

ABSTRAK

Muhammad Alfa Robby (NIM: 6211121023) Pengembangan Variasi Latihan Passing Menggunakan Kaki Bagian Dalam Pada Pemain Sepak Bola Berbasis *Small-Sided Games*

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Permasalahan atlet sepak bola pada usia 8-11 tahun yang umum terjadi yaitu teknik dasar *passing*, seperti rendahnya akurasi operan, kecepatan bola yang kurang stabil, serta kesulitan dalam mengatur *timing* saat memberikan umpan kepada rekan setim. Tujuan penelitian ini adalah untuk mengembangkan variasi latihan *passing* menggunakan kaki bagian dalam pada pemain sepak bola berbasis *Small-Sided Games* (SSG) dan menganalisis kelayakan variasi latihan *passing* kaki bagian dalam berbasis SSG yang dikembangkan. Keterbaruan penelitian ini adalah menghadirkan variasi latihan yang lebih sistematis, dengan memodifikasi bentuk SSG agar sesuai dengan kebutuhan teknik *passing* kaki bagian dalam, sekaligus menekankan aspek motivasional dan keterlibatan pemain selama proses latihan. Penelitian ini dilakukan di lapangan sepak bola Kabupaten Deli Serdang, Sumatera Utara. Penelitian ini merupakan jenis penelitian pengembangan yang mengacu pada model *Research & Development* (R&D) Level 1 meliputi 4 langkah pengembangan, yaitu potensi dan masalah, studi dokumentasi dan pengumpulan informasi, desain produk, dan validasi desain. Sampel penelitian ini yaitu 45 orang atlet sepak bola usia 8-11 tahun di Kabupaten Deli Serdang. Instrumen penelitian ini menggunakan lembar validasi ahli meliputi akademisi sepak bola, ahli bahasa, pelatih SSB Porkam DS, pelatih SSB Predator, dan pelatih SSB Tombak Sakti, kemudian dilakukan analisis kevalidan untuk mengetahui layak atau tidaknya desain. Hasil penelitian menemukan bahwa pengembangan variasi latihan *passing* kaki bagian dalam berbasis *small-sided games* menghasilkan 20 desain produk dengan variasi yang berbeda-beda. Hasil uji validasi rancangan variasi latihan *passing* kaki bagian dalam berbasis *small-sided games* memperoleh skor 90,31% (akademisi sepak bola) dan 89,58% (ahli bahasa) dengan kategori layak digunakan. Selanjutnya, uji validasi dari para pelatih SSB memperoleh skor 91,87% (Pelatih 1), 88,75% (Pelatih 2) dan 92,18% (Pelatih 3) dengan kategori layak digunakan. Sehingga dapat disimpulkan 20 variasi latihan *passing* kaki bagian dalam berbasis *small-sided games* layak digunakan menjadi sebuah program latihan *passing* untuk anak usia 8-11 tahun.

Kata Kunci: Pengembangan, Latihan *Passing*, Sepak Bola, *Small Sided Games*

ABSTRACT

Muhammad Alfa Robby (Student ID: 6211121023) Development of Variations in Passing Exercises Using the Inside of the Foot for Soccer Players Based on Small-Sided Games

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Common problems faced by soccer athletes aged 8-11 years are basic passing techniques, such as low pass accuracy, unstable ball speed, and difficulty in timing passes to teammates. The purpose of this study is to develop variations in passing exercises using the inside of the foot for soccer players based on Small-Sided Games (SSG) and to analyze the feasibility of the variations in inside-foot passing exercises based on the SSGs developed. The novelty of this research is the presentation of more systematic variations in exercises by modifying the SSG format to suit the needs of inside-foot passing techniques, while emphasizing motivational aspects and player involvement during the training process. This research was conducted at the soccer field in Deli Serdang Regency, North Sumatra. This research is a type of development research that refers to the Research & Development (R&D) Level 1 model which includes 4 development steps, namely potential and problems, documentation study and information collection, product design, and design validation. The sample of this research was 45 soccer athletes aged 8-11 years in Deli Serdang Regency. This research instrument used an expert validation sheet including soccer academics, linguists, SSB Porkam DS coaches, SSB Predator coaches, and SSB Tombak Sakti coaches, then a validity analysis was conducted to determine the feasibility of the design. The results of the study found that the development of variations of inside-foot passing exercises based on small-sided games resulted in 20 product designs with different variations. The results of the validation test of the design of variations of inside-foot passing exercises based on small-sided games obtained a score of 90.31% (soccer academics) and 89.58% (linguists) with a category of being suitable for use. Furthermore, the validation test by the SSB coaches yielded scores of 91.87% (Coach 1), 88.75% (Coach 2), and 92.18% (Coach 3), categorizing them as suitable for use. Therefore, it can be concluded that the 20 variations of inside-foot passing exercises based on small-sided games are suitable for use as a passing training program for children aged 8-11.

Keywords: Development, Passing Practice, Soccer, Small-Sided Games