

ABSTRAK

Dani Alfa Sumitra. Pengembangan Alat *Box Rebounder* Sebagai Media Latihan Teknik Dasar *Passing* Dan *Controlling* Dalam Sepak Bola. Tesis. Medan: Program Pascasarjana Universitas Negeri Medan, Oktober 2023.

Tujuan penelitian ini adalah mengembangkan alat bantu latihan, menambah cara baru dalam proses latihan *passing* dan *controlling* dengan penerapan alat bantu, untuk siswa SSB Cemerlang dan SSB Kualanamu, Kecamatan Beringin. Dalam penelitian menggunakan Model *R and D* menurut (*Borg and Gall*). Metode penelitian adalah pengembangan, teknik pengumpulan data dengan lembar angket instrumen penelitian, teknik analisis data dengan persentase. Subjek penelitian terdiri dari ahli materi, ahli media, pelatih dan siswa SSB. Alat bantu telah dirangkai kemudian divalidasi oleh 3 ahli. ahli materi, ahli media, dan pelatih sepakbola. Hasil dari pengembangan alat box rebounder sebagai media latihan teknik dasar *passing* dan *controlling* dalam sepak bola telah menghasilkan sebuah produk bernama box rebounder yang terdiri dari *pro rebounder*, *spot elit*, *franklin adjustable rebounder*, *m-station rebounder*, dan *board rebounder*. Uji coba melibatkan 10 siswa SSB dengan hasil sebesar 80% dengan kategori valid. Pada tahap uji coba lapangan operasional melibatkan 30 siswa SSB dengan hasil sebesar 87,48% dengan kategori valid. Untuk uji kelayakan validasi ahli dimana pada ahli materi diperoleh pada aspek efektivitas 92% dan aspek kemudian 80%, uji kelayakan validasi ahli media dimana pada ahli materi diperoleh pada aspek kegunaan 80% dan aspek konstruksi desain 80%, uji kelayakan validasi pelatih sepak bola dimana pada ahli materi diperoleh pada aspek daya guna 100% dan aspek konstruksi desain 80%.

Kata kunci: *Box Rebounder*, *Passing*, *Controlling*, Sepak Bola



ABSTRACT

Dani Alfa Sumitra. Development of the Box Rebounder Tool as a Training Media for Basic Passing and Controlling Techniques in Football. Postgraduate School of the State University of Medan, 2023.

The aim of this research is to develop training tools, adding new ways to the passing and controlling training process by applying tools, for SSB Cemerlang and SSB Kualanamu students, Beringin District. In research using the R and D Model according to (Borg and Gall). The research method is development, data collection techniques using research instrument questionnaire sheets, data analysis techniques using percentages. The research subjects consisted of material experts, media experts, trainers and SSB students. The tools have been assembled and then validated by 3 experts. material expert, media expert, and football coach. The results of the development of the box rebounder tool as a training medium for basic passing and controlling techniques in football have produced a product called the box rebounder which consists of the pro rebounder, elite spot, Franklin adjustable rebounder, m-station rebounder, and board rebounder. The trial involved 10 SSB students with results of 80% in the valid category. The operational field trial stage involved 30 SSB students with results of 87.48% in the valid category. For the feasibility test of expert validation where the material expert obtained the effectiveness aspect of 92% and the later aspect 80%, the media expert validation feasibility test where the material expert obtained the usability aspect of 80% and the design construction aspect of 80%, the feasibility test of validation of football coaches where for material experts, the usability aspect was 100% and the design construction aspect was 80%.

Keywords: Box Rebounder, Passing, Controlling, Football

