

ABSTRAK

Muhammad Hamdani. Perbedaan Pengaruh Variasi Latihan *Pass Back Pass Shooting* dan *Shooting After Dribble* Terhadap Ketepatan Sasaran *Shooting* Pada Pemain SSB Tasbi Medan Kelompok Usia 15 Tahun. Skripsi. Medan: Fakultas Ilmu Keolahragaan, Universitas Negeri Medan 2024.

Salah satu kemampuan dasar yang penting untuk dikuasai pemain yaitu kemampuan *shooting* baik dari jarak jauh maupun jarak dekat. Peneliti mengamati rendahnya tingkat akurasi *shooting* pemain SSB Tasbi kelompok usia 15 tahun ketika bertanding di Soeratin U-15 sangat rendah. Tujuan dari penelitian ini ialah untuk mengetahui pengaruh dan perbandingan variasi latihan *shooting* dengan *pass back pass shooting* dengan variasi latihan *shooting* dengan *shooting after dribble* terhadap ketepatan *shooting*.

Penelitian ini merupakan penelitian eksperimen dengan teknik tes dalam pengambilan datanya. Desain penelitian yang digunakan adalah *Two Groups Pretest-Posttest Design*. Teknik pemasangan kelompok yang digunakan ialah *ordinal pairing*. Sampel penelitian ini adalah 20 pemain SSB Tasbi Medan. Teknik pengambilan sampel yaitu *purposive sampling*. Instrumen yang digunakan oleh peneliti dalam mengambil data yaitu tes *shooting* Bobby Charlton yaitu tes *shooting* kearah sasaran gawang yang di bagi dalam 6. Hasil data yang diperoleh adalah uji prasyarat analisis dan uji hipotesis.

Berdasarkan hasil uji t latihan *shooting* dengan variasi latihan *pass back pass shooting* diperoleh nilai $t_{hitung} 3,881 > t_{tabel} (Df 9) 2,262$, dan nilai $p (0,004) < \text{dari } 0,05$, dengan persentase peningkatan sebesar 26%. Sedangkan hasil uji t latihan *shooting* dengan variasi latihan *shooting after dribble* diperoleh nilai $t_{hitung} 14,212 > t_{tabel} (Df 9) 2,262$, dan nilai $p (0,001) < \text{dari } 0,05$, dengan persentase peningkatan sebesar 37,76%. Variasi latihan *shooting* dengan variasi latihan *shooting after dribble* lebih baik dari pada variasi latihan *pass back pass shooting* untuk meningkatkan ketepatan sasaran *shooting* pada pemain SSB Tasbi Medan kelompok usia 15 tahun. Hasil penelitian menyatakan bahwa terdapat pengaruh latihan *shooting* dengan variasi latihan *pass back pass shooting* dan *shooting after dribble* terhadap ketepatan sasaran *shooting* pada pemain SSB Tasbi Medan kelompok usia 15 tahun.

Kata Kunci: Sepakbola, Variasi Latihan, *Shooting*

ABSTRACT

Muhammad Hamdani. Differences in the Effect of Training Variations of Pass Back Pass Shooting and Shooting After Dribble on the Accuracy of Shooting Targets in SSB Tasbi Medan Players 15 Years of Age Group. Thesis. Medan: Faculty of Sports Science, Medan State University 2024.

One of the basic abilities that is important for players to master is the ability to shoot both from a long distance and close range. Researchers observed the low level of shooting accuracy of 15-year-old SSB Tasbi players when competing in Soeratin U-15 was very low. The purpose of this study was to determine the effect and comparison of shooting training variations with back pass shooting with shooting training variations with shooting after dribble on shooting accuracy.

This research is an experimental study with test techniques in data collection. The research design used is Two Groups Pretest-Posttest Design. The group pairing technique used is ordinal pairing. The sample of this study were 20 SSB Tasbi Medan players. The sampling technique is purposive sampling. The instrument used by researchers in taking data is the Bobby Charlton shooting test, namely the shooting test towards the goal target which is divided into 6. The results of the data obtained are prerequisite analysis and hypothesis testing.

Based on the results of the t test of shooting training with variations of back pass shooting training, the t value is $3.881 > t_{table} (Df 9) 2.262$, and the p value $(0.004) < from 0.05$, with a percentage increase of 26%. While the t test results of shooting training with variations of shooting after dribble training obtained a t value of $14.212 > t_{table} (Df 9) 2.262$, and a p value $(0.001) < from 0.05$, with a percentage increase of 37.76%. Variations of shooting training with variations of shooting after dribble training are better than variations of pass back pass shooting training to increase the accuracy of shooting targets in SSB Tasbi Medan players in the 15 year age group. The results of the study state that there is an effect of shooting training with variations of pass back pass shooting and shooting after dribble training on the accuracy of shooting targets in SSB Tasbi Medan players, age group 15 years.

Keywords: Football, Training Variations, Shooting