

ABSTRACT

Septian, Egy Ardi. 2019. The condition of the speed of PS UNIPA soccer players in preparing the championship trophy college championship. Sports training education study program. Faculty of Teacher Training and Education. University of PGRI Adi Buana Surabaya. Advisor: Dr. Santika Rentika Hadi, M.Kes.

Keywords: sprint 50 meter

sprint training is a distance of 50 meters is the first step as an exercise to take another short distance run that must be taken with maximum speed and optimal ability as well. The aim of the 50 meter sprint training is that the coach can find out how fast the UNIPA PS players do sprints in the sprint results as well as the coach can process the strategy when the game wants to make a strategy like the player's sprint ability. The results of the study show that there is a significant influence between the training conditions of the speed of PS UNIPA soccer players in preparing the championship trophy college championship. The average value of the pretest speed with the speed condition of the soccer player is 5.5933, while the average value of the pretest speed with the condition of the speed of the soccer player is 5.7322. From the mean pretest and mean posttest, it can be known the test The average value of the pretest speed with the speed condition of the soccer player is known that the average value of the pretest speed with the condition of the speed of the soccer player has an effect on increasing the ability. soccer player. Thus it can be concluded that there is an exercise effect. The average value of the pretest velocity with the speed condition of soccer players in the PS UNIPA Surabaya Team.

MOTTO

“Meraih kesuksesan memang membutuhkan waktu yang begitu panjang. Akan tetapi dengan tinggi nya pendidikan yang kita raih, maka kesuksesan itu akan segera kita dapatkan”