

ABSTRAK

Penelitian ini bertujuan untuk menghasilkan model latihan passing dalam permainan futsal yang bervariasi yaitu model latihan *passing* futsal berbasis *small-sided games* di tingkat sekolah menengah atas. Jenis penelitian ini menggunakan penelitian *research and development* dengan mengadopsi model Borg and Gall dengan 10 tahapan didalamnya. Jenis penelitian yang digunakan yaitu jenis *one group pretest-posttest design*. Sampel dalam penelitian ini adalah atlet futsal pada siswa sekolah menengah atas yang berada di Kota Bandung. Teknik pengumpulan data yang digunakan dalam penelitian ini adalah test dan observasi dengan metode kualitatif dan kuantitatif. Hasil penelitian yang dilakukan untuk mencari nilai efektifitas model latihan *passing* futsal berbasis *small-sided games* didapatkan nilai hitungan statistik SPSS 16 pada kelompok eksperimen dengan rata-rata 7.3333 dan kelompok kontrol dengan *mean* 8.4000. Maka selisi dari hasil kelompok eksperimen dan kelompok kontrol atau *mean difference* = -1.06667, *t*-hitung = -4.547, *df* =58, dengan *p-value* = 0.000 < 0.05 maka menunjukkan bahwa terdapat perbedaan yang signifikan antara kelompok eksperimen dan kelompok kontrol. Hasil penelitian ini menunjukkan bahwa model latihan *passing* futsal berbasis *small-sided games* efektif digunakan dalam latihan *passing* futsal.

Kata kunci: Latihan, *Passing* Futsal, *Small-sided Games*

ABSTRACT

This study aims to produce a model of passing practice in various futsal games, namely a model of futsal passing training with small-sided games at the high school level. This type of research uses research and development research by adopting the Borg and Gall model with 10 stages in it. The type of research used is the type of one group pretest-posttest design. The sample in this study was futsal athletes in high school students in the city of Bandung. Data collection techniques used in this study were tests and observations with qualitative and quantitative methods. The results of research conducted to find the value of the effectiveness of the model of futsal passing exercises based on small-sided games obtained SPSS 16 statistical count values in the experimental group with an average of 7.3333 and the control group with a mean of 8.4000. Then select from the results of the experimental group and the control group or the mean difference = -1.06667, t-count = -4,547, df = 58, with p-value = 0,000 <0.05 so that there are significant differences between the experimental group and the control group. The results of this study indicate that the model of futsal passing training based on effective small-sided games is used in futsal passing exercises.

Keywords: *Exercise, Passing Futsal, Small-sided Games*