

ABSTRACT

M. Ereizky Dwi Fadillah.S.(2021). The Influence of Box Jump Training, Double Leg Speed Hops Training and Ankle Coordination on Kick Results on Soccer Players at State Junior High School 27 Padang. Thesis. Sports Education Study Program (S2), Faculty of Sport Sciences, Padang State University.

The problem in this study was to determine the effect of box jump training, double leg speed hops training and eye coordination on the results of kicks on goal in 27 Padang State Junior High School football players..

This research method is an experiment with a 2x2 factorial design. The population of this study were 32 junior high school football players in Padang. The sampling technique used purposive sampling so that the sample consisted of 16 people. The test results data from the instrument were analyzed using ANOVA 2x2 and Tukey's follow-up test at the significance level $\alpha = 0.05$.

The results showed : (1) there is a difference in the results of kicks on goal between the group given the box jump exercise and the group given the double leg speed hops exercise ($Q_h = 4.73 > Q_t = 3.00$), (2) there is an interaction between box jump and double leg speed hops training with the coordination of the ankles on the results of the kicks on goal ($F_h = 19.93 > F_t = 4.75$), (3) there are differences in the results of kicks on goal between the groups given box jump training and the group that was given double leg speed hops training on high ankle coordination ($Q_h = 9.66 > Q_t = 3.26$), and (4) there was no difference in the results of kicks on goal between the group that was given box jump training and the group that given double leg speed hops training at low ankle coordination ($Q_h = 2.97 < Q_t = 3.26$).

Keywords : Box Jump, Double Leg Speed Hops, Ankle Coordination, Kick To Goal

ABSTRAK

M. Ereizky Dwi Fadillah.S.(2021). Pengaruh Latihan *Box Jump*, Latihan *Double Leg Speed Hops* dan Koordinasi Mata Kaki terhadap Hasil Sepakan ke Gawang pada Pemain Sepakbola SMP Negeri 27 Padang.Tesis. Program Studi Pendidikan Olahraga (S2) Fakultas Ilmu Keolahragaan Universitas Negeri Padang.

Masalah dalam penelitian ini adalah untuk mengetahui pengaruh latihan *Box Jump*, latihan *Double Leg Speed Hops* dan koordinasi mata kaki terhadap hasil sepakan ke gawang pada pemain sepakbola SMP Negeri 27 Padang

Metode penelitian ini adalah eksperimen dengan rancangan faktorial 2x2. Populasi riset ini merupakan atlet sepakbola SMP Negeri 27 Padang berjumlah 32 orang, metode pengumpulan sampel memakai Purposive Sampling alhasil sampel berjumlah 16 orang. Data hasil tes dari instrumen di analisis menggunakan ANOVA 2x2 dan uji lanjut *Tukey* pada taraf signifikansi $\alpha = 0,05$.

Hasil riset membuktikan:(1) ada perbedaan hasil sepakan ke gawang antara grup yang diberikan latihan Box Jump serta kelompok yang diserahkan latihan Double Leg Speed Hops($Q_h= 4, 73$ $Q_t= 3, 00$),(2) ada interaksi antara latihan Box Jump serta Double Leg Speed Hops dengan koordinasi mata kaki kepada hasil depakan ke gawang($F_h= 19, 93$ $F_t= 4, 75$),(3) ada selisih hasil sepakan ke gawang antara kelompok yang diserahkan latihan Box Jump serta golongan yang diserahkan bimbingan Double Leg Speed Hops pada koordinasi mata kaki besar($Q_h= 9, 66$ $Q_t= 3, 26$), serta(4) tidak ada perbedaan hasil sepakan ke gawang antara kelompok yang diserahkan latihan Box Jump serta golongan yang diserahkan latihan Double Leg Speed Hops pada koordinasi mata kaki kecil($Q_h= 2, 97 < Q_t= 3, 26$).

Kata Kunci : *Box Jump, Double Leg Speed Hops, Koordinasi Mata Kaki, Sepakan ke Gawang*