

**PENGARUH SMALL SIDED GAME DENGAN PRINSIP INTERVAL,  
PYRAMID, MIX TERHADAP PENINGKATAN VO<sub>2</sub>MAX  
DAN KERJA SAMA PEMAIN SEPAKBOLA**

**TESIS**

Diajukan Untuk Memperoleh Gelar Magister Pendidikan Olahraga  
Program Studi Pendidikan Kepelatihan Olahraga



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**UNIVERSITAS PENDIDIKAN INDONESIA**

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## **LEMBAR HAK CIPTA**

# **PENGARUH *SMALL SIDED GAME* DENGAN PRINSIP *INTERVAL, PYRAMID, MIX* TERHADAP PENINGKATAN *VO2MAX* DAN KERJA SAMA PEMAIN SEPAKBOLA**

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Sebuah tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar Magister Pendidikan (M.Pd.) pada Sekolah Pascasarjana

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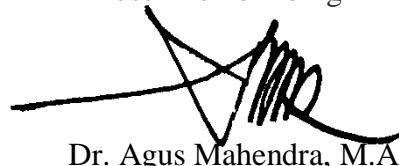
### **PENGARUH SMALL SIDED GAME DENGAN PRINSIP INTERVAL, PYRAMID, MIX TERHADAP PENINGKATAN VO<sub>2MAX</sub> DAN KERJA SAMA PEMAIN SEPAKBOLA**

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PENINGKATAN VO<sub>2MAX</sub> DAN KERJA SAMA PEMAIN SEPAKBOLA.*

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## **ABSTRAK**

### **PENGARUH SMALL SIDED GAMES DENGAN PRINSIP INTERVAL, PYRAMID, DAN MIX, TERHADAP PENINGKATAN VO2MAX DAN KERJA SAMA PEMAIN SEPAKBOLA**

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Tujuan pada penelitian ini untuk mengetahui perbedaan pengaruh peningkatan VO2Max dengan menerapkan prinsip latihan daya tahan seperti *interval*, *Pyramid*, dan *Mix* (Penggabungan metode). Penelitian ini dilakukan di Akademi Persib U-18 tahun 2024. Metode yang digunakan dalam penelitian ini adalah metode experiment dengan desain pada penelitian ini yaitu *Pre Experimental Design* dengan pola (*pre - test, post – test design*), dan dilakukan teknik pengambilan sampel menggunakan Teknik *Random assignment*. Instrumen dalam penlitian ini untuk VO2Max menggunakan Yo-Yo Intermittent Recovery Test dengan uji validitas dan reliabilitas pada atlet sepakbola u 19 memiliki tingkat validitas sebesar = 0,968 dan reliabilitas sebesar = 0,996 (Akbar et al., 2015) dan untuk Kerja sama menggunakan angket kerja sama dengan validitas = 0,361 & realibilitas =0,870 (Alfarisi, 2023). Berdasarkan data yang dianalisis dengan uji *One Way Anova* dan uji *Paired Sample T-test* dengan menggunakan software SPSS terdapat peningkatan VO2Max disetiap kelompoknya, namun terdapat perbedaan antara setiap kelompoknya dengan data perbandingan tidak terdapat perbedaan antara kelompok *interval* dan *Pyramid*, kemudian terdapat perbedaan antara *interval* dan *Mix* dengan kelompok *mix* lebih unggul, dan juga antara kelompok *Pyramid* dan *Mix* dengan kelompok *mix* lebih unggul dalam variable VO2Max, sedangkan untuk variable kerja sama tidak terdapat perbedaan yang signifikan antara kelompok *interval* dan *Pyramid*, kemudian tidak terdapat perbedaan antara kelompok *interval* dan *Mix*, dan juga tidak terdapat perbedaan antara kelompok *Pyramid* dan *Mix*.

**Kata kunci:** *Sepakbola, Small Sided Game, Aerobik, VO2Max, Kerja sama*

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## **ABSTRACT**

### ***THE EFFECT OF SMALL SIDED GAMES WITH INTERVAL, PYRAMID, AND MIX PRINCIPLES ON INCREASING VO2MAX AND TEAMWORK OF FOOTBALL PLAYERS***

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purpose of this study was to determine the differences in the effect of increasing VO2Max by applying the principles of endurance training such as interval, Pyramid, and Mix (Combination of methods). This research was conducted at the Persib U-18 Academy in 2024. The method used in this study was the experimental method with the design in this study, namely Pre Experimental Design with a pattern (pre-test, post-test design), and the sampling technique used the Random assignment technique. The instrument in this study for VO2Max used the Yo-Yo Intermittent Recovery Test with a validity and reliability test on U-19 soccer athletes having a validity level of = 0.968 and a reliability of = 0.996 (Akbar et al., 2015) and for teamwork using a cooperation questionnaire with validity = 0.361 & reliability = 0.870 (Alfarisi, 2023). Based on the data analyzed by One Way Anova test and Paired Sample T-test using SPSS software, there was an increase in VO2Max in each group, but there was a difference between each group with comparative data, there was no difference between the interval and Pyramid groups, then there was a difference between the interval and Mix with the mix group being superior, and also between the Pyramid and Mix groups with the mix group being superior in the VO2Max variable, while for the teamwork variable there was no significant difference between the interval and Pyramid groups, then there was no difference between the interval and Mix groups, and there was also no difference between the Pyramid and Mix groups.

***Keywords: Football, Small Sided Game, Aerobic, VO2Max, Teamwork***

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