

DAFTAR GAMBAR

Gambar	Hal
1.1 Lapangan Sepakbola	14
1.2 Bola Yang Digunakan Dalam Permainan Sepak Bola	15
1.3 Penambahan Beban Latihan Secara Bertahap	19
2.1 Latihan <i>Right Pick Up Pass</i>	24
2.2 Latihan <i>Pass L</i>	26
2.3 Latihan <i>Pass S</i>	28
2.4 Latihan <i>Left Training Center Pass</i>	30
2.5 Latihan <i>Pass Attack</i>	32
2.6 Latihan <i>Right Training One Two Pass</i>	34
2.7 Latihan <i>Right Training Center pass</i>	37
2.8 Latihan <i>Left Pick Up Pass</i>	39
2.9 Latihan <i>Left Training One Two Pass</i>	42
2.10 Latihan <i>Triagel Pass</i>	44
3.1 Langkah Penggunaan Metode <i>Research and Development</i>	48
4.1 Latihan <i>Right Pick Up Pass</i>	55
4.2 Latihan <i>Pass L</i>	56
4.3 Latihan <i>Pass S</i>	58
4.4 Latihan <i>Left Training Center Pass</i>	59
4.5 Latihan <i>Pass Attack</i>	61
4.6 Latihan <i>Right Training One Two Pass</i>	63
4.7 Latihan <i>Right Training Center pass</i>	65
4.8 Latihan <i>Left Pick Up Pass</i>	67
4.9 Latihan <i>Left Training One Two Pass</i>	68
4.10 Latihan <i>Triagel Pass</i>	70
5.1 Latihan <i>Right Pick Up Pass</i>	83
5.2 Latihan <i>Pass L</i>	84
5.3 Latihan <i>Pass S</i>	86
5.4 Latihan <i>Left Training Center Pass</i>	88
5.5 Latihan <i>Pass Attack</i>	90
5.6 Latihan <i>Right Training One Two Pass</i>	92
5.7 Latihan <i>Right Training Center pass</i>	94

5.8	Latihan <i>Left Pick Up Pass</i>	96
5.9	Latihan <i>Left Training One Two Pass</i>	98
5.10	Latihan <i>Triagel Pass</i>	100
6.1	Latihan <i>Right Pick Up Pass</i>	118
6.2	Latihan <i>Pass L</i>	120
6.3	Latihan <i>Pass S</i>	122
6.4	Latihan <i>Left Training Center Pass</i>	124
6.5	Latihan <i>Pass Attack</i>	126
6.6	Latihan <i>Right Training One Two Pass</i>	128
6.7	Latihan <i>Right Training Center pass</i>	130
6.8	Latihan <i>Left Pick Up Pass</i>	132
6.9	Latihan <i>Left Training One Two Pass</i>	134
6.10	Latihan <i>Triagel Pass</i>	136
7.1	Latihan <i>Right Pick Up Pass</i>	165
7.2	Latihan <i>Pass L</i>	167
7.3	Latihan <i>Pass S</i>	168
7.4	Latihan <i>Left Training Center Pass</i>	179
7.5	Latihan <i>Pass Attack</i>	171
7.6	Latihan <i>Right Training One Two Pass</i>	172
7.7	Latihan <i>Right Training Center pass</i>	174
7.8	Latihan <i>Left Pick Up Pass</i>	175
7.9	Latihan <i>Left Training One Two Pass</i>	177
7.1	Latihan <i>Triagel Pass</i>	179
8.1	Gambar Validator Ahli Pelatih	181
8.2	Gambar Validator Ahli Olahraga.....	183
8.3	Gambar Validator Ahli Bahasa.....	184
8.4	Gambar Uji Coba Kelompok Kecil Dan Besar SBB Satria Muda..	185
8.5	Gambar Uji Coba Kelompok Kecil Dan Besar SBB Porkam FC...	186
8.6	Gambar Uji Coba Kelompok Kecil Dan Besar SBB Gumarang FC	187
8.7	Gambar Uji Coba Kelompok Besar SBB Sampali FC Dan Subden 2 Tamora	188
8.8	Gambar Arahan Sebelum Melakukan Uji Coba	189