

ABSTRACT

FAZRI YOGA MAULANA. 2023. *The Effect of Exercise Variations on Short Passing Skills in Football Games*. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

From the results of observations and interviews with the soccer extracurricular coaches of SMP Negeri 8 Tasikmalaya City conducted by researchers, there are still many students who do not do short passing correctly to their friends, many players who short pass the ball too far to the side or to the front, so that friends who receive the ball it was difficult to reach the ball he received because it was too far from the reach of both feet. To be able to apply the short passing technique, the author tries to provide a variety of short passing training methods. The purpose of this study was to obtain information about the effect of variations in training on short passing skills in soccer games for soccer extracurricular students at SMP Negeri 8 Tasikmalaya City in the 2022/2023 academic year. The research method used is the experimental method and the instruments in this study are passing and stopping tests in soccer games. The population in this study were soccer extracurricular students at SMP Negeri 8 Tasikmalaya City for the 2022/2023 school year using a saturated sampling technique of 20 people. Based on the results of data processing with statistical tests supported by research data using t -count of 5.45 is outside the area of acceptance of the hypothesis (t table of 1.73). It turns out that empirically variations in short passing exercises have an effect on short passing skills in soccer games for extracurricular football students at SMP Negeri 8 Tasikmalaya City in the 2022/2023 school year.

Keywords: *skills, soccer, short passing, variations of exercises*