

ABSTRAK

PENGARUH LATIHAN *CONE DRILL* TERHADAP KECEPATAN TENDANGAN SABIT SISWA PUTRA KEGIATAN EKSTRAKURIKULER PENCAK SILAT SMA IT BABUL HIKMAH KALIANDA

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Tujuan dalam penelitian ini adalah untuk mengetahui pengaruh latihan cone drill serta perbedaan pengaruh latihan cone drill terhadap kecepatan tendangan sabit siswa ekstrakurikuler Pencak Silat SMA IT Babul-Hikmah Kalianda. Metode penelitian yang digunakan adalah eksperimen. Sampel yang digunakan pada penelitian ini berjumlah 32 siswa dengan menggunakan teknik ordinal pairing. Instrumen yang digunakan yaitu tes kecepatan tendangan sabit. Hasil penelitian ini menunjukkan bahwa (1) Jika dihitung menggunakan uji t taraf signifikan 5% (0,05) diperoleh nilai T hitung sebesar $18,666 > T \text{ tabel} = 2,131$ Ada pengaruh antara latihan cone drill terhadap kecepatan tendangan sabit. (2) Tidak Ada pengaruh Signifikan Kelompok Control Terhadap Kecepatan Tendangan Sabit siswa ekstrakurikuler Pencak Silat SMA IT Babul-Hikmah Kalianda. Dengan uji t taraf signifikan 5% (0,05) diperoleh nilai T hitung sebesar $3,125 > T \text{ tabel} = 2,131$. (3) Ada Perbedaan Yang Signifikan Antara Kelompok Cone Drill dan Kelompok Control Terhadap Kecepatan Tendangan Sabit siswa ekstrakurikuler Pencak Silat SMA IT Babul-Hikmah Kalianda. Dengan uji t taraf signifikan 5% (0,05) diperoleh nilai T hitung sebesar $10,810 > T \text{ tabel} = 2,042$.

Kata kunci: *Cone Drill*, Kecepatan Tendangan Sabit.

ABSTRACT

THE EFFECT OF CONE DRILL TRAINING ON THE SPEED OF SABIT KICK OF MALE STUDENTS IN THE EXTRACURRICULAR ACTIVITIES OF PENCAK SILAT AT SMA IT BABUL HIKMAH KALIANDA

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The purpose of this study was to determine the effect of cone drill training and the difference in the effect of cone drill training on the speed of the sabit kick of extracurricular Pencak Silat students at SMA IT Babul-Hikmah Kalianda. The research method used was experimental. The sample used in this study was 32 students using the ordinal pairing technique. The instrument used was the sabit kick speed test. The results of this study indicate that (1) If calculated using the t-test with a significance level of 5% (0.05), the calculated T value was $18.666 > T_{table} = 2.131$. There is an effect between cone drill training on the speed of the sabit kick. (2) There is no significant effect of the Control Group on the Speed of the Sickle Kick of extracurricular Pencak Silat students at SMA IT Babul-Hikmah Kalianda. With the t-test with a significance level of 5% (0.05), the calculated T value was $3.125 > T_{table} = 2.131$. (3) There is a significant difference between the Cone Drill Group and the Control Group regarding the speed of the sickle kick of the Pencak Silat extracurricular students at SMA IT Babul-Hikmah Kalianda. With a t-test at a significance level of 5% (0.05), the calculated T value was $10.810 > T_{table} = 2.042$.

Keywords: *Cone Drill, Sabit Kick Speed.*