

ABSTRAK

PENGARUH LATIHAN LADDER DRILL TERHADAP KEMAMPUAN LARI 60 METER

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Latar belakang: Kemampuan ialah melakukan gerakan-gerakan keterampilan suatu cabang dari mulai gerak keterampilan yg paling sederhana sampai gerak keterampilan yg paling sulit, termasuk gerak tipu.

Tujuan penelitian: Kegiatan penelitian ini memiliki tujuan yang hendak di capai adalah untuk mengetahui Pengaruh Latihan Ladder Drill Terhadap Kemampuan Lari 60 Meter

Metode penelitian: Penelitian ini menggunakan Metode Kuantitatif

Hasil dan pembahasan: Penelitian ini merupakan penelitian eksperimen dengan maksud untuk mengetahui pengaruh (perlakuan) yang diberikan pada sampel penelitian. Berdasarkan uraian yang telah dikumpulkan sebelumnya maka didalam bab ini akan disajikan analisis pembahasan yang diperoleh dalam penelitian ini. Hasil penelitian ini akan digambarkan sesuai dengan tujuan dan hipotesis akan diajukan sebelumnya

Simpulan: Dari hasil analisis data yang telah di bahas dan di paparkan jawaban atas rumusan masalah pada bab pembahasan peneliti menyimpulkan bahwa pengaruh Latihan Ladder Drill Terhadap Kemampuan Lari 60 Meter, Sesuai dengan kuisioner yang di berikan kepada sampel penelitian hasil rekapitulasi siswa dapat menggunakan Latihan Ladder Drill Terhadap Kemampuan Lari 60 Meter 80% dan berdasarkan hasil rekapitulasi pengaruh saat siswa berlari 60 meter 85%,Maka berdasarkan hasil penelitian dapat disimpulkan bahwa terdapat pengaruh yang signifikan antara pengaruh latihan ladder drill terhadap kemampuan lari 60 meter siswa kelas VI SDK Rafau

Katakunci: *Latihan Ladder Drill Terhadap Kemampuan Lari 60 Meter*

ABSTRACT

RELATIONSHIP BETWEEN TEACHER COMPETENCE AND STUDENTS LEARNING OUTCOME IN PHYSICAL EDUCATION, SPORT, AND HEALTH

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Background: Ability is performing skill movements in a sport, starting from the simplest movement skills to the most difficult skill movements, including feints.

Research objective: This research activity has a goal to be achieved is to determine the Effect of Ladder Drill Exercise on the Ability to Run 60 Meters

Research method: This research uses a Quantitative Method Results and

Result and discussion: This research is an experimental study with the aim of knowing the effect (treatment) given to the research sample. Based on the descriptions that have been collected previously, in this chapter an analysis of the discussions obtained in this study will be presented. The results of this study will be described in accordance with the objectives and hypotheses will be proposed previously.

Conclusion: This research uses a Quantitative Method

Results and discussion: This research is an experimental study with the aim of knowing the effect (treatment) given to the research sample.

Based on the descriptions that have been collected previously, in this chapter an analysis of the discussions obtained in this study will be presented. The results of this study will be described in accordance with the objectives and hypotheses will be proposed previously.

Conclusion: From the results of the data analysis that has been discussed and the answers to the formulation of the problem in the discussion chapter, the researcher concludes that the effect of the Ladder Drill Exercise on the Ability to Run 60 Meters, according to the questionnaire given to the research sample, the results of the recapitulation of students can use the Ladder Drill Exercise Against the Ability to Run 60 Meters 80% and based on the results of the recapitulation of the effect when students run 60 meters 85%, So based on the results of the study it can be concluded that there is a significant influence between the effect of the ladder drill exercise on the ability to run 60 meters of class VI students at SDK Rafau

Keyword: Ladder Drill Training for 60 Meter Running Ability