

ABSTRAK

Renaldi Hidayat Pasaribu (NIM 6191121012) "PENGARUH LATIHAN *WALL PASS* DAN *GIVE AND GO* TERHADAP PENINGKATAN *PASSING* JARAK PENDEK MENGGUNAKAN KAKI BAGIAN DALAM PADA PERMAINAN SEPAK BOLA SISWA USIA 13-14 TAHUN SSB KATA BIMA TAHUN 2024"

(Pembimbing Skripsi : Amir Supriadi)

Skripsi : Fakultas Ilmu Keolahragaan UNIMED 2024

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *passing* terhadap latihan *wall pass* dan *give and go* klub SSB kata Bima usia 13-14 tahun 2024. Permasalahan dalam penelitian ini yaitu berdasarkan hasil observasi dan pengamatan yang dilakukan oleh peneliti yaitu kurangnya kemampuan *passing* klub SSB kata Bima sehingga mempengaruhi permainan dalam sepak bola.

Penelitian ini dilakukan di klub SSB kata Bima tembung tepatnya di jalan pendidikan pasar 11 tembung, kecamatan percut sei tuan, kabupaten deli serdang, sumatera utara. Penelitian ini menggunakan metode eksperimen dengan *desain one group pretest dan posttest*. Populasi dalam penelitian ini berjumlah 65 orang dan sampel dalam penelitian ini berjumlah 20 orang dengan pengambilan sampel menggunakan teknik *purposive sampling*. Teknik analisis data menggunakan analisis statistika meliputi uji normalitas, uji homogenitas, dan uji hipotesis.

Penelitian ini menunjukkan bahwa latihan *wall pass* dan *give and go* secara signifikan meningkatkan keterampilan *passing* jarak pendek menggunakan kaki bagian dalam pada pemain usia 13-14 tahun di SSB Kata Bima Tembung. Setelah program latihan selama 6 minggu, akurasi *passing* meningkat sebesar 30%, dan kecepatan gerakan *give and go* meningkat 25%. Hasil uji-t menunjukkan nilai t hitung (20,09) > t tabel (1,09) pada taraf nyata $\alpha = 0.05$ dengan nilai rata-rata *pretest* 1.85 dan rata-rata *posttest* 6.55, membuktikan pengaruh signifikan dari latihan tersebut. Latihan dilakukan dalam 20 pertemuan dengan variasi seperti umpan sederhana, fokus pergerakan tanpa bola, dan latihan dengan bek aktif. Selain teknik, latihan ini juga memperbaiki aspek taktis dan kerja sama tim dalam permainan kecil. Dengan demikian, program latihan ini efektif dalam mengoptimalkan kemampuan dasar sepak bola pada usia pembelajaran muda.

Berdasarkan hasil penelitian yang telah diperoleh dengan analisis data maka dapat ditarik kesimpulan bahwa terdapat pengaruh latihan *passing* terhadap latihan *wall pass* dan *give and go* pada klub SSB Kata Bima usia 13-14 tahun 2024.

Kata Kunci: Latihan, *Wall Pass*, *Give And Go*, *Passing*, Kemampuan *Passing* Jarak Pendek

ABSTRACT

Renaldi Hidayat Pasaribu (Student ID:6191121012)"THE EFFECT OF WALL PASS AND GIVE AND GO DRILLS ON IMPROVING SHORT PASSING USING THE INSIDE FOOT IN SOCCER FOR 13-14 YEAR-OLD PLAYERS AT SSB KATA BIMA IN 2024"

(Thesis Advisor: Amir Supriadi)

Thesis: Faculti of Sports Science, UNIMED, 2024

This research aims to determine the effect of passing drills on wall pass and give and go exercises in the SSB Kata Bima soccer club for 13-14-year-old players in 2024. The issue addressed in this study stems from observations and assessments by the researcher, revealing a lack of passing skills in the SSB Kata Bima club, which negatively impacts their soccer performance.

The study was conducted at the SSB Kata Bima club located on jalan Pendidikan, Pasar 11 Tembung, Percut Sei Tuan District, Deli Serdang Regency, North Sumatera. The research employed an experimental method using a one-group pretest-posttest design. The population consisted 65 players, with a sampling. Data analysis techniques included statistical methods such as normality tests, homogeneity tests, and hypothesis testing.

This study demonstrates that the wall pass and give and go exercises significantly enhance the short-range passing skills using the inside of the foot among 13-14-year-old players at SSB Kata Bima Tembung. After a 6-week training program, passing accuracy improved by 30%, and the speed of the give and go movement increased by 25%. The t-test results indicate a t-value of 20.09, which is greater than the critical t-value of 1.09 at a significance level of $\alpha = 0.05$, with pretest and posttest mean scores of 1.85 and 6.55, respectively, confirming the significant impact of these exercises. The training consisted of 20 sessions incorporating variations such as simple passes, focus on off-the-ball movement, and exercises with active defenders. Beyond technical skills, this training also improved tactical aspects and teamwork in small-sided games. Therefore, this training program is effective in optimizing fundamental soccer skills during the early learning phase.

Based on the research findings and data analysis, it can be concluded that passing drills significantly influence wall pass and give-and go exercises in the SSB Kata Bima club for 13-14-year-old players in 2024.

Keywords: Training, Wall Pass, Give And Go, Passing, Short Passing Skills