

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

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Magister Pendidikan (M.Pd.) pada Sekolah Pascasarjana

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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 penelitian 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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DAFTAR ISI

LEMBAR HAK CIPTA	i
LEMBAR PENGESAHAN	ii
KATA PENGANTAR	iii
UCAPAN TERIMA KASIH	iv
Abstrak	vi
Abstract	vii
Daftar Tabel	xi
Daftar Gambar	xii
BAB I PENDAHULUAN	1
1.1 Latar Belakang Masalah.....	1
1.2 Rumusan Masalah.....	11
1.3 Tujuan Penelitian	12
1.4 Manfaat Penelitian	11
1.5 Struktur Organisasi Tesis	14
BAB II KAJIAN PUSTAKA	16
2.1 Hakikat <i>Small Sided Games</i>	16
2.1.1 Definisi <i>Small Sided Game</i>	16
2.1.2 Model metode <i>small side game</i>	17
2.1.3 Manfaat <i>Small Sided Game</i>	19
2.1.4 Manfaat <i>Small Sided Games</i> dalam pelatihan VO2 Max.....	21
2.2 Hakikat <i>VO2Max</i>	22
2.2.1 Definisi <i>VO2Max</i>	22
2.2.2 Peranan VO2 max terhadap Keterampilan Bermain Sepakbola.....	23
2.3 Hakikat Kondisi Fisik.....	24
2.3.1 Definisi Kondisi Fisik.....	24
2.3.2 Komponen Kondisi Fisik.....	26
2.4 Hakikat Metode Latihan.....	35
2.4.1 Definisi Metode Latihan.....	35
2.4.2 Prinsip-Prinsip Latihan.....	36
2.4.3 Norma-norma latihan	41
2.4.4 Metode Latihan Fisik Sepakbola.....	44

2.5 Sepakbola	49
2.6 Kerja sama	50
2.7 Kerangka berpikir	51
2.8 Hipotesis penelitian.....	53
BAB III METODE PENELITIAN	55
3.1 Metode Penelitian	55
3.2 Desain Penelitian	55
3.3 Populasi Penelitian.....	57
3.4 Sampel Penelitian	57
3.5 Lokasi dan Waktu Penelitian.....	60
3.5.1 Lokasi Penelitian.....	60
3.5.2 Waktu Penelitian	60
3.6 Instrumen Penelitian	60
3.6.1 YoYo intermittent recovery test level I.....	60
3.6.2 Angket.....	62
3.7 Uji Validitas dan Reabilitas.....	65
3.7.1 Uji Validitas.....	65
3.9.2 Uji Reabilitas	66
3.8 Prosedur Penelitian	67
3.8.1 Kelompok Eksperimen (Small-Sided Games) metode <i>interval</i>	68
3.8.2 Kelompok Eksperimen (<i>Small-Sided Games</i>) metode <i>mix</i>	68
3.8.3 Kelompok Eksperimen (Small-Sided Games) metode <i>mix</i>	69
3.8.4 Program Latihan <i>Small Sided Game</i>	70
3.9 Validitas Eksperimen	71
3.9.1 Validitas Internal.....	71
3.9.2 Validitas Eksternal	72
3.10 Analisis Data	73
3.10.1 Analisis Deskriptif Statistik	73
3.10.2 Pengujian Normalitas	73
3.10.3 Pengujian Homogenitas	74
3.10.4 Pengujian Paired Sample T-test	74
BAB IV HASIL DAN PEMBAHASAN.....	69
4.1 Hasil penelitian	69

4.1.1 Deskripsi Subjek, Waktu, dan Lokasi Penelitian	69
4.1.2 Deskripsi Data Hasil Penelitian.....	69
4.2 Pengolahan Data dan Analisis Data	71
4.2.1 Uji Prasyarat	71
4.2.2 Uji Normalitas.....	72
4.2.3 Uji Homogenitas	73
4.2.4 Uji hipotesis	74
4.3 Pembahasan dan temuan penelitian.....	81
4.3.1 Pembahasan	81
4.3.2 Temuan Penelitian.....	84
BAB V KESIMPULAN, IMPLIKASI, DAN REKOMENDASI	87
5.1 Kesimpulan	87
5.2 Implikasi	88
5.3 Rekomendasi.....	89
DAFTAR PUSTAKA	90
DAFTAR LAMPIRAN	107

Daftar Tabel

Tabel 3.1 Desain Penelitian.....	56
Tabel 3.2 Ordinal pairing.....	58
Tabel 3.3 Sampel Eksperimen A (SSGI), Sampel Eksperimen B (SSGP), dan C (<i>mix</i>)	60
Tabel 3.4 Kisi-Kisi Instrumen Kerja sama.....	63
Tabel 3.5 Kategori Pemberian Skor Alternatif Jawaban.....	64
Tabel 3.6 Nilai Reliabilitas	64
Tabel 3.7 <i>Reliability Statistics of kerja sama</i>	67
Tabel 4.1 Ordinal Pairing.....	75
Tabel 4.2 random assignment.....	75
Tabel 4.3 data post-test	76
Tabel 4.4 Deskripsi statistik pre-test & post-test <i>Small Sided Game VO2Max</i>	77
Tabel 4.5 Deskripsi statistik pre-test & post-test <i>Small Sided Game kerja sama</i>	77
Tabel 4.6 Hasil uji normalitas shapiro wilk <i>Small Sided Game VO2Max</i>	78
Tabel 4.7 Hasil uji normalitas shapiro wilk <i>Small Sided Game kerja sama</i>	78
Tabel 4.8 Hasil Uji Homogenitas Levene Statistic VO2Max	79
Tabel 4.9 Hasil Uji Homogenitas Levene Statistic Kerja sama.....	79
Tabel 4.10 Hasil Uji One way Anova VO2Max	80
Tabel 4.11 Hasil Uji paired Sample Test <i>Small Sided Game VO2Max</i>	81
Tabel 4.12 Data selisih Pretest - Posttest VO2max kelompok <i>interval</i>	81
Tabel 4.13 Data selisih Pretest - Posttest VO2max kelompok <i>Pyramid</i>	82
Tabel 4.14 Data selisih Pretest - Posttest VO2max kelompok <i>mix</i>	82
Tabel 4.15 Perbandingan kelompok <i>interval</i> dan kelompok <i>Pyramid</i>	83
Tabel 4.16 Perbandingan kelompok <i>interval</i> dan kelompok <i>mix</i>	83
Tabel 4.17 Perbandingan kelompok <i>Pyramid</i> dan kelompok <i>mix</i>	84
Tabel 4.18 Hasil Uji One way Anova	84
Tabel 4.19 Hasil uji Paired kerja sama	85
Tabel 4.20 Perbandingan kelompok <i>interval</i> dan kelompok <i>Pyramid</i>	85
Tabel 4.21 Perbandingan kelompok <i>interval</i> dan kelompok <i>mix</i>	85
Tabel 4.22 Perbandingan kelompok <i>Pyramid</i> dan kelompok <i>mix</i>	86

Daftar Gambar

Gambar 2.1 Response denyut nadi dari permainan <i>Small Sided Game</i>	42
Gambar 2.2 kerangka berpikir.....	51
Gambar 3.1 YoYo intermittent recovery test level I.....	61
Gambar 3.2 Prosedur Penelitian.....	67
Gambar 3.3 <i>Small Sided Game</i>	70
Gambar 3.4 Program Latihan <i>Small Sided Game</i>	70
Gambar 4.1 Selisih pre-test dan post-test <i>VO2Max</i>	89
Gambar 4.2 Rata-rata intensitas Latihan.....	90

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