

ABSTRAK

Alfath Muhammad Nasution (NIM 6163121004). “PERBEDAAN PENGARUH LATIHAN *SHOOTING AFTER A BACK PASS* DENGAN LATIHAN *SHOOTING AFTER RECEIVING* TERHADAP HASIL *SHOOTING* SISWA SEKOLAH SEPAK BOLA (SSB) TUNAS BARU TAHUN 2021”.

Pembimbing : Ibrahim Wiyaka.

Skripsi : Fakultas Ilmu Keolahrgaan UNIMED 2021.

Olahraga khususnya dalam permainan sepak bola mutlak diperlukan beberapa teknik dasar antara satu dengan yang lain sangat erat kaitannya. Teknik dasar akan berkembang dari gerakan dasar menuju gerakan lanjut yang lebih lengkap. Seorang pemain sepak bola pemula harus menguasai teknik dasar bermain sepak bola. Faktor teknik menentukan pemain dalam melakukan setiap gerakan dalam bermain sepak bola. Untuk memperoleh teknik dasar khususnya *shooting* sepak bola yang baik dan benar, diperlukan latihan yang baik, terprogram, dan dilakukan dengan rutin dan penuh kedisiplinan.

Penelitian ini bertujuan untuk mengetahui perbedaan pengaruh latihan *shooting after a back pass* dengan latihan *shooting after receiving* terhadap hasil *shooting* siswa sekolah sepak bola (SSB) Tunas Baru Tahun 2021. Metode penelitian yang digunakan adalah penelitian eksperimen (perlakuan) dengan teknik pengambilan data yang melibatkan dua variabel bebas dan satu variabel terikat. Menggunakan uji statistik normalitas, homogenitas dan uji - t untuk hipotesis. Populasi dalam penelitian ini adalah atlet SSB Tunas Baru berjumlah 45 orang. Dan pengambilan sampel menggunakan teknik *purposive sampling* dengan beberapa kriteria sehingga diperoleh sampel sebanyak 14 atlet.

Hasil dari penelitian ini adalah (1) Terdapat pengaruh latihan *shooting after a back pass* terhadap hasil *shooting* siswa SSB Tunas Baru tahun 2021. (2) Terdapat pengaruh latihan *shooting after receiving* terhadap hasil *shooting* siswa SSB Tunas Baru tahun 2021. (3) Latihan *shooting after a back pass* tidak lebih besar pengaruhnya terhadap hasil *shooting* dibanding latihan *shooting after receiving* terhadap hasil *shooting* siswa SSB Tunas Baru tahun 2021.

Kata Kunci : *Shooting After A Back Pass, Shooting After Receiving, Shooting, Sepak bola*

ABSTRACT

Alfath Muhammad Nasution (NIM 6163121004). “DIFFERENCES EFFECT OF AFTER A BACK PASS SHOOTING TRAINING WITH SHOOTING AFTER RECEIVING EXERCISES ON SHOOTING RESULTS OF FOOTBALL TUNAS BARU IN 2021”.

These Supervisor : Ibrahim Wiyaka.

Thesis : Fakultas Ilmu Keolahragaan UNIMED 2021.

Sports, especially in the game of football, absolutely require some basic techniques between one another are very closely related. Basic techniques will develop from basic movements to more complete advanced movements. A novice soccer player must master the basic techniques of playing soccer. Technical factors determine the player in making every move in playing soccer. To obtain basic techniques, especially good and correct soccer shooting, it takes good practice, is programmed, and is done regularly and with full discipline.

This study aims to determine the difference in the effect of shooting after a back pass training with shooting after receiving training on the shooting results of Tunas Baru Football School (SSB) students in 2021. The research method used is experimental research (treatment) with data collection techniques involving two variables. independent and one dependent variable. Using statistical tests for normality, homogeneity and t-test for hypotheses. The population in this study were 45 SSB Tunas Baru athletes. And sampling using purposive sampling technique with several criteria in order to obtain a sample of 14 athletes.

The results of this study are (1) There is an effect of shooting after a back pass training on the shooting results of Tunas Baru SSB students in 2021. (2) There is an effect of shooting after receiving training on the shooting results of Tunas Baru SSB students in 2021. (3) Practice shooting after a back pass has no greater effect on shooting results than shooting after receiving practice on shooting results of SSB Tunas Baru students in 2021.

Keywords: Shooting After A Back Pass, Shooting After Receiving, Shooting, Football