

## ABSTRAK

### PENGARUH LATIHAN *BOOMERANG RUN* DAN *Z PATTERN RUN* TERHADAP KELINCAHAN SISWA EKSTRAKURIKULER FUTSAL SMA NEGERI 1 PADAMARA

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**Latar Belakang:** Berdasarkan hasil observasi awal dengan tes kelincahan siswa ekstrakurikuler futsal SMA Negeri 1 Padamara, didapati para siswa mendapatkan hasil yang tergolong masih rendah, sehingga perlu adanya latihan untuk meningkatkan komponen fisik kelincahan.

**Metodologi:** Penelitian ini menggunakan metode eksperimen dengan Two Group Pretest Posttest Design. Penentuan sampel menggunakan *purposive sampling*. Sampel pada penelitian ini berjumlah 22 siswa laki-laki. Pengujian dalam penelitian ini menggunakan SPSS versi 26 dengan teknik analisis uji normalitas, uji homogenitas, dan uji hipotesis menggunakan uji *paired sample t test* dan uji *independent sample t test*.

**Hasil Penelitian:** Hasil uji normalitas berdistribusi normal karena nilai signifikan  $> 0,05$ . Hasil uji homogenitas termasuk distribusi data homogen karena nilai signifikan  $> 0,05$ . Hasil uji *paired sample t-test* nilai  $t$  hitung kelompok *boomerang run* 12,602 dan kelompok *z pattern run* 10,494. Hasil uji *independent sample t-test* tidak terdapat pengaruh yang signifikan karena nilai signifikan  $0,235 > 0,05$ .

**Kesimpulan:** (1) Terdapat pengaruh signifikan latihan *boomerang run* dan latihan *z pattern run* terhadap kelincahan siswa ekstrakurikuler futsal SMA Negeri 1 Padamara. (2) Tidak terdapat pengaruh yang signifikan antara kelompok *boomerang run* dan *z pattern run* terhadap kelincahan siswa ekstrakurikuler futsal SMA Negeri 1 Padamara.

**Kata Kunci:** *Boomerang run*, *Z-Pattern run*, Kelincahan

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## ABSTRACT

### EFFECT OF BOOMERANG RUN AND Z PATTERN RUN TRAINING ON THE AGILITY OF FUTSAL EXTRA-CURRICULAR STUDENTS PADAMARA 1 STATE HIGH SCHOOL

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**Background:** Based on the results of initial observations using agility tests for extracurricular futsal students at state high school 1 Padamara, it was found that the students had relatively low results, so there was a need for training to improve the physical components of agility.

**Methodology:** This research uses an experimental method with a Two Group Pretest Posttest Design. Determination of the sample using purposive sampling. The sample in this study consisted of 22 male students. Testing in this research used SPSS version 26 with analysis techniques of normality test, homogeneity test, and hypothesis testing using the Paired Sample t Test and the Independent Sample t Test.

**Research Results:** The results of the normality test are normally distributed because the significant value is  $> 0.05$ . The homogeneity test results include homogeneous data distribution because the significant value is  $> 0.05$ . The results of the paired sample t-test, the calculated t value for the boomerang run group is 12.602 and the z pattern run group is 10. The results of the independent sample t-test did not have a significant effect because of its significant value  $0.235 > 0.05$ .

**Conclusion:** There is a significant effect of boomerang run training and z pattern run training on the agility of futsal extracurricular students at state high school 1 Padamara. There was no significant influence between the boomerang run and z pattern run groups on the agility of futsal extracurricular students at state high school 1 Padamara.

**Keywords:** Boomerang running, Z-pattern running, Agility

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