

ABSTRAK

Fernando H. Girsang, 6153321014. Pengaruh Variasi Latihan Shooting After Dribbling dan Shooting After Passing Terhadap Akurasi Shooting Pada Atlet Usia 11-13 Tahun SSB Soccer Pratama Tahun 2021. Pendidikan Kepeleatihan Olahraga, Fakultas Ilmu Keolahragaan, Universitas Negeri Medan. Pembimbing Skripsi : Dr. Amir Supriadi, M.Pd.

Tujuan penelitian ini adalah untuk mengetahui pengaruh varian latihan dengan menggunakan Latihan Shooting After Dribbling dan Latihan Shooting After Passing terhadap Akurasi Shooting pada atlet usia 11-13 tahun SSB Soccer Pranata tahun 2021. Populasi dari penelitian ini adalah siswa SSB Soccer sebanyak 30 orang, teknik pengambilan sampel menggunakan *purposive sampling* yaitu sebanyak 10 orang dengan kriteria yang telah ditentukan.

Teknik pengumpulan data yaitu melaksanakan test dan pengukuran akurasi shooting berupa pre test dan post test yaitu Shooting After Dribbling dan Shooting After Passing. Pengukuran test dilakukan dengan menembak bola kesasaran yang sudah ditentukan sebanyak 5 kali kemudian hasilnya dijumlahkan.

Hasil penelitian ini menunjukkan bahwa (1) Latihan *Shooting after dribbling* dan *Shooting after passing* memberikan peningkatan yang signifikan terhadap hasil *Shooting* pada pemain usia 11-13 tahun di SSB Soccer Pratama 2021. Hal itu dapat dilihat dari perbedaan rata-rata kemampuan siswa sebelum dilakukan latihan dan setelah dilakukan latihan. (2) Nilai pretest pemain didalam penelitian ini adalah 5.4 sedangkan nilai dari posttest pemain adalah 13.8 dengan perhitungan $t_{hitung} = 10.1$ dan $t_{tabel} = 2.13$ sehingga dapat dikatakan nilai $t_{hitung} > t_{tabel}$. Sehingga dapat disimpulkan bawah latihan ini sangat mempengaruhi kemampuan shooting pemain usia 11-13 tahun di SSB Soccer Pratama terhadap kemampuan shootingnya.

Kunci : Variasi Latihan Shooting After Dribbling, Shooting After Passing, dan Akurasi Shooting

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ABSTRACT

Fernando H. Girsang, 6153321014. The Effect of Shooting After Dribbling and Shooting After Passing Practice Variations on Shooting Accuracy in Athletes Age 11-13 Years Old SSB Soccer Pratama in 2021. Sports Coaching Education, Faculty of Sports Science, State University of Medan. Thesis Supervisor : Dr. Amir Supriadi, M.Pd.

The purpose of this study was to determine the effect of training variants using Shooting After Dribbling Exercises and Shooting After Passing Exercises on Shooting Accuracy in athletes aged 11-13 years SSB Soccer Pranata in 2021. The population of this study were 30 SSB Soccer students, the technique of taking The sample used purposive sampling as many as 10 people with predetermined criteria.

The data collection technique is carrying out tests and measurements of shooting accuracy in the form of pre test and post test, namely Shooting After Dribbling and Shooting After Passing.

Measurement of the test is done by shooting the target ball that has been determined 5 times and then the results are added up. The results of this study indicate that (1) Shooting after dribbling and Shooting after passing exercises provide a significant increase in shooting results for players aged 11-13 years at SSB Soccer Pratama 2021. It can be seen from the difference in the average ability of students before training. and after exercise. (2) The pretest score of the players in this study was 5.4 while the score of the posttest of the players was 13.8 with $t_{count} = 10.1$ and $t_{table} = 2.13$ so that it can be said that $t_{count} > t_{table}$. So it can be concluded that this exercise greatly affects the shooting ability of players aged 11-13 years at SSB Soccer Pratama on their shooting abilities.

Keywords: Practice Variations Shooting After Dribbling, Shooting After Passing, and Shooting Accuracy

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