ABSTRAK

PENGARUH MODEL LATIHAN *Y-PASSING* DAN *BOX PASSING* TERHADAP PENINGKATAN KETEPATAN *PASSING* PADA EKSTRAKURIKULER FUTSAL SMA NEGERI 1 KUTOWINANGUN

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Latar Belakang: Berdasarkan hasil observasi awal terdapat beberapa masalah yang ditemui, salah satunya yaitu akurasi *passing* yang kurang bagus, sehingga perlu adanya latihan untuk meningkatkan ketepatan *passing* futsal.

Metodelogi: Penelitian termasuk metode eksperimen. Sampel berjumlah 20 siswa menggunakan *purposive sampling*. Instrumen penelitian menggunakan tes mengumpan dan mengontrol bola dari Abdul Narlan (2017). Kriteria penskoran menggunakan PAN. Analisis data, yaitu uji prasyarat (uji normalitas & uji homogenitas) serta uji hipotesis (uji *paired sample t-test* & uji *independent sample t-test*) dengan bantuan *SPSS* versi 25.

Hasil Penelitian: Hasil uji normalitas berdistribusi normal karena nilai signifikan $> 0,05$. Hasil uji homogenitas termasuk distribusi data homogen karena nilai signifikan $> 0,05$. Hasil uji *paired sample t-test* nilai t hitung kelompok *y-passing* 13,500 dan kelompok *box passing* $8,485 >$ dari nilai t tabel 2,109 sehingga Ha diterima dan Ho ditolak. Hasil uji *independent sample t-test* tidak terdapat pengaruh yang signifikan karena $0,89 > 0,05$.

Kesimpulan: Terdapat pengaruh yang signifikan dari model latihan *y-passing* dan *box passing* terhadap peningkatan ketepatan *passing*. Tidak terdapat pengaruh yang signifikan antara *y-passing* dan *box passing*.

Saran: Model latihan *y-passing* dan *box passing* dapat digunakan sebagai tambahan variasi latihan untuk meningkatkan keterampilan *passing* futsal.

Kata Kunci: *Futsal, passing, y, box, ketepatan*

ABSTRACT

THE INFLUENCE OF Y-PASSING AND BOX PASSING TRAINING MODELS ON INCREASING PASSING ACCURACY IN THE FUTSAL EXTRACURRICULAR OF SMA NEGERI 1 KUTOWINANGUN

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Background: Based on the results of initial observations, several problems were encountered, one of which was poor passing accuracy, so there was a need for training to improve futsal passing accuracy.

Methodology: Research includes experimental methods. The sample consisted of 20 students using purposive sampling. The research instrument used the passing and ball control test from Abdul Narlan (2017). Scoring criteria use PAN. Data analysis, namely prerequisite tests (normality test & homogeneity test) and hypothesis tests (paired sample t-test & independent sample t-test) with the help of SPSS version 25.

Research Results: The results of the normality test are normally distributed because the significant value is > 0.05. The homogeneity test results include homogeneous data distribution because the significant value is > 0.05. The results of the paired sample t-test, the calculated t value for the y-passing group is 13,500 and the box passing group is 8,485 > the t table value is 2,109 so that Ha is accepted and Ho is rejected. The results of the independent sample t-test did not have a significant effect because 0.89 > 0.05.

Conclusion: There is a significant influence of the y-passing and box passing training models on increasing passing accuracy. There is no significant influence between y-passing and box passing.

Suggestion: Y-passing and box passing training models can be used as additional training variations to improve futsal passing skills.

Keywords: Futsal, passing, y, box, accuracy