

## ABSTRACT

**John Agustria Saragih (Nim : 6151121024) “ Variation Development exercise Passing Combination Long Pass On Athlete Football Year 2021” .**

**Supervisor: Ibrahim**

**Thesis : Faculty of Sports Science. UNIMED 2022.**

*This development research aims to produce a product of variations in the form of long passing combination passing exercises for soccer athletes by knowing the feasibility of variations in long passing combination passing exercises for soccer athletes. This research and development research and development (R&D) method is accompanied by a qualitative approach. The subjects in this development research are athletes football . \_ The instruments used in this research and development are a. Examined by experts/experts, the exercise variation developed is feasible to use based on the validation of 2 (two) trainers, 2 (two) media experts, 2 (two) linguists and the results of athlete responses Thing the regarding with the covid-19 pandemic . The results of the development can be concluded that: With the development of variations of long passing combination passing exercises, it can provide understanding and guidance to coaches in applying the form of combined long passing exercises . The development of variations in long passing combined passing exercises can determine the feasibility and effectiveness of the exercise based on expert judgment in the field of football science . Guidebooks and videos of variations of long passing combination passing exercises already worthy of being used as a variation of exercise new pass*

**Keywords: needs analysis, football passing longpassing.**



## ABSTRAK

**Jhon Agustria Saragih (Nim : 6151121024) “Pengembangan Variasi Latihan Passing Kombinasi Long Passing Pada Atlet Sepakbola Tahun 2021”.**

**Dosen Pembimbing: Ibrahim**

**Skripsi : Fakultas Ilmu Keolahragaan. UNIMED 2022.**

Penelitian pengembangan ini bertujuan untuk menghasilkan produk bentuk variasi latihan *passing* kombinasi *long passing* pada atlet sepakbola dengan mengetahui kelayakan variasi latihan *passing* kombinasi *long passing* pada atlet sepakbola. Metode penelitian dan pengembangan *research and development* (R&D) ini di sertai dengan pendekatan kualitatif. Subyek dalam penelitian pengembangan ini adalah atlet sepak bola. instrumen yang digunakan dalam penelitian dan pengembangan ini adalah a. Telaah para pakar/ ahli, Variasi latihan yang dikembangkan layak digunakan berdasarkan validasi 2 (dua) pelatih, 2 (dua) ahli media, 2 (dua) ahli bahasa dan hasil tanggapan atlet hal tersebut berkenaan dengan pandemic covid-19. Hasil pengembangan dapat disimpulkan bahwa: Dengan adanya pengembangan variasi latihan *passing* kombinasi *long passing* dapat memberikan pemahaman dan pedoman kepada pelatih dalam menerapkan bentuk latihan *passing* kombinasi dengan *long passing*. Pengembangan variasi latihan *passing* kombinasi *long passing* dapat diketahui kelayakan dan tingkat keefektifan latihan berdasarkan penilaian ahli dalam bidang ilmu pengetahuan tentang sepakbola. Buku panduan dan vidio variasi latihan *passing* kombinasi *long passing* sudah layak dijadikan sebagai variasi latihan *passing* baru

**Kata kunci: analisis kebutuhan, passing longpassing sepakbola.**

