

ABSTRAK

PENGARUH MODEL LATIHAN *SMALL SIDED GAMES* TERHADAP AKURASI *PASSING* PADA ATLET SEKOLAH SEPAKBOLA U13-15 ELANG MUDA PURWOKERTO

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Latar Belakang: Permainan sepakbola adalah permainan yang sudah terkenal di dunia. *Passing* adalah salah satu teknik dasar dalam permainan sepak bola. Kemampuan *passing* sangat berperan penting dalam mengatur ritme permainan dan mengatur strategi. Tujuan dari penelitian adalah untuk mengetahui hasil latihan *small sided games* terhadap akurasi *passing* pada atlet U13-15 Sekolah Sepakbola Elang Muda Purwokerto.

Metodologi: Metode penelitian ini adalah *quasi experimental* dengan rancangan *nonequivalent control group design*. Teknik pengambilan sampel menggunakan *total sampling* sebanyak 22 atlet sekolah sepak bola U13-15 Elang Muda Purwokerto yang kemudian dibagi menjadi kelompok A (*treatment*) dan kelompok B (kontrol) dengan masing-masing 11 atlet. Teknik analisis data menggunakan uji *paired sample t-test* dan *independent sample t-test*.

Hasil: Berdasarkan interpretasi data penelitian sebagai berikut; 1) Pemberian latihan *small sided games* terhadap akurasi *passing* pada atlet U13-15 Sekolah Sepak Bola Elang Muda Purwokerto meningkat dengan signifikansi sebesar 0,000. 2) Pemberian latihan kelompok kontrol terhadap akurasi *passing* pada atlet U13-15 Sekolah Sepak Bola Elang Muda Purwokerto meningkat dengan signifikansi sebesar 0,003. 3) Hasil uji *independent sample t-test* memperoleh nilai signifikansi *post-test* kelompok *treatment* sebesar 0,046.

Simpulan: Berdasarkan analisis data menunjukkan bahwa model latihan *small sided games* berpengaruh terhadap akurasi *passing* pada atlet sekolah sepakbola U13-15 Elang Muda Purwokerto.

Kata Kunci: *passing*, akurasi, *small sided games*, sepak bola, latihan

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ABSTRACT

THE EFFECT OF *SMALL SIDED GAMES* TRAINING MODEL ON *PASSING ACCURACY* OF FOOTBALL ATHLETES IN ELANG MUDA PURWOKERTO FOOTBALL ACADEMY U13-15

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Background: Football is a game that is well known in the world. *Passing* is one of the basic techniques in the game of football. The ability to *pass* plays an important role in setting the rhythm of the game and setting strategy. The training model to train *passing* accuracy is *small sided games*. The purpose of research was to determine the results *small sided games* training has an effect on the accuracy of *passing* from athlete U13-15 Elang Muda Purwokerto Football Academy.

Methodology: This research method is a *quasi-experimental design* with a *nonequivalent control group design*. The sampling technique used a *total sampling* of 22 athletes from the U13-15 Elang Muda Purwokerto Football Academy which were then divided into group A (*treatment*) and group B (*control*) with 11 athletes each. The data analysis technique used *paired sample t-test* and *independent sample t-test*.

Results: Based on the interpretation of the research data as follows; 1) The provision of *small sided games* on the accuracy of *passing* for athletes U13-15 Elang Muda Purwokerto Football Academy increased a significance by 0,000. 2) The control group training on accuracy of *passing* for athletes U13-15 Elang Muda Purwokerto Football Academy increased a significance by 0,003. 3) The results of the *independent sample t-test* obtained a significance value of the *post-test treatment* group of 0,046.

Conclusion: Based on data analysis, it shows that the *small sided games* training model has an effect on the accuracy of *passing* on the football academy athletes U13-15 Elang Muda Purwokerto.

Keywords: *passing*, accuracy, *small sided games*, football, training

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