

HUBUNGAN KELENTUKAN DAN KEKUATAN OTOT PERUT DENGAN JAUHNYA LEMPARAN KE DALAM PEMAIN SSB SIALANG PUTRA NAGARI SIALANG KECAMATAN KAPUR IX KABUPATEN LIMA PULUH KOTA

Oleh : Tegi Yondra
Penasehat : Ali Mardius, S.Pd.,M.Pd

ESENSI

The throw-in is one of the skills that is often overlooked in the game of soccer. Throw-in with the longest distance is important, especially when this is done near the goal mouth, creating opportunities to score goals. This study aims to determine the relationship between flexibility and abdominal muscle strength with the distance thrown into the SSB Sialang Putra Nagari Sialang player, Kapur IX District, Lima Puluh Kota Regency. Samples were taken using the purposive sampling technique, namely 21 people from SSB U-15 and U-18 players. Flexibility instruments use the bridge-up test, abdominal muscle strength using the sit up test and the distance throw-in using the throw-in test. Data were analyzed using correlation technique at $\alpha = 0.05$. The results showed: (1) there was a relationship between flexibility and the distance thrown-in ($t_{count} = 2.814 > t_{table} = 2.093$), (2) there was a relationship between abdominal muscle strength and the distance thrown-in ($t_{count} = 3.228 > t_{table} = 2.093$), and (3) there is a relationship between flexibility and strength of the abdominal muscles together with the distance of the throw-in ($F_{count} = 7.222 > F_{table} = 3.55$). It can be concluded, if the Sialang Putra SSB player wants to increase the distance of his throw-in, he must have a good component of flexibility and abdominal muscle strength.

Keywords: Flexibility, Abdominal Strength, Throw-In