

ABSTRAK

ANDHIKA FIRDZATULLAH. 2026. Pengaruh Variasi Latihan *Long Passing* terhadap Ketepatan *Long Passing* Permainan Sepak Bola SSB Al-Hilal U-12. Jurusan Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi.

Penelitian ini dilatarbelakangi oleh rendahnya ketepatan *long passing* pemain SSB Al-Hilal U-12 yang ditunjukkan oleh tingginya jumlah kesalahan umpan jauh (*long passing error*) dalam pertandingan. Penelitian ini bertujuan untuk mengetahui pengaruh variasi latihan *long passing* terhadap ketepatan *long passing* pada pemain SSB Al-Hilal U-12. Metode yang digunakan adalah eksperimen dengan desain *One Group Pretest–Posttest Design*. Populasi penelitian berjumlah 20 pemain, dan seluruhnya dijadikan sampel menggunakan teknik *total sampling*. Instrumen penelitian berupa tes ketepatan *long passing*. Perlakuan diberikan selama 16 kali pertemuan yang terdiri atas satu kali *pretest*, 14 kali sesi latihan, dan satu kali *posttest*. Analisis data dilakukan menggunakan uji normalitas Liliefors, uji homogenitas, dan uji *t*. Hasil penelitian menunjukkan bahwa rata-rata skor *pretest* sebesar 13,0 meningkat menjadi 16,6 pada *posttest*. Data berdistribusi normal dan memiliki varians yang homogen. Hasil uji hipotesis menunjukkan bahwa nilai t_{hitung} sebesar 9,70 lebih besar daripada t_{tabel} sebesar 1,73 pada taraf signifikansi $\alpha = 0,05$ ($9,70 > 1,73$), sehingga H_0 ditolak dan H_1 diterima. Dengan demikian, variasi latihan *long passing* berpengaruh signifikan terhadap peningkatan ketepatan *long passing* pemain SSB Al-Hilal U-12. Hasil penelitian ini menunjukkan bahwa latihan *Triangle Long Passing*, *Target Zone Long Passing*, dan *Long Passing and Move* dapat dijadikan alternatif program latihan bagi pelatih untuk meningkatkan ketepatan *long passing* pemain usia dini. Penelitian selanjutnya disarankan menggunakan kelompok kontrol, melibatkan jumlah sampel yang lebih besar, serta mengkaji pengaruh variasi latihan terhadap keterampilan teknik sepak bola lainnya agar diperoleh hasil yang lebih komprehensif.

Kata Kunci: *Long passing*, Sepak bola, SSB Al-Hilal U-12, Variasi latihan,

ABSTRACT

ANDHIKA FIRDZATULLAH. 2026. *The Effect of Long Passing Training Variations on the Accuracy of Long Passing in Soccer Players of SSB Al-Hilal U-12*. Department of Physical Education, Faculty of Teacher Training and Education, Universitas Siliwangi.

This study was motivated by the low level of long passing accuracy among SSB Al-Hilal U-12 players, as indicated by the high number of long passing errors during matches. The study aimed to determine the effect of long passing training variations on the long passing accuracy of SSB Al-Hilal U-12 players. An experimental method with a One Group Pretest–Posttest Design was employed. The population consisted of 20 players, all of whom were selected as the research sample using the total sampling technique. The research instrument was a long passing accuracy test. The treatment was conducted over 16 sessions, consisting of one pretest, 14 training sessions, and one posttest. Data were analyzed using the Liliefors normality test, homogeneity test, and t-test. The results showed that the mean pretest score increased from 13.0 to 16.6 in the posttest. The data were normally distributed and had homogeneous variances. The hypothesis testing revealed that the calculated t-value (9.70) was greater than the t-table value (1.73) at a significance level of $\alpha = 0.05$, indicating that the null hypothesis (H_0) was rejected and the alternative hypothesis (H_1) was accepted. It can therefore be concluded that long passing training variations had a significant effect on improving the long passing accuracy of SSB Al-Hilal U-12 players. The findings suggest that Triangle Long Passing, Target Zone Long Passing, and Long Passing and Move drills can be used as alternative training programs by coaches to improve the long passing accuracy of youth soccer players. Future studies are recommended to include a control group, involve a larger sample size, and examine the effects of training variations on other soccer skill components to obtain more comprehensive findings.

Keywords: Long passing, Soccer, SSB Al-Hilal U-12, Training variations