

ABSTRAK

POLA LATIHAN TEKNIK DASAR DI SEKOLAH SEPAK BOLA BALI UNITED KRISTAL KOTA KUPANG

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Latar belakang: Latihan adalah suatu bentuk aktivitas untuk meningkatkan ketrampilan (kemahiran) berolahraga dengan menggunakan berbagai peralatan sesuai dengan tujuan dan kebutuhan cabang olahraga.

Tujuan penelitian: Untuk mengetahui Pola Latihan Teknik Dasar di Sekolah Sepak Bola Bali United Kristal Kota Kupang.

Metode penelitian: Metode yang digunakan dalam penelitian ini adalah deskriptif kualitatif dengan teknik pengumpulan data yang digunakan melalui observasi, wawancara dan dokumentasi serta teknik analisis data dalam penelitian ini yaitu reduksi data, display data, dan penarikan kesimpulan.

Hasil dan pembahasan: Sekolah Sepak Bola Bali United Kristal Kota Kupang terbagi dalam kelompok umur mulai dari U-8, U-10, U-12, U-14, U-16, dan U-18. Program latihan bagi kelompok siswa U12 yang meliputi model latihan teknik, taktik, fisik dan mental. Pola latihan siswa usia 12 tahun di SSB Bali United Kristal Kota Kupang meliputi: (a) Pembukaan latihan dan Pemanasan; (b) latihan Inti yang meliputi *Dribbling skill*, *passing skill*, *control skill*, *heading skill*, *shooting skill*. (c). latihan tambahan berupa game bagi para pemain dan (d) penutup/pendinginan selama 3-5 menit.

Simpulan: Pola latihan teknik dasar sepak bola di Sekolah Sepakbola Bali United Kristal Kota Kupang sudah berjalan sesuai sistimatis dan terprogramkan secara baik.

Katakunci: *Pola latihan teknik dasar*

ABSTRACT

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Background: Exercise is a form of activity to improve sports skills (skills) by using various equipment in accordance with the goals and needs of the sport

Research objective: To find out the pattern of basic technical training at the Bali United Crystal Football School, Kupang City.

Research method: The method used in this study is descriptive qualitative with data collection techniques used through observation, interviews and documentation as well as data analysis techniques in this study, namely data reduction, data display, and drawing conclusions

Result and discussion: Bali United Kristal Football School Kota Kupang is divided into age groups starting from U-8, U-10, U-12, U-14, U-16 and U-18. A training program for the U12 student group which includes technical, tactical, physical and mental training models. The training pattern for 12 year old students at SSB Bali United Kristal Kota Kupang includes: (a) Opening exercises and warming up; (b) core training which includes dribbling skills, passing skills, control skills, heading skills, shooting skills. (c). additional exercises in the form of games for the players and (d) closing or cooling down for 3-5 minutes.

Conclusion: The pattern of basic soccer technique training at the Bali United Kristal Football School, Kupang City, has been running according to a systematic and well programmed.

Keyword: Basic technique training patterns