

ABSTRAK

Gung Mas Goniiyun Pelangi (2021), Pengaruh Pelatihan *Small Sided Games* terhadap Keterampilan *Passing Control* ditinjau dari Ketepatan pada Peserta Ekstrakurikuler Sepakbola SMK Restumuning. Tesis, Pendidikan Olahraga, Program Pascasarjana, Universitas Pendidikan Ganesha.

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Kata Kunci : Pelatihan *Small Sided Games*, Ketepatan, dan *Passing Control*
Sepakbola

Penelitian ini bertujuan untuk menganalisis: Pengaruh Pelatihan *Small Sided Games* terhadap Keterampilan *Passing Control* ditinjau dari Ketepatan pada Peserta Ekstrakurikuler Sepakbola SMK Restumuning. Jenis penelitian yang digunakan penelitian ini adalah eksperimen semu (*quasi experimental*) dengan rancangan *treatment by level* dengan dua kategori 2×2 . Penelitian ini menggunakan subjek dengan jumlah 40 orang. Subjek berjumlah 40 orang ditentukan dengan katagori ketepatan tinggi dan rendah. Teknik analisis data menggunakan *anova 2 jalur* pada taraf signifikansi 0,05.

Hasil penelitian menunjukkan: (1). Hasil *passing control* sepakbola pada peserta yang mendapatkan pelatihan *small sided games* 4v4 lebih baik dari *small sided games* 2v2+(2) dengan *mean difference* 0,59. (2). Terdapat interaksi antara metode pelatihan *small sided games* terhadap *passing control* sepakbola ditinjau dari ketepatan dengan *sig.* $(0,234) < \alpha (0,05)$. (3). Hasil *passing control* sepakbola yang mendapat pelatihan *small sided games* 4v4 lebih baik dari *small sided games* 2v2+(2) pada peserta yang memiliki ketepatan tinggi dengan *mean difference* 0,46. (4). Hasil *passing control* sepakbola yang mendapat pelatihan *small sided games* 4v4 lebih baik dari *small sided games* 2v2+(2) pada peserta yang memiliki ketepatan rendah dengan *mean difference* 0,13.

Simpulan dari penelitian ini: (a). Hasil keterampilan *passing control* sepakbola pada peserta yang mendapatkan pelatihan *small sided games* 4v4 lebih baik dari pelatihan *small sided games* 2v2+(2). (b). Terdapat interaksi antara metode pelatihan *small sided games* dan ketepatan terhadap keterampilan *passing control* pada siswa ekstrakurikuler sepakbola SMK Restumuning. (c).Hasil keterampilan *passing control* sepakbola yang mendapatkan pelatihan *small sided games* 4v4 lebih baik dari pelatihan *small sided games* 2v2+(2) pada peserta yang memiliki ketepatan tinggi. (d). Hasil keterampilan *passing control* sepakbola yang mendapatkan pelatihan *small sided games* 4v4 lebih baik dari pelatihan *small sided games* 2v2+(2) pada peserta yang memiliki ketepatan rendah.

ABSTRACT

Gung Mas Goniiyun Pelangi (2021), The Effect of Small Sided Games Training on Passing Control Skills in terms of Accuracy in Football Extracurricular Participants at SMK Restumuning. Thesis, Sports Education, Graduate Program, Ganesha University of Education.

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Keywords: Small Side Games Practice Method, Accuracy, and Football Passing Control

This study aims to analyze: The Effect of Small Sided Games Training on Passing Control Skills in terms of Accuracy in Football Extracurricular Participants at SMK Restumuning. The type of research used in this research is a quasi-experimental (quasi-experimental) with a treatment-by-level design with two 2x2 categories. This study used a subject with a total of 40 people. Subjects totaling 40 people were determined with high and low accuracy categories. The data analysis technique used 2-way ANOVA at a significance level of 0.05.

The results showed: (1). The results of football passing control for participants who received training in small sided 4v4 games were better than small sided games 2v2+(2) with a mean difference of 0.59. (2). There is an interaction between the small sided games training method on football passing control in terms of accuracy with sig. $(0.234) < (0.05)$. (3). The results of passing control football who received training in small sided games 4v4 were better than small sided games 2v2+(2) in participants who had high accuracy with a mean difference of 0.46. (4). The results of passing control football who received training in small sided games 4v4 were better than small sided games 2v2+(2) in participants who had low accuracy with a mean difference of 0.13.

Conclusions from this study: (a). The results of football passing control skills for participants who received training in small sided games 4v4 were better than those in small sided games 2v2+(2). (b). There is an interaction between the small sided games training method and the accuracy of passing control skills in football extracurricular students at SMK Restumuning. (c). The results of soccer passing control skills who received training in small sided games 4v4 were better than those trained in small sided games 2v2+(2) on participants who had high accuracy. (d). The results of football passing control skills who received training in small sided games 4v4 were better than those trained in small sided games 2v2+(2) for participants who had low accuracy.