

ENHANCING MOTORCYCLE THROUGH EXTERNAL DYNAMIC ACTIVITIES IN THE SAND VOLLEY WITH EXTENSION 60% -70%

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ABSTRACT

This study aims to determine the effect of external load-bearing exercise activity in the field of sand volleyball with the intensity of exercise 60-70% to increase motor ability.

This type of research is pre-experimental with the research design "One Group Pretest-Posttest Design". Technique of taking data with test and measurement. The population of Yuso Sleman volleyball altet. The sample of research is youth athlete volleyball Yuso Sleman as many as 15 athletes. Sampling technique used purposive sampling. The form of exercise using dynamic activity is done by adding an external burden of a 5 kg weight stick done on a sand volleyball field with a working intensity of 60% -70%. Muscle and back muscle strength testing instruments using back and led dynamometer, shoulder muscle strength using pool and push dynamometer, Limb power use Jump DF, and aerobic lifestyle using Multistage fitness test. Technique of data analysis using t test analysis.

There is a significant effect on the dynamic activity on the sand volleyball field by using the external load at the 60% -70% exercise zone on motor aerobic motor skills improvement. This result appears based on t count value of 3.60 and significance value of $0.003 < 0.05$ with an increase of 9.62%. There is no significant influence on power and power biomotor because of its significance value > 0.005 .

Kata Kunci: *Dynamic Activities, Burden, Power, Dayatahan Aerobics*