

ABSTRAK

Radot Benson Wahyu Sihombing (NIM: 6211121017) Pengembangan Variasi Latihan *Passing* Pada Atlet Sepak Bola Di Kabupaten Dairi

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Tujuan penelitian ini adalah untuk mengembangkan variasi Latihan *passing* pada atlet sepak bola di kabupaten Dairi dan menganalisis kelayakan variasi Latihan *passing* pada atlet sepak bola yang dikembangkan. Penelitian ini dilakukan di SSB Putra Kalang, SSB Victory Dairi FC dan SSB Dairi Mountains yang terletak di Kabupaten Dairi. Jumlah sampel pada penelitian ini berjumlah 15 orang kelompok kecil dan 30 orang kelompok besar. Penelitian ini merupakan jenis penelitian pengembangan yang mengacu pada model pengembangan *Borg and Gall* yang terdiri dari 10 langkah pengembangan. Hasil penelitian menemukan bahwa: 1) Hasil Pengembangan variasi Latihan *passing* pada atlet sepak bola di kabupaten Dairi yaitu: Variasi *Passing* 1, Variasi *Passing* 2, Variasi *Passing* 3, Variasi *Passing* 4, Variasi *Passing* 5, Variasi *Passing* 6, Variasi *Passing* 7, Variasi *Passing* 8, Variasi *Passing* 9, Variasi *Passing* 10, Variasi *Passing* 11, Variasi *Passing* 12, Variasi *Passing* 13, Variasi *Passing* 14, Variasi *Passing* 15, Variasi *Passing* 16, Variasi *Passing* 17, Variasi *Passing* 18, Variasi *Passing* 19, Variasi *Passing* 20. 2) . Hasil Pengembangan variasi latihan *passing* menunjukkan skor 92,50% (dosen sepak bola) dan 88,5% (Ahli Bahasa), yang mengindikasikan bahwa alat ini tergolong layak untuk diterapkan. Selanjutnya, dalam uji coba dengan kelompok besar, dicapai skor 94,5% (oleh Pelatih 1), 87% dari (Pelatih 2), dan 92,50% oleh (Pelatih 3), yang menunjukkan kategori sangat memuaskan. Dengan demikian, penilaian menyatakan bahwa pengembangan variasi latihan *passing* efektif dan dapat diterapkan.

Kata Kunci: Pengembangan Variasi, Latihan *Passing*, Sepak Bola, Di Kabupaten Dairi

ABSTRAK

***Radot Benson Wahyu Sihombing (Student ID: 6211121017). Development of Passing Training Variations for Soccer Athletes in Dairi Regency. Supervisor: Basyaruddin Daulay
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The purpose of this study was to develop variations of passing exercises for soccer athletes in Dairi Regency and to analyze the feasibility of the developed passing exercise variations. This study was conducted at SSB Putra Kalang, SSB Victory Dairi FC, and SSB Dairi Mountains, which are located in Dairi Regency. The sample size in this study consisted of 15 participants in the small group trial and 30 participants in the large group trial. This research is a developmental research study that refers to the Borg and Gall development model, which consists of 10 development steps. The results of the study found that: 1) The results of developing passing exercise variations for soccer athletes in Dairi Regency included Passing Variation 1, Passing Variation 2, Passing Variation 3, Passing Variation 4, Passing Variation 5, Passing Variation 6, Passing Variation 7, Passing Variation 8, Passing Variation 9, Passing Variation 10, Passing Variation 11, Passing Variation 12, Passing Variation 13, Passing Variation 14, Passing Variation 15, Passing Variation 16, Passing Variation 17, Passing Variation 18, Passing Variation 19, and Passing Variation 20. 2) The evaluation of the developed passing exercise variations showed scores of 92.50% from a soccer lecturer and 88.5% from a language expert, indicating that the product is considered feasible for implementation. Furthermore, in the large group trial, scores of 94.5% from Coach 1, 87% from Coach 2, and 92.50% from Coach 3 were achieved, which fall into the very satisfactory category. Therefore, the assessment states that the development of passing exercise variations is effective and applicable.

Keywords: Development of Variations, Passing Exercises, Soccer, Dairi Regency