

ANALISIS PERFORMA PEMAIN BALI UNITED FOOTBALL ACADEMY U-8 BERBASIS *SMALL-SIDED GAMES*

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ABSTRAK

Penelitian ini bertujuan untuk menganalisis performa pemain Bali United Football Academy U-8 berbasis *small-sided games*, dimana penelitian ini menganalisis teknik dasar *passing*, *dribbling*, *first touch* serta psikologis pemain khususnya agresivitas *hostile* dan *instrumental* yang muncul pada pelaksanaan *small-sided games*. Penelitian ini menggunakan metode deskriptif kuantitatif dengan observasi langsung melalui video. Sampel dalam penelitian ini menggunakan 6 orang pemain U-8 yang sudah bergabung pada sesi latihan selama 6 bulan pada Bali United Football Academy. Temuan penelitian menunjukkan bahwa tingkat keberhasilan *passing*, *dribbling* dan *first touch* pemain termasuk dalam kategori baik, dimana persentase keberhasilan *passing* sebesar 73,74%, persentase keberhasilan *dribbling* sebesar 78,26%, dan persentase keberhasilan *first touch* sebesar 78,57%. Adapun temuan pada agresivitas *hostile* dan *instrumental* yang muncul pada pemain menunjukkan total agresivitas *instrumental* sebanyak 51 kali, sedangkan agresivitas *hostile* sebanyak 19 kali. Hasil tersebut menunjukkan bahwa pemain lebih sering melakukan tindakan agresif yang bertujuan positif dalam permainan. Penelitian ini mendapatkan hasil temuan bahwasannya penggunaan metode *small-sided games* dinyatakan valid sebagai penilaian performa *passing*, *dribbling*, *first touch* serta agresivitas *hostile* dan *instrumental* pada pemain Bali United Football Academy U-8. Penelitian selanjutnya dapat memberikan modifikasi dalam *penelitian small-sided games* seperti meningkatkan jumlah pemain, durasi sesi latihan, ukuran lapangan serta dapat menganalisis lebih banyak teknik dasar atau aksi sepak bola yang muncul pada pelaksanaan *small-sided games*.

Kata kunci: Performa, Teknik, Agresivitas, *Small-sided Games*, Football.

ANALYSIS OF THE PERFORMANCE OF BALI UNITED FOOTBALL ACADEMY U-8 PLAYERS BASED ON SMALL-SIDED GAMES

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ABSTRACT

This study aims to analyze the performance of Bali United Football Academy U-8 players in small-sided games, focusing on basic techniques such as passing, dribbling, and first touch, as well as the players' psychological aspects—specifically hostile and instrumental aggression—that emerge during small-sided games. This study employs a quantitative descriptive method using direct observation via video. The sample consisted of six U-8 players who had participated in training sessions for six months at the Bali United Football Academy. The findings indicate that the players' success rates for passing, dribbling, and first touch fall into the “good” category, with a passing success rate of 73.74%, a dribbling success rate of 78.26%, and a first-touch success rate of 78.57%. As for the findings on hostile and instrumental aggression exhibited by the players, there were a total of 51 instances of instrumental aggression and 19 instances of hostile aggression. These results indicate that the players more frequently engaged in aggressive actions with positive intentions during the game. This study found that the use of the small-sided games method is valid for assessing passing, dribbling, and first-touch performance, as well as hostile and instrumental aggression among players at the Bali United Football Academy U-8. Future research could introduce modifications to the small-sided games study, such as increasing the number of players, the duration of training sessions, and the field size, as well as analyzing more basic techniques or soccer actions that emerge during small-sided games.

Keywords: Performance, Technique, Aggressiveness, Small-Sided Games, Soccer.