

ABSTRAK

Pamuji, Singgih (2023), *Pengaruh Metode Pelatihan dan Koordinasi Mata Kaki Terhadap Ketepatan Shooting Pada Peserta Ekstrakurikuler Futsal Madrasah Aliyah Negeri Karangasem*. Tesis, Pendidikan Olahraga, Program Pascasarjana, Universitas Pendidikan Ganesha.

Tesis ini sudah disetujui dan diperiksa oleh Pembimbing I: Dr. I Ketut Yoda, S.Pd. M.Or dan Pembimbing II: Dr. I Ketut Semarayasa, S.Pd., M.Or.

Kata Kunci : *massed practice*, *distributed practice*, koordinasi mata-kaki, dan ketepatan *shooting*.

Penelitian ini bertujuan untuk menganalisis pengaruh metode pelatihan *massed practice* dan *distributed practice* terhadap ketepatan *shooting* ditinjau dari koordinasi mata-kaki pada peserta ekstrakurikuler futsal Madrasah Aliyah Negeri Karangasem. jenis penelitian ini adalah eksperimen semu dengan rancangan *treatment by level* dengan dua ketegori 2x2. penelitian ini menggunakan populasi dengan jumlah 38 orang. subjek berjumlah 36 orang ditentukan dengan katagori ketepatan tinggi dan rendah. Teknik analisis data menggunakan anava 2 jalur pada taraf signifikansi 0,05. Hasil penelitian menunjukkan: (1) terdapat perbedaan ketepatan *shooting* yang signifikan pada peserta yang mendapatkan metode pelatihan *distributed practice* lebih baik dengan *mean difference* 1,222. (2) terdapat interaksi antara metode pelatihan dan koordinasi mata-kaki terhadap ketepatan shooting dengan sig. (0,000) < (0,05). (3) terdapat perbedaan pengaruh yang signifikan hasil ketepatan *shooting* yang mendapatkan metode pelatihan *massed practice* lebih baik pada peserta yang memiliki koordinasi mata-kaki tinggi dengan *mean difference* 2,112. (4) terdapat perbedaan pengaruh yang signifikan hasil ketepatan *shooting* yang mendapatkan metode pelatihan *distributed practice* lebih baik pada peserta yang memiliki koordinasi mata-kaki rendah dengan *mean difference* -4,556. Berdasarkan temuan tersebut dapat disimpulkan, bahwa ketepatan *shooting* pada peserta yang mendapatkan pelatihan *distributed practice* lebih baik, terdapat interaksi antara metode pelatihan dan koordinasi mata-kaki terhadap ketepatan *shooting*, hasil ketepatan *shooting* yang mendapatkan pelatihan *massed practice* lebih baik pada peserta yang memiliki koordinasi mata-kaki tinggi, dan hasil ketepatan *shooting* yang mendapatkan pelatihan *distributed practice* lebih baik pada peserta yang memiliki koordinasi mata-kaki rendah.

ABSTRACT

Pamuji, Singgih (2023), The Effect of Training Methods and Foot-Eye Coordination on Students' Shooting Accuracy in Futsal Extracurricular at Madrasah Aliyah Negeri Karangasem. Thesis, Physical Education, Postgraduate Program, Ganesha University of Education.

This thesis has been approved and examined by Supervisor I: Dr. I Ketut Yoda, S.Pd. M.Ordan Supervisor II: Dr. I Ketut Semarayasa, S.Pd., M.Or.

Keywords: massed practice, distributed practice, eye-foot coordination, and shooting accuracy.

This study was aimed at analyzing the effect of the massed practice and distributed practice methods on shooting accuracy in terms of foot-eye coordination of male students in futsal extracurricular at Madrasah Aliyah Negeri Karangasem. This was a quasi-experimental study with a treatment by level design with two categories 2x2. The population of this study was 38 people. The subject was 36 people who were determined by the categories of high and low accuracy. The data was analyzed by using 2-way ANOVA at a significance level of 0.05. The results showed: (1) there was a significant difference on the ability of students' shooting accuracy who received the distributed practice method who were better than the massed practice method with a mean difference of 1,222; (2) there was an interaction between training methods and foot-eye coordination on shooting accuracy with sig. (0.000) < (0.05); (3) there was a significant difference on students' shooting accuracy result who got the massed practice method was better on students who had high eye-foot coordination with a mean difference 2,112; (4) there was a significant difference on students' shooting accuracy result who got the distributed practice method was better on students who had low eye-foot coordination with a mean difference-4,556. Based on these findings, it can be concluded that the shooting accuracy on participants who received distributed practice was better, there was an interaction between training methods and foot-eye coordination on shooting accuracy, the results of shooting accuracy who received massed practice training were better on students who had high foot-eye coordination and the results of shooting accuracy who received distributed practice were better on students who had low foot-eye coordination.