

ABSTRAK

JOY BREMA SEMBIRING, 6193321041. PENGARUH VARIASI LATIHAN GIVE AND GO PASSING TERHADAP PENINGKATAN HASIL PASSING SEPAKBOLA PADA ATLET SSB TASBI TAHUN 2023. PEMBIMBING SKRIPSI : IBRAHIM WIYAKA. SKRIPSI: FAKULTAS ILMU KEOLAHRAGAAN UNIVERSITAS NEGERI MEDAN.

Penelitian ini bertujuan untuk mengetahui pengaruh variasi latihan *Give and Go Passing* terhadap peningkatan hasil *Passing* sepakbola pada atlet SSB Tasbi Tahun 2023. Metode penelitian yang digunakan adalah metode eksperimen. Desain penelitian yang digunakan adalah *One group pretest-posttest*. Jumlah sampel atlet yang digunakan sebanyak 16 orang. Penelitian ini dilaksanakan selama 6 minggu dengan frekuensi latihan 3 (tiga) kali dalam seminggu. Perhitungan statistic menggunakan uji-t. analisis hipotesis pertama dengan menggunakan data *pre-test* dan data *post-test passing* di minggu 1 sampai dengan minggu 9, dimana diperoleh hasil analisis $t_{hitung} 7.965 > t_{tabel} 2.131 (df n-1 = 15)$ yang berarti H_0 diterima dan H_a ditolak. Sehingga dapat disimpulkan bahwa tidak terdapat pengaruh variasi latihan *give and go passing* terhadap peningkatan hasil *passing* sepakbola pada atlet ssb tasbi pertemuan 1 s/d 9 yang artinya hipotesis yang berbunyi “pengaruh variasi latihan *give and go passing* terhadap peningkatan hasil *passing* sepakbola pada atlet ssb tasbi pertemuan 1 s/d 9” diterima. Analisis hipotesis kedua dengan menggunakan data *pre-test* dan data *post-test passing* di minggu 10 sampai dengan 18, dimana diperoleh hasil analisis $t_{hitung} 11.619 > t_{tabel} 2.131 (df n-1 = 15)$ yang berarti H_0 ditolak dan H_a diterima. Sehingga dapat disimpulkan bahwa terdapat pengaruh variasi latihan *give and go passing* terhadap peningkatan hasil *passing* sepakbola pada atlet ssb tasbi pertemuan 10 s/d 18 yang artinya hipotesis yang berbunyi “pengaruh variasi latihan *give and go passing* terhadap peningkatan hasil *passing* sepakbola pada atlet ssb tasbi pertemuan 10 s/d 18” diterima. Analisis hipotesis kedua dengan menggunakan data *pre-test* dan data *post-test passing* di minggu 1 sampai dengan 18, dimana diperoleh hasil analisis $t_{hitung} 13.508 > t_{tabel} 2.131 (df n-1 = 15)$ yang berarti H_0 ditolak dan H_a diterima. Sehingga dapat disimpulkan bahwa terdapat pengaruh variasi latihan *give and go passing* terhadap peningkatan hasil *passing* sepakbola pada atlet ssb tasbi pertemuan 1 s/d 18 yang artinya hipotesis yang berbunyi “pengaruh variasi latihan *give and go passing* terhadap peningkatan hasil *passing* sepakbola pada atlet ssb tasbi pertemuan 1 s/d 18” diterima.

Kata Kunci : Variasi Latihan, *Give and Go Passing*, Sepak Bola

ABSTRACT

JOY BREMA SEMBIRING, 6193321041. THE EFFECT OF VARIATIONS OF GIVE AND GO PASSING EXERCISES ON IMPROVING FOOTBALL PASSING RESULTS IN SSB TASBI ATHLETES IN 2023. THESIS SUPERVISOR: IBRAHIM WIYAKA. THESIS: MEDAN STATE UNIVERSITY FACULTY OF SPORTS SCIENCE.

This study aims to determine the effect of variations in Give and Go Passing training on improving football passing results in SSB Tasbi athletes in 2023. The research method used is the experimental method. The research design used is One group pretest-posttest. The number of athlete samples used was 16 people. This study was conducted for 6 weeks with a training frequency of 3 (three) times a week. Statistical calculations using the t-test. analysis of the first hypothesis using pre-test data and post-test passing data in weeks 1 to 9, where the results of the t-test analysis were $7.965 > t_{table} 2.131$ (df $n-1 = 15$) which means H_0 is accepted and H_a is rejected. So it can be concluded that there is no effect of variations in give and go passing training on improving football passing results in SSB Tasbi athletes from meetings 1 to 9, which means that the hypothesis that reads "the effect of variations in give and go passing training on improving football passing results in SSB Tasbi athletes from meetings 1 to 9" is accepted. The second hypothesis analysis using pre-test data and post-test passing data in weeks 10 to 18, where the results of the analysis of t count $11.619 > t_{table} 2.131$ (df $n-1 = 15$) which means H_0 is rejected and H_a is accepted. So it can be concluded that there is an effect of variations in give and go passing training on improving football passing results in SSB Tasbi athletes from meetings 10 to 18, which means the hypothesis that reads "the effect of variations in give and go passing training on improving football passing results in SSB Tasbi athletes from meetings 10 to 18" is accepted. The second hypothesis analysis using pre-test data and post-test passing data in weeks 1 to 18, where the results of the analysis of t count $13.508 > t_{table} 2.131$ (df $n-1 = 15$) which means H_0 is rejected and H_a is accepted. So it can be concluded that there is an influence of variations in give and go passing training on improving football passing results in SSB Tasbi athletes from meetings 1 to 18, which means that the hypothesis that states "the influence of variations in give and go passing training on improving football passing results in SSB Tasbi athletes from meetings 1 to 18" is accepted.

Keywords: *Training Variations, Give and Go Passing, Football*