

ABSTRAK

MODEL LATIHAN KECEPATAN (*SPEED*) FUTSAL PADA EKSTRAKURIKULER SMA NEGERI 6 BANDAR LAMPUNG

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Tujuan dalam penelitian ini adalah mengembangkan dan menguji efektivitas model latihan kecepatan (*speed*) futsal bagi siswa ekstrakurikuler di SMA Negeri 6 Bandar Lampung. Metode penelitian yang digunakan adalah *Research and Development* (R&D) dengan mengadaptasi model Borg & Gall. Sampel penelitian terdiri dari 20 Siswa ekstrakurikuler futsal. Instrumen penelitian meliputi angket validasi para ahli, angket respon siswa, dan tes kecepatan lari menggunakan skala likert sebagai uji efektivitas model. Hasil validasi yang dilakukan oleh empat validator, yaitu ahli materi, ahli pembelajaran, ahli bahasa, dan ahli media menunjukkan nilai rata-rata sebesar 97,41 dengan kategori sangat layak. Hasil uji coba pada kelompok kecil dan kelompok besar menunjukkan respon positif siswa dengan presentase kelayakan sebesar 82%. Uji efektivitas melalui perbandingan hasil tes kecepatan sebelum dan sesudah penerapan model latihan menunjukkan adanya peningkatan kemampuan kecepatan siswa. Berdasarkan hasil penelitian tersebut, dapat disimpulkan bahwa model latihan kecepatan futsal yang dikembangkan valid, layak, dan efektif digunakan dalam ekstrakurikuler futsal.

Kata Kunci: model latihan, kecepatan, futsal, ekstrakurikuler, SMA Negeri 6 Bandar Lampung.

ABSTRACT

SPEED TRAINING MODEL FOR FUTSAL IN THE EXTRACURRICULAR PROGRAM OF SMA NEGERI 6 BANDAR LAMPUNG

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The purpose of this study was to develop and examine the effectiveness of a futsal speed training model for students participating in the futsal extracurricular program at SMA Negeri 6 Bandar Lampung. The research method employed was Research and Development (R&D) by adapting the Borg and Gall model. The research sample consisted of 20 students involved in the futsal extracurricular activity. The research instruments included expert validation questionnaires, student response questionnaires, and a running speed test using a Likert scale to measure the effectiveness of the model. The validation results conducted by four validators namely subject matter experts, learning experts, language experts, and media experts showed an average score of 97.41, which was categorized as very feasible. The results of the small-scale and large-scale trials indicated positive student responses with a feasibility percentage of 82%. The effectiveness test, conducted by comparing the results of speed tests before and after the implementation of the training model, demonstrated an improvement in students' speed abilities. Based on these findings, it can be concluded that the developed futsal speed training model is valid, feasible, and effective for use in futsal extracurricular activities.

Keywords: *training model, speed, futsal, extracurricular, SMA Negeri 6 Bandar Lampung.*