

ABSTRAK
PROSES PEMBELAJARAN TEKNIK DASAR MENGONTROL BOLA
MENGGUNAKAN DADA, PADA MATERI SEPAK BOLA KELAS V SD
INPRES KANITI

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Latar belakang: Penelitian ini dilatarbelakangi oleh masih rendahnya kemampuan siswa kelas V SD Inpres Kaniti dalam menguasai teknik dasar mengontrol bola menggunakan dada pada permainan sepak bola.

Tujuan penelitian: Tujuan penelitian ini adalah untuk mengetahui proses pembelajaran teknik dasar mengontrol bola menggunakan dada pada materi sepak bola di kelas V SD Inpres Kaniti.

Metode penelitian: Penelitian ini menggunakan pendekatan kualitatif dengan jenis penelitian deskriptif. Informan penelitian terdiri atas kepala sekolah, guru Pendidikan Jasmani, Olahraga, dan Kesehatan (PJOK), serta siswa kelas V SD Inpres Kaniti.

Hasil dan pembahasan: Hasil penelitian menunjukkan bahwa proses pembelajaran teknik dasar mengontrol bola menggunakan dada dilaksanakan melalui kegiatan pendahuluan, inti, dan penutup. Pada kegiatan inti, siswa mempraktikkan teknik mengontrol bola melalui tahapan sikap awal, sikap pelaksanaan, dan sikap akhir dengan bimbingan dan koreksi dari guru

Simpulan: Berdasarkan hasil penelitian dapat disimpulkan bahwa proses pembelajaran teknik dasar mengontrol bola menggunakan dada di SD Inpres Kaniti telah berjalan dengan baik dan sesuai dengan tahapan pembelajaran, namun efektivitasnya masih perlu ditingkatkan melalui penggunaan metode pembelajaran

Kata kunci: *proses pembelajaran, teknik dasar, mengontrol bola menggunakan dada, sepak bola, pendidikan jasmani.*

ABSTRACT
THE LEARNING PROCESS OF THE BASIC TECHNIQUE OF
CONTROLLING THE BALL USING THE CHEST IN SOCCER
LESSONS FOR FIFTH-GRADE STUDENTS OF SD INPRES
KANITI

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Background: *This study was motivated by the low ability of fifth-grade students at SD Inpres Kaniti to master the basic technique of controlling the ball using the chest in soccer.*

Objective: *This study aimed to determine the learning process of the basic technique of controlling the ball using the chest in soccer lessons for fifth-grade students at SD Inpres Kaniti.*

Method: *This study employed a qualitative approach with a descriptive research design. The research informants consisted of the principal, the Physical Education, Sports, and Health (PJOK) teacher, and fifth-grade students at SD Inpres Kaniti.*

Results and Discussion: *The results showed that the learning process of the basic technique of controlling the ball using the chest was carried out through introductory, core, and closing activities. During the core activity, students practiced the technique of controlling the ball through the stages of the initial position, execution, and final position, with guidance and corrections from the teacher.*

Conclusion: *Based on the findings, it can be concluded that the learning process of the basic technique of controlling the ball using the chest at SD Inpres Kaniti was implemented well and followed the appropriate stages of instruction. However, its effectiveness still needs to be improved through the use of more varied teaching methods and continuous practice to enhance students' mastery of the technique.*

Keywords: *learning process, basic technique, chest ball control, soccer, physical education.*