

## **ABSRTACK**

*Basic Technical Ability Levels of Extracurricular Football Participants at SMA Negeri Arjasa 1 High School for Academic Year 2019-2020. Nurul Hidayat*

*Keywords: Football, basic and quantitative techniques*

*Football is one of the most popular sports around the world. In the game of football there are various kinds of techniques that every player must master, such as passing, dribbling and shooting. Football players must have the ability of the overall physical condition, physical conditions in sports are defined as all physical abilities that determine achievement. This study aims to determine the basic technical skills of extracurricular football participants at SMA Negeri 1 Arjasa*

*The research method used is descriptive quantitative. The population and sample in this study were extracurricular participants at SMA Negeri 1 Arjasa with a sample of 30 people. The instruments used in this study were passing, dribbling, and shooting tests. From the results of these data will be analyzed using existing reference norms and compared the results so that it will be known the level of basic technical skills of extracurricular football participants at SMA Negeri 1 Arjasa.*

*The results showed that the average ability of the Basic Technique Passing of Extracurricular Football at SMA Negeri 1 Arjasa was 5.37 with the largest percentage level in the moderate category of 60%. The average ability of the Basic Technique of Extracurricular Football Dribbling at SMA Negeri 1 Arjasa is 21.29 with the largest percentage level in the*

*moderate category of 43.33%. The average ability of the Basic Technique of Extracurricular Football Shooting at SMA Negeri 1 Arjasa is 11.40 with the majority of the largest percentage level in the medium category is 56.67%. So the conclusion of the three tests, namely passing, dribbling, shooting are in the medium category*

