

ABSTRAK

Dikky, Praja R. 2020. Pengaruh Latihan *Small Side Games 4 Versus 4* Terhadap Peningkatan Komponen Biomotorik Kelincahan Pada Siswa SSB Tanjungan *Soccer Academy* Driyorejo Gresik. Program Studi Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas PGRI Adi Buana Surabaya. Pembimbing Dr. Muhammad Muhyi, M.Pd.

Kata Kunci: kelincahan, latihan *small side games 4 Versus 4*

Tujuan penelitian ini adalah untuk mengetahui pengaruh latihan *small side games 4 Versus 4* terhadap peningkatan komponen biomotorik kelincahan pada siswa SSB Tanjungan *Soccer Academy* Driyorejo Gresik.

Populasi dalam penelitian ini adalah siswa SSB Tanjungan Soccer Academy Driyorejo Gresik yang berjumlah 32 siswa. Peneliti merencanakan pengambilan sampel sebanyak 20 siswa SSB Tanjungan *Soccer Academy* Driyorejo Gresik dari jumlah keseluruhan 32 siswa. Untuk menentukan dari populasi kesampel menggunakan teknik *random sampling* (acak/pengundian). Penelitian ini merupakan penelitian eksperimen dengan desain yang digunakan dalam penelitian ini adalah *one grup pre test* dan *pos tes design*. Pengambilan data dalam penelitian ini menggunakan *test*. Teknik analisis data menggunakan analisis uji T-Test

Hasil dianalisis menggunakan bantuan SPSS 21.0. ditemukan hasil uji t untuk nilai *sig (2-tailed)* $0.002 < 0.05$. Jadi dapat disimpulkan bahwa ada pengaruh latihan *small side games 4 Versus 4* terhadap peningkatan komponen biomotorik kelincahan pada siswa SSB Tanjungan *Soccer Academy* Driyorejo.

ABSTRACT

Dikky Praja R. 2020. Effect of Small Side Games Exercise 4 Versus 4 Against the Improvement of Agility Biomotor Components in Students of SSB Tanjungan Soccer Academy Driyorejo Gresik. Education Study Program. Faculty of Teacher Training and Education. University of PGRI Adi Buana Surabaya. Advisor Dr. Muhammad Muhyi, M.Pd.

Keywords: *agility, small side games exercise 4 Versus 4*

The purpose of this study was to determine the effect of 4 Versus 4 small side games exercises on increasing the biomotor component of agility in the students of SSB Tanjungan Soccer Academy Driyorejo Gresik.

The population in this study was the students of SSB Tanjungan Soccer Academy Driyorejo Gresik with a total of 32 students. The researcher planned to take a sample of 20 students from the SSB Tanjungan Soccer Academy Driyorejo Gresik out of a total of 32 students. To determine the sample population using a random sampling technique (random). This research is an experimental research with the design used in this study is one group pre test and post test design. Retrieval of data in this study using the test. Data analysis techniques using the T-Test test analyst

Results were analyzed using SPSS 21.0. t test results for the sig (2-tailed) value were 0.002 <0.05. So it can be concluded that there is an effect of small side games 4 Versus 4 exercises on increasing the biomotoric component of agility in Driyorejo Soccer Academy SSB students.