

LEMBAR PENGESAHAN
SKRIPSI

PERBEDAAN PENGARUH LATIHAN *DUMBBELL OVERHEAD EXTENSION DAN CABLE FRENCH PRESS* TERHADAP KEMAMPUAN LEMPARAN KEDALAM PADA PERMAINAN SEPAK BOLA SISWA PUTRA KELAS VIII SMP NEGERI 1 TELAGA

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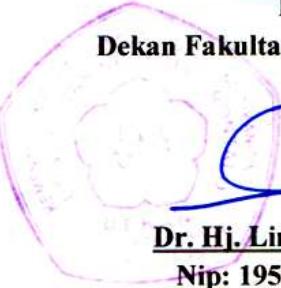
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ABSTRAK

Nama : MAIDI, Nim : 832 412 016 “ Perbedaan Latihan *Dumbell Overhead Extension* dan *Cable French Press* Terhadap Kemampuan Lemparan Kedalam Pada Permainan Sepak Bola Siswa Kelas VIII SMP Negeri 1 Telaga“

Tujuan penelitian ini : Untuk mengetahui seberapa besar perbedaan pengaruh latihan *Dumbell Overhead Extension* dan *Cable French Press* Terhadap Kemampuan Lemparan Kedalam Pada Permainan Sepak Bola Siwa Kelas VIII SMP Negeri 1 Telaga. Metode penelitian : Penelitian Eksperimen. Desain Penelitian ini menggunakan Two Group *Pre Test* dan *Post Test Design*. Sampel penelitian ini dilakukan pada siswa kelas VIII SMP Negeri 1 Telaga sebanyak 20 orang. Hasil penelitian ini : dari hasil pengujian *pree test* dan *post test* kelompok latihan *Dumbell Overhead Extension* menunjukkan t_{hitung} sebesar 6,67. Sedangkan dari daftar distribusi diperoleh harga t_{daftar} sebesar 0,1880. Ternyata harga t_{hitung} telah berada dalam daerah penerimaan Ha. Jadi dapat disimpulkan bawah latihan *Dumbell Overhead Extension* memiliki pengaruh terhadap kemampuan lemparan kedalam pada permainan sepak bola. Dari hasil pengujian *pree test* dan *post test* kelompok *Cable French Press* menunjukkan harga t_{hitung} 8,54. Sedangkan dari daftar distribusi diperoleh harga t_{daftar} sebesar 0,2520. Ternyata harga t_{hitung} telah berada dalam daerah penerimaan Ha. Jadi dapat disimpulkan bawah latihan *Cable French Press* memiliki pengaruh terhadap kemampuan lemparan kedalam pada permainan sepak bola. Harga t_{hitung} 2,75. Sedangkan t_{daftar} 1,73 pada taraf nyata $\alpha=0.05$. Jadi disimpulkan terdapat perbedaan antara hasil latihan *Dumbell Overhead Extension* dan *Cable French Press* Terhadap Kemampuan Lemparan Kedalam Pada Permainan Sepak Bola Siwa Kelas VIII SMP Negeri 1 Telaga.

Kata kunci : Lemparan kedalam, Permainan Sepak Bola, *Dumbell Overhead Extension*, *Cable French Press*.

ABSTRACT

Name: MAIDI, Nim: 832 412 061 “ The Difference between *Dumbell Overhead Extension* and *Cable French Press* exercisetoward the Capability of Inside Throw in Football Game by Students of Eighth Grades of SMP Negeri 1 Telaga

This study aimed to find the difference of influence between *Dumbell Overhead Extension* and *Cable French Press* exercise toward the capability of inside throw in football game by students of eighth grades of SMP Negeri 1 Telaga. This study is kind of an experimental research by using Pre-Test and Post-Test which divided into two groups. The participants of this study consist of twenty students of eighth grades of SMP Negeri 1 Telaga. The finding of this study revealed that from the result examination of pre-test and post-test of *Dumbell Overhead Extension* exercise presents t_{hitung} is 6.67. In fact, the price of t_{daftar} 0.1880 is had included to Ha game. So, it can conclude that *Dumbell Overhead Extension* exercise had influence toward the capability of inside throw in football game. Besides that, from the result examination of pre-test and post-test of *Cable French Press* exercise presents t_{hitung} is 8.54. While the result of distribution list got the price t_{daftar} as much as 0.2520. Apparently, the price of t_{hitung} is also had include to Ha game. Whereas, it can conclude that *Cable French Press* exercise had influence toward the capability of inside throw in football game. The price of t_{hitung} is 2.75, while t_{daftar} is 1.73 according to the real standard is $\alpha=0.55$. As the conclusion, there is the difference of influence between the outcome of *Dumbell Overhead Extension* and *Cable French Press* exercise toward the capability of inside throw in football game by students of eighth grades of SMP Negeri 1 Telaga.

Key words: inside throw, football game, *Dumbell Overhead Extension*, *Cable French Press*