

ABSTRAK

POLA LATIHAN FUTSAL PADA KEGIATAN EKSTRAKURIKULER DI SMA NEGERI 1 KOTA KUPANG

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Penelitian ini bertujuan untuk menganalisis dan mendeskripsikan pola latihan futsal yang diterapkan dalam kegiatan ekstrakurikuler di SMA Negeri 1 Kota Kupang. **Latar belakang** penelitian ini berangkat dari pentingnya pengembangan keterampilan olahraga, khususnya futsal, sebagai bagian dari aktivitas ekstrakurikuler yang mendukung pembentukan karakter, keterampilan fisik, dan kesehatan siswa. Kegiatan ekstrakurikuler futsal diharapkan dapat memberikan kontribusi positif terhadap perkembangan kemampuan bermain futsal sekaligus membentuk sikap sportifitas dan kerja sama tim.

Metode deskriptif kualitatif dengan pendekatan studi kasus. Subjek penelitian terdiri dari pelatih futsal, siswa peserta ekstrakurikuler, dan pihak sekolah. Data dikumpulkan melalui observasi, wawancara mendalam, dan dokumentasi. Analisis data dilakukan dengan cara reduksi data, penyajian data, dan penarikan kesimpulan.

Hasil penelitian menunjukkan bahwa pola latihan futsal di SMA Negeri 1 Kota Kupang meliputi tiga tahapan utama, yaitu (1) pemanasan dan persiapan fisik, (2) latihan teknik dasar seperti *dribbling*, *passing*, dan *shooting*, serta (3) simulasi pertandingan untuk pengembangan strategi dan taktik bermain. Latihan dilakukan dua kali seminggu dengan durasi masing-masing 90 menit. Pelatih menggunakan metode variatif untuk menjaga motivasi siswa, seperti penggunaan permainan kecil (*small-sided games*) dan evaluasi rutin terhadap kemampuan individu maupun tim.

Kesimpulan dari penelitian ini adalah bahwa pola latihan futsal yang diterapkan telah membantu siswa meningkatkan keterampilan teknik dasar futsal dan pemahaman strategi bermain. Namun, (1) membantu siswa memahami pemanasan (2) memahami kemampuan teknik dasar (3) memahami tentang taktik dan strategi futsal.

Kata Kunci: pola latihan, futsal, ekstrakurikuler.

ABSTRACT

FUTSAL TRAINING PATTERNS IN EXTRACURRICULAR ACTIVITIES AT STATE HIGH SCHOOL 1 KUPANG

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This study aims to analyze and describe futsal training patterns applied in extracurricular activities at State High School 1 Kupang City. The background of this study is based on the importance of developing sports skills, especially futsal, as part of extracurricular activities that support the formation of character, physical skills, and student health. Futsal extracurricular activities are expected to provide a positive contribution to the development of futsal playing skills while forming an attitude of sportsmanship and teamwork. Qualitative descriptive method with a case study approach. The subjects of the study consisted of futsal coaches, extracurricular students, and the school. Data were collected through observation, in-depth interviews, and documentation. Data analysis was carried out by means of data reduction, data presentation, and drawing conclusions. The results of the study showed that the futsal training pattern at SMA Negeri 1 Kupang City included three main stages, namely (1) warm-up and physical preparation, (2) basic technique training such as dribbling, passing, and shooting, and (3) match simulation for developing playing strategies and tactics. Training was carried out twice a week with a duration of 90 minutes each. The coach used a variety of methods to maintain student motivation, such as the use of small-sided games and routine evaluation of individual and team abilities. The conclusion of this study is that the futsal training pattern applied has helped students improve their basic futsal technique skills and understanding of playing strategies. However, (1) helping students understand warm-ups (2) understanding basic technique skills (3) understanding futsal tactics and strategies.

Keywords: training pattern, futsal, extracurricular.