

ABSTRAK

TEKNIK DASAR MENGGIRING BOLA DALAM PERMAINAN FUTSAL PADA SISWA EKSTRAKURIKULER SMK NEGERI 5 KUPANG

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Latar belakang: Futsal adalah permainan bola yang dimainkan oleh dua regu, yang masing-masing beranggotakan lima orang. Menggiring bola (dribbling) merupakan kemampuan yang dimiliki setiap pemain dalam menguasai bola sebelum diberikan kepada temannya untuk menciptakan peluang dalam mencetak gol.

Tujuan penelitian: Untuk mengetahui Teknik Dasar Menggiring Bola Dalam Permainan Futsal Pada Siswa Ekstrakurikuler SMK Negeri 5 Kupang.

Metode penelitian: Penelitian ini menggunakan Pendekatan Kuantitatif, dengan Teknik Pengumpulan Data menggunakan Kuesioner Tes keterampilan menggiring dan Teknik analisis data menggunakan deskriptif Kuantitatif Presentatif.

Hasil dan pembahasan: Berdasarkan hasil penelitian diperoleh kemampuan Teknik Dasar Menggiring Bola Dalam Permainan Futsal Pada Siswa Ekstrakurikuler SMK Negeri 5 Kupang, yang masuk kedalam kategori “Sangat baik” sebanyak 4 siswa atau sebesar 36.4%, kategori baik sebanyak 7 siswa atau sebesar 64%, kategori cukup sebanyak 0 atau sebesar 0 % dan pada kategori kurang sebanyak 0 atau sebesar 0 % dan pada kategori sangat kurang sekali sebanyak 0 atau sebesar 0%.

Simpulan: Dari hasil yang dicapai pada tes menggiring bola pada siswa SMK Negeri 5 Kupang diperoleh hasil bahwa tingkat keterampilan menggiring bola siswa ekstrakurikuler futsal di SMK Negeri 5 Kupang yaitu “Baik”.

Kata kunci: *futsal; menggiring; pendidikan jasmani; ekstrakurikuler.*

ABSTRACT

RELATIONSHIP BETWEEN TEACHER COMPETENCE AND STUDENTS LEARNING OUTCOME IN PHYSICAL EDUCATION, SPORT, AND HEALTH

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Background: Futsal is a ball game played by two teams, each consisting of five people. The goal is to put the ball into the opponent's goal, by manipulating the ball with the feet. Dribbling is the ability that every player has to control the ball before giving it to a friend to create opportunities to score goals.

Research aim: The aim of this research is: to find out the basic techniques for dribbling the ball in the Futsal game among students at SMK Negeri 5 Kupang City.

Research objective: To find out the basic techniques for dribbling the ball in the Futsal game among students at SMK Negeri 5 Kupang City.

Research method: This research uses a quantitative approach, with data collection techniques using herding skills test questionnaires and data analysis techniques using descriptive quantitative presentative.

Result and discussion: Based on the research results obtained, the basic technical abilities of the futsal game at SMK Negeri 5 Kupang City, which were included in the "Very good" category were 4 students or 36.4%, 7 students were in the good category or 64%, the fair category as many as 0 students or 0% and in the poor category there are 0 students or 0% and in the very poor category there are 0 students or 0%.

Conclusion: From the results achieved in the ball dribbling test for students at SMK Negeri 5 Kupang, it was found that the level of dribbling skills of futsal extracurricular students at SMK Negeri 5 Kupang was "Good".

Keyword: futsal; herding; physical education; extracurricular.