

ABSTRK

Tujuan yang ingin dicapai dari pengembangan alat ini adalah: 1) Mengembangkan alat passing sebagai latihan teknik dasar sepakbola, 2) membantu pelatih dan pemain dalam pelatihan secara variasi dan mandiri melalui pengembangan alat passing.

Penelitian ini merupakan penelitian pengembangan atau *Research and Development* (R&D). Penelitian ini dilakukan dengan beberapa langkah, yakni: mengidentifikasi potensi dan masalah, pengumpulan informasi, desain produk, pembuatan produk, validasi ahli, revisi produk, uji coba, produksi akhir. Pengembangan alat *passing* sebagai media pelatihan teknik dasar sepakbola sebelumnya divalidasi oleh ahli materi dan ahli media. Uji coba produk dilakukan pada pemain dan pelatih dari SSB di Pacitan. Populasi penelitian adalah 35 responden. *One on one* sebanyak tiga responden, uji kelompok kecil sebanyak enam responden, sedangkan pada uji kelompok besar sebanyak 10 responden. Jenis pengumpulan data dengan instrumen berupa angket.

Hasil penelitian menunjukkan bahwa 1) alat passing sebagai media latihan teknik dasar sepakbola yang dikembangkan sudah layak untuk digunakan. Hal ini didasarkan pada hasil rerata nilai baik dari kelompok kecil dan kelompok besar, yaitu 55% hasil uji coba kelompok kecil dan 85% hasil uji coba kelompok besar. 2) Pengembangan alat passing dapat membantu pelatih dalam variasi latihan teknik dasar sepak bola. Dengan menggunakan alat passing yang memiliki luas 3 x 5 meter ini latihan teknik dasar sepakbola lebih mudah dan dapat dilakukan di mana saja.

Kata kunci: *passing*, media, pelatihan, teknik dasar, sepakbola



ABSTRACT

The research aimed to 1) develop a passing tool as a basic soccer technique training, and 2) assist coaches and players in training in many ways and independently through passing tool development.

This is research and development (R&D). It was conducted in several steps: identifying potential and problems, collecting information, product design, product creation, expert validation, product revision, trial, and final production. Passing tool development as a media for basic soccer technique training was previously validated by material and media experts. Product trials were conducted on players and coaches from SSB in Pacitan. The research population consisted of 35 respondents. One-on-one tests have as many as three respondents; small group tests have as many as six respondents; and large group tests have as many as 10 respondents. Data collection with an instrument is in the form of a questionnaire.

The research showed that 1) the passing tool as a developed media for basic soccer technique training was suitable for use. This is based on the average value of both small and large groups, namely 55% of the results of the small group trial and 85% of the results of the large group trial; 2) passing tool development can help coaches with variations of basic soccer technique training. By using a passing tool that has an area of 3 x 5 meters, basic soccer technique training is easier and can be done anywhere.

Keywords: *passing, media, training, basic technique, football*

