

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

Jeremia Halomoan Simamora

Abstrak

Speed sangat di perlukan seorang pemain sepak bola, menurunnya kemampuan speed dapat menyebabkan seorang atlet mengalami kesulitan untuk beradu sprint dengan lawan dampaknya pemain akan terkena benturan keras oleh pemain lawan yang mengakibatkan cedera. Penelitian ini dilakukan untuk mengetahui pengaruh Dynamic warm-up terhadap peningkatan speed pada pemain sepak bola muda amatir. Metode yang digunakan dalam desain penelitian ini adalah metode ekperimental dengan pretest-posttest without control group design. Sampel penelitian terdiri dari 16 responden yang merupakan pemain sepak bola di sekolah sepak bola yang pemainnya memenuhi kriteria inklusi dan eksklusi lalu di berikan Dynamic warm-up. Tes yang digunakan untuk mengukur speed adalah 20 meter sprint. Dynamic warm-up dilakukan 2 kali seminggu selama 4 minggu. Setelah dilakukan pengolahan dan analisis data secara statistik diperoleh kesimpulan bahwa Dynamic warm-up berpengaruh terhadap peningkatan speed. Di peroleh hasil pre-test $3.58 \pm 0,20$ dan post-test $3,28 \pm 0,24$, sehingga Dynamic warm-up memberikan peningkatan speed pada pemain sepak bola muda amatir di sekolah sepak bola ASTAM.

Kata Kunci : Dynamic warm-up, Sepak bola muda amatir, Speed, Sprint 20 meter test.

THE EFFECT OF DYNAMIC WARM-UP TO IMPROVING SPEED ON AMATEUR YOUTH FOOTBALL PLAYERS IN ASTAM FOOTBALL SCHOOL

Jeremia Halomoan Simamora

Abstract

Speed is very much needed by a soccer player, a decrease in speed can cause athletes very difficult to collide sprints with opponents as a result the player will be hit hard by opposing players resulting in injury. This research was conducted to find out the effect of dynamic warm-up on increasing speed on young amateur soccer players. The design of this study used the experimental method with pretest-posttest without control group design. The study sample consisted of 16 respondents who were soccer players in soccer schools who had fulfilled the inclusion criteria and exclusion and were given a dynamic warm-up. The test used to measure speed is a 20 meter sprint. Dynamic warm-up is done twice a week for 4 weeks. After processing and analyzing the data statistically, it was concluded that Dynamic warm-up had an effect on increasing speed. The results of the pre-test were 3.58 ± 0.20 and the post-test was 3.28 ± 0.24 , so that Dynamic warm-up provided increased speed for young amateur soccer players at ASTAM soccer schools.

Keyword : Dynamic warm-ups, Speed, Sprint 20 meters test, Young football amateur.