

ABSTRACT

Cipto S. A. Saragi, Nim: 6161111018 “The Effect of Gate Passing and Loop Passing Exercises on Improving Short Passing Accuracy of U-14 Students of SSB Pelangi FC Balige”

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Short passing becomes the basic ability to play football which is very basic. The skills to pass and receive the ball form a vital link that connects the eleven players into a better functioning unit. Based on observations, it is known that the short passing accuracy of U-14 SSB Pelangi FC students is still low. Seen when they follow the trophy tournament. This study aims to determine the effect of gate passing and loop passing exercises on the short passing accuracy of U-14 students of SSB Pelangi FC Balige.

This experimental study used a pre and post test design with 15 meetings of treatment. The research subjects were 20 students of U-14 SSB Pelangi FC Balige. The test was measured using the Sukatamsi short passing test instrument from a distance of 10 meters to the goal goal which has a width of 1 meter. The data analysis technique used the Chi-Square normality test, the F-test homogeneity test and the t-test for similar samples for hypothesis testing with a significant level of 5%.

The t value of hypothesis 1 is 11.42 and hypothesis 2 is 5.76 with a significance value of $0.000 > 0.005$. The average value of the initial short passing accuracy or pretest is 5.4 while the final short passing accuracy result or posttest is 7.35. This means that there is a significant effect of gate passing and loop passing exercises on the short passing accuracy of U-14 students of SSB Pelangi FC Balige.

Keywords: accuracy of short passing, gate passing, loop passing, football



ABSTRAK

Cipto S. A. Saragi, Nim: 6161111018 “Pengaruh Latihan *Gate Passing* dan *Loop Passing* Terhadap Peningkatan Akurasi *Short Passing* Siswa U-14 SSB Pelangi FC Balige”

(Pembimbing Skripsi: Dr. Sanusi Hasibuan, M. Kes)

Skripsi: Fakultas Ilmu Keolahragaan Univesitas Negeri Medan 2021

Passing pendek atau short passing menjadi kemampuan dasar bermain sepakbola yang sangat fundamental. Keterampilan untuk mengoper dan menerima bola membentuk jalinan vital yang menghubungkan kesebelas pemain ke dalam satu unit yang berfungsi lebih baik. Berdasarkan hasil observasi diketahui bahwa kemampuan akurasi passing pendek siswa U-14 SSB Pelangi FC masih rendah. Terlihat pada saat mereka mengikuti turnamen trofeo. Penelitian ini bertujuan untuk mengetahui pengaruh latihan *gate passing* dan *loop passing* terhadap akurasi short passing siswa U-14 SSB Pelangi FC Balige.

Penelitian eksperimen ini menggunakan *pre and post test design* dengan perlakuan sebanyak 15 pertemuan. Subjek penelitian adalah siswa U-14 SSB Pelangi FC Balige sebanyak 20 orang. Tes diukur menggunakan instrument tes *short passing* Sukatamsi dari jarak 10 meter ke arah sasaran gawang yang memiliki lebar 1 meter. Teknik analisis data menggunakan uji normalitas *Chi-Square*, menggunakan uji homogenitas uji F dan menggunakan uji-t untuk sampel sejenis untuk pengujian hipotesis dengan taraf signifikan 5%.

Diperoleh nilai t hitung hipotesis 1 sebesar 11,42 dan hipotesis 2 sebesar 5,76 dengan nilai signifikansi sebesar $0.000 > 0,005$. Nilai rerata hasil akurasi *short passing* awal atau *pretest* sebesar 5,4 sedangkan hasil akurasi *short passing* akhir atau *posttest* sebesar 7,35. Artinya ada pengaruh yang signifikan latihan *gate passing* dan *loop passing* terhadap akurasi *short passing* siswa U-14 SSB Pelangi FC Balige.

Kata kunci: akurasi *short passing*, *gate passing*, *loop passing*, sepakbola

