

ABSTRAK

ALFIAN HIDAYAT PURBA. Nim: 6151121005. Pengembangan Variasi Latihan *Attacking* Dengan Strategi *Power Play* Futrsal 2020. (Pembimbing: Mahmuddin) Skripsi: Fakultas Ilmu Keolahragaan UNIMED 2020.

Penelitian ini bertujuan untuk mengetahui kelayakan variasi latihan *Attacing* dengan strategi *Power Play* futsal 2020. Metode Penelitian ini merupakan jenis penelitian dan pengembangan atau *Research and Development* (R&D). Subjek penelitian ini diambil dari *Academy* Bersama FS Medan, *Academy* KQFC Medan dan CP. Dasatama FC Tebing Tinggi. Uji coba kelompok kecil melibatkan subyek 10 orang pada club *Academy* Bersama FS Medan. uji coba kelompok besar dalam penelitian ini melibatkan 30 orang atlet dari club *Academy* KQFC Medan dan CP. Dasatama FC Tebing tinggi, Variasi latihan *Attacing* dengan strategi *Power Play* futsal 2020 ini telah dibuat dan di validasi oleh 3 orang ahli yaitu, Ahli Pelatih, Ahli Olahraga dan Ahli bahasa.

Hasil uji kelompok kecil melibatkan 10 orang atlet futsal *Academy* Bersama FS, 10 orang atlet *Academy* Bersama FS Medan, menunjukkan bahwa bentuk variasi latihan *Attacking* dengan Strategi *Power Play* memenuhi kriteria untuk di lanjutkan dalam uji coba kelompok besar dengan persentase 70 - 95 %.

Hasil uji kelompok Besar melibatkan 30 orang atlet futsal *Academy* KQFC Medan dan CP. Dasatama Tebing tinggi, 30 orang atlet *Academy* KQFC Medan dan CP. Dasatama Tebing tinggi, menunjukkan bahwa bentuk variasi latihan *Attacking* dengan Strategi *Power Play* memenuhi kriteria untuk di lanjutkan dalam uji coba kelompok besar dengan persentase 90 - 100 %.

Dapat di simpukan bahwa pengembangan variasi latihan *Attacing* dengan strategi *Power Play* dapat dikategorikan “sangat baik” dengan makna “layak dan dapat digunakan. Karena hal tersebut penting dalam meningkatkan latihan maupun pertandingan dan dapat memudahkan pelatih dalam melakukan latihan *Attacing* dengan strategi *Power Play*.

Kata kunci: pengembangan, bentuk, variasi, latihan, attacking, power play,

ABSTRACT

ALFIAN HIDAYAT PURBA. Nim: 6151121005. Development of Variations in Attacking Exercises with the 2020 Power Play Strategy. (Supervisor: Mahmuddin) Thesis: Faculty of Sports Science, UNIMED 2020.

This study aims to determine the feasibility of variations in Attacing training with the 2020 Power Play futsal strategy. This research method is a type of research and development or Research and Development (R&D). The subjects of this study were taken from the Academy Bersama FS Medan, the Academy KQFC Medan and CP. Dasatama FC Tebing Tinggi. The small group trial involved 10 subjects at the Academy Club with FS Medan. The large group trial in this study involved 30 athletes from the club Academy KQFC Medan and CP. Dasatama FC Tebing Tinggi, This variation of Attacing training with the 2020 futsal Power Play strategy has been made and validated by 3 experts, namely, Expert Trainers, Sports Experts and Linguists.

The results of the small group test involving 10 futsal athletes from the Academy with FS, 10 athletes from the Academy Bersama FS Medan, showed that the various forms of attacking exercises with the Power Play Strategy met the criteria to be continued in large group trials with a percentage of 70 - 100%.

The results of the large group test involved 30 futsal athletes from the KQFC Medan Academy and CP. Dasatama Tebing Tinggi, 30 athletes from the Academy KQFC Medan and CP. Dasatama Tebing is high, indicating that the various forms of attacking exercises with the Power Play Strategy fulfill the criteria to be continued in large group trials with a percentage of 90 - 100%.

It can be concluded that the development of various Attacing exercises with the Power Play strategy can be categorized as "very good" with the meaning "feasible and usable. Because this is important in improving training and competition and can make it easier for coaches to do Attacing exercises with the Power Play strategy.

Keywords: development, form, variation, training, attacking, power play.