

PENGARUH BENTUK LATIHAN KELINCAHAN TERHADAP PENINGKATAN KELINCAHAN

(Eksperimen Pada Anggota Ekstrakurikuler Sepakbola Siswa
SMK Al-Huda Sariwangi Kabupaten Tasikmalaya)

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ABSTRAK

Penelitian ini dilatarbelakngi dari hasil observasi diketahui masih lemahnya kondisi fisik kelincahan pada anggota ekstrakurikuler sepakbola SMK Al- Huda, hal ini terbukti saat menggiring bola belum bisa sambil berlari cepat dan belum bisa mengubah arah tanpa kehilangan keseimbangan. Penelitian ini bertujuan untuk memperoleh informasi tentang pengaruh bentuk-bentuk latihanbola terhadap peningkatan kelincahan pemain sepakbola. Metode yang digunakan adalah metode eksperimen. Variabel dalam penelitian ini yaitu bentuk latihan kelincahan sebagai variabel bebas, kelincahan tungkai sebagai variabel terikat. Populasi penelitian sebanyak 40 siswa dengan teknik *random sampling* sebanyak 20 siswa. Desain penelitian yang digunakan yaitu *one-group pretest-posttest design*. Instrumen yang digunakan untuk mengukur kelincahan yaitu dengan *Illinois test*. Berdasarkan Hasil pengolahan data melalui uji kesamaan rata-rata uji satu pihak (t') dengan t' hitung 4.57 lebih besar dari t' tabel 1,71 dk (α) = 0,05, terdapat pengaruh yang berarti pengaruh bentuk-bentuk latihan terhadap mpeningkatan kelincahan pemain sepakbola. Berdasarkan data dan hasil pengolahan data secara sederhana dapat disimpulkan bahwa bentuk-bentuk latihan kelincahan berpengaruh secara signifikan terhadap peningkatan kelincahan siswa pemain sepakbola SMK Al-Huda kecamatan sariwangi Kabupaten Tasikmalaya.

Kata Kunci : Bentuk Latihan, Kelincahan, Sepakbola

THE EFFECT OF PROSPERITY TRAINING FOR THE IMPROVEMENT OF SOCCER PLAYERS

**(Experiments on Student Football Extracurricular Members
Al-Huda Sariwangi Vocational School, Tasikmalaya Regency)**

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ABSTRACT

This research is based on the observation that it is known that the physical condition of the agility of the football extracurricular members of the Al-Huda Vocational School is still weak, this is evident when dribbling the ball is not able to run fast and cannot change direction without losing balance. This study aims to obtain information about the effect of different forms of soccer training on increasing the agility of football players. The method used is an experimental method. The variables in this study were the form of agility training as the independent variable, and the agility of the legs as the dependent variable. The study population was 40 students with a random sampling technique of 20 students. The research design used was a one-group pretest-posttest design. The instrument used to measure agility is the Illinois test. Based on the results of data processing through the one-party average equality test (t') with t_{count} 4.57 greater than t_{table} 1.71 dk (α) = 0.05, there is a significant effect on the effect of the forms of training on increase the agility of football players. Based on the data and the results of simple data processing, it can be concluded that the forms of agility training have a significant effect on increasing the agility of the student soccer players at SMK Al-Huda, Sariwangi sub-district, Tasikmalaya Regency.

Keywords: Form of Training, Agility, Football