

ABSTRAK

Anggun Triyogo (2016) : Pengembangan Model Latihan Daya Tahan Aerobik Melalui Pendekatan *Small Sided Game* Pada Siswa Sekolah Sepakbola (SSB) Di Kabupaten Tebo

Masalah dalam penelitian ini adalah belum efektifnya pemberian latihan. Kondisi ini disebabkan oleh beberapa faktor, diantaranya ialah terbatasnya kemampuan pelatih dan terbatasnya sumber-sumber yang digunakan untuk mendukung proses latihan. Salah satu upaya dalam untuk meningkatkan efektifitas latihan maka peneliti ingin mengembangkan sebuah model latihan yang baik.

Penelitian ini bertujuan untuk mengembangkan Model Latihan Daya Tahan Aerobik Melalui Pendekatan *Small Sided Game* untuk siswa SSB Kabupaten Tebo dan dilakukan pada bulan Juni sampai Juli 2018. Penelitian ini dilakukan di lapangan Sepakbola Desa Karang Dadi dalam penelitian ini juga melibatkan para pakar sepakbola dan pelatih sepakbola serta siswa SSB sepakbola sebagai subjek penelitian, sampel dalam penelitian ini sebanyak 40 orang. Metode yang digunakan dalam penelitian ini adalah Penelitian dan Pengembangan berdasarkan rujukan *Borg and Gall* dengan mengumpulkan data analisis kebutuhan dilapangan, selanjutnya data tersebut dijadikan landasan untuk membuat model dari hasil penelitian ini. Data dianalisis secara statistik untuk mengetahui efektivitas model ini. Pengujian uji beda *mean* (Uji-t) berguna untuk melihat perbedaan setelah dan sebelum diberikan perlakuan. Setelah seluruh proses penelitian dilaksanakan maka lahirlah sebuah Model Latihan Daya Tahan Aerobik Melalui Pendekatan *Small Sided Game*.

Hasil analisis data pakar sepakbola diketahui rata-rata persentase hasil validasi ahli pelatihan sepakbola sebesar 83,78 %, hasil uji $t_{hitung} 10.96 > t_{tabel} 1.683$, dan interpretasinya menunjukkan bahwa : 1) Model ini sudah sesuai dengan prinsip-prinsip latihan dalam sepakbola, 2) Model ini efektif untuk digunakan dalam rangka peningkatan kemampuan daya tahan bermain sepakbola, 3) Model ini dapat diaplikasikan dan di produksi masal sebagai panduan dalam melakukan proses latihan khususnya daya tahan.

Kata Kunci : Model Latihan, Daya Tahan Aerobik, *Small Sided Game*, Sekolah Sepakbola

ABSTRACT

Anggun Triyogo (2016) : Development Of Aerobic Endurance Training Models Through The Small Sided Game Approach To Football School Student (SSB) In Tebo District

The problem in this study is the ineffectiveness of providing training. This condition is caused by several factors, including the limited ability of the trainer and the limited resources used to support the training process. One of the efforts in increasing the effectiveness of training is to develop a good training model.

This study aims to develop an Aerobic Endurance Training Model through the Small Sided Game Approach for Tebo District SSB students and was conducted in June to July 2018. The research was conducted at the Karang Dadi Village Soccer Field in this study also involved football experts and soccer coaches as well SSB soccer students as research subjects, the sample in this study were 40 people. The method used in this research is Research and Development based on the Borg and Gall reference by collecting data on field needs analysis, after that the data is used as a basis for making a model of the results of this study. Data were analyzed statistically to find out the effectiveness of this model. The test of the mean difference test (t-test) is useful to see the difference after and before treatment is given. After the entire research process was carried out, an Aerobic Endurance Training Model Through a Small Sided Game Approach was born.

The results of the analysis of football expert data revealed that the average percentage of results of football training experts was 83.78%, the results were $t_{hitung} 10.96 > t_{table} 1.683$, and the interpretation showed that: 1) This model was in accordance with the principles of training in football, 2) This model is effective to be used in order to increase the endurance ability to play football, 3) This model can be applied and mass produced as a guide in conducting the exercise process especially endurance.

Keywords : Training Model, Aerobic Endurance, Small Sided Game, Football School