ABSTRAK

Abdul Kholid Nasution. NIM : 6183111024, "Perbedaan Pengaruh Latihan *Passing* Berbasis *Drill* Dengan Berbasis *Small Sided Games* Terhadap Kemampuan Aerobik Usia 15-16 Tahun. Pembimbing : Dr. Nimrot Manalu, M. Kes. Skripsi : Fakultas Ilmu Keolahragaan Universitas Negeri Medan 2022.

Tujuan penelitian ini adalah untuk mengetahui : 1) Pengaruh latihan *passing* berbasis *drill* terhadap kemampuan aerobik usia 15-16 tahun, 2) Pengaruh latihan *passing* berbasis *small sided games* terhadap kemampuan aerobik usia 15-16 tahun, 3) Latihan passing yang paling berpengaruh terhadap kemampuan aerobik usia 15-16 tahun. Tempat penelitian dilaksanakan di lapangan Sekolah Sepakbola (SSB) Tunas Muda Marelan Medan, Jalan Veteran pasar 7 Marelan Kabupaten Deli Serdang. Waktu penelitian dilakukan pada bulan Juli-Agustus 2022. Sampel pada penelitian ini yaitu pemain SSB Tunas Muda Marelan Usia 15-16 Tahun yang berjumlah 18 orang. Penelitian Eksperimen ini menggunakan desain *"Two Groups Pretest-Posttest Design"*. Pembagian ini menggunakan cara *ordinal pairing* yaitu menggunakan metode A-B-B-A. Instrument tes yaitu Tes Lari 2,4 km *(Cooper Test)*.

Hasil penelitian ini yaitu : 1) Ada pengaruh latihan *passing* berbasis *drill* terhadap kemampuan aerobik usia 15-16 tahun dengan rata-rata *pre-test* sebesar 40.14 dan *post-test* terdapat peningkatan menjadi 46.40. Hasil uji-t antara data *pre-test* dan *post-test* diperoleh t hitung sebesar 7.97. Selanjutnya nilai tersebut dibandingkan dengan nilai t table yaitu dk = n-1 (9-1 = 8) pada taraf nyata α = 0.05 = 1.85 yang berarti $t_{Hitung} > t_{Tabel}$ (7.97 > 1.85) dengan demikian H_0 ditolak dan H_a diterima. 2) Ada pengaruh latihan *passing* berbasis *small sided games* terhadap kemampuan aerobik usia 15-16 tahun dengan rata-rata *pre-test* sebesar 40.20 dan *post-test* terdapat peningkatan menjadi 46,97. Hasil uji-t antara data *pre-test* dan *post-test* diperoleh t hitung sebesar 11.08. Selanjutnya nilai tersebut dibandingkan dengan nilai t table yaitu dk = n-1 (9-1 = 8) pada taraf nyata α = 0.05 = 1.85 yang berarti $t_{Hitung} > t_{Tabel}$ (11.08 > 1.85) dengan demikian H_0 ditolak dan H_a diterima. 3) Latihan *passing* yang paling berpengaruh terhadap kemampuan aerobik usia 15-16 tahun adalah latihan *passing* berbasis *small sided games* dengan hasil perhitungan data menggunakan uji t gabungan dua kelompok sampel diperoleh t hitung gabungan sebesar -0.18. Selanjutnya nilai tersebut dibandingkan dengan nilai t table yaitu dk = n-1 (9-1 = 8) pada taraf nyata α = 0.05 = 1.85 yang berarti $t_{Hitung} < t_{Tabel}$ (-0.18 < 1.85) dengan demikian H_0 diterima dan H_a ditolak.

Dari hasil pengujian hipotesis dapat disimpulkan bahwa latihan *passing* berbasis *drill* dan *passing* berbasis *small side games* memberikan pengaruh terhadap hasil kemampuan aerobik usia 15-16 tahun. Latihan *passing* berbasis *small sided games* lebih banyak memberikan pengaruh atau lebih berpengaruh terhadap kemampuan aerobik usia 15-16 tahun.

Kata Kunci : Kemampuan Aerobik Usia 15-16 Tahun, *Passing* Berbasis *Drill*, *Passing* Berbasis *Small Sided Games.*

ABSTRACT

Abdul Kholid Nasution. NIM : 6183111024, "Difference in the Effect of Drill-Based Passing Exercises with Small Sided Games-Based on Aerobic Ability of 15-16 Years Old. Supervisor : Dr. Nimrot Manalu, M. Kes. Thesis : Faculty of Sports Science, State University of Medan 2022.

The purpose of this study was to determine: 1) The effect of drill-based passing exercise on aerobic ability of 15-16 years old, 2) The effect of small-sided games-based passing exercise on aerobic ability of 15-16 years of age, 3) Passing exercise that has the most effect on ability aerobics age 15-16 years. The place of research was carried out in the field of Tunas Muda Marelan Football School (SSB) Medan, Jalan Veteran Pasar 7 Marelan, Deli Serdang Regency. The time of the study was carried out in July-August 2022. The sample in this study was 18 people of SSB Tunas Muda Marelan players aged 15-16 years. This experimental research uses the "Two Groups Pretest-Posttest Design" design. This division uses ordinal pairing method, namely using the A-B-B-A method. The test instrument is the 2.4 km Running Test (Cooper Test).

The results of this study are: 1) There is an effect of drill-based passing exercises on aerobic abilities aged 15-16 years with an average pre-test of 40.14 and an increase in post-test to 46.40. The results of the t-test between the pre-test and post-test data obtained t count of 7.97. Furthermore, this value is compared with the t table value, namely dk = n-1 (9-1 = 8) at the significant level α = 0.05 = 1.85 which means tcount > ttable (7.97 > 1.85) thus H0 is rejected and Ha is accepted. 2) There is an effect of passing exercises based on small sided games on aerobic abilities aged 15-16 years with an average pre-test of 40.20 and an increase in post-test to 46.97. The results of the t-test between the pre-test and post-test data obtained t count of 11.08. Furthermore, this value is compared with the t table value, namely dk = n-1 (9-1 = 8) at the significant level α = 0.05 = 1.85 which means tcount > ttable (11.08 > 1.85) thus H0 is rejected and Ha is accepted. 3) The passing exercise that has the most effect on aerobic ability aged 15-16 years is the passing exercise based on small sided games with the results of calculating the data using the combined t test of the two sample groups, the combined t count is -0.18. Furthermore, this value is compared with the t table value, namely dk = n-1 (9-1 = 8) at the significant level α = 0.05 = 1.85 which means tcount < ttable (-0.18 <1.85) thus H0 is accepted and Ha is rejected.

From the results of hypothesis testing, it can be concluded that drill-based passing exercises and small side games-based passing exercises have an influence on the results of aerobic abilities for 15-16 year olds. Passing exercises based on small sided games have more or more influence on the aerobic ability of 15-16 year olds.

Keywords: Aerobic Ability Age 15-16 Years, Passing Based on Drill, Passing Based on Small Sided Games.