

ABSTRACT

INFLUENCE of EXERCISE KNEE TUCK JUMP AGAINST POWER SOCCER SCHOOL EXTRACURRICULAR LIMB MUSCLES on PLAYERS SMPI MIFTAHUL BANARESEP KHAIR LENTENG EAST 2018. RAHMAN HIDAYATUR

Key Words: Knee Tuck Jump, Muscle Limbs, Extracurricular, Football

In SMPI MIFTAHUL KHAIR School problems commonly done this is a mistake that is often made at the time of exercise Power limb muscles, You can learn about yourself in order to minimize any errors of motion, so that the efficiency of motion actually achieved, and skills of motion can be achieved perfectly. The following common mistakes do Power i.e. when leaping there is still rigid and lompatannya not too far.

The research used in this study is an experiment. Population and sample of this research is the extracurricular participants soccer SMPI Miftahul Khair lenteng with number 23, number of participants-playing football. In this research instrument used in this research is the practice of motion yield limb muscles that are done in a flat or dirumput.

The results showed that: (1) there is the influence of exercise knee tuck jump against power soccer extracurricular limb muscles on players SMPI Miftahul Khair Banaresep value thitung East Lenteng (18,143) > value ttabel (2.179), then it can It was concluded that the H_a received and H_0 is rejected.