

# **PENGARUH DYNAMIC WARM-UP TERHADAP PENINGKATAN POWER TUNGKAI PADA PEMAIN SEPAK BOLA MUDA AMATIR DI SEKOLAH SEPAK BOLA ASTAM**

**Siti Fatimah**

## **Abstrak**

Pemain sepak bola selain harus memiliki keterampilan bermain sepak bola yang baik juga membutuhkan power yang prima, salah satunya power tungkai. Power tungkai mempunyai peran penting dalam meningkatkan kemampuan seorang atlet sepak bola dalam menendang bola dan melompat tinggi. Power tungkai mampu diukur dengan menggunakan vertical jump. Power yang optimal didapatkan dengan pemilihan program pemanasan yang tepat, salah satunya Dynamic warm-up. Penelitian ini bertujuan untuk mengetahui: pengaruh Dynamic warm-up terhadap peningkatan power tungkai pada pemain sepak bola muda amatir di SSB ASTAM. Metode penelitian ini merupakan penelitian eksperimental yang berfokus pada variabel power tungkai dengan pre test – post test without control group design. Sampel penelitian merupakan siswa sekolah bola, sampel dipilih berdasarkan kriteria inklusi dan eksklusi yang diperoleh sejumlah 16 siswa. Yang kemudian menjadi 1 kelompok dengan diberikan latihan Dynamic warm-up dengan terdapat 16 gerakan program latihan. Latihan Dynamic warm-up dilaksanakan selama 4 minggu, dengan frekuensi pertemuan 2 kali perminggu. Setelah dilakukan pengolahan data dan analisis data secara statistik dengan menggunakan paired t-test diperoleh hasil data sebelum intervensi  $52,400 \pm 6,2883$  dan sesudah intervensi  $57,294 \pm 5,9329$  sehingga dapat disimpulkan bahwa dynamic warm-up memberikan pengaruh dalam peningkatan power tungkai di Sekolah Sepak Bola ASTAM.

**Kata Kunci :** Dynamic Warm-Up, Power, Sepak Bola, Vertical Jump.

# **THE EFFECT OF DYNAMIC WARM-UP TO IMPROVING POWER OF LEG ON AMATEUR YOUTH FOOTBALL PLAYERS IN ASTAM FOOTBALL SCHOOL**

**Siti Fatimah**

## **Abstract**

Apart from having to have good soccer skills, soccer players also need excellent power, one of them is power of leg. Power of the leg has an important role in increasing the ability of a soccer athlete to kick a ball and jump high. leg muscle power can be measured by vertical jump. Optimal power is obtained by choosing the right heating program, one of which is Dynamic warm-up. This study aims to find out: the influence of Dynamic warm-up on increasing limb power in young amateur soccer players at SSB ASTAM. This research method is an experimental study that focuses on power of leg variables with pre test - post test without control group design. The study sample was a ball school student, the sample was selected based on inclusion and exclusion criteria obtained as many as 16 students. Which then became one group with Dynamic Warm-up training with 16 exercises. Dynamic warm-up exercises are carried out for 4 weeks, with a frequency of 2 times a week. After data processing and data analysis were performed statistically using paired t-test data obtained before the intervention  $52,400 \pm 6,2883$  and after the intervention  $57,294 \pm 5,9329$  so that it could be concluded that dynamic warm-up had an influence in increasing power of leg in ASTAM football school.

**Keyword** : Dynamic Warm-Up, Football, Power, Vertical Jump