

## ABSTRAK

Fakhrur Rozi Hasibuan. "PENGEMBANGAN ALAT *REBOUNDER* SEBAGAI MEDIA LATIHAN *PASSING* PADA PERMAINAN SEPAK BOLA". (Pembimbing: Amir Supriadi)  
Skripsi: Fakultas Ilmu Keolahragaan UNIMED, 2021.

Penelitian ini adalah bertujuan untuk mengembangkan alat *rebounder* sebagai alat untuk melatih teknik dasar *passing* untuk atlet SSB usia antara 13-17 tahun. Populasi dalam penelitian ini adalah 10 orang atlet SSB Mutiara, 4 orang atlet SSB Hizbul Wathan, 3 orang atlet SSB Thamrin Graha Metropolitan medan. Alat latihan *passing* terlebih dahulu divalidasi oleh 4 ahli, 1 ahli di bidang olahraga, 1 ahli di bidang alat/media, 2 ahli di bidang kepelatihan, dimana nilai rata-rata persentasi validitasnya ialah 81,8% dengan demikian menurut ahli olahraga, ahli kepelatihan sepak bola dan ahli alat/media mendapatkan kategori "Baik/Layak". Metode yang digunakan adalah metode penelitian pengembangan (*Research and Development/R&D*).

Hasil uji coba kelompok kecil melibatkan 7 orang atlet SSB Mutiara medan bahwa pengembangan alat latihan *passing* dalam penelitian ini dapat disimpulkan memenuhi kriteria untuk dilanjutkan dalam uji coba kelompok besar.

Hasil uji coba kelompok besar melibatkan 17 orang atlet, 10 orang atlet SSB Mutiara, 4 orang atlet SSB Hizbul Wathan, 3 orang atlet SSB TGM Medan bahwa pengembangan alat latihan *passing* dapat disimpulkan memenuhi kriteria untuk digunakan dalam membantu latihan *passing*.

Dari hasil validasi alat, uji coba kelompok kecil dan uji coba kelompok besar dapat disimpulkan bahwa alat bantu latihan *passing* sangat dibutuhkan dalam latihan *passing* dan sangat membantu dan mempermudah pelatih dalam proses melatih *passing* atlet pemula, selain itu dengan bentuk alat yang menarik sehingga meningkatkan kemauan atlet untuk terus memperbaiki gerakan *passing*.

**Kata kunci :** Alat *rebounder*, latihan *passing*, Sepak bola

## ABSTRACT

**Fakhrur Rozi Hasibuan. "DEVELOPMENT OF REBOUNDER TOOLS AS A PASSING TRAINING MEDIA IN SOCCER GAMES". (Advisor: Amir Supriadi)**

**Thesis: Faculty of Sports Science, UNIMED, 2021.**

This study aims to develop a rebounder tool as a tool to train basic passing techniques for SSB athletes aged 13-17 years. The population in this study were 10 SSB Mutiara athletes, 4 SSB Hizbul Wathan athletes, 3 SSB Thamrin Graha Metropolitan SSB athletes. Previously, the passing training tool was validated by 4 experts, 1 expert in the field of sports, 1 expert in the field of tools / media, 2 experts in the field of coaching, where the average percentage value of validity was 81.8%, according to sports experts, coaching experts. football and equipment / media experts get the "Good / Decent" category. The method used is the method of development research (Research and Development / R & D).

The results of the small group trial involving 7 SSB Mutiara Medan athletes showed that the development of passing training tools in this study could be concluded that they met the criteria to be continued in large group trials.

The results of the large group trial involved 17 athletes, 10 SSB Mutiara athletes, 4 SSB Hizbul Wathan athletes, 3 SSB TGM Medan athletes that the development of a passing training tool can be concluded that it meets the criteria to be used in assisting passing training.

From the results of tool validation, small group trials and large group trials, it can be concluded that passing training aids are very much needed in passing practice and are very helpful and easier for coaches in the process of training the passing of novice athletes, apart from that with attractive tools that increase the will of the athletes to continue to improve passing movements.

**Keywords:** Rebounder tool, passing practice, soccer

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