

ABSTRAK

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TEKNIK DASAR MENGONTROL BOLA BAWAHDALAM PERMAINAN

SEPAK BOLA DI PS ANGKASA.

SKRIPSI.

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Penelitian ini dilatarbelakangi oleh pentingnya teknik dasar mengontrol bola sebagai titik awal dan fundamental untuk membangun dan kerja sama tim dalam permainan sepak bola. Hasil observasi pada PS Angkasa menunjukkan bahwa ketrampilan dasar kontrol bola bawah pada pemain masih kurang optimal, khususnya saat berada ditekanan lawan. Tujuan penelitian ini adalah untuk mengetahui tingkatan kemampuan kontrol bola bawah (menggunakan kaki bagian dalam, kaki bagian luar, punggung kaki, dan telapak kaki) pada pemain sepak bola PS Angkasa. Penelitian ini menggunakan pendekatan kuantitatif desain penelitian deskriptif. Metode kuantitatif deskriptif digunakan untuk menggambarkan secara objektif kemampuan teknis kontrol bola bawah melalui data pengukuran.. Teknik analisis data mengikuti tahap seleksi, pengelompokan, penyajian data, dan penarikan kesimpulan. Hasil penelitian ini menunjukkan bahwa tingkat ketrampilan bola bawah menggunakan kaki bagian bawah pada pemain PS Angkasa sedang. Temuan ini diharapkan dapat memberikan gambaran nyata mengenai kualitas teknis pemain.

Kata kunci: Sepak bola, Teknik dasar, Kontrol bola bawah, PS Angkasa

ABSTRACT

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BASIC LOW BALL CONTROL TECHNIQUES IN AT PS ANGKASA.

THESIS

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This research is motivated by the importance of teacher mastering basic ball control techniques as the foundational starting point for building attacks and team cooperation in soccer. Observations at PS Angkasa indicated that the players' basic low ball control skills were still suboptimal, particularly when under pressure from opponents. The objective of this study was to determine the level of low ball control ability (using the inside of the foot, instep, and sole) among soccer players at PS Angkasa. This study employed a quantitative research design. The descriptive quantitative method was used to objectively describe the low ball control technical abilities through measurement data. The population for this study consisted of all soccer players at PS Angkasa, with the sample selected using a purposive sampling technique. Data collection instruments included observations, interviews, and documentation. The data analysis technique followed stages of selection, grouping, data presentation, and conclusion drawing. The results of this study showed that the level of low ball control skill using the inside of the foot among PS Angkasa players fell into the "poor" category, with the highest frequency being 3 players or 37.5%. These findings are expected to provide a real overview of the players' technical quality, serving as a reference for coaches to improve training quality and for players to enhance their technical insight and skills.

Keywords: Soccer, Basic Technique, Low ball Control, PS Angkasa.