

ABSTRAK

IHSAN FADILAH. 2025. **Pengaruh Variasi Latihan *Passing and Move* terhadap Ketepatan *Short Passing* pada Sekolah Sepak Bola Panjalu Anom Usia 11 dan 12 Tahun.** Penelitian ini bertujuan untuk mengetahui pengaruh variasi latihan "passing and move" terhadap ketepatan short passing pada pemain Sekolah Sepak Bola (SSB) Panjalu Anom usia 11 dan 12 tahun. Metode yang digunakan adalah eksperimen dengan desain one group pretest-posttest, melibatkan 20 pemain sebagai sampel. Data dikumpulkan melalui tes ketepatan short passing sebelum dan setelah perlakuan latihan. Hasil analisis menunjukkan bahwa variasi latihan "passing and move" memberikan dampak signifikan terhadap peningkatan ketepatan short passing, dengan nilai t-hitung (16) lebih besar dari t-tabel (2,101), sehingga hipotesis kerja diterima. Penelitian ini menyimpulkan bahwa latihan "passing and move" efektif dalam meningkatkan akurasi dan koordinasi passing pemain, serta disarankan untuk diterapkan oleh pelatih dalam program latihan sepak bola.

Kata Kunci: Variasi latihan, *short passing*, sepak bola

ABSTRACT

IHSAN FADILAH. 2025. *The Effect of Variations in Passing and Move Training on the Accuracy of Short Passing in the Panjalu Anom Soccer School for Ages 11 and 12.* This study aims to determine the effect of variations in "passing and move" training on the accuracy of short passing among players at the Panjalu Anom Soccer School (SSB) aged 11 and 12 years. The method used is an experimental design with a one group pretest-posttest approach, involving 20 players as samples. Data were collected through short passing accuracy tests before and after the training intervention. The analysis results indicate that variations in "passing and move" training have a significant impact on improving short passing accuracy, with a t-value of (16) greater than the t-table value (2.101), thus the working hypothesis is accepted. This study concludes that "passing and move" training is effective in enhancing players' passing accuracy and coordination, and it is recommended for coaches to implement it in soccer training programs.

Keywords: Training variations, short passing, soccer