

ABSTRAK

FERGY DWI KURNIAWAN 2025. **Kontribusi *Power* Otot Tungkai Dan Koordinasi Mata Kaki Terhadap Ketepatan *Long passing* Pada Permainan Sepakbola.** Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi, Tasikmalaya.

Penelitian ini dilakukan untuk mengetahui seberapa besar pengaruh kekuatan otot tungkai dan kemampuan koordinasi mata kaki terhadap ketepatan *long passing* pada pemain sepakbola usia muda di SSB WCP Majenang U-17. Pengukuran kekuatan otot tungkai dilakukan melalui tes loncat jauh dengan hasil tertinggi mencapai 2,80 meter dan terendah 2,20 meter. Sedangkan kemampuan koordinasi mata kaki diukur melalui tes khusus yang menunjukkan sebagian besar atlet berada pada kategori kurang, dengan nilai di bawah 60%. Dari hasil perhitungan diketahui bahwa besar nilai hubungan *power* otot tungkai terhadap ketepatan *long passing* pada atlet SSB WCP Majenang U-17 di dapat nilai $r_{hitung} = 2,442$ dengan nilai $r_{tabel} = 0,443$, Dari hasil perhitungan diketahui bahwa besar nilai hubungan koordinasi mata kaki terhadap ketepatan *long passing* pada atlet SSB WCP Majenang U-17 di dapat nilai $r_{hitung} = 1,940$ dengan nilai $r_{tabel} = 0,443$, Maka diketahui nilai korelasi ganda atau nilai korelasi dari hubungan *power* otot tungkai dan koordinasi mata kaki pada atlet SSB WCP Majenang U-17 secara simultan $r_{hitung} = 1,430$ dengan nilai $r_{tabel} = 0,443$. Dari hasil ini dapat disimpulkan bahwa peningkatan kekuatan otot dan koordinasi mata kaki sangat berpengaruh terhadap ketepatan *long passing* pemain sepakbola muda.

Kata Kunci : Koordinasi Mata Kaki, *Long passing*, *Power* Otot Tungkai

ABSTRACT

FERGY DWI KURNIAWAN 2025. *The Contribution Of Leg Muscle Power And Ankle Coordination To The Accuracy Of Long passing In Football Games.* Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University, Tasikmalaya.

This study was conducted to find out how much the influence of leg muscle strength and ankle coordination ability on the accuracy of long passing in young football players at SSB WCP Majenang U-17. The measurement of leg muscle strength was carried out through a long jump test with the highest result reaching 2.80 meters and the lowest 2.20 meters. Meanwhile, ankle coordination ability was measured through a special test that showed most athletes were in the poor category, with scores below 60%. From the results of the calculation, it is known that the value of the relationship between leg muscle power and the accuracy of long passing in SSB WCP Majenang U-17 athletes in the calculation value = 2.442 with the rtable value = 0.443, From the results of the calculation, it is known that the value of the relationship between ankle coordination and the accuracy of long passing in SSB WCP Majenang U-17 athletes in the rtable value = 1.940 with the rtable value = 0.443, Therefore, it is known that the double correlation value or correlation value of the relationship between leg muscle power and ankle coordination in SSB WCP Majenang U-17 athletes simultaneously calculated = 1,430 with a rtable value = 0.443. From these results, it can be concluded that increased muscle strength and ankle coordination greatly affect the accuracy of long passing of young football players.

Keywords : Ankle Coordination, Leg Muscle Power, Long passing