

## Abstrak

### PENGARUH LATIHAN *SMALL SIDED GAMES* DAN *PASSING* DINAMIS TERHADAP PENINGKATAN KECERDASAN KOGNITIF DAN KEMAMPUAN *VO<sub>2</sub>MAX* PEMAIN SEPAK BOLA

Noris Strada Sanjaya<sup>1</sup>, Rifqi Festiawan<sup>2</sup>, Rohman Hidayat<sup>2</sup>

**Latar Belakang:** Permainan sepak bola adalah permainan beregu yang dimainkan oleh dua regu dimana masing masing regunya berjumlah 11 pemain, dengan tujuan mencetak gol sebanyak-banyaknya. Penelitian ini menggunakan metode latihan *small sided games* dan *passing* dinamis, bertujuan untuk mengetahui pengaruh latihan *small sided games* dan *Passing* Dinamis terhadap peningkatan kecerdasan kognitif dan kemampuan *VO<sub>2</sub>Max* Pemain sepak bola.

**Metodologi:** Penelitian ini merupakan penelitian kuasi eksperimen, dengan desain penelitian *two group pretest and posttest design*. Sampel pada penelitian ini berjumlah 19 anak. Teknik analisis data menggunakan uji-t dengan nilai signifikansi <0,05 yang dibantu dengan aplikasi SPSS versi 25.

**Hasil Penelitian:** Berdasarkan hasil analisis data *digit span test*, kelompok *treatment* mendapat nilai sig. 0,361 dan kelompok kontrol sebesar sig. 0,375, karena perbedaan karakteristik responden, latar belakang kemampuan kognitif serta jumlah responden yang sedikit. Sementara dari hasil analisis data *VO<sub>2</sub>Max*, kelompok *treatment* mendapatkan nilai sig. 0,005 dan kelompok kontrol sebesar sig. 0,045, karena dalam penyusunan program latihannya telah menerapkan faktor-faktor penting dalam peningkatan daya tahan. Kemudian hasil analisis uji *independent sample t-test digit span test* mendapatkan sig. 0,157 dan hasil uji *VO<sub>2</sub>Max* mendapatkan sig. 0,333.

**Kesimpulan:** Tidak ada pengaruh latihan yang signifikan latihan *small sided games* dan *Passing* dinamis terhadap kecerdasan kognitif. Ada pengaruh latihan yang signifikan latihan *small sided games* dan *Passing* dinamis terhadap Kemampuan *Vo<sub>2</sub>Max*. Tidak ada perbedaan pengaruh yang signifikan latihan *small sided games* dan *Passing* dinamis terhadap kecerdasan kognitif dan kemampuan *Vo<sub>2</sub>Max*.

**Kata Kunci:** Kognitif, *VO<sub>2</sub>Max*, *Small Sided*, *Passing*.

<sup>1</sup>Mahasiswa Jurusan Pendidikan Jasmani FIKes Universitas Jenderal Soedirman

<sup>2</sup>Dosen Jurusan Pendidikan Jasmani FIKes Universitas Jenderal Soedirman

## Abstract

### THE EFFECT OF *SMALL SIDED GAMES* AND DYNAMIC PASSING ON IMPROVING THE COGNITIVE INTELLIGENCE AND VO<sub>2</sub>MAX ABILITIES OF FOOTBALL PLAYERS

Noris Strada Sanjaya<sup>1</sup>, Rifqi Festiawan<sup>2</sup>, Rohman Hidayat<sup>2</sup>

**Background:** The game of football is a team game played by two squads where each squad numbers 11 players, with the aim of scoring as many goals as they can. The study used *small sided games* and Dynamic Passing training methods, aiming to determine the effect of *small sided games* and Dynamic Passing exercises on improving cognitive intelligence and VO<sub>2</sub>Max soccer players' abilities.

**Methodology:** This research is a quasi-experimental study, with two group pretest and posttest design research design. The sample in the study was nineteen participants. The data analysis technique used t-test with a significance value <0.05 which was assisted by the application of SPSS version 25.

**Result:** Based on the results of the analysis of digit span test, the treatment group got sig values. 0.361 and the control group is sig. 0.375, due to differences in respondents' characteristics, background cognitive abilities and small number of respondents. While from the results of VO<sub>2</sub>Max data analysis, the treatment group got sig values. 0.005 and the control group is sig. 0.045, because in the preparation of the training program has applied important factors in the improvement of endurance. Then the results of the independent test analysis t-test digit span test get sig. 0.157 and the VO<sub>2</sub>Max test results get sig. 0,333.

**Conclusion:** There was no significant effect of *small sided games* and dynamic passing exercises on cognitive intelligence. There is a significant influence of *small sided games* and dynamic passing on VO<sub>2</sub>Max capabilities. There was no significant difference in the influence of *small sided games* and dynamic passing on cognitive intelligence and VO<sub>2</sub>Max ability.

**Keywords:** *Cognitive, VO<sub>2</sub>Max, Small Sided, Passing.*

<sup>1</sup>Student department of Physical Education Faculty of Health Sciences, Jenderal Soedirman University

<sup>2</sup>Lecturers department of Physical Education Faculty of Health Sciences, Jenderal Soedirman University