

**PERBANDINGAN METODE LATIHAN *SMALL SIDED GAMES*
DENGAN ATURAN *ONE TOUCH, TWO TOUCH, DAN FREE TOUCH*
TERHADAP KEMAMPUAN *DECISION MAKING* DAN *SKILL*
EXECUTION DALAM PERMAINAN SEPAKBOLA DI USIA MUDA**

TESIS

**Diajukan untuk memenuhi sebagian syarat
memperoleh gelar Magister Pendidikan Program Studi
Pendidikan Olahraga**



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PROGRAM STUDI PENDIDIKAN OLAHRAGA

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PERBANDINGAN METODE LATIHAN SMALL SIDED GAMES DENGAN ATURAN ONE TOUCH, TWO TOUCH, DAN FREE TOUCH TERHADAP KEMAMPUAN DECISION MAKING DAN SKILL EXECUTION DALAM PERMAINAN SEPAKBOLA DI USIA MUDA.

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**ABSTRAK PERBANDINGAN METODE LATIHAN *SMALL SIDED GAMES* DENGAN ATURAN *ONE TOUCH*, *TWO TOUCH*, DAN *FREE TOUCH*
TERHADAP KEMAMPUAN *DECISION MAKING* DAN *SKILL EXECUTION* DALAM PERMAINAN SEPAKBOLA DI USIA MUDA**

Tujuan penelitian ini untuk mengetahui metode latihan *Small Sided Games* terhadap keterampilan bermain sepakbola khususnya *Decision Making* dan *Skill Execution* di lingkungan SSB usia muda. Penelitian ini mengenai ” Perbandingan Metode Latihan *Small Sided Games* dengan aturan *One Touch*, *Two Touch*, dan tanpa aturan sentuhan Terhadap Keterampilan *Decision Making* dan *Skill Execution* dalam permainan sepakbola di usia muda”. Metode penelitian yang digunakan adalah metode eksperimen dengan teknik *Total sampling* yaitu siswa SSB PAMONG PRAJA KU-13 Tahun sebanyak 16 orang. Instrumen penelitian yang digunakan adalah tes GPAI (*Game Performance Assesment Instrument*). Sedangkan untuk mengetahui persentase perbedaan peningkatan hasil latihan sampel menggunakan pengujian SPSS versi 25 pada kedua hasil tersebut. Terdapat pengaruh yang signifikan latihan *Small Sided Games* dengan aturan *One Touch*, *Two Touch* terhadap keterampilan bermain sepakbola *Decision Making* dan *Skill Execution* di usia muda, Terdapat pengaruh yang signifikan latihan *Small Sided Games Free Touch* terhadap keterampilan bermain sepakbola *Decision Making* dan *Skill Execution* di usia muda. dan tidak terdapat pengaruh yang signifikan dari latihan *Small Sided Games one touch, two touch dan free touch* keterampilan bermain sepakbola *Decision Making*. Disarankan kepada pelatih, pengajar, pembina sepakbola dan para pembaca agar memberikan pelatihan *Small Sided Games Two Touch* dalam rangka meningkatkan keterampilan *passing* sepakbola dalam pelaksanaan program latihan pada atlet sepakbola kelompok usia 13 tahun.

Kata kunci: *Small Sided Games, One Touch Two Touch, Decision Making, Skill Execution.*

ABSTRACT THE COMPARISON OF SMALL SIDED GAMES TRAINING METHODS WITH ONE TOUCH, TWO TOUCH, AND FREE TOUCH RULES TO DECISION MAKING AND SKILL EXECUTION IN FOOTBALL GAMES AT YOUNG AGE

The purpose of this study was to find out the Small Sided Games training method on soccer playing skills, especially Decision Making and Skill Execution in the young SSB environment. This research is about "Comparison of Small Sided Games Training Methods with One Touch, Two Touch, and No Touch rules on Decision Making Skills and Skill Execution in the game of football at a young age". The research method used is an experimental method with a total sampling technique, namely 16 students of SSB PAMONG PRAJA KU-13 Years. The research instrument used was the GPAI test (Game Performance Assessment Instrument). Meanwhile, to find out the difference in the increase in the results of the sample exercise using SPSS version 25 testing on the two results. There is a significant effect of Small Sided Games practice with One Touch, Two Touch rules on Decision Making and Skill Execution playing skills at a young age, There is a significant effect of Small Sided Games Free Touch practice on Decision Making and Skill Execution playing skills at a young age . and there is no significant effect of the Small Sided Games one touch, two touch and free touch training on decisionmaking football playing skills. It is recommended to coaches, teachers, football training and readers to provide Small Sided Games Two Touch training in order to improve football passing skills in the implementation of training programs for soccer athletes in the 13-year-old group.

Keywords: *Small Sided Games, One Touch Two Touch, Decision Making, Skill Execution.*

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