

ABSTRAK

Mahardika, I Wayan. 2019. "Pengaruh Metode Latihan dan Daya Ledak Otot Lengan terhadap *Throw In* Sepakbola". *Tesis*. Pendidikan Olahraga, Program Pascasarjana, Universitas Pendidikan Ganesha.

Tesis ini sudah disetujui dan diperiksa oleh Pembimbing I: Dr. H. Wahjoedi dan Pembimbing II: Dr. Suratmin, S.Pd., M.Or.

Kata Kunci : Metode Latihan, Daya Ledak Otot Lengan, dan *Throw In* Sepakbola

Penelitian ini bertujuan untuk menganalisis: Perbedaan pengaruh metode latihan dan daya ledak otot lengan terhadap *throw in* sepakbola. Jenis penelitian yang digunakan adalah eksperimen semu (*quasi experimental*) dengan menggunakan desain *Treatment by level 2x2*. Sampel berjumlah 40 orang ditentukan dengan katagori daya ledak otot lengan tinggi dan rendah. Teknik analisis data menggunakan *anava 2* jalur pada taraf signifikansi 0,05. Instrumen penelitian menggunakan *throw in test* untuk mengukur tes keterampilan *throw in*.

Hasil penelitian menunjukkan: 1) Hasil *throw in* sepakbola pada peserta yang mendapatkan latihan *medicine ball throw* lebih baik dari latihan *medicine ball scoop toss* dengan *mean difference* 0,575, 2) Terdapat interaksi antara metode latihan dan daya ledak otot lengan terhadap *throw in* sepakbola dengan sig. (0,027) < (0,05), 3) Hasil *throw in* sepakbola yang mendapatkan latihan *medicine ball throw* lebih baik dari latihan *medicine ball scoop toss* pada peserta yang memiliki daya ledak otot lengan tinggi dengan *mean difference* 0,35, dan 4) Hasil *throw in* sepakbola yang mendapatkan latihan *medicine ball throw* lebih baik dari latihan *medicine ball scoop toss* pada peserta yang memiliki daya ledak otot lengan rendah dengan *mean difference* 0,14.

Simpulan dari penelitian ini: 1) Hasil *throw in* sepakbola pada peserta yang mendapatkan latihan *medicine ball throw* lebih baik dari latihan *medicine ball scoop toss*, 2) Terdapat interaksi antara metode latihan dan daya ledak otot lengan terhadap *throw in* sepakbola, 3) Hasil *throw in* sepakbola yang mendapatkan latihan *medicine ball throw* lebih baik dari latihan *medicine ball scoop toss* pada peserta yang memiliki daya ledak otot lengan tinggi, dan 4) Hasil *throw in* sepakbola yang mendapatkan latihan *medicine ball throw* lebih baik dari latihan *medicine ball scoop toss* pada peserta yang memiliki daya ledak otot lengan rendah. Disarankan kepada pembina/pelatih olahraga dapat menggunakan metode latihan *medicine ball scoop toss* dan *medicine ball throw* sebagai salah satu alternatif untuk meningkatkan daya ledak otot lengan pemain sepakbola.

ABSTRACT

Mahardika, I Wayan. 2019. "The Effect of Training Method and Biceps Explosive Power towards Throw in Football". *Thesis*. Sport Education, Postgraduate Program, Ganesha University of Education.

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Key words: Training Method, Biceps Explosive Power, and Throw in Football.

This research was aimed at analyzing: the difference in the effect of training methods and explosive arm muscle power on football *throw in*. The type of research used was quasi-experimental by using the Treatment by level 2x2 design. The sample of 40 people were determined by the categories of high and low explosive arm muscle power. The data analysis technique used 2 ways Anava at the 0.05 significance level. The research instrument used *throw in* tests to measure *throw in* skills tests.

The result of the research shows: 1) The result of throw in football of the participants who were given the medicine ball throw training was better than the result of the participants who were given the medicine ball scoop toss training with the mean difference 0.575, 2) There was interaction between the training method and bicep explosive power towards throw in football with sig. (0,027) < (0,05), 3) The result of throw in football of the participants who were given medicine ball throw training was better than the result of medicine ball scoop toss training of the participants who had high bicep explosive power with mean difference 0.35, and 4) The result of throw in football of the participants who were given medicine ball throw training was better than the result of medicine ball scoop toss training of the participants who had low bicep explosive power with mean difference 0.14.

The conclusions of the research are: 1) The result of throw in football of the participants who were given medicine ball throw training was better than the result of medicine ball scoop toss training, 2) There was interaction between training method and bicep explosive power towards throw in football, 3) The result of throw in football of the participants who were given medicine ball throw training was better than the result of medicine ball scoop toss training of the participants who had high bicep explosive power, 4) The result of throw in football of the participants who were given the medicine ball throw training was better than the result of medicine ball scoop toss training of the participants who had low bicep explosive power. It is suggested for the sport trainer/coach to use medicine ball scoop toss and medicine ball throw training methods as an alternative to increase the bicep explosive power of football players.