

**PENGARUH METODE LATIHAN *BLOCK PRACTICE* TERHADAP
KETEPATAN FINALTY PERMAINAN SEPAKBOLA
(Eksperimen pada Siswa Peserta Ekstrakurikuler Sepak Bola SMPN 6
Kota Tasikmalaya)**

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Abstrak. Tujuan penelitian ini adalah untuk mengetahui pengaruh metode latihan *block practice* terhadap ketepatan tendangan finalty pada permainan sepakbola yang dilakukan oleh siswa peserta ekstrakurikuler sepakbola SMPN 6 Kota Tasikmalaya. Penelitian ini menggunakan metode eksperimen. Kegiatan proses latihan dilakukan selama 16 kali pertemuan. Populasi penelitian adalah siswa peserta ekstrakurikuler sepak bola SMPN 6 Kota Tasikmalaya. Sampel ditetapkan sebanyak 20 orang dipilih secara random (acak) sederhana. Instrumen penelitian menggunakan tes ketepatan tendangan finalty permainan sepak bola yang sudah baku dilakukan pada tes awal dan tes akhir. Hasil penelitian menunjukkan bahwa metode latihan *block practice* berpengaruh secara signifikan terhadap ketepatan tendangan finalty permainan sepakbola pada siswa peserta ekstrakurikuler sepak bola SMPN 6 Kota Tasikmalaya. Untuk meningkatkan ketepatan finalty permainan sepakbola dianjurkan menggunakan metode latihan *block practice*.

Kata kunci : Latihan, Metode, *Block Practice*, Ketepatan, Finalty

*INFLUENCE OF THE BLOCK PRACTICE EXERCISE METHOD FOR
ACCELERATION OF FOOTBALL GAME (Experiments on Student Participants in
Extracurricular Soccer 6 Public Junior High School City of Tasikmalaya)*

Abstract. The purpose of this study was to determine the effect of the method of block practice training on the accuracy of final kicks in football games performed by students participating in football extracurricular activities at Tasikmalaya City Middle School 6. This research is using experimental method. The training process activities were held for 16 meetings. The study population was students participating in football extracurricular activities at Junior High School Number 6 Tasikmalaya City. The sample was set as many as 20 people selected in a simple random. The research instrument used the final kick accuracy test of the soccer game that was standardized on the initial test and the final test. The results showed that the method of block practice training had a significant effect on the accuracy of the final kick of soccer games in students participating in football extracurricular activities at Junior High School Number 6 Tasikmalaya City. To improve the accuracy of the final football game, it is recommended to use the method of practice block training.

Keywords: Exercise, Method, Block Practice, Accuracy, Finalty