

## ABSTRAK

### PENGARUH ALAT BANTU LATIHAN *ARKICK* TERHADAP TEKNIK DASAR FUTSAL *PASSING* SISWA USIA DINI AKADEMI ONE FUTSAL BANDUNG

Dadi Hidayat  
1301890

Fakultas Pendidikan Olahraga dan Kesehatan  
Universitas Pendidikan Indonesia

Drs. H. Badruzaman, M,Pd

Menurut analisis dalam pertandingan teknik dasar futsal *passing* siswa ONE Futsal Bandung sangat rendah padahal para pelatih sudah memberikan program latihan dengan baik . Berdasarkan hipotesis yang dibuat peneliti, maka yang ingin melakukan olahraga futsal harus menguasai teknik dasar *passing* yang baik dan untuk memiliki kemampuan teknik dasar futsal yang baik perlu adanya latihan secara terus menerus. Penelitian ini bertujuan untuk mengetahui pengaruh alat bantu latihan *ARKICK* terhadap teknik dasar futsal *passing* siswa usia dini akademi ONE Futsal Bandung. Metode penelitian ini menggunakan metode eksperimen, Desain penelitian ini menggunakan *Pretest-Posttest Control Group Desain*. Sampel yang digunakan siswa Akademi ONE Futsal Bandung 10 orang kelompok *treatment* dan 10 orang kelompok kontrol. Instrumen tes yang digunakan yaitu *test passing controlling*. Hasil yang di temukan rata-rata *pretest* kelompok *treatment* 9.300 dan kelompok kontrol 8.000. Setelah diberikan *treatment* menggunakan *ARKICK* selama 10 pertemuan didapatkan nilai rata-rata *posttest* sebesar 14.400 dan kelompok kontrol yang tidak di berikan *treatment* mendapatkan rata-rata sebesar 9.300. Penemuan ini menunjukkan bahwa pengaruh latihan *passing* menggunakan alat bantu latihan lebih efisien. Maka terdapat pengaruh yang signifikan dari latihan menggunakan alat bantu latihan *ARKICK* terhadap penguasaan teknik *passing* pada siswa Akademi ONE Futsal Bandung yaitu peningkatan rata-rata 51 sentuhan dengan nilai signifikansi 0.000 artinya  $P < 0.05$ .

**Kata Kunci :** *Futsal, passing, ARKICK, treatment, pretest, posttest.*

## **ABSTRACT**

### **THE EFFECT OF *ARKICK* TRAINING TOOL ON *PASSING* FUTSAL BASIC TECHNIQUE OF YOUNG LEARNERS AT ONE FUTSAL ACADEMY BANDUNG**

**Dadi Hidayat  
1301890**

**Faculty of Sports and Health Education  
Indonesia University of Education**

**Drs. H. Badruzaman, M, Pd**

According to the analysis in match the passing futsal basic technique students of One Futsal Bandung is low. However, the coach has given the training program well. Based on the hypothesis is made by the researcher, people who want to do a futsal, they have to master the basics technique of passing. To have well futsal basic technique ability, they have to practice continuously. The aim of this study is to know the effect of *ARKICK* aid tool to the basic technique of futsal passing of Akademi One Futsal Bandung students. The method used in this study is experiment method. The design used is Pretest-Posttest Control Group Design. The sample of this study are 10 people of treatment group and 10 people of control group. The test instrument used is passing controlling test. The result is the average value of pretest of treatment group is 9,300 and control group is 8,000. After being given treatment using *ARKICK* for 10 meetings, the average value value of posttest is 14,000 and control group which is not given treatment, the average value is 9,300. This result shows that effect of passing practice using the aid tool is more efficient. In conclusion, there is a significant effect from the the practice using *ARKICK* aid tool is more efficient. In conclusion , there is a significant effect from the practice by using *ARKICK* aid tool to mastery of passing techniques to Akademi One Futsal Bandung students, that is the increase of the average of 51 touch with a significant value of 0.000 which means  $p < 0.005$ .

Keywords: Futsal, passing, *ARKICK*, treatment, pretest, posttest.