

ABSTRAK

PENGARUH LATIHAN *POWER* LENGAN DAN *POWER* TUNGKAI TERHADAP *FLYING SHOOT* DALLAM *HANDBALL* SMA YP UNILA BANDAR LAMPUNG

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Tujuan penelitian ini adalah untuk mengetahui besarnya pengaruh latihan *power* lengan dan *power* tungkai terhadap *flying shoot* dalam *handball* SMA YP Unila Bandar Lampung. Metode yang digunakan adalah *eksperiment*. Sampel yang digunakan sebanyak 20 siswa. Analisis data menggunakan uji prasyarat dan uji t. Hasil penelitian menunjukkan pengaruh latihan *power* lengan $t_{hitung} = 93,333 > t_{tabel} = 2,101$, kemudian pengaruh latihan *power* tungkai $t_{hitung} = 18,214 > t_{tabel} = 2,101$, Dan tidak ada perbedaan yang signifikan antara pengaruh latihan *power* lengan dan *power* tungkai $t_{hitung} = 0,652 < t_{tabel} = 2,101$. Dapat disimpulkan bahwa latihan *power* lengan dan latihan *power* tungkai memberikan pengaruh terhadap *flying shoot* dalam *handball* SMA YP Unila Bandar Lampung. Dari kedua latihan tersebut tidak ada perbedaan yang signifikan terhadap *flying shoot* dalam *handball* SMA YP Unila Bandar Lampung.

Kata Kunci: *flying shoot*, *power* lengan, *power* tungkai.

ABSTRACT

THE EFFECT OF EXERCISE OF POWER ARM AND POWER OF FLOORS ON FLYING SHOOT IN HANDBALL OF YP UNILA HIGH SCHOOL, BANDAR LAMPUNG

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The purpose of this study was to determine the magnitude of the effect of exercise arm power and leg power on flying shoots in handball at YP Unila Bandar Lampung High School. The method used is experiment. The sample used was 20 students. Data analysis using prerequisite test and t test. The results showed the effect of arm power training $t \text{ count} = 93,333 > t \text{ table} = 2,101$, then the effect of leg power training $t \text{ count} = 18,214 > t \text{ table} = 2,101$, and there was no significant difference between the effect of arm power training and leg power $t \text{ count} = 0,652 < t \text{ table} = 2.101$. It can be concluded that arm power training and leg power training have an influence on flying shoots in handball at YP Unila Bandar Lampung High School. From the two exercises there was no significant difference in flying shoot in handball at YP Unila Bandar Lampung High School.

Keywords: arm power, flying shoot, leg power.

