

ABSTRAK

FATHUR ROZAQUL HAKIM. 2026. **Pengaruh latihan *small-sided games* terhadap kemampuan *passing* pendek pada siswa ekstrakurikuler futsal SMAN 13 Garut.** Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Pengaruh Latihan *Small-Sided Games* terhadap Kemampuan *Passing* Pendek pada Siswa Ekstrakurikuler Futsal SMA Negeri 13 Garut. Permainan futsal menuntut penguasaan teknik dasar yang baik, khususnya kemampuan *passing* pendek yang berperan penting dalam menjaga penguasaan bola dan membangun serangan. Namun, kemampuan *passing* siswa ekstrakurikuler futsal masih belum optimal sehingga diperlukan metode latihan yang efektif, salah satunya melalui latihan *small-sided games*. Penelitian ini bertujuan untuk mengetahui pengaruh latihan *small-sided games* terhadap kemampuan *passing* pendek serta menjawab apakah metode tersebut dapat meningkatkan kemampuan *passing* secara signifikan. Metode penelitian yang digunakan adalah metode eksperimen dengan desain *one group pretest-posttest*. Populasi dalam penelitian ini adalah siswa ekstrakurikuler futsal SMA Negeri 13 Garut dengan sampel sebanyak 20 siswa. Instrumen penelitian menggunakan tes ketepatan *passing*, sedangkan teknik pengumpulan data dilakukan melalui tes awal (*pretest*) dan tes akhir (*posttest*). Teknik analisis data menggunakan analisis statistik deskriptif dan uji inferensial (uji t). Hasil penelitian menunjukkan adanya peningkatan nilai rata-rata dari 11,5 pada tes awal menjadi 13,9 pada tes akhir, yang menunjukkan bahwa latihan *small-sided games* memberikan pengaruh positif terhadap peningkatan kemampuan *passing* pendek siswa. Temuan ini memberikan kontribusi dalam pengembangan metode latihan futsal yang lebih efektif dan aplikatif dalam pembelajaran maupun pembinaan olahraga. Dengan demikian, dapat disimpulkan bahwa latihan *small-sided games* berpengaruh signifikan terhadap kemampuan *passing* pendek pada siswa ekstrakurikuler futsal SMA Negeri 13 Garut.

Kata kunci: Futsal, Latihan, *Passing* Pendek, *Small-Sided Games*.

ABSTRACT

FATHUR ROZAQUL HAKIM. 2026. *The Effect of Small-Sided Games Training on Short Passing Ability in Extracurricular Futsal Students at SMA Negeri 13 Garut*. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University.

The Effect of Small-Sided Games Training on Short Passing Ability in Extracurricular Futsal Students at SMA Negeri 13 Garut. Futsal requires strong mastery of basic technical skills, particularly short passing ability, which plays an important role in maintaining ball possession and building attacks. However, the passing ability of extracurricular futsal students is still not optimal, thus requiring effective training methods, one of which is small-sided games training. This study aims to determine the effect of small-sided games training on short passing ability and to answer whether this method can significantly improve passing performance. The research employed an experimental method with a one-group pretest-posttest design. The population consisted of extracurricular futsal students at SMA Negeri 13 Garut, with a sample of 20 students. The research instrument used was a passing accuracy test, while data collection techniques were conducted through pretest and posttest. Data analysis techniques included descriptive statistics and inferential analysis using the t-test. The results showed an increase in the average score from 11.5 in the pretest to 13.9 in the posttest, indicating that small-sided games training had a positive effect on improving students' short passing ability. These findings contribute to the development of more effective and practical futsal training methods in both educational and coaching contexts. Therefore, it can be concluded that small-sided games training has a significant effect on short passing ability in extracurricular futsal students at SMA Negeri 13 Garut.

Keywords: Futsal, Short Passing, Small-Sided Games, Training,