

## ABSTRAK

Erlangga, Adhimas Garuda. 2021. *Pengembangan Model Latihan Garuda Dalam Meningkatkan Kelincahan Pemain Futsal KU-16*. Program Studi Pendidikan Jasmani. Fakultas Pedagogi dan Psikologi. Universitas PGRI Adi Buana Surabaya. Pembimbing: Dr. Muhammad Muhyi, M.Pd dan Yandika Fefrian Rosmi, S.Pd., M.Or.

Kata Kunci: *model latihan, garuda, kelincahan.*

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

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

Penelitian ini menghasilkan model latihan garuda yang terdiri dari gerakan lari angkat paha, gerakan lari belak belok, gerakan melompat dengan kaki terbuka, gerakan lari melompat dengan satu kaki, gerakan lari melompat dengan dua kaki dan gerakan maju mundur secara bergantian. Menurut hasil penilaian dari ahli materi dan pelatih futsal, model latihan garuda masuk dalam kategori tinggi.

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

## ABSTRACT

Erlangga, Adhimas Garuda. 2021. *Development of the garuda training model in increasing the agility of 16 years old futsal player.* Undergraduate Thesis. Physical Education Department. Faculty of Teacher Training and Education. University of PGRI Adi Buana Surabaya. Advisors: Dr. Muhammad Muhyi, M.Pd dan Yandika Fefrian Rosmi, S.Pd., M.Or.

Keyword: *training model, garuda, agility.*

The research objective was to produce a Garuda Training Model for 16 years old futsal players, to monitor the response of 16 years old futsal players towards the developed Garuda Training Model and to produce training guides in the form of books and DVDs.

The research method used is the R & D (Research and Development) method. The data in this study were obtained from the results of scores and suggestion from the experts and futsal coach. In addition, it was also obtained from the form filled by 16 years old futsal players of Academy Mandala FC Surabaya.

The results of Garuda Training Model research consist of a high knee run, zig zag run, jumping jack, single leg hop, double leg hop and in out shuffle. According to the results from futsal experts and coaches, the Garuda training model is in the high category.

Based on the research results, it can be concluded that the Garuda Training Model is feasible to be applied to improve the agility of 16 years old futsal players. In addition, the 16 years old futsal player gave a positive response to the Garuda Training Model because it was varied so that it was not monotonous and did not boring.