

ABSTRAK

STUDI DESKRIPTIF TINGKAT KETERAMPILAN TEKNIK DASAR SEPAKBOLA DI SSB BMC GADING REJO U10-12

Oleh

MUHAMMAD IKHSAN HIDAYAT

Penelitian ini bertujuan untuk mendeskripsikan tingkat keterampilan teknik dasar sepakbola pemain U10–12 di SSB BMC Gading Rejo. Metode penelitian menggunakan pendekatan deskriptif kuantitatif dengan teknik survei melalui tes keterampilan sepakbola usia 10–12 tahun yang telah distandarisasi secara nasional. Populasi penelitian berjumlah 30 pemain yang seluruhnya dijadikan sampel (*total sampling*). Instrumen yang digunakan meliputi tes *dribbling*, *passing*, *shooting*, *heading*, dan *running with the ball*. Hasil penelitian menunjukkan bahwa keterampilan teknik dasar pemain secara keseluruhan berada pada kategori sedang (53%), dengan 30% berada pada kategori kurang dan 17% pada kategori baik, sementara tidak ada pemain yang masuk kategori baik sekali maupun kurang sekali. Secara rinci, *passing* dan *dribbling* mayoritas berada pada kategori sedang, *shooting* dan *heading* menjadi keterampilan terlemah dengan dominasi kategori kurang hingga kurang sekali, sedangkan *running with the ball* didominasi kategori baik. Temuan ini menunjukkan bahwa penguasaan teknik dasar pemain sudah cukup baik, tetapi belum optimal, sehingga aspek shooting dan heading perlu mendapatkan perhatian lebih dalam program latihan. Penelitian ini diharapkan dapat menjadi acuan bagi pelatih dan pihak terkait dalam menyusun strategi pembinaan keterampilan teknik dasar sepakbola usia dini.

Kata kunci: teknik dasar, sepakbola, keterampilan, pemain usia dini.

ABSTRACT

A DESCRIPTIVE STUDY OF BASIC FOOTBALL SKILLS OF U10–12 PLAYERS AT SSB BMC GADING REJO

By

MUHAMMAD IKHSAN HIDAYAT

This study aims to describe the level of basic football skills of U10–12 players at SSB BMC Gading Rejo. The research employed a descriptive quantitative approach using a survey technique with standardized football skill tests for ages 10–12. The population consisted of 30 players, all of whom were taken as the sample (total sampling). The instruments included dribbling, passing, shooting, heading, and running with the ball tests. The results indicated that the overall basic football skills of the players were in the moderate category (53%), with 30% in the poor category and 17% in the good category, while none were in the very good or very poor category. Specifically, passing and dribbling were mostly at the moderate level, shooting and heading were the weakest skills dominated by poor to very poor categories, while running with the ball was largely in the good category. These findings suggest that players' basic football skills are fairly good but not yet optimal, highlighting the need for greater focus on shooting and heading in training programs. This research is expected to serve as a reference for coaches and related parties in developing effective training strategies for basic football skills in early-age players.

Keywords: *basic skills, football, performance, young players*