the pre-test obtained the score of 26.55 m, and at the score of the post-test was 29.15 m, with an increase of 2.6 m, and the Sig. ,000. As a result, both groups have a Sig value. (2-tailed) <0.05 and it can be concluded that there is an impact of plyometric frog jump and knee tuck jump training on the long pass ability of Putra Gayam FC U-16 in Banjarnegara.

Conclusion: There is significant impact of *plyometric frog jump* and *knee tuck jump* toward the ability of long pass football in SBB Putra Gayam FC U-16 in Banjarnegara.

Keywords: *Plyometric, Frog Jump, KneeTuck Jump, Long Pass*