

ABSTRAK

Penggunaan *Circuit Training* pada Latihan passing (*Through Pass*) Permainan Sepak Bola Pada Tim SBB (Sekolah Bola Biinmafo) Kefa

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Latar belakang : Dalam olahraga sepak bola terdapat beberapa model latihan passing , salah satunya model latihan menggunakan circuit traing yang memiliki post-post dalam suatu putaran latihan yan harus dipersiapkan dengan baik. Hal ini penting dalam sejumlah bahan dan peralatan yang di perlukan hendaknya disediakan sehingga tidak seorang pun yang menanti gilirannya antara pos-pos tersebut.

Tujuan penelitian : penelitian ini bertujuan untuk dapat mengetahui Penggunaan *Circuit Training* Pada Latihan *Passing (Through Pass)* Permainan Sepak Bola Pada Tim SBB (Sekolah Bola Biinmafo) Kefa.

Metode penlitian: Metode penelitian yang digunnakan dalam penelitian ini adalah kualitatif dengan jenis penelitian deskriptif kualitatif.

Hasil penelitian dan pembahasan : Hasil dari penelitian ini ditemukan bahwa tidak ada penggunaan bentuk latihan *circuit training* pada sekolah bola Biinmafo kefamenanu dikarenakan pelatih masih meningkatkan kualitas atlet tentang teknik dasar permainan sepak bola dan kemampuan atlet masih kurang saat diberikan porsi latihan yang banyak dalam satu putaran.

Simpulan : Berdasarkan uraian di atas, maka dapat di simpulkan bahwa sekolah bola Biinmafo membutuhkan model latihan circuit training agar atlet bisa lebih cepat berkembang dan meningkat kualitas passing dalam waktu yang lebih efesien.

Kata kunci : *circuit training, through pass*, permainan sepak bola.

ABSTRACT

Use of Circuit Training in Passing Practice (Through Pass) in Football Games for the SBB (Biinmafo Football School) Kefa Team

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Background : In the sport of football, there are several models of passing training, one of which is a training model using circuit training which has posts in a practice round which must be prepared well. It is important that the necessary materials and equipment should be provided so that no one has to wait for their turn between the posts.

Research objectives : This research aims to find out the use of circuit training in passing practice (through passes) in football games on the Kefa SBB (Biinmafo Football School) team.

Research method : The research method used in this research is qualitative with a qualitative descriptive research type.

Research results and discussion: The results of this research found that there was no use of circuit training at the Biinmafo Kefamenanu football school because the coaches were still improving the quality of athletes regarding the basic techniques of playing football and the athletes' abilities were still lacking when given large portions of training in one round.

Conclusion : Based on the description above, it can be concluded that the Biinmafo football school needs a circuit training model so that athletes can develop more quickly and improve the quality of passing in a more efficient time.

Keywords : circuit training, through pass, soccer game