

ABSTRAK

Fahim, Muhammad Fahim 2023, Pengaruh Latihan *Ladder Drill Foot In Each* Terhadap Kecepatan Pada Pemain Sepakbola SSB PS Putra Ujungpangkah. Program Studi Pendidikan Jasmani Fakultas Pedagogik dan Psikologi. Universitas PGRI Adi Buana Surabaya. Pembimbing Dr.Muhammad Muhyi, M.Pd.

Kata Kunci : *Ladder Drill Foot In Each*, Kecepatan.

Kurangnya kecepatan pada pemain Ssb Ps Putra Ujungpangkah menyebabkan penguasaan bola kurang maksimal, sehingga bola mudah direbut oleh lawan. Latihan lari 60 meter diharapkan dapat meningkatkan kecepatan sehingga dalam penelitian ini bertujuan untuk membuktikan pengaruh Latihan *Ladder Drill Foot in Each* terhadap kecepatan pada pemain sepakbola ssb ps putra ujungpangkah.

Metode penelitian ini menggunakan rancangan *One Group Pretest and Posttest Design*, Subjek penelitian ini adalah pemain ssb ps putra ujungpangkah. Sebanyak 20 orang di masukkan dalam satu kelompok untuk di berikan treatment *Ladder Drill Foot in Each* Latihan yang di berikan dalam seminggu 2 kali selama 12 pertemuan selanjutnya diambil data posttest lari 60 meter yang kemudian diolah dengan uji Hipotesis t test menggunakan SPSS versi 25.

Hasil pada penelitian di atas dengan menggunakan latihan *Ladder Drill Foot In Each* memiliki pengaruh yang signifikan terhadap kecepatan pemain. Dalam latihan *Ladder Drill Foot In Each* juga dapat digunakan sebagai salah satu metode latihan untuk meningkatkan kecepatan di berbagai cabang olahraga yang lain. Kemudian dalam mengambil data menggunakan lari jarak 60 meter. sebelum melakukan perlakuan, pemain di anjurkan pemanasan dengan tujuan agar pemain melakukan perlakuan dengan maksimal. pembahasan hasil penelitian memberikan penafsiran lebih lanjut terhadap hasil analisis data yang telah dikemukakan, dimana dapat diketahui bahwa hasil Sig. (*2-tailed*) sebesar $0,002 < 0,05$. sehingga dapat disimpulkan bahwa hipotesis pada penelitian ini diterima. berarti terdapat pengaruh yang signifikan terhadap latihan *ladder drill foot in each* terhadap kecepatan pada pemain sepakbola SSB PS Putra Ujungpangkah.

ABSTRACT

Fahim, Muhammad Fahim 2023, The Influence of Each Ladder Drill Foot Exercise Against Speed in the Soccer Players of SSB PS Putra Ujungpangkah. Physical Education Study Program, Faculty of Pedagogic and Psychology. PGRI Adi Buana University, Surabaya. Supervisor Dr.Muhammad Muhyi, M.Pd.

Keyword : Foot Drill Ladder In Each, Speed.

The lack of speed in the SSB PS male Ujungpangkah players causes less optimal ball control, so that the ball is easily snatched by the opponent. The 60 meter running exercise is expected to increase speed so that in this study the aim is to show the effect of the Ladder drill foot in each exercise on speed in male SSB PS football players. end.

This research method uses the One Group Pretest and Posttest Design. The subject of this research is the player SSB PS, Putra Ujungpangkah. A total of 20 people were included in one group to be given stair drill leg treatment in each. The exercises were given 2 times a week for 12 meetings and then the 60 meter posttest data were taken which were then processed by using the Hypothesis t test using SPSS version 25.

The results in the above study using the Ladder Drill foot in each exercise have a significant effect on player speed. The Ladder Drill foot in each exercise can also be used as a training method to increase speed in various other sports. Then in data collection using a 60 meter distance run. before doing the treatment, it is recommended that the players warm up with the aim that the players do the treatment to the fullest. Discussion of the research results provides further findings on the results of the data analysis that has been presented, where it can be seen that the results of Sig. (2-tailed) of $0.002 < 0.05$. so it can be concluded that the hypothesis in this study is accepted. means that there is a significant effect on the foot training ladder exercise on each of the speed of SSB PS Putra Ujungpangkah soccer players.