

PENGARUH PENDEKATAN LATIHAN KONVENSIONAL, *SMALL SIDED GAMES* DAN MOTIVASI TERHADAP KETERAMPILAN MENGGIRING BOLA PADA PEMAIN SSB UIR PEKANBARU

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ABSTRAK

Berdasarkan pengamatan peneliti dilapangan terlihat bahwa kurang bermaterinya pendekatan latihan dalam menerapkan pembelajaran menggiring bola. Penelitian ini bertujuan untuk melihat perbedaan model latihan dan tingkat motivasi terhadap keterampilan menggiring bola pada pemain SSB UIR Pekanbaru.

Jenis penelitian ini adalah eksperimen semu, populasi penelitian ini seluruh pemain sepakbola pada SSB UIR tahun 2017/2018 yang berjumlah 75 orang, sedangkan sampel dalam penelitian ini adalah 40 orang pemain sepakbola SSB UIR Pekanbaru setelah dilakukan pembagian kelompok ($75 \times 27 = 20\%$) tingkat motivasi latihan tinggi dan ($75 \times 27\% = 20$) tingkat motivasi latihan rendah. Instrument yang digunakan adalah Test Menggiring Bola dan angket motivasi skala liker. Data yang diperoleh dianalisis dengan anava dua jalur dan dilanjutkan dengan uji Tuckey.

Hasil analisis data menunjukkan bahwa: (1) Secara keseluruhan Pendekatan latihan konvensional lebih baik dari pada pendekatan latihan *small side game* terhadap keterampilan menggiring bola pemain SSB UIR Pekanbaru. (2) Terdapat interaksi antara pendekatan latihan konvensional dan pendekatan latihan *Small-sided games* dengan motivasi terhadap keterampilan menggiring bola pemain SSB UIR Pekanbaru. (3) Pada motivasi latihan kategori tinggi pendekatan latihan konvensional lebih baik dari pada pendekatan latihan *Small-sided games* terhadap keterampilan menggiring bola pemain SSB UIR Pekanbaru. (4) Pada motivasi latihan kategori rendah pendekatan latihan *Small-sided games* lebih baik dari pada pendekatan latihan konvensional terhadap keterampilan menggiring bola pemain SSB UIR Pekanbaru.

Kata Kunci : Konvensional, *Small Sided Game*, Motivasi, Keterampilan menggiring bola.

**THE EFFECT OF CONVENTIONAL EXERCISE APPROACHES, SMALL
SIDED GAMES AND MOTIVATION ON SKILLS FLASHING IN SSB
FOOTBALL SCHOOL UIR PEKANBARU**

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ABSTRACT

Based on researchers' observations in the field, it can be seen that the lack of practicality in the approach to training in applying dribbling learning. This study aims to look at differences in training models and motivation levels towards ball dribbling skills at the SSB UIR in Pekanbaru.

This type of research is a quasi-experimental, the population of this study is all football games in 2017/2018 SSB UIR which amounted to 75 people, while the sample in this study were 40 people playing football on the SSB UIR Pekanbaru after group division ($75 \times 27 = 20\%$) level high training motivation and ($75 \times 27\% = 20$) low training motivation level. The instrument used is the Ball Dribbling Test and the liqueur scale questionnaire. The data obtained were analyzed by two-way ANOVA and followed by the Tuckey test.

The results of data analysis show that: (1) Overall the conventional training approach is better than the small side game training approach. (2) There is an interaction between the conventional training approach and the Small-sided games training approach with motivation towards the skills of dribbling SSB UIR athletes in Pekanbaru. (3) The training motivation in the high category of conventional training approaches is better than the Small-sided games approach to the skill of dribbling SSB UIR in Pekanbaru athletes. (4) In the low motivation training exercise the Small-sided games training approach is better than the conventional training approach to the skill of dribbling SSB UIR athletes in Pekanbaru.

Keywords: *Conventional, Small Sided Game, Motivation, Dribbling skills.*