

## ABSTRAK

**Tri Lesmana Putra. NIM. 6161121059. Pengaruh Latihan *Passing On Target* Dan *PassingDiamond* Terhadap Hasil *Passing* Atlet SSB Beruang Merah Usia 14-15 Tahun DiDesa Batu Melenggang Kecamatan Hinai Tahun 2021.(Pembimbing: YAN INDRA SIREGAR) Skripsi: Fakultas Ilmu Keolahragaan UNIMED 2021.**

Penelitian ini bertujuan Untuk mengetahui pengaruh latihan *passing on target* dan latihan *passing diamond* terhadap hasil *passing* atletSSB Beruang Merah Usia 14-15 Tahun. Metode penelitian yang dilakukan adalah metode eksperimen dengan jumlah populasi sebanyak 35 orang. Pengambilan sampel ini dilakukan dengan cara *purposive sampling* (sampel pertimbangan) sebanyak 15 orang.Selanjutnya secara keseluruhan sampel diberikan perlakuan yang sama yaitu melakukan latihan *passing on target* dan latihan *passing diamond*. Penelitian ini dilaksanakan selama 6 minggu, dengan frekuensi latihan 3 kali dalam seminggu.Analisis hipotesis, hasil perhitungan yang dilakukan maka diperoleh  $t_{hitung}$  sebesar 20,05. Selanjutnya nilai tersebut dibandingkan dengan nilai  $t_{table}$  dengan  $dk = n-1$  ( $15-1 = 14$ ) pada taraf signifikan  $\alpha = 0,05$  adalah 1,76dengan demikian  $t_{hitung} > t_{table}$  ( $20,05 > 1,76$ ). Hal ini berarti  $H_0$  ditolak dan  $H_a$  diterima. Dengan demikian dapat disimpulkan bahwa terdapat pengaruh yang signifikan dari latihan *passing on target* dan latihan *passing diamond* terhadap hasil *passing* atlet SSB Beruang Merah Usia 14-15 Tahun 2021.

Kata kunci : *Passing On Target, Passing Diamond, Hasil Passing Atlet*

THE  
*Character Building*  
UNIVERSITY

## ABSTRACT

**Tri Lesmana Putra. NIM. 6161121059. *The Effect of Passing On Target and Passing Diamond Exercises on the Passing Results of SSB Athletes of Red Bear Ages 14-15 Years in Batu Melenggang Village, Hinai District in 2021* (Advisor: YAN INDRA SIREGAR) Skripsi: Fakultas Ilmu Keolahragaan UNIMED 2021.**

*His study aims to determine the effect of passing on target and diamond passing exercises on the passing results of SSB Beruang Merah athletes aged 14-15 years. The research method used is the experimental method with a population of 35 people. Sampling was done by purposive sampling (consideration of samples) as many as 15 people. Furthermore, the overall sample was given the same treatment, namely doing passing on target exercises and diamond passing exercises. This research was conducted for 6 weeks, with a frequency of exercise 3 times a week. Hypothesis analysis, the results of the calculations carried out then obtained tcount of 20.05. Furthermore, this value is compared with the table value with  $dk = n-1$  ( $15-1 = 14$ ) at the significant level = 0.05 is 1.76, thus  $tcount > ttable$  ( $20.05 > 1.76$ ). This means that  $H_0$  is rejected and  $H_a$  is accepted. Thus, it can be concluded that there is a significant effect of passing on target exercises and diamond passing exercises on the passing results of SSB Beruang Merah athletes aged 14-15 in 2021.*

*Keywords : passing on target ,diamond passing ,passing resultsathletes*

THE  
*Character Building*  
UNIVERSITY