

ABSTRAK

Gresimon Agustino Purba (6203510015)” Pengaruh Variasi Latihan Futsal Berbasis Video Tutorial Untuk Meningkatkan Keterampilan Teknik Dasar Permainan Futsal Pada Siswa Ekstrakurikuler SMA Negeri 1 Padang Tualang”

(Pembimbing : Prof. Dr. Ardi Nusri. M.Kes)

Skripsi : Fakultas Ilmu Keolahragaan UNIMED, 2026

Tujuan penelitian untuk mengetahui pengaruh variasi latihan futsal menggunakan video tutorial terhadap peningkatan keterampilan teknik dasar permainan futsal pada siswa ekstrakurikuler di SMA Negeri 1 Padang Tualang. Penelitian dilaksanakan di lapangan SMA Negeri 1 Padang Tualang dengan menggunakan metode eksperimental. Pengumpulan data dilakukan melalui tes dan pengukuran, yang mencakup empat tes teknik dasar futsal, yaitu *passing*, *receiving*, *dribbling*, dan *shooting*. Sampel penelitian terdiri dari 20 siswa ekstrakurikuler SMA Negeri 1 Padang Tualang, dengan teknik pengambilan sampel menggunakan total sampling. Penelitian berlangsung selama enam minggu (18 pertemuan) dengan frekuensi latihan tiga kali seminggu. Analisis data dilakukan menggunakan uji paired sample t-test, dengan data yang dianalisis berasal dari tes awal (*pretest*) dan tes akhir (*posttest*). Berdasarkan hasil analisis, diperoleh nilai t_{hitung} sebesar 6,760 dan nilai t_{tabel} 2,093. Perbandingan nilai t_{hitung} dengan nilai t_{tabel} menunjukkan nilai $t_{hitung} > t_{tabel}$ sehingga dapat disimpulkan bahwa adanya perbedaan yang signifikan pada keterampilan teknik dasar futsal siswa sebelum dan sesudah diberikan perlakuan. Dengan demikian, dapat disimpulkan bahwa latihan futsal berbasis video tutorial berpengaruh terhadap peningkatan keterampilan teknik dasar permainan futsal pada siswa ekstrakurikuler SMA Negeri 1 Padang Tualang.

Kata Kunci : *Dribbling*, Futsal, *Passing*, *Receiving*, *Shooting*, Variasi Latihan, Video tutorial.

ABSTRACT

Gresimon Agustino Purba (6203510015) — “The Effect of Video Tutorial Based Futsal Training Variations on The Basic Futsal Skills of Extracurricular Students at SMA Negeri 1 Padang Tualang”

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Thesis Medan: Faculty of Sports Science UNIMED, 2026

The purpose of this study was to determine the effect of futsal training variations using video tutorials on improving the basic technical skills of futsal games in extracurricular students at SMA Negeri 1 Padang Tualang. The study was conducted in the field of SMA Negeri 1 Padang Tualang using an experimental method. Data collection was carried out through tests and measurements, which included four basic futsal technical tests, namely passing, receiving, dribbling, and shooting. The research sample consisted of 20 extracurricular students of SMA Negeri 1 Padang Tualang, with a sampling technique using total sampling. The study lasted for six weeks (18 meetings) with a training frequency of three times a week. Data analysis was carried out using a paired sample t-test, with the data analyzed coming from the initial test (pretest) and the final test (posttest). Based on the results of the analysis, the t-count value was 6.760 and the t-table value was 2.093. The comparison of the t-count value with the t-table value showed that the t-count value was $>$ t-table so it can be concluded that there was a significant difference in the basic technical skills of futsal students before and after being given treatment. Thus, it can be concluded that video tutorial-based futsal training has an impact on improving basic futsal technical skills among extracurricular students at SMA Negeri 1 Padang Tualang.

Keywords: *Dribbling, Futsal, Passing, Receiving, Shotting, Exercise Variations Video tutorial.*