

Abstrak
Pengaruh Pendekatan Pembelajaran dan Kebugaran Jasmani Terhadap Keterampilan Bermain Sepak Bola

Tujuan dari penelitian ini untuk menguji pengaruh pendekatan pembelajaran dan kebugaran jasmani terhadap keterampilan bermain sepak bola. Pendekatan pembelajaran dalam penelitian adalah pendekatan taktis dan pendekatan teknis, sedangkan kebugaran jasmani terdiri dari tinggi dan rendah. Metode yang digunakan adalah metode eksperimen desain faktorial 2 x 2. Populasi dalam penelitian ini siswa ekstrakurikuler sepak bola dari 8 sekolah dasar di Kecamatan Panyingkiran. Sampel penelitian berjumlah 40 siswa. Pengambilan sampel menggunakan teknik *cluster random sampling*. Instrumen untuk mengukur kebugaran menggunakan tes kebugaran jasmani Indonesia (TKJI) dan mengukur keterampilan bermain sepak bola menggunakan GPAI. Hasil analisis anova menunjukkan, pendekatan taktis dan pendekatan teknis memberikan pengaruh terhadap keterampilan bermain sepakbola. Terdapat interaksi antara pendekatan pembelajaran dan kebugaran jasmani terhadap keterampilan bermain sepak bola. Uji lanjut tukey's menunjukkan, pendekatan taktis lebih baik dari pendekatan teknis pada tingkat kebugaran jasmani tinggi terhadap keterampilan bermain sepak bola. Pendekatan taktis dengan pendekatan teknis memberikan hasil sebanding pada tingkat kebugaran jasmani rendah terhadap keterampilan bermain sepak bola.

Kata Kunci: Pendekatan Pembelajaran, Kebugaran Jasmani, Keterampilan Bermain Sepak bola

Abstrac
The Influence of Learning Approaches and Physical Fitness to Football Game Performance

This study was to determine the effect of learning approaches and physical fitness to football game performance. Learning approaches was tactical approaches and technical approaches. Physical fitness level was high physical fitness and low physical fitness. The method in this research was experimental and factorial design. Population research in this study was male student of elementary school who followed football ekstrakurikuler on 8 school Kecamatan Panyingkiran Kabupaten Majalengka. Sample was 40 student were selected random by cluster random sampling. The Instruments to measure the physical fitness used TKJI and to measure football game performance using GPAI. ANOVA analysis results showed that learning approaches and physical fitness gave effect to football game performance. There was interaction between learning approaches and physical fitness against football game performance. Further Tukey's test showed that tactical approaches is better than technical approaches on high level Physical fitness against football game performance. The tactical approachess with technical approaches on a low level of Physical fitness gave results comparable to football game performance.

KEY WORD: *Learning approach, physical fitness, football game performance*