

Differences in the Effect of Circuit Training Methods And Interval Training Methods on football players' Long Passing Ability.

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Abstract

The aim of this research is to know the difference effect of the method circuit training and interval training on the ability of long passing SSB Asam Pulau, Kecamatan 2 X 11 Kayu Tanam, Kabupaten Padang Pariaman. This research type is quasi experiment with research design which used is two group pre test and post test group design. Sampling technique in this research use purposive sampling. Long passing data was measured using Bobby Charlton's long passing test. Data Analysis Technique used to test the hypothesis is by t test analysis. The result of data analysis shows that: 1) There is a difference in the effect of the ability of long passing better, after given circuit training method, 2) There is difference of influence of long passing ability better, after given interval training method, 3) No significant difference at long passing ability, after being given circuit training method and interval training method.

Keywords

Circuit Training Method, Interval Training, and Long Passing

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