ABSTRAK

CANRA SINAGA NIM 6213210061. Pengaruh Latihan *Small Sided Games* Terhadap Peningkatan *VO_2 Max* Siswa Ekstrakurikuler Sepak Bola SMA Negeri 1 Pollung.(Pembimbing: Deni Rahman Marpaung S.Pd., M.Or). Skripsi, Fakultas Ilmu Keolahragaan (FIK), UNIMED Tahun 2025

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *small sided games* terhadap peningkatan *VO_2 Max* siswa ekstrakurikuler sepak bola di SMA Negeri 1 Pollung. Penelitian menggunakan pendekatan kuantitatif dengan metode *quasi eksperimen*, khususnya desain *one group pre-test post-test*. Penelitian ini melibatkan 20 siswa yang dipilih melalui teknik *purposive sampling*. Pengumpulan data dilakukan melalui tes *bleep test* pada saat *pre-test* dan *post-test*. Analisis data menggunakan uji *paired sample t-test* dengan bantuan SPSS versi 22.

Hasil analisis menunjukkan bahwa latihan *small sided games* tidak memberikan pengaruh yang signifikan secara statistik terhadap peningkatan *VO_2 Max*. Hal ini ditunjukkan dari perbandingan nilai rata-rata *VO_2 Max* sebelum dan sesudah perlakuan, yaitu rata-rata *pre-test* sebesar 43,82 dengan standar deviasi 4,56, dan rata-rata *post-test* sebesar 44,39 dengan standar deviasi 3,16. Meskipun terdapat peningkatan nilai rata-rata, namun peningkatan tersebut tidak signifikan secara statistik. Dengan demikian, dapat disimpulkan bahwa latihan *small sided games* tidak memberikan pengaruh yang signifikan terhadap peningkatan *VO_2 Max* siswa ekstrakurikuler sepak bola SMA Negeri 1 Pollung.

Kata kunci: Latihan *small sided games*, *VO_2 Max*

THE Character Building UNIVERSITY

ABSTRACT

CANRA SINAGA NIM 6213210061. ***The Effect of Small Sided Games Training on the Improvement of VO_2 Max in Soccer Extracurricular Students at SMA Negeri 1 Pollung. (Supervisor: Deni Rahman Marpaung, S.Pd., M.Or). Thesis, Faculty of Sports Science, State University of Medan 2025.***

This study aims to determine the effect of small sided games training on increasing VO_2Max in extracurricular soccer students at SMA Negeri 1 Pollung. This research uses a quantitative approach with a quasi-experimental method, specifically the one-group pre-test post-test design. The study involved 20 students selected through purposive sampling. Data were collected using the bleep test during both the pre-test and post-test phases. Data analysis was conducted using the paired sample t-test with the help of SPSS version 22.

The results showed that small sided games training did not have a statistically significant effect on increasing VO_2 Max. This was indicated by the comparison of the average VO_2 Max values before and after the intervention, where the pre-test average was 43.82 with a standard deviation of 4.56, and the post-test average was 44.39 with a standard deviation of 3.16. Although there was an increase in the mean score, it was not statistically significant. Therefore, it can be concluded that small sided games training did not significantly affect the VO_2 Max improvement of extracurricular soccer students at SMA Negeri 1 Pollung.

***Keywords**: Small sided games training, VO_2 Max*

THE Character Building UNIVERSITY