

ABSTRAK

PENGARUH MODEL LATIHAN *PASSING ZIG-ZAG* DAN *PASSING SEGITIGA* TERHADAP PENINGKATAN KETEPATAN *PASSING* TIM FUTSAL FIKes PUTRA

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Latar Belakang: Futsal merupakan permainan sepakbola mini yang dimainkan diluar maupun dalam ruangan. Salah satu olahraga yang dimainkan beregu yang dimainkan 5 orang saling berlawanan dengan durasi waktu tertentu. Penelitian ini menggunakan metode latihan *passing zig-zag* dan *passing segitiga*, bertujuan untuk mengetahui pengaruh latihan *passing zig-zag* dan *passing segitiga* terhadap peningkatan Ketepatan *passing* Tim Futsal FIKes Putra

Metodelogi: Penelitian ini merupakan penelitian eksperimen, dengan desain penelitian *two group pretest and posttest design*. Sampel pada penelitian ini berjumlah 20 anak. Teknik analisis data menggunakan uji-t dengan nilai signifikansi <0,05 yang dibantu dengan aplikasi SPSS versi 25

Hasil Penelitian: Hasil yang diperoleh dari analisis data menggunakan uji *paired sample t-test* tes ketepatan *passing* kelompok treatment yaitu nilai signifikansi sebesar 0,000 dan kelompok kontrol sebesar 0,000. Kemudian, hasil yang diperoleh dari analisis menggunakan *uui independedent sample t-test* tes ketepatan *passing* yaitu nilai signifikansi sebesar 0,633.

Kesimpulan: Ada pengaruh signifikan dari latihan *passing segitiga* terhadap peningkatan ketepatan *passing*. Ada pengaruh signifikan dari latihan *passing zig-zag* terhadap ketepatan *passing*. Terdapat perbedaan yang signifikan antara kelompok *treatment* dan kelompok *control* terhadap ketepatan *passing*.

Saran: pemain dapat mengembangkan latihan *passing* saat latihan dan meningkatkan metode latihan *passing zig-zag* dan *passing segitiga*.

Kata Kunci: *Futsal, passing, zig-zag, segitiga, ketepatan*

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ABSTRAK

THE INFLUENCE OF ZIG-ZAG AND TRIANGLE PASSING EXERCISE MODEL ON INCREASING ACCURACY OF PASSING TEAM FIKes PUTRA

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Background: Futsal is a mini soccer game that can be played both indoors and outdoors. One of the sports that is played in teams which is played by 5 people against each other for a certain duration of time. This study uses the zig-zag and triangular *passing* training methods, aims to determine the effect of zig-zag and triangular passing exercises on increasing the passing accuracy of the Men's FIKes Futsal Team Methodology Methods: This study used an analytic observation method with a cross sectional approach. The population of this study were 110 brick-making workers in Sokaraja District, Banyumas Regency, the number of samples was 110 workers with total sampling using the total sampling technique. Collecting data by interview using a questionnaire. Data were analyzed by a logistic regression test of a determinant model with 95% confidence degree.

Metodologi: This study is a experimental study, with a two group pretest and posttest research design. design. The sample in this study amounted to 20 children. data analysis technique used a t-test with a significance value <0.05 which was assisted by the SPSS version 25 application

Research Results: The results obtained from data analysis used a paired sample t-test test for the accuracy of the passing treatment group, namely the significance value of 0.000 and the control group. of 0.000. Then, the results obtained from the analysis using the independent sample t-test test for passing accuracy are a significance value of 0.633.

Conclusion: There is a significant effect of triangular *passing* practice on increasing passing accuracy. There is a significant effect of zigzag passing practice on passing accuracy. There is a significant difference between the treatment group and the control group on the accuracy of *passing*.

Suggestion: Players can develop *passing* exercises during practice and improve the zigzag and triangular *passing* practice methods

Keywords: Futsal, passing, zigzag, triangle, accuracy

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