

ABSTRAK

Fauzan, Sukma Sobri. 2020” Pengaruh latihan *passing* menggunakan target terhadap kemampuan *passing* kaki bagian dalam siswa ekstrakurikuler sepak bola.” Skripsi. Program Studi Pendidikan Jasmani FKIP Universitas PGRI Adi Buana Surabaya. Dosen Pembimbing: Dr. Luqmanul Hakim, S. Or. M.Pd

Kata Kunci: *Passing*, Target, Sepakbola

Penelitian ini dilatar belakangi oleh kemampuan *passing* siswa yang mengikuti kegiatan ekstrakurikuler di Bahrul Ulum masih rendah. Penelitian ini bertujuan untuk mengetahui pengaruh latihan *passing* menggunakan target terhadap kemampuan *passing* siswa peserta ekstrakurikuler sepakbola di SMP Bahrul Ulum Surabaya .

Penelitian ini merupakan jenis penelitian eksperimen. Subjek yang digunakan dalam eksperimen ini adalah siswa kelas 7, 8 dan 9 yang mengikuti ekstrakurikuler sepakbola di SMP Bahrul Ulum yang berjumlah 20 siswa. Desain penelitian yang digunakan yaitu *Pretest-posttest one group*.

Perlakuan yang diberikan yaitu latihan *passing* menggunakan target. Tes yang digunakan memiliki nilai reliabel 0,82 dan nilai validitas 0,75. Hasil analisis statistik menunjukkan hasil uji-t antara *pre-test* dan *post-test* memiliki nilai Sig (2 tailed) = 0.000. Hal itu berarti bahwa probabilitas maka latihan permainan ini dapat digunakan untuk variasi bentuk latihan agar kemampuan *passing* siswa dapat meningkat.

ABSTRACT

Fauzan, Sukma Sobri. 2020 "The effect of passing exercises using targets on the ability to pass the inner legs of football extracurricular students." Thesis. FKIP Adi Buana University Surabaya Physical Education Study Program FKIP. Supervisor: Dr. Luqmanul Hakim, S. Or. M.Pd
Keywords: Passing, Target, Football

This research is motivated by the passing ability of students who take extracurricular activities in Bahrul Ulum is still low. This study aims to determine the effect of passing training using targets on the passing abilities of students participating in football extracurricular activities at Bahrul Ulum Surabaya Middle School.

This research is a type of experimental research. The subjects used in this experiment were 7th, 8th, and 9th grade students who joined the 20 extracurricular soccer in SMP Bahrul Ulum. The research design used was Pretest-Posstest One Group.

The treatment given is passing training using targets. The test used has a reliable value of 0.82 and a validity value of 0.75. Statistical analysis showed that the results of the t-test between pre-test and post-test had a Sig (2 tailed) = 0,000. That means that the probability. Then this game practice can be used for variations in the form of exercises so that students passing abilities can be increased.