

## ABSTRAK

**Pratiwi, Kadek Santhi** (2024). “Pengaruh Metode Pelatihan *Pylometric Side Jump Sprint* dan *Agility Balls* Terhadap Power Otot Tungkai dan Kelincahan Atlet Pembinaan Prestasi Bulutangkis FOK Undiksha”. Tesis, Pendidikan Olahraga, Program Pascasarjana, Universitas Pendidikan Ganesha.

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Penelitian ini bertujuan untuk mengetahui perbedaan pelatihan dengan metode pelatihan *pylometric side jump sprint* dan *agility balls* terhadap power otot tungkai dan kelincahan atlet pembinaan prestasi bulutangkis FOK Undiksha. Jenis Penelitian yang dilaksanakan dalam penelitian ini adalah penelitian eksperimen semu (*quasi eksperimen*) dengan rancangan penelitian *pretest-posttest control group design*. Subyek penelitian ini adalah seluruh atlet pembinaan prestasi bulutangkis FOK Undiksha yaitu sebanyak 40 orang. Pengumpulan data menggunakan alat pengukur tinggi lompatan yaitu jump meter untuk mengukur power otot tungkai dan test *louisiana state university* (LSU) untuk mengukur kelincahan atlet pembinaan prestasi bulutangkis FOK Undiksha. Analisis data menggunakan analisis manova satu jalur berbantuan *SPSS Statistic 26.00 for Windows*. Hasil penelitian menunjukkan bahwa: (1) terdapat perbedaan yang signifikan power otot tungkai dan kelincahan secara simultan antara atlet pembinaan prestasi bulutangkis FOK Undiksha yang diberikan pelatihan menggunakan metode pelatihan *pylometric side jump sprint* dan *agility balls*, (2) terdapat perbedaan yang signifikan Power otot tungkai antara atlet pembinaan prestasi bulutangkis FOK Undiksha yang diberikan pelatihan menggunakan metode *pylometric side jump sprint* dan *agility balls*, dan (3) terdapat perbedaan yang signifikan kelincahan antara atlet pembinaan prestasi bulutangkis FOK Undiksha yang diberikan pelatihan menggunakan metode pelatihan *pylometric side jump sprint* dan *agility balls*.

**Kata Kunci:** power otot tungkai, kelincahan, *pylometric side jump sprint*, *agility balls*.

## **ABSTRACT**

**Pratiwi, Kadek Santhi** (2023). *"The Effect of Pylometric Side Jump Sprint and Agility Balls Training Methods on Leg Muscle Power and Agility of FOK Undiksha Badminton Performance Development Athletes"*. Thesis, Sports Education, Postgraduate Program, Ganesha University of Education.

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*This research aims to determine the difference between training using the pylometric side jump sprint and agility balls training methods on leg muscle power and agility in athletes developing badminton performance at FOK Undiksha. The type of research carried out in this research is quasi-experimental research with a pretest-posttest control group design research design. The subjects of this research were all FOK Undiksha badminton achievement development athletes, namely 40 people. Data collection used a jump height measurement tool, namely a jump meter to measure leg muscle power and a louisiana state university (LSU) test to measure the agility of FOK Undiksha badminton performance development athletes. Data analysis used one-way manova analysis assisted by SPSS Statistics 26.00 for windows. The results of the research show that: (1) there is a significant difference in leg muscle power and agility simultaneously between FOK Undiksha badminton performance coaching athletes who were given training using the pylometric side jump sprint and agility balls training methods, (2) there is a significant difference in leg muscle power between FOK Undiksha badminton performance coaching athletes who were given training using the pylometric side jump sprint and agility balls methods, and (3) there was a significant difference in agility between FOK Undiksha badminton performance coaching athletes who were given training using the pylometric side jump sprint and agility balls training methods.*

**Keywords:** *leg muscle power, agility, pylometric side jump sprint, agility balls.*