

THE EFFECT OF SMALL SIDE GAMES AND VO2 MAX EXERCISES ON SOCCER PLAY SKILLS

Raden Dadan Pra Rudiana. Dr. H. Amung Ma'mun. M.Pd*, Dr. H. Dikdik Za'far Sidik. M.Pd**

Universitas Pendidikan Indonesia

Bandung

ABSTRACT

The purpose of this study are: (1) To find out overall there are differences in the effect between forms of training small random and blocked side games on mastering the skills of playing football (2) To find out the interaction between the forms of small random and blocked side games training in terms of VO2max on mastery of football playing skills, (3) To find out which form of exercise is better between small random and blocked games at high VO2max level to mastery of playing skills football, (4) To find out which form of training is better between small and random games blocked at low VO2max levels to mastering the skills of playing football. The sample of this study were students who participated in the Football UKM at the University of Subang while the sample technique used a total sampling of 20 samples. The research method used is an experimental method with 2 x 2 factorial design. Based on the results of data processing using SPSS version 16 are as follows (1) There are differences in the effect between the form of training small random and blocked side games on mastery of football playing skills of $F_h = 13.11 > F_t = 2.71$ (2) There is interaction between forms small side games with VO2 Max exercises for $F_h = 58.93 > F_t = 2.71$ (3) There are differences in the effect between the form of training small random and blocked side games on mastery of football playing skills in samples that have a high VO2 Max of $Q_h = 15,4 > Q_t = 2.95$ (4) There is a difference in the effect between the form of training small random and blocked side games on mastering the skills of playing football in a sample that has a Low VO2 Max. equal to $Q_h = 8.11 > Q_t = 2.95$. The conclusion of the results of this study is that there are differences in the effect of training forms between small side games and VO2 Max on mastering the skills of playing football.

Keywords: Small Side Games, VO2 Max, and Soccer Playing Skills

PENGARUH LATIHAN *SMALL SIDE GAMES* DAN *VO₂ MAX* TERHADAP KETERAMPILAN BERMAIN SEPAKBOLA

Raden Dadan Pra Rudiana. Dr. H. Amung Ma'mun. M.Pd*, Dr. H. Dikdik Za'far Sidik. M.Pd**

Universitas Pendidikan Indonesia

Bandung

ABSTRAK

Tujuan dari penelitian ini adalah: (1) Untuk mengetahui secara keseluruhan terdapat perbedaan pengaruh antara bentuk latihan *small side games random* dan *blocked* terhadap penguasaan keterampilan bermain sepakbola (2) Untuk mengetahui interaksi antara bentuk latihan *small side games random* dan *blocked* ditinjau dari *VO₂max* terhadap penguasaan keterampilan bermain sepakbola, (3) Untuk mengetahui manakah bentuk latihan yang lebih baik antara *small side games random* dan *blocked* pada tingkat *VO₂max* tinggi terhadap penguasaan keterampilan bermain sepakbola, (4) Untuk mengetahui manakah bentuk latihan yang lebih baik antara *small side games random* dan *blocked* pada tingkat *VO₂max* rendah terhadap penguasaan keterampilan bermain sepakbola. Sampel penelitian ini adalah mahasiswa yang mengikuti UKM Sepakbola di Universitas Subang adapun teknik sampel menggunakan *total sampling* sejumlah 20 sampel. Metode penelitian yang digunakan adalah metode eksperimen dengan desain 2 x 2 faktorial. Berdasarkan hasil pengolahan data menggunakan SPSS versi 16 adalah sebagai berikut (1) Terdapat perbedaan pengaruh antara bentuk latihan *small side games random* dan *blocked* terhadap penguasaan keterampilan bermain sepakbola sebesar $F_h = 13,11 > F_t = 2,71$ (2) Terdapat interaksi antara bentuk latihan *small side games* dengan *VO₂ Max* sebesar $F_h = 58,93 > F_t = 2,71$ (3) Terdapat perbedaan pengaruh antara bentuk latihan *small side games random* dan *blocked* terhadap penguasaan keterampilan bermain sepakbola pada sampel yang memiliki *VO₂ Max* tinggi sebesar $Q_h = 15,4 > Q_t = 2,95$ (4) Terdapat perbedaan pengaruh antara bentuk latihan *small side games random* dan *blocked* terhadap penguasaan keterampilan bermain sepakbola pada sampel yang memiliki *VO₂ Max* Rendah. sebesar $Q_h = 8,11 > Q_t = 2,95$. Kesimpulan hasil penelitian ini adalah terdapat perbedaan pengaruh bentuk latihan antara *small side games* dan *VO₂ Max* terhadap penguasaan keterampilan bermain sepakbola.

Kata kunci: *Small Side Games*, *VO₂ Max*, dan Keterampilan Bermain Sepakbola