

ABSTRAK

Muhammad Iqbal Manurung. “Pengembangan Variasi Latihan Untuk Meningkatkan Ketepatan *Passing* Futsal Pada Tim SMA Swasta Budisatrya”. (Pembimbing Skripsi : Prof. Dr. Indra Kasih, S.Pd., M.Or), Skripsi, Medan : Fakultas Ilmu Keolahragaan, Universitas Negeri Medan 2026.

Penelitian ini bertujuan untuk mengembangkan variasi latihan yang efektif untuk meningkatkan ketepatan *Passing* futsal pada tim SMA Swasta Budisatrya. Penelitian ini dilakukan di SMA Swasta Budisatrya Kota Medan, Sumatera Utara. Metode penelitian yang digunakan adalah penelitian dan pengembangan (Research and Development) dengan model pengembangan Borg and Gall yang dimodifikasi menjadi beberapa tahap, yaitu: analisis kebutuhan, perancangan, validasi ahli, uji coba kecil, revisi produk, uji coba besar, dan evaluasi akhir.

Instrumen penilaian dalam penelitian ini menggunakan lembar observasi dan penilaian keterampilan *Passing* futsal yang mencakup aspek ketepatan arah umpan, kecepatan bola, serta ketepatan sasaran. Populasi dalam penelitian ini adalah seluruh pemain futsal SMA Swasta Budisatrya yang berjumlah 20 siswa, dan teknik pengambilan sampel menggunakan total sampling, karena seluruh anggota populasi dijadikan sampel penelitian. Teknik pengumpulan data dilakukan melalui observasi, wawancara, dan penilaian keterampilan teknik *Passing* futsal.

Hasil penelitian menunjukkan bahwa produk variasi latihan yang dikembangkan layak dan efektif digunakan untuk meningkatkan ketepatan *Passing* futsal. Hal ini dibuktikan melalui hasil uji coba kecil dengan total skor 700 poin (87,50%) dan uji coba besar dengan total skor 1398 poin (87,37%), yang keduanya termasuk dalam kategori “sangat baik”. Dengan demikian, dapat disimpulkan bahwa pengembangan variasi latihan *Passing* futsal ini mampu meningkatkan ketepatan dan konsistensi *Passing* pemain serta dapat dijadikan alternatif model latihan bagi pelatih futsal di sekolah.

Kata kunci: Variasi latihan, Ketepatan *Passing*, *Futsal*, Pengembangan latihan

ABSTRACT

Muhammad Iqbal Manurung. “Development of Training Variations to Improve Futsal Passing Accuracy in the Budisatrya Private Senior High School Team.” (Thesis Supervisor: Prof. Dr. Indra Kasih, S.Pd., M.Or), Undergraduate Thesis, Medan: Faculty of Sports Science, State University of Medan, 2026.

This study aims to develop effective training variations to improve futsal Passing accuracy in the Budisatrya Private Senior High School team. The research was conducted at Budisatrya Private Senior High School, Medan City, North Sumatra. The research method used was Research and Development (R&D) based on a modified Borg and Gall model, which consists of several stages: needs analysis, design, expert validation, small-scale trial, product revision, large-scale trial, and final evaluation. The assessment instruments in this study consisted of observation sheets and futsal Passing skill evaluation forms, which included aspects such as pass direction accuracy, ball speed, and target precision. The population of this study comprised all futsal players at Budisatrya Private Senior High School, totaling 20 students. The sampling technique used was total sampling, as all members of the population were included as research subjects. Data were collected through observation, interviews, and performance assessments of futsal Passing techniques. The results of the study show that the developed training variation product is feasible and effective for improving futsal Passing accuracy. This is evidenced by the results of the small-scale trial with a total score of 700 points (87.50%) and the large-scale trial with a total score of 1,398 points (87.37%), both of which fall into the “very good” category. Therefore, it can be concluded that the development of futsal Passing training variations can enhance players’ Passing accuracy and consistency, and can serve as an alternative training model for futsal coaches in schools.

Keywords: Training variations, Passing accuracy, Futsal, Training development