

ABSTRACT

ILHAM FAUZI KHOERUDIN. 2025. *The Effect of the Triangle Training Method on Improving Short Passing Skills in MI AL-Azhariyyah Football Extracurricular Participants.* Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

This research is based on the students of MI Al-Azhariyyah Extracurricular where during training, researchers saw that during training on the field their basic football passing techniques were not good enough, such as kicking the ball too hard or too wide to the side. The purpose of this study was to determine the effect of triangle training on improving short passing skills through triangle training forms. The research method used was experimental. And the sampling technique uses Purposive Sampling The population in this study amounted to 25 students consisting of 5 students from grade IV, 10 students from grade V, and 10 students from grade VI with sampling according to those who participated in the predetermined football extracurricular activities, amounting to 20 students. Based on the results of the kicking and holding the ball test instrument, the data processing with statistical tests, the results of this study indicate that this Triangle Training is very meaningful. This is proven by hypothesis testing, namely accepting H_0 if $t_{hitung} < t_{tabel}$ and rejecting H_0 if $t_{hitung} \geq t_{tabel}$. Based on the results of hypothesis testing, it is known that the t_{hitung} value of $24.44 > t_{tabel} 1.73$ and is outside the acceptance of H_0 . Thus, Triangle Exercise has a significant impact.

Keywords: Triangle Drills, Short Passes, Football