

ABSTRACT

MUHAMMAD DAVID AINUL ISHAK. 2023. COMPARISON OF THE EFFECT OF ALTERNATING PASSES AND POSSESSION OF THE BALL TRAINING ON PASSING SKILLS IN FUTSAL (*Experiment on Futsal Extracurricular at SMP Negeri 11 Kota Tasikmalaya*). Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

This study aims to determine the comparison of the effect of alternating passes and possession of the ball training on passing skills in futsal. This research was conducted by experimental method with Two Group Pretest-Posttest Design. With this design, the sample pretest was divided into two groups which were divided into groups with alternating passes exercises and groups with possession of the ball exercises, both groups received treatment according to predetermined exercises, and carried out a final test (posttest). This research was conducted on students who are members of futsal extracurricular at SMP Negeri 11 Kota Tasikmalaya with a population of 15 people. Then the researchers chose a total sampling sample technique with a sample of 15 people divided into two groups, namely 8 people as group A with alternating passes practice and 7 people as group B with possession of the ball exercise. The instrument used in this study is the passing-controlling test. The data analysis technique uses a statistical approach, and it was found that the practice of alternating passes and possession of the ball both affect the passing skills of futsal sports in futsal extracurricular students at SMP Negeri 11 Kota Tasikmalaya.

Keywords: alternating passes, possession of the ball, skill, passing, futsal.