

**PENGARUH LATIHAN UMPAN KOMBINASI TERHADAP DOMINASI
BALL POSSESSION DALAM CABANG OLAHRAGA SEPAK BOLA
(Studi Eksperimen Atlet SSB UNI Bandung)**

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh latihan umpan kombinasi terhadap dominasi *ball possession* dalam cabang olahraga sepak bola. Metode eksperimen yang digunakan yaitu *pre-experimental design*, dengan desain penelitian *one-group pretest-posttest design*. Teknik pengambilan sampel yang digunakan adalah *Purposive Sampling*. Sampel dalam penelitian ini yaitu kelas usia 16. Penelitian dilakukan di SSB POR UNI dengan menerapkan model latihan umpan kombinasi selama 16 kali pertemuan. Hasil penelitian menunjukkan *ball possession* sesudah penerapan model latihan umpan kombinasi memiliki peningkatan lebih tinggi dibandingkan dengan *ball possession* sebelum latihan umpan kombinasi dengan selisih 3,7%. Berdasarkan hasil pengujian hipotesis dengan menggunakan uji beda proporsi dua arah dengan $\alpha = 0,05$ menunjukkan terdapat perbedaan dominasi *ball possession* pemain antara sebelum penerapan latihan umpan kombinasi dengan *ball possession* pemain sesudah penerapan latihan umpan kombinasi. Berdasarkan penelitian tersebut dapat disimpulkan bahwa latihan umpan kombinasi berpengaruh terhadap *ball possession* pemain pada cabang olahraga sepakbola.

Kata Kunci: Latihan Umpan Kombinasi dan *Ball Possession* pemain.

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***THE INFLUENCE OF COMBINATION PASSING TRAINING
IMPLEMENTATION ON BALL POSSESSION DOMINATION IN
FOOTBALL SUBJECT
(Experimental Study to The Athletes of SSB UNI Bandung)***

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ABSTRACT

This research aims to discover influence of combination passing training implementation on ball possession domination in football subject. Experimental method used in the research is pre-experimental design with one-group pretest-posttest design research design. Sampling technique used is Purposive sampling. Sample of this research is class 16 years old . The research was conducted at SSB UNI Bandung, by applying combination passing training model during 16 meetings. Results of the research showed that player's ball possession after the implementation of combination passing training has higher increase than before implementing combination passing with 3,7% difference. Based on hypothesis results using two-way proportion difference test with $\alpha=0,05$, showed there is a difference in player's ball possession before the implementation of combination passing model and after the implementation of combination passing training model in football subject. With these differences, it can be concluded that the implementation of combination passing training model has an influence on player's ball possession in football subject.

Keywords: *Combination Passing Training and Player's Ball Possession*

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