

ABSTRAK

Tohir. 2025 PENGARUH VARIASI LATIHAN *PASSING* TERHADAP KETERAMPILAN *PASSING* PADA PERMAINAN FUTSAL. Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi

Tujuan penelitian ini adalah untuk mengetahui apakah terdapat pengaruh variasi latihan *passing* terhadap keterampilan *passing* dalam permainan futsal di ekstrakurikuler futsal Mts Raudlatut Ta'allum Kota Tasikmalaya tahun ajaran 2024/2025. Metode eksperimen merupakan serangkaian kegiatan percobaan yang ditujukan untuk meneliti faktor-faktor sebab akibat yang terlibat atau dijadikan sebagai variabel-variabel penelitian, sampel Peserta Ekstrakurikuler Bola Futsal Mts Raudlatut Ta'allum Kota Tasikmalaya sebanyak 15 orang. Berdasarkan hasil pengujian hipotesis di atas diperoleh variabel bebas mempunyai pengaruh yang signifikan dengan variabel terikat dilihat dari hasil uji Berdasarkan hasil uji *t* berpasangan, diperoleh nilai *t* hitung sebesar 10,375 yang lebih besar dari *t* tabel sebesar 1,761 Dengan demikian, dapat disimpulkan bahwa terdapat peningkatan yang signifikan antara nilai pre-test dan post-test

Kata Kunci: Futsal, Keterampilan passing dan Latihan *passing*

ABSTRACT

Tohir. 2025 *THE EFFECT OF PASSING TRAINING VARIATIONS ON PASSING SKILLS IN FUTSAL*. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University

The purpose of this study was to determine whether there was an effect of passing training variation on passing skills in futsal in the futsal extracurricular activity at Mts Raudlatut Ta'allum, Tasikmalaya City, in the 2024/2025 academic year. The experimental method is a series of experimental activities aimed at examining the cause and effect factors involved or used as research variables. The sample consisted of 15 participants in the Mts Raudlatut Ta'allum Tasikmalaya City Futsal Extracurricular Program. Based on the results of the hypothesis testing above, it was found that the independent variable had a significant effect on the dependent variable, as seen from the test results. Based on the paired t-test results, a t-value of 1,761 was obtained, which was greater than the t-table value of 10.375. Thus, it can be concluded that there was a significant increase between the pre-test and post-test scores.

Keywords: Futsal, Passing skills, Passing practice