

ABSTRAK

PENGARUH LATIHAN *SMALL SIDED GAMES* TERHADAP KETEPATAN *PASSING* ATLET SUPER ELJA FUTSAL *CLUB PURWOKERTO*

Anugerah Dwi Septiawan¹, Panuwun Joko Nurcahyo², Fakhri Hamdani³

Latar Belakang: Futsal merupakan olahraga bola yang dimainkan oleh dua tim yang masing-masing tim beranggotakan 5 orang. Tujuannya adalah memasukkan bola ke gawang lawan dengan memanipulasi bola dengan kaki. Futsal memiliki beberapa teknik dasar, namun passing merupakan komponen terpenting dalam futsal, maka dari itu tingkat passing harus di latih, salah satu latihan yang bisa melatih passing agar menjadi lebih baik adalah *small sided games*.

Metodologi: penelitian ini menggunakan metodologi eksperimen dengan pengambilan sampling adalah atlet super elja futsal club, penelitian ini dilakukan selama 16 pertemuan, diantaranya 1x pretest, 14x perlakuan dan, 1x posttest

Hasil Penelitian: Berdasarkan uji paired sample t-test menghasilkan sig(2-tailed) sebesar 0,000. Karena nilai $0,000 < 0,05$ maka di nyatakan latihan *small sided games* berpengaruh terhadap ketepatan passing. Setelah itu dilakukan uji independent sample t-test dan memperoleh hasil sig(2-tailed) 0,043. Karena $0,043 < 0,05$ maka dinyatakan terapat perubahan yang signifikan.

Kesimpulan: (1)Latihan *small sided games* berpengaruh terhadap ketepatan passing. (2)latihan yang dilakukan kelompok kontrol berpengaruh terhadap ketepatan passing. (3)memiliki perbedaan peningkatan passing antara kelompok *small sided games* dan kelompok kontrol.

Kata Kunci: futsal, passing, *small sided games*.

¹Mahasiswa Jurusan Pendidikan Jasmani FIKes Universitas Jendral Soedirman

²Departemen Jurusan Pendidikan Jasmani FIKes Universitas Jendral Soedirman

ABSTRACT

THE EFFECT OF SMALL SIDED GAMES ON PASSING ACCURACY ATHLET SUPER ELJA FUTSAL CLUB PURWOKERTO

Anugerah Dwi Septiawan¹, Panuwun Joko Nurcahyo², Fakhri Hamdani³

Background: Futsal is a ball sport played by two teams of 5 members each. The goal is to put the ball into the opponent's goal by manipulating the ball with the feet. Futsal has several basic techniques, but passing is the most important component in futsal, therefore the level of passing must be trained, one of the exercises that can train teaching passing to be better is small sided games.

Method: This research uses experimental methodology by sampling from Super Elja Futsal Club athletes. This research was conducted for 16 meetings, including 1x pretest, 14x treatment and, 1x posttest.

Results: Based on the paired sample t-test, the results are sig (2-tailed) of 0.000. Because the value $0.000 < 0.05$, it is stated that small sided games practice has an effect on passing accuracy. After that, an independent sample t-test was carried out and obtained a sig(2-tailed) result of 0.043. Because $0.043 < 0.05$, it is stated that there is a significant change.

Conclusion: (1) Small sided games practice influences passing accuracy. (2) the training carried out by the control group had an effect on passing accuracy. (3) there is a difference in increasing passing between the small sided games group and the control group.

Keywords: *Futsal, Passing, Small Sides Games*

¹*Student of Department of Physical Education FIKes Jendral Soedirman University*

²*Department of Physical Education Department FIKes Jendral Soedirman University*

