

## ABSTRAK

Setiyawan, Bagas 2022. *Pengembangan Model Latihan SSPP (Segitiga, Seru, Panah, Peluru)*. Dalam Meningkatkan SAQ (Speed, Agility, Quickness) pada pemain KU-16. Program Studi Pendidikan Jasmani. Fakultas Pedagogik dan Psikologi. Universitas PGRI Adi Buana Surabaya. Pembimbing : Yandika Fefrian Rosmi, S.Pd., M.Or.  
Kata Kunci : Model Latihan, SSPP, SAQ.

Tujuan penelitian yakni menghasilkan model Latihan SSPP untuk pemain futsal KU-16, mengetahui respon pemain futsal KU-16 terhadap model latihan SSPP yang dikembangkan dan menghasilkan panduan latihan berupa buku.

Metode Penelitian yang digunakan adalah metode R&D ( Penelitian & Pengembangan). Data pada penelitian ini diperoleh dari hasil penilaian dan masukan dari ahli materi serta pelatih futsal. Selain itu, juga diperoleh dari hasil pengisian angket penilaian oleh pemain futsal KU-16 Futsal Club Sidomulyo.

Penelitian ini menghasilkan model latihan *SSPP (Segitiga, Seru, Panah, Peluru)* yang terdiri dari gerakan *In out Shuffle*, Gerakan *Side by side with cone*, Gerakan *Slide leg hop*, Gerakan *Double leg Hop*, Gerakan *Zig-zag run*, Gerakan *side by side and run eksplosif*. Menurut hasil penilaian dari ahli materi dan pelatih futsal, model latihan SSPP masuk dalam kategori tinggi.

Berdasarkan hasil penelitian dapat ditarik kesimpulan bahwa model latihan *SSPP (Segitiga, Seru, Panah, Peluru)* layak diterapkan untuk meningkatkan kelincahan pemain futsal ku-16. Selain itu, pemain futsal ku-16 memberikan respon yang positif terhadap model latihan *SSPP (Segitiga, Seru, Panah, Peluru)* karena dirasa bervariasi sehingga tidak monoton dan tidak membuat bosan.

## ABSTRACT

Setiyawan, Bagas 2022. *Development of SSPP Exercise Model (Triangle, Exclamation, Arrow, Bullet) in Increasing SAQ (Speed, Agility, Quickness) in KU-16 players*. Physical Education Study Program. Faculty of Pedagogy and Psychology. PGRI Adi Buana University, Surabaya. Supervisor : Yandika Fefrian Rosmi, S.Pd., M.Or.

Keywords: Exercise Model, SSPP, SAQ

The objectives of the study were to produce an SSPP training model for KU-16 futsal players, to find out the response of KU-16 futsal players to the developed SSPP training model and to produce an exercise guide in the form of a book.

The research method used is the R&D (*Research & Development*) method. The data in this study were obtained from the results of assessments and input from material experts and futsal coaches. In addition, it was also obtained from the results of filling out an assessment questionnaire by KU-16 Futsal Club Sidomulyo futsal players.

This study resulted in a SSPP exercise model (Triangle, Exclamation, Arrow, Bullet) consisting of In out Shuffle movement, Side by side with cone movement, Slide leg hop movement, Double leg Hop movement, Zig-zag run movement, Side by side movement. and run explosively. According to the assessment results from material experts and futsal coaches, the SSPP training model is in the high category.

Based on the results of the study, it can be concluded that the SSPP training model (Triangle, Exciting, Arrow, Bullet) is feasible to be applied to improve the agility of Ku-16 futsal players. In addition, the ku-16 futsal players gave a positive response to the SSPP training model (Triangle, Exciting, Arrow, Bullet) because it was felt to be varied so that it was not monotonous and not boring.