

ABSTRAK

Ihlima Hanifa Az Zahra Aswanto. 2026. Analisis Tingkat Keterampilan Teknik *Passing*, *Dribbling*, dan *Shooting* pada Peserta Ekstrakurikuler Futsal Putra SMAN 1 Nglames Kabupaten Madiun Tahun 2026. Skripsi. Program Studi Ilmu Keolahragaan, Fakultas Ilmu Kesehatan dan Sains, Universitas PGRI Madiun. Pembimbing (I) Dr. Pratama Dharmika Nugraha, S.Si., M.Or. Pembimbing (II) Titin Kuntum Mandalawati, S.Pd., M.Or.

Penelitian ini bertujuan untuk mengetahui tingkat keterampilan teknik *passing*, *dribbling*, dan *shooting* pada peserta ekstrakurikuler futsal putra SMAN 1 Nglames Kabupaten Madiun Tahun 2026. Penelitian ini menggunakan metode penelitian kuantitatif dengan pendekatan deskriptif. Populasi dalam penelitian ini adalah seluruh peserta ekstrakurikuler futsal putra SMAN 1 Nglames yang berjumlah 20 peserta, dengan teknik pengambilan sampel menggunakan total sampling sehingga seluruh populasi dijadikan sampel penelitian. Instrumen yang digunakan dalam penelitian ini meliputi *Wall Pass Test* untuk mengukur keterampilan *passing*, *Illinois Change of Direction Test with Ball (ICODT-BALL)* untuk mengukur keterampilan *dribblins*, dan *Shooting Accuracy Test* untuk mengukur keterampilan *shooting*. Data dianalisis menggunakan statistik deskriptif berupa distribusi frekuensi dan persentase. Hasil penelitian menunjukkan bahwa tingkat keterampilan teknik *passing* berada pada kategori kurang, keterampilan *dribbling* berada pada kategori cukup, dan keterampilan *shooting* berada pada kategori cukup. Berdasarkan hasil penelitian dapat disimpulkan bahwa tingkat keterampilan teknik dasar peserta ekstrakurikuler futsal putra SMAN 1 Nglames masih perlu ditingkatkan, terutama pada kemampuan *passing*, melalui program latihan yang lebih terarah, terstruktur, dan berkesinambungan sehingga kemampuan teknik dasar pemain dapat berkembang secara optimal.

Kata Kunci: keterampilan teknik, *passing*, *dribbling*, *shooting*, futsal.

ABSTRACT

Ihlima Hanifa Az Zahra Aswanto. 2026. Analysis of Technical Skill Levels in *Passing, Dribbling, and Shooting* among Male Futsal Extracurricular Participants at SMAN 1 Nglames, Madiun Regency, in 2026. Undergraduate Thesis. Sports Science Study Program, Faculty of Health and Science, Universitas PGRI Madiun. Supervisor (I) Dr. Pratama Dharmika Nugraha, S.Si., M.Or. Supervisor (II) Titin Kuntum Mandalawati, S.Pd., M.Or.

This study aims to determine the technical skill levels regarding *passing, dribbling, and shooting* among male futsal extracurricular participants at SMAN 1 Nglames, Madiun Regency, in 2026. The study employs a quantitative research method with a descriptive approach. The population consists of all 20 male futsal extracurricular participants at SMAN 1 Nglames; a total sampling technique was used, meaning the entire population served as the research sample. The instruments used in this study include the *Wall Pass Test* to measure *passing* skills, the *Illinois Change of Direction Test with Ball (ICODT-BALL)* to measure *dribbling* skills, and the *Shooting Accuracy Test* to measure *shooting* skills. Data were analyzed using descriptive statistics, specifically frequency distribution and percentages. The results indicate that the *passing* skill level falls into the "poor" category, while *dribbling* and *shooting* skill levels fall into the "fair" category. Based on the findings, it can be concluded that the basic technical skill levels of the male futsal extracurricular participants at SMAN 1 Nglames still require improvement particularly in *passing* through training programs that are more targeted, structured, and continuous, thereby allowing the players' basic technical abilities to develop optimally.

Keywords: technical skills, *passing, dribbling, shooting*, futsal.