

LEMBAR PENGESAHAN PENGUJI

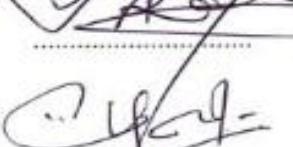
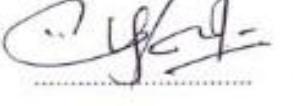
"PENGARUH LATIHAN SMALL SIDED GAMESTERHADAP PENINGKATAN DAYA TAHAN CARDIOVASCULAR DAN KELINCAHAN PADA PEMAIN SEPAK BOLA SMA NEGERI 2 GORONTALO"

OLEH :

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Telah di pertahankan di dewan penguji pada
Hari/tanggal : 07, April 2016
Pukul : 08.00 Pagi sampai dengan selesai

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MENGETAHUI,

Mengetahui:

Dekan Jurusan Olahraga dan Kesehatan



PERSETUJUAN PEMBIMBING

Skripsi yang berjudul: Pengaruh Latihan *Small Sided Games* Terhadap Peningkatan Daya Tahan *Cardiovascular* Dan Kelincahan Pada Pemain Sepak Bola SMA Negeri 2 Gorontalo

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ABSTRAK

ISMAIL DEYPAHA.832 410 075 "Pengaruh Latihan Small Sided Games Terhadap Peningkatan Daya Tahan Cardiovascular dan Kelincahan Pada Pemain Sepak Bola SMA Negeri 2 Gorontalo". Skripsi. Jurusan Pendidikan Kepelatihan Olahraga, Fakultas Olahraga dan Kesehatan, Universitas Negeri Gorontalo. Pembimbing I Dra.Hj.Nurhayati Liputo,M.Pd.,M.Pd dan Pembimbing II Edy Dharma P Duhe,S.Pd,M.Pd

Tujuan Penelitian : Untuk mengkaji pengaruh latihan small sided games three-a-sided (3 vs 3) terhadap peningkatan daya tahan cardiovasculer pada pemain sepak bola SMA N 2 Gorontalo,Untuk mengkaji pengaruh latihan small sided games three-a-sided (3 vs 3) terhadap peningkatan kelincahan pada pemain sepak bola SMA N 2 Gorontalo,Untuk mengkaji pengaruh latihan small sided games four-a-sided (4 vs 4) terhadap peningkatan daya tahan cardiovasculer pada pemain sepak bola SMA N 2 Gorontalo,Untuk mengkaji pengaruh latihan small sided games four-a-sided (4 vs 4) terhadap peningkatan kelincahan pada pemain sepak bola SMA N 2 Gorontalo,Untuk mengkaji perbedaan pengaruh antara latihan small sided games three-a-sided (3 vs 3) dan latihan small sided games four-a-sided (4 vs 4) terhadap peningkatan daya tahan cardiovasculer pada pemain sepak bola SMA N 2 Gorontalo,Untuk mengkaji perbedaan pengaruh antara latihan small sided games three-a-sided (3 vs 3) dan latihan small sided games four-a-sided (4 vs 4) terhadap peningkatan kelincahan pada pemain sepak bola SMA N 2 Gorontalo

Metode penelitian: Penelitian Eksperimen. Desain Penelitian ini adalah Two Group Pre Test and Post Test. Sampel penelitian ini dilakukan pada Pemain Sepak Bola SMA Negeri 2 Gorontalo sebanyak 20 orang. Hasil penelitian: Hasil pengujian di peroleh $t_{hitung} = 3,63$. nilai t_{tabel} pada $= 0,05$; $dk = n-1 (6-1 = 5)$ di peroleh harga sebesar $= 2,01$. Dengan demikian t_{hitung} lebih besar dari t_{table} ($t_{hitung} = 3,63 > t_{tabel} = 2,01$). Berdasarkan kriteria pengujian bahwa tolak H_0 : Jika $t_{hitung} > t_{tabel}$ pada $= 0,05$; $n - 1$, oleh karena itu hipotesis alternatif atau H_a dapat di terima karena harga t_{hitung} telah berada di luar daerah penerimaan H_0 . Dengan demikian dapat dinyatakan bahwa terdapat pengaruh latihan small sided games three-a-sided (3 vs 3) terhadap peningkatan daya tahan cardiovascular pada pemain sepak bola SMA N 2 Kota Gorontalo. Hasil pengujian di peroleh $t_{hitung} = 4,80$. nilai t_{tabel} pada $= 0,05$; $dk = n-1 (6-1 = 5)$ di peroleh harga sebesar $= 2,01$. Dengan demikian t_{hitung} lebih besar dari t_{table} ($t_{hitung} = 4,80 > t_{tabel} = 2,01$). Berdasarkan kriteria pengujian bahwa tolak H_0 : Jika $t_{hitung} > t_{tabel}$ pada $= 0,05$; $n - 1$, oleh karena itu hipotesis alternatif atau H_a dapat di terima karena harga t_{hitung} telah berada di luar daerah penerimaan H_0 . Dengan demikian dapat dinyatakan bahwa terdapat pengaruh latihan small sided games three-a-sided (3 vs 3) terhadap peningkatan kelincahan pada pemain sepak bola SMA N 2 Kota Gorontalo. Hasil pengujian di peroleh $t_{hitung} = 3,47$. nilai t_{tabel} pada $= 0,05$; $dk = n-1 (8-1 = 7)$ di peroleh harga sebesar $= 1,89$. Dengan demikian t_{hitung} lebih besar dari t_{table} ($t_{hitung} = 3,47 > t_{tabel} = 1,89$). Berdasarkan kriteria pengujian bahwa tolak H_0 : Jika $t_{hitung} > t_{tabel}$ pada $= 0,05$; $n - 1$, oleh karena itu hipotesis alternatif atau H_a dapat di terima karena harga t_{hitung} telah berada di luar daerah penerimaan H_0 . Dengan demikian dapat dinyatakan bahwa terdapat pengaruh latihan small sided games four-a-sided (4 vs 4) terhadap peningkatan daya tahan cardiovascular pada pemain sepak bola SMA N 2 Kota Gorontalo. Hasil pengujian di peroleh $t_{hitung} = 4,06$. nilai t_{tabel} pada $= 0,05$; $dk = n-1 (8-1 = 7)$ di peroleh harga sebesar $= 1,89$. Dengan demikian t_{hitung} lebih besar dari t_{table} ($t_{hitung} = 4,06 > t_{tabel} = 1,89$). Berdasarkan kriteria pengujian bahwa tolak H_0 : Jika $t_{hitung} > t_{tabel}$ pada $= 0,05$; $n - 1$, oleh karena itu hipotesis alternatif atau H_a dapat di terima karena harga t_{hitung} telah berada di luar daerah penerimaan H_0 .

Dengan demikian dapat dinyatakan bahwa terdapat pengaruh latihan small sided games four-a-sided (4 vs 4) terhadap peningkatan kelincahan pada pemain sepak bola SMA N 2 Kota Gorontalo. Hasil pengujian di peroleh $t_{hitung} = 1,18$. nilai t_{tabel} pada $\alpha = 0,05$; dk = n-1 (8-1 =7) di peroleh harga sebesar = 2,17. Dengan demikian t_{hitung} lebih kecil dari t_{table} ($t_{hitung} = 1,18 < t_{tabel} = 2,17$). Berdasarkan kriteria pengujian bahwa terima H_0 : Jika $t_{hitung} < t_{tabel}$ pada $\alpha = 0,05$; n – 1. Dengan demikian dapat dinyatakan bahwa tidak terdapat perbedaan pengaruh latihan small sided games three-a-sided (3 vs 3) dan small sided games four-a-sided (4 vs 4) terhadap peningkatan daya tahan cardiovascular pada pemain sepak bola SMA Negeri 2 Gorontalo. Hasil pengujian di peroleh $t_{hitung} = -0,15$. nilai t_{tabel} pada $\alpha = 0,05$; dk = n-1 (8-1 =7) di peroleh harga sebesar = 2,17. Dengan demikian t_{hitung} lebih kecil dari t_{table} ($t_{hitung} = -0,15 < t_{tabel} = 1,89$). Berdasarkan kriteria pengujian bahwa terima H_0 : Jika $t_{hitung} < t_{tabel}$ pada $\alpha = 0,05$; n – 1. Dengan demikian dapat dinyatakan bahwa tidak terdapat perbedaan pengaruh latihan small sided games three-a-sided (3 vs 3) dan latihan small sided games four-a-sided (4 vs 4) terhadap peningkatan kelincahan pada pemain sepak bola SMA Negeri 2 Gorontalo.

Kata Kunci : Small Sided Games, small sided games three-a-sided, small sided games four-a-sided, Sepak Bola, Daya Tahan Cardovascular, Kelincahan.

ABSTRAK

ISMAIL DEYPAHA.832 410 075 "Effect of Exercise Small Sided Games Against Increasing Cardiovascular Endurance and Agility In Football Players SMAN 2 Gorontalo ". Essay. Sports Coaching Education Department, Faculty of Sports and Health, University of Negeri Gorontalo. Supervisor I Dra.Hj.Nurhayati Liputo, M.Pd., M.Pd and Advisor II Edy Dharma P Duhe, S. Pd, M. Pd

Objective: To assess the effect of training small sided games three-a-sided (3 vs 3) to increase endurance cardiovascular Reviewed football players SMA N 2 Gorontalo, To assess the effect of training small sided games three-a-sided (3 vs 3) to increase agility in football players SMA N 2 Gorontalo, To assess the effect of training small sided games four-a-sided (4 vs. 4) terhadappeningkatan endurance cardiovascular Reviewed football players SMA N 2 Gorontalo, To assess the effect of training small sided games four-a-sided (4 vs. 4) to increase agility on a high school football player N 2 Gorontalo, To assess the effect of the difference between training small sided games-a three-sided (3 vs 3) and training small sided games four-a- sided (4 vs. 4) to increase endurance cardiovascular Reviewed football players SMA N 2 Gorontalo, To assess the effect difference between the training small sided games three-a-sided (3 vs 3) and training small sided games four-a-sided (4 vs 4) to increase agility on a high school football player N 2 Gorontalo

Methods: Experiments. This study design is a Group Two Pre Test and Post Test. The research sample was conducted at Soccer Players SMAN 2 Gorontalo many as 20 people. Result: The test results obtained $t = 3.63$. ttable value at $\alpha = 0.05$; dk = n-1 ($6-1 = 5$) obtained a price of $= 2.01$. Thus thitung greater than TTable ($t = 3.63 > \text{table} = 2.01$). Based on testing criteria that tolakH_0: If thitung > ttable at $\alpha = 0.05$; n - 1, therefore the alternative hypothesis or Ha can be received because the price thitung were outside the reception area H0. Thus it can be stated that there are significant small-sided games exercise-a three-sided (3 vs 3) to increase cardiovascular endurance at high school football players N 2 Gorontalo. The test results obtained $t = 4.80$. ttable value at $\alpha = 0.05$; dk = n-1 ($6-1 = 5$) obtained a price of $= 2.01$. Thus thitung greater than TTable ($t = 4.80 > \text{table} = 2.01$). Based on testing criteria that reject H_0: If thitung > ttable at $\alpha = 0.05$; n - 1, therefore the alternative hypothesis or Ha can be received because the price thitung were outside the reception area H0. Thus it can be stated that there are significant small-sided games exercise-a three-sided (3 vs 3) to increase agility on a high school football player N 2 Gorontalo. The test results obtained $t = 3.47$. ttable value at $\alpha = 0.05$; dk = n-1 ($8-1 = 7$) obtained a price of $= 1.89$. Thus thitung greater than TTable ($t = 3.47 > \text{table} = 1,89$). Based on testing criteria that reject H_0: If thitung > ttable at $\alpha = 0.05$; n - 1, therefore the alternative hypothesis or Ha can be received because the price thitung were outside the reception area H0. Thus it can be stated that there are significant small-sided games exercise-a four-sided (4 vs. 4) to increase cardiovascular endurance at high school football players N 2 Gorontalo. The test results obtained $t = 4.06$. ttable value at $\alpha = 0.05$; dk = n-1 ($8-1 = 7$) obtained a price of $= 1.89$. Thus thitung greater than TTable ($t = 4.06 > \text{table} = 1,89$). Based on testing criteria that reject H_0: If thitung > ttable at $\alpha = 0.05$; n - 1, therefore the alternative hypothesis or Ha can be received because the price thitung were outside the reception area H0. Thus it can be stated that there are significant small-sided games exercise-a four-sided (4 vs. 4) to increase agility on a high school football player N 2 Gorontalo. The test results obtained $t = 1.18$. ttable value at $\alpha = 0.05$; dk = n-1 ($8-1 = 7$) obtained a price of $= 2.17$. Thus thitung smaller than TTable ($t = 1.18 < \text{table} = 2,17$). Based on testing criteria that received H_o: If thitung < ttable at $\alpha = 0.05$; n - 1. Thus it can be stated that there is no difference in the effects of exercise three small sided games-a-sided (3 vs 3) and small sided games-a four-

sided (4 vs. 4) to increase cardiovascular endurance in soccer players SMA Negeri 2 Gorontalo. The test results obtained $t = -0.15$. ttable value at $\alpha = 0.05$; dk = n-1 ($8-1 = 7$) obtained a price of $= 2.17$. Thus thitung smaller than TTable ($t = -0.15 < \text{table} = 1,89$). Based on testing criteria that received H_0 : If thitung $< \text{table}$ at $\alpha = 0.05$; n - 1. Thus it can be stated that there is no difference in the effects of exercise three small sided games-a-sided (3 vs 3) and training small sided games-a four-sided (4 vs. 4) to increase agility on a high school football player 2 Negeri Gorontalo.

Keywords: Small Sided Games, small sided games-a three-sided, small sided games a- four-sided, Soccer, Cardovascular Endurance, Agility.