

ABSTRAK

Faradis, Alfi Annuril . 2022. Pengaruh Latihan *Skipping Dan Plank* Terhadap Daya Tahan Atlet Sepak Bola Club SSB Bima Amora U-15 Gresik, Program Studi Pendidikan Jasmani. Fakultas Pedagogi Dan Psikologi. Universitas PGRI Adi Buana Surabaya. Pembimbing Dr. Luqmanul Hakim, M.Pd.

Kata Kunci: Daya Tahan Tubuh, *skipping*, *plank*, VO^2_{max} ,

Tujuan penelitian ini adalah untuk mengetahui adanya pengaruh pelatihan *Skipping Dan Plank* dalam upaya meningkatkan Daya Tahan Atlet Sepakbola Club SSB BIMA AMORA U-15 GRESIK.

Penelitian ini menggunakan jenis kuantitatif dengan metode pre eksperimen. Menurut Winarto (2007 :37), rancangan penelitian menggunakan *One Group Pre-Test Post-Test Design* adalah penelitian yang dilakukan sebanyak dua kali yaitu sebelum eksperimen (*pre-test*) dan sesudah eksperimen (*post-test*) dengan satu kelompok subjek, populasi yang digunakan adalah seluruh Atlet Sepakbola Club SSB BIMA AMORA U-15 GRESIK dengan jumlah sampel 20 orang. Populasi dan sampel penelitian ini berstatus sebagai objek penelitian.

Kesimpulan penelitian ini dapat dikatakan bahwa latihan *Skipping Dan Plank* berpengaruh terhadap daya tahan atlet sepakbola club SSB Bima Amora U-15, berdasarkan perhitungan hasil olah data SPSS 21.0 ditemukan data tabel 4.6 diketahui bahwa nilai *sig. (2-tailed)* pada kelompok eksperimen yaitu sebesar 0.000, sehingga nilai *sig. (2-tailed)* pada kelompok eksperimen < 0.05 , maka dapat dinyatakan bahwa H_0 ditolak dan H_a diterima, sehingga ada Pengaruh latihan *Skipping Dan Plank* terhadap daya tahan atlet sepakbola club SSB Bima Amora - U 15.

ABSTRACT

Faradis, Alfi Annuril. 2022. *The Effect of Skipping and Plank Exercises on the Endurance of Football Athletes at SSB Bima Amora U-15 Club Gresik, Physical Education Study Program. Faculty of Pedagogy and Psychology. PGRI Adi Buana University, Surabaya. Advisor Dr. Luqmanul Hakim, M.Pd.*

Keywords: endurance, skipping, plank, VO2max,

The purpose of this study was to determine the effect of Skipping and Plank training in an effort to increase the Endurance of SSB BIMA AMORA U-15 GRESIK Football Club Athletes.

This study uses a quantitative type with a pre-experimental method. According to Winarto (2007:37), the research design using One Group Pre-Test Post-Test Design is a research conducted twice, namely before the experiment (pre-test) and after the experiment (post-test) with one group of subjects, the population being used were all SSB BIMA AMORA U-15 Football Club Athletes GRESIK with a total sample of 20 people. The population and sample of this research are the objects of research.

The conclusion of this study can be said that the Skipping and Plank exercise affect the endurance of the football athletes of the SSB Bima Amora U-15 club, based on the calculation of the results of SPSS 21.0 data processing, it is found that table 4.6 data is known that the sig. (2-tailed) in the experimental group that is equal to 0.000, so the value of sig. (2-tailed) in the experimental group < 0.05 , it can be stated that H_0 is rejected and H_a is accepted, so that there is an effect of skipping and plank training on the endurance of the soccer athlete of SSB Bima Amora - U 15 club.