

ABSTRAK

Simon Yakin Iman Lase (Nim : 6202321001), “Pengaruh Variasi Latihan *Small Side Game* Terhadap Kemampuan *Passing* Sepakbola Pada Atlet Putra Usia 12-14 Tahun SSB Disporasu Tahun 2024”.

(Pembimbing : Basyaruddin Daulay)

Skripsi : Pendidikan Kepelatihan Olahraga, Fakultas Ilmu Keolahragaan, Universitas Negeri Medan

Penelitian ini bertujuan untuk mengetahui pengaruh variasi latihan *small side game* terhadap kemampuan *passing* sepakbola pada atlet putra usia 12-14 tahun SSB Disporasu Tahun 2024. Penelitian ini menggunakan metode eksperimen dengan desain *one group pre-test post-test design*. Populasi pada penelitian ini sebanyak 50 pemain yang bergabung di SSB Disporasu. Teknik pengumpulan sampel yang digunakan dalam penelitian ini ialah *purposive sampling*. Setelah memberikan beberapa persyaratan maka dapat ditarik sampel penelitian sebanyak 15 atlet. Teknik pengambilan data yang digunakan adalah dengan cara pengambilan *pre-test* dan *post-test*. Dari analisis data yang telah dilakukan diketahui bahwa nilai t_{hitung} hipotesis yaitu diperoleh sebesar 6,049 dan t_{tabel} 1,761 maka (t_{hitung} 6,049 > t_{tabel} 1,761). Sehingga diperoleh kesimpulan bahwa terdapat pengaruh variasi latihan *small side game* terhadap kemampuan *passing* sepakbola pada atlet putra usia 12-14 tahun SSB Disporasu Tahun 2024.

Kata kunci: *Passing*, Variasi Latihan *Small Side Game*

ABSTRACT

Simon Yakin Iman Lase (NIM: 6202321001), “The Effect of Small-Side Game Training Variations on Soccer Passing Ability in Male Athletes Aged 12-14 Years at the Disporasu Special School (SSB) in 2024”.

(Supervisor : Basyaruddin Daulay)

Thesis : Sport Coaching Education, Faculty of Sports Science, State University of Medan

This study aims to determine the effect of small-sided game training variations on football passing ability among male athletes aged 12–14 years at SSB Disporasu in 2024. This research employed an experimental method with a one-group pre-test and post-test design. The population in this study consisted of 50 players who were members of SSB Disporasu. The sampling technique used in this study was purposive sampling. After applying several criteria, a total of 15 athletes were selected as the research sample. The data collection technique used was by conducting pre-test and post-test measurements. Based on the data analysis that has been carried out, it was found that the calculated t-value ($t_{\text{count}} = 6.049$) and the table t-value ($t_{\text{table}} = 1.761$) showed that $t_{\text{count}} (6.049) > t_{\text{table}} (1.761)$. Therefore, it can be concluded that there is an effect of small-sided game training variations on football passing ability among male athletes aged 12–14 years at SSB Disporasu in 2024.

Keywords : Passing, Small-Side Game Training Variations