

ABSTRAK

PENGARUH LATIHAN *PLYOMETRIK SKIPPING* DAN *BOX JUMP* TERHADAP KEMAMPUAN *TRICK* DASAR (*OLLIE*) DALAM OLAHRAGA *SKATEBOARD* PADA PEMULA DI KOMUNITAS LAMPUNG *SKATEBOARD DIVISION*

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Penelitian ini bertujuan untuk mengetahui seberapa besara pengaruh dua metode latihan *plyometrik*, yaitu *skipping* dan *box jump*, terhadap kemampuan *trick* dasar *ollie* pada pemula *skateboard* di Komunitas Lampung *Skateboard Division*. Metode penelitian menggunakan eksperimen dengan dua kelompok berjumlah 10 *skater* perlakuan tanpa kelompok kontrol. Masing-masing kelompok diberikan program latihan selama periode penelitian, kemudian dilakukan pengukuran kemampuan *ollie* melalui *pre-test* dan *post-test*. Berdasarkan hasil penelitian uji hipotesis 1) latihan *skipping* terbukti memberikan pengaruh signifikan terhadap peningkatan kemampuan *ollie* pada pemula ($t_{hitung} = 5,332 > t_{tabel} = 2,776$). Pada hipotesis kedua, latihan *box jump* juga menunjukkan pengaruh latihan yang signifikan terhadap peningkatan *trick* dasar *ollie* ($t_{hitung} = 3,705 > t_{tabel} = 2,776$). Selanjutnya, pengujian hipotesis ketiga melalui independent t-test pada nilai *post-test* menunjukkan bahwa tidak terdapat perbedaan signifikan antara latihan *skipping* dan *box jump* ($t_{hitung} = 0,072 < t_{tabel} = 2,306$). Hasil tersebut menegaskan bahwa kedua metode latihan *plyometrik* sama-sama efektif dalam meningkatkan kemampuan *ollie* pada pemula *skateboard*. Dengan demikian, latihan *plyometrik* dapat dijadikan alternatif metode latihan yang efektif untuk mengembangkan teknik dasar *skateboard*, khususnya *trick ollie*.

Kata kunci: *plyometrik, skipping, box jump, ollie, skateboard*

ABSTRACT

THE EFFECT OF PLYOMETRIC TRAINING USING SKIPPING AND BOX JUMP ON BASIC TRICK ABILITY (OLLIE) IN SKATEBOARDING BEGINNERS AT THE LAMPUNG SKATEBOARD DIVISION COMMUNITY

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This study aims to examine the effects of two plyometric training methods, namely skipping and box jump, on the basic ollie trick ability of beginner skateboarders in the Lampung Skateboard Division Community. The research employed an experimental method with two treatment groups and no control group. Each group followed a training program throughout the study period, and the ollie ability was measured through a pre-test and post-test. Based on the first hypothesis test, skipping training was proven to have a significant effect on improving the ollie ability of beginners ($t_{count} = 5.332 > t_{table} = 2.776$). For the second hypothesis, box jump training also showed a significant effect on ollie ability ($t_{count} = 3.705 > t_{table} = 2.776$). Furthermore, the third hypothesis test using an independent t-test on post-test scores indicated no significant difference between the skipping and box jump training groups ($t_{count} = 0.072 < t_{table} = 2.306$). These results confirm that both plyometric training methods are equally effective in improving the ollie ability of beginner skateboarders. Therefore, plyometric training can serve as an effective training method to develop basic skateboarding techniques, particularly the ollie trick.

Keywords: *plyometric, skipping, box jump, ollie, skateboard.*