

ABSTRAK

PENGARUH PENDEKATAN BERMAIN TERHADAP MOTIVASI DAN PENINGKATAN KETERAMPILAN PASSING DALAM OLAHRAGA FUTSAL

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Latihan pendekatan bermainan merupakan bentuk latihan yang menekankan siswa/atlet bermain dan harus melakukan *passing*, untuk meningkatkan motivasi dan keterampilan *passing*. Tujuan dari penelitian ini adalah untuk 1) mengetahui pengaruh pendekatan bermain terhadap motivasi. 2) mengetahui pengaruh pendekatan bermain terhadap peningkatan keterampilan *passing*. Metode penelitian menggunakan metode deskriptif dan eksperimen. Teknik pengambilan sampel dalam penelitian ini adalah teknik *total sampling*. Sampel dalam penelitian ini adalah siswa ekstrakurikuler futsal SD Negeri 1 Karanganyar sebanyak 25 orang. Instrumen penelitian yang digunakan adalah tes *passing* dan *stopping*, dan angket. Penghitungan uji signifikansi peningkatan hasil latihan dilakukan menggunakan uji signifikansi dua rata-rata dan uji validitas. Maka berdasarkan hasil pengolahan data dapat disimpulkan bahwa 1) pendekatan bermainan berpengaruh secara signifikan terhadap motivasi. 2) pendekatan bermain berpengaruh secara signifikan terhadap peningkatan keterampilan *passing*. Disarankan kepada pelatih, pengajar, pembina ekstrakurikuler futsal dan para pembaca agar memberikan pelatihan pendekatan bermain dalam rangka meningkatkan motivasi dan keterampilan *passing* dalam olahraga futsal.

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ABSTRACT

Effect of Exercise Plyo to sprint and Double Leg Hop Progression Limb Muscle Power Of Improvement in the Branch Sports Football

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Exercise plyo to sprint and double leg hop is a form of exercise progression Plyometrics, to increase leg muscle power. The purpose of this study was to 1) determine the effect of exercise plyo to sprint to increased leg muscle power. 2) the effect of exercise double leg hop progression to increased leg muscle power. 3) Which is more significant influence between workouts plyo to sprint and double leg hop progression to increased leg muscle power. The research method used experimental method. The sampling technique in this study is total engineering sampling. Sampel in this study were students in extracurricular soccer SMAN 1 Parongpong many as 18 people. The research instrument used was a test three hop jump. Calculation and significance test yield improvement exercises are performed using a significance test two averages. As for knowing the percentage difference in yield improvement exercise testing samples using T-scores on both these results. So based on the results of data processing can be concluded that 1) plyo to sprint exercise a significant influence on the increase in leg muscle power. 2) double-leg hop workout progression significantly affect the increase in leg muscle power. 3) exercise progression double leg hops over a significant influence on the increase in leg muscle power. It is suggested to coaches, teachers, football coaches and readers, in order to provide training plyo to sprint and double leg hop progression in order to improve limb muscle power in the sport of football.