

ABSTRAK

Aditiya Wiranda Muchsi Lbs. NIM. 6171210001. Pengaruh Latihan *Small Side Games* Terhadap Peningkatan *Ball Possession* Pada SSB Garda Tamiang Usia 14-15 Tahun. Sripsi Fakultas Ilmu Keolahragaan, Universitas Negeri Medan. 2024.

Masalah dalam penelitian ini adalah ball possession peserta ssb yang kurang baik. Tujuan penelitian ini adalah untuk melihat Pengaruh Latihan Small Side Games Terhadap Peningkatan Ball Possession Pada SSB garda Tamiang Usia 14-15 Tahun. Metode penelitian ini adalah eksperimen. Jumlah sampel dalam penelitian ini adalah 22 peserta. instrumen yang digunakan adalah Small Side Games, teknik analisis data yang digunakan adalah uji normality, homogenitas dan uji independent t test. Berdasarkan hasil penelitian dan pembahasan maka dapat disimpulkan bahwa diperoleh nilai signifikansi yaitu $0,00 < 0,05$ maka sesuai dasar pengambilan keputusan dalam uji paired sample Test maka dapat disimpulkan terdapat perbedaan rata-rata hasil belajar kelompok pretest dengan kelompok postes. Artinya Terdapat Pengaruh Latihan Small Side Games Terhadap Peningkatan Ball Possession Pada SSB Garda Tamiang Usia 14-15 Tahun.

Kata Kunci : *Ball Possession, Small Side Games, SSB.*

ABSTRACT

Aditya Wiranda Muchsi Lbs. NIM. 6171210001. The Effect of Small Side Games Training on Increasing Ball Possession in SSB Garda Tamiang Aged 14-15 Years . Sripsi Faculty of Sports Science, Medan State University. 2024 .

The problem in this research is the poor ball possession of SSB participants . The aim of this research is to see the effect of small side games training on increasing ball possession in SSB garda Tamiang aged 14-15 years . This research method is experimental. The number of samples in this study was 22 participant . The instrument used is the Small Side Games , the data analysis techniques used are the normality test, homogeneity test and the independent t test. Based on the results of the research and discussion, it can be concluded that the significance value obtained is $0.00 < 0.05$, so according to the basis for decision making in the paired Test sample test, it can be concluded that there is a difference in the average learning outcomes of the pretest group and the posttest group. This means that there is an influence of small side games training on increasing ball possession in SSB Garda Tamiang aged 14-15 years .

Keywords: Ball Possession , Small Side Games , SSB

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