

ABSTRAK

Muhamad Zidan Irfa. 2025. **PENGARUH LATIHAN TRIANGLE SHORT PASS TERHADAP KETEPATAN PASSING PERMAINAN SEPAK BOLA SSB DK PRIVATE U15. PENDIDIKAN JASMANI.** Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi

Penelitian ini didasari oleh pentingnya melatihkan *passing* menggunakan latihan *triangle short pass* pada Sekolah Sepak Bola (SSB) yang mana telah menjadi pondasi penting dalam pengembangan bakat muda dalam pengembangan bakat muda di dunia sepak bola. Berdasarkan hasil observasi di Sekolah Sepak Bola (SSB) DK PRIVATE U-15 diketahui bahwa masih kurangnya ketepatan *passing* pada pemain dikarenakan hanya diberikan *treatment passing* berhadapan. Upaya untuk mengatasi masalah tersebut adalah dengan melatihkan *passing* menggunakan latihan *triangle short pass*. Penelitian ini bertujuan untuk mengetahui bagaimana pengaruh latihan *triangle short pass* terhadap ketepatan *passing* permainan sepak bola SSB DK PRIVATE U-15. Metode yang digunakan yaitu *Pre-Eksperimental Design* yang kedua yaitu *One-Group Pretest-Posttest Design* dengan diberikan *treatment* latihan *triangle short pass* terhadap ketepatan *passing* dalam permainan sepak bola. Penelitian ini dilaksanakan di SSB DK PRIVATE dengan populasi sebanyak 20 pemain sepak bola. Pemilihan sampel menggunakan teknik *sampling* jenuh, yaitu sebanyak 20 orang. Instrumen yang digunakan yaitu tes berupa *pretest* dan *posttest* serta pengukuran dengan meliputi ketepatan *short pass*. Teknik analisis data yang digunakan meliputi uji normalitas, uji homogenitas dan uji hipotesis dengan taraf signifikansi ($\alpha = 0,05$) menunjukkan bahwa $t_{hitung} > t_{tabel}$ yang berarti H_0 ditolak, sehingga dapat disimpulkan bahwa latihan *triangle short pass* terhadap ketepatan *passing* berpengaruh secara signifikan terhadap permainan sepak bola SSB DK PRIVATE U-15.

Kata kunci: *passing*, SSB DK PRIVATE U-15, *triangle short pass*

ABSTRACT

Muhamad Zidan Irfa. 2025. **THE EFFECT OF TRIANGLE SHORT PASS TRAINING ON THE PASSING ACCURACY OF FOOTBALL GAMES SSB DK PRIVATE U-15**. Faculty of Teacher Training and Education. Siliwangi University.

This study is based on the importance of training passing using triangle short pass training at the Football School (SSB) which has become an important foundation in developing young talent in the development of young talent in the world of football. Based on the results of observations at the DK PRIVATE Football School (SSB), it is known that there is still a lack of passing accuracy in players because they are only given face-to-face passing treatment. Efforts to overcome this problem are to train passing using triangle short pass training. This study aims to determine the effect of triangle short pass training on passing accuracy in the SSB DK PRIVATE U15 football game. The method used is the second Pre-Experimental Design, namely One-Group Pretest-Posttest Design by giving triangle short pass training treatment on passing accuracy in football games. This study was conducted at SSB DK PRIVATE with a population of 20 football players. The sample selection used a saturated sampling technique, namely 20 people. The instruments used were tests in the form of pretests and posttests and measurements covering short pass accuracy. The data analysis techniques used include normality test, homogeneity test and hypothesis test with a significance level ($\alpha=0.05$) showing that $t_{count} > t_{table}$ which means H_0 is rejected, so it can be concluded that triangle short pass training on passing accuracy has a significant effect on the SSB DK PRIVATE U15 football game.

Keywords: *passing, SSB DK PRIVATE U-15, triangle short pass*