

ABSTRAK

PENGARUH PENDEKATAN LATIHAN *SMALL SIDE GAMES* TERHADAP KETERAMPILAN *PASSING* SISWA EKSTRAKURIKULER FUTSAL SMP NEGERI 22 BANDAR LAMPUNG

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Penelitian ini bertujuan untuk mengetahui pengaruh pendekatan latihan *small side games* terhadap keterampilan *passing* siswa ekstrakurikuler futsal smp negeri 22 bandar lampung. Metode penelitian yang digunakan dalam penelitian ini adalah eksperimen. Sampel penelitian adalah siswa ekstrakurikuler futsal smp negeri 22 bandar lampung yang berjumlah 20 siswa yang dibagi menjadi dua kelompok dengan teknik *ordinal pairing*. Analisis data menggunakan uji T dengan $\alpha = 0,05$ melalui uji prasyarat uji normalitas dan uji homogenitas serta Instrumen yang digunakan adalah Tes mengoper bola rendah. Berdasarkan hasil penelitian yang telah dilakukan maka dapat diambil suatu kesimpulan bahwa: 1) Ada pengaruh yang signifikan dari latihan *small side games* terhadap keterampilan *passing* dengan nilai $t_{hitung} = 6,271 > t_{tabel} = 2,101$, yang artinya bahwa terdapat pengaruh dari adanya model latihan berupa pendekatan latihan *small side games* terhadap peningkatan keterampilan *passing* siswa. 2) Tidak ada pengaruh yang signifikan dari kelompok kontrol terhadap keterampilan *passing* futsal, dengan nilai $t_{hitung} = 1,415 < t_{tabel} = 2,101$, yang artinya jika siswa tidak diberikan model latihan berupa pendekatan latihan *small side games* tidak ada pengaruh terhadap peningkatan keterampilan *passing* siswa. 3) Ada perbedaan yang signifikan antara kelompok eksperimen dengan kelompok kontrol terhadap keterampilan *passing* futsal, dengan nilai $t_{hitung} = 3,041 > t_{tabel} = 2,101$, yang artinya siswa yang diberikan model latihan berupa pendekatan latihan *small side games* mendapatkan peningkatan keterampilan *passing* dibandingkan dengan siswa yang tidak diberikan model latihan berupa pendekatan latihan *small side games*.

Kata Kunci : ekstrakurikuler, keterampilan *passing* futsal, *small side games*.

ABSTRACT

EFFECT OF TRAINING APPROACHES SMALL SIDE GAMES ON SKILLS PASSING FUTSAL EXTRACURRICULAR STUDENTS OF SMP NEGERI 22 BANDAR LAMPUNG

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This research aims to determine the effect of the training approach small side games towards skills passing Futsal extracurricular students at SMP Negeri 22 Bandar Lampung. The research method used in this research is experimentation. The research sample was futsal extracurricular students at SMP Negeri 22 Bandar Lampung, totaling 20 students who were divided into two groups using the technique of ordinal pairing. Data analysis using the T test with $\alpha = 0.05$ through the prerequisite tests of normality test and homogeneity test and the instrument used is the low ball passing test. Based on the results of the research that has been carried out, a conclusion can be drawn that: 1) There is a significant influence from training small side games towards skills passing with the $t_{\text{value}_{\text{count}}} = 6,271 > t_{\text{table}} = 2.101$, This means that there is an influence of the training model in the form of a small side games practice approach to improving students' passing skills. 2) There is no significant effect of the control group on skills passing futsal, with $t_{\text{value}_{\text{count}}} = 1,415 < t_{\text{table}} = 2,101$, This means that if students are not given a training model in the form of a small side games training approach, there is no effect on improving students' passing skills. 3) There is a significant difference between experimental group with control group on futsal passing skills, with $t_{\text{value}_{\text{count}}} = 3,041 > t_{\text{table}} = 2,101$, This means that students who are given a training model in the form of a small side games training approach get an improvement in passing skills compared to students who are not given a training model in the form of a small side games training approach.

Keyword : *extracurriculars, futsal passing skills, small side games.*