

ABSTRAK

MOCH NUGRAHA. 2025. **Pengaruh Model Latihan *Passing Small Sided Games* Terhadap Keterampilan *Passing* Dalam Permainan Futsal Di Ekstrakurikuler SMKN 4 Garut.** Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Kemampuan Teknik dasar khususnya Teknik dasar *passing* pada siswa yang mengikuti ekstrakurikuler futsal di SMKN 4 Garut memiliki kemampuan *passing* yang berbeda-beda dalam bermain futsal sehingga kemampuan Teknik dasar *passing* yang dimiliki pemain tidak merata. Penelitian ini bertujuan untuk mengetahui pengaruh yang signifikan dari penerapan latihan model *passing small sides games* terhadap keterampilan *passing* dalam permainan futsal. Metode yang digunakan dalam penelitian ini adalah eksperimen dengan desain *one group pretest-posttest design*. Populasi dalam penelitian ini adalah seluruh siswa anggota ekstrakurikuler futsal SMKN 4 Garut yang berjumlah 30 orang, Dengan sampel yang diambil secara *purposive sampling* sebanyak 20 orang. Instrument yang digunakan dalam penelitian ini adalah tes keterampilan *passing*. Teknik pengumpulan data dilakukan dengan tes awal (*pretest*), pemberian perlakuan selama 16 kali pertemuan, serta tes akhir (*posttest*). Data yang diperoleh dianalisis menggunakan uji normalitas (Liliefors), uji homogenitas (uji F), dan uji hipotesis menggunakan uji t.

Hasil penelitian menunjukkan bahwa terdapat peningkatan yang signifikan antara hasil *pretest* dan *posttest*. Nilai rata-rata tes awal sebesar 12,75 dan nilai rata-rata tes akhir sebesar 19,3, dengan hasil uji t menunjukkan bahwa t hitung lebih besar dari t tabel, sehingga hipotesis nol ditolak dan hipotesis alternatif diterima. Kesimpulan dari penelitian ini adalah bahwa latihan model *passing small sided games* memberikan pengaruh yang signifikan terhadap keterampilan *passing* dalam permainan futsal.

Kata Kunci: Model *Passing, Small Sided Games, Ektrakurikuler, Futsal*

ABSTRACT

MOCH NUGRAHA. 2025. *The influence of the small-sided games passing training model on passing skills in futsal games in the extracurricular activities of SMKN 4 Garut*, Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University.

Basic technical abilities, especially basic passing techniques in students who participate in the futsal extracurricular at SMKN 4 Garut have different passing abilities in playing futsal so that the basic passing technical abilities of the players are not evenly distributed. This study aims to determine the significant effect of the application of small-sided games passing model training on passing skills in futsal games. The method used in this study is an experiment with a one-group pretest-posttest design. The population in this study were all students who were members of the futsal extracurricular at SMKN 4 Garut, totaling 30 people, with samples taken by purposive sampling of 20 people. The instrument used in this study was a passing skills test. Data collection techniques were carried out with an initial test (pretest), treatment for 16 meetings, and a final test (posttest). The data obtained were analyzed using the normality test (Liliefors), the homogeneity test (F test), and the hypothesis test using the t test.

The results of the study showed that there was a significant increase between the pretest and posttest results. The average value of the initial test was 12.75 and the average value of the final test was 19.3, with the results of the t test showing that the calculated t was greater than the t table, so the null hypothesis was rejected and the alternative hypothesis was accepted. The conclusion of this study is that the small-sided games passing model training has a significant influence on passing skills in futsal games.

Keywords: *Passing Model, Small Sided Games, Extracurricular. Futsal*