

## ABSTRAK

Deri Rachmat Rizqi, 2020. Pengaruh Daya Ledak Otot Tungkai Terhadap Kemampuan *Passing* Dalam Permainan Futsal Pada Siswa SMK Negeri 6 Surabaya. Skripsi, Program Studi:Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan Universitas PGRI Adi Buana Surabaya, Dosen Pembimbing :Dr. Sumardi, M.Kes.

Kata kunci : Daya Ledak Otot Tungkai futsal, Ketepatan *Passing*

Permainan futsal merupakan olahraga yang dimainkan dengan teknik bervariasi mulai dari relative lambat sampai dengan sangat cepat sehingga harus disertai kemampuan dasar passing yang baik. Salah satu hal yang dapat menunjang kemampuan passing yaitu sering nya melatih daya otot. Dalam penelitian ini bertujuan mengetahui korelasi kemampuan daya ledak otot tungkai dengan keterampilan *passing*.

Penelitian ini menggunakan jenis penelitian deskriptif korelasional dengan mencari hubungan antara kemampuan daya otot tungkai terhadap akurasi passing pada murid kelas X SMK 6 Surabaya

Dengan melihat hasil perhitungan data melalui analisis statistik, ternyata  $r$  hitung yang diperoleh dari hasil penelitian adalah 0,390. berdasarkan kategori keefisienan korelasi product bahwa korelasi yang sebesar 0,390 termasuk dalam kategori korelasi sedang. Sehingga harus perlu ditingkatkan guna mencapai kemampuan dasar passing yang maksimal.

## ABSTRACT

Deri Rachmat Rizqi, 2020. The Effect of Leg Muscle Explosion Power on the Ability to Pass Through Futsal Games in Students of SMK Negeri 6 Surabaya. Thesis, Study Program is Physical Education, Teacher Training and Education Faculty, PGRI Adi Buana University Surabaya, Advisor: Dr. Sumardi, M.Kes.

Key words: Futsal limb muscle power, Passing accuracy

Futsal game is a sport that is played with techniques ranging from relatively slow to very fast so it must be accompanied by good basic passing skills. One of the things that can support the ability of passing is often exercising muscle power. In this study aims to determine the correlation between the ability of leg muscle explosive power with passing skills.

This study uses descriptive correlational research by looking for the relationship between the ability of leg muscle power to the accuracy of passing in class X students of SMK 6 Surabaya

By looking at the results of data calculations through statistical analysis, the calculated count obtained from the results of the study was 0.390. based on the product correlation coefficient category that a correlation of 0.390 is included in the moderate correlation category. So it must be improved in order to achieve maximum basic passing capabilities.