

RELATIONSHIP BETWEEN THE COMPONENTS OF PHYSICAL
CONDITIONS ON THE BASIC ENGINEERING ABILITY OF PASSING
FOOT PARTS IN SOCCER EXTRACURRICULAR ACTIVITIES IN SMA 1
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Abstrak

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Some components of physical conditions that exist in football play include: excellent stamina, sufficient energy, speed, balance, cruising power, endurance, and efficient movement conditions, even the ability to utilize acids optimally through heart work and blood circulation. (Jusuf, 1982: 179). Soccer is a game that takes 2x45 minutes. During that hour and a half, players are required to keep on moving. And not just moving, but in moving it still performs various other physical movements such as running while passing the ball, running then while stopping suddenly, running while turning 90 degrees or even 180 degrees. In addition there are also other physical activities such as running, jumping, sliding (sliding), collide body (charge) and even breaking with opposing players at high speed. All this requires a certain level of physical quality, to be able to play football properly and correctly. The purpose of this study based on the above problem formulation is as follows: 1. Knowing is there a relationship of Balance, Agility, Endurance Against Passing Skills in Arjasa SMAN 1 Soccer Game. 2. To find out how big the relationship is Balance, Agility, Endurance Against Passing Skills in Arjasa SMAN 1 Soccer Game.

This study is a correlation study, because in this study aims to find whether there is a relationship between physical conditions (Balance, agility, and Endurance) with the skills of passing inside techniques in soccer extracurricular participants in SMAN 1 Arjasa. This study includes population research, namely in this study are all football extracurricular participants at SMAN 1 Arjasa, amounting to 20 people.

From the results of research and discussion about the relationship of balance (X1) agility (X2), and Endurance (X3) to the passing (Y) of football conducted at the Football Extracurricular activities at SMAN 1 Arjasa can be concluded as follows: 1. There is a relationship that is being 0.599 based on the existing interpretation between balance, agility, and Endurance of Passing Skills in Football Games at SMAN 1 Arjasa. 2. The magnitude of the determination of the relationship of balance, agility, and endurance of the Passing Skills in Arjasa SMAN 1 Soccer Game is 35.9%.

