

ABSTRACT

The effect of Passing and Control exercises with variations in distance to improve the futsal Extracurricular control team's technique and passing technique
Miftahul Ihsan Errabu Bluto Sumenep in 2019

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Extracurricular activities in MTs. Miftahul Ihsan, there are only a few who are still active, including futsal, soccer, hadrah / banjari, scouts, studios and so on. researchers here will conduct research on futsal extracurricular activities. One of the extracurricular members of MTs. This year, Miftahul Ihsan, a player who participated in MTs futsal extracurricular activities. Miftahul Ihsan Errabu Bluto Sumenep from the age of 13 years to 15 years, students' interest in futsal games was quite high, the high interest of students was shown by the number of students who participated in futsal extracurricular activities starting from 7th to 9th grade students who did not join the futsal team. The purpose of this study was 1. To determine the increase in control and passing through training in variations in control and passing on students of futsal MTs extracurricular participants. Miftahul Ihsan year 2019. 2. To find out how much the application of variation control and passingsis the training of extracurricular participants in MTs. Miftahul Ihsan year 2019.

He research design used in this study is One Group Pretest-Posttest Design, ie research that has a pre-test before being given treatment and the final result (post-test) after being given treatment (Passing and Control) with Variation in Distance of Extracurricular MTS Futsal. Miftahul Ihsan Errabu Bluto. With a sample of 15 people / students.

Based on the results of the calculation of the average paired sample test using t-test paired t-test results of t-test paired t-test on leg press and shoulder press training by looking at the Sig. (2-tailed) 0,000, It can be concluded that Ho is rejected and Ha is accepted because of the value of Sig. 0,000 <value $\alpha = 0,005$. In other words there is a significant effect of giving passing and control training with variations in the distance of Miftahul Ihsan's MTS futsal extracurricular team. The post test results obtained an increase in the percentage of 7.29%. And it can be seen also from the increase in the average percentage on a weekly basis based on the calculation carried out is 3.40%.