

ABSTRAK

PENGEMBANGAN MODEL LATIHAN *SMALL SIDED GAMES* TERHADAP KETEPATAN *PASSING* EKSTRAKURIKULER FUTSAL DI SMA NEGERI 1 PRINGSEWU

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Tujuan yang ingin dicapai pada penelitian dan pengembangan ini adalah untuk menghasilkan bentuk latihan berupa model latihan *small sided games* terhadap ketepatan *passing* futsal, membantu pelatih dalam menerapkan latihan teknik dasar *passing* yang benar agar lebih mudah dipahami dan dimengerti segala kalangan khususnya di SMA Negeri 1 Pringsewu dan memberikan pemahaman dengan baik kepada siswa agar dapat mempelajari gerakan *passing* futsal secara mandiri. Metode penelitian ini menggunakan *Research & Development model ADDIE* yang terdiri dari lima langkah dalam penelitian, antara lain: (1) *Analysis* (2) *Design* (3) *Development* (4) *Implementation* (5) *Evaluation*. Subjek dalam penelitian ini adalah siswa SMA Negeri 1 Pringsewu. Hasil penelitian ini ditujukan pada hasil penilaian dari ahli futsal, ahli bahasa, hasil uji coba kelompok kecil dan uji coba kelompok besar yang telah mengalami revisi dan mendapatkan penilaian yang baik. Dengan demikian, Pengembangan Model Latihan *Small Sided Games* Terhadap Ketepatan *Passing* Ekstakurikuler Futsal di SMA Negeri 1 Pringsewu hasilnya layak digunakan.

Kata Kunci: model latihan, ketepatan *passing*, *small sided games*.

ABSTRACT

DEVELOPMENT OF SMALL SIDED GAMES TRAINING MODEL ON PASSING ACCURACY IN EXTRACURRICULAR FUTSAL AT SENIOR HIGH SCHOOL 1 PRINGSEWU

By

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The objectives of this research and development are to create a training model in the form of small-sided games to improve the accuracy of futsal passing, assist coaches in implementing correct basic passing techniques that are easier to understand for all levels, particularly at SMA Negeri 1 Pringsewu, and to provide students with a clear understanding so they can independently learn futsal passing techniques. The research method used is the ADDIE Research & Development model, which consists of five steps: (1) Analysis, (2) Design, (3) Development, (4) Implementation, (5) Evaluation. The subjects of this research are students of SMA Negeri 1 Pringsewu. The results are based on evaluations from futsal experts, language experts, small group trials, and large group trials, all of which have been revised and received positive assessments. Therefore, the Small-Sided Games Training Model for Improving Passing Accuracy in Futsal Extracurricular Activities at SMA Negeri 1 Pringsewu is deemed suitable for use.

Keywords: *training model, passing accuracy, small sided games.*