

***THE EFFECT OF LONGPASS TRAINING USING TARGETS ON THE ACCURACY
OF LONG PASSES IN SOCCER SPORT SSB ASSIST SOCCER SCHOOL BEKASI CITY***

ARTIKEL ILMIAH

Diajukan Untuk Memenuhi Salah Satu Syarat Dalam Memperoleh Gelar Sarjana
Pendidikan (S1) Pada Progam Studi Pendidikan Jasmani Kesehatan dan
Rekreasi Fakultas Keguruan dan Ilmu Pendidikan
Universitas Islam "45" Bekasi



Disusun Oleh:

Tri Samsul Hadi

41182191180017

**PROGRAM STUDI PENDIDIKAN JASMANI KESEHATAN DAN REKREASI
FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN**

UNIVERSITAS ISLAM "45" BEKASI

2025

LEMBAR PERSETUJUAN

Artikel Ilmiah

*The Effect of Longpass Training Using Targets on The Accuracy of Long Passes
in Soccer Sport Assist Soccer School Bekasi City*

Oleh :

Tri Samsul Hadi
41182191180017

Telah Disetujui Oleh:

Pebimbing



Dr. Azi Faiz Ridlo, M.Pd.

Bekasi, 21 Mei 2025

Mengetahui,
Ketua Program Studi PJKR
FKIP UNISMA Bekasi



Dr. Aridhotul Haqiyah, S.Pd., M.Pd
NIK. 45102072018005

HALAMAN PENGESAHAN PENGUJI

*The Effect of Longpass Using Targets on The Accuracy of Long Passes in Soccer
Sport Asslt Soccer School Bekasi City*

Dipersiapkan dan ditulis oleh:

Tri Samsul Hadi
41182191180017

Telah dipertahankan di depan Dewan Penguji
Pada Tanggal 21 Mei 2025
Dan dinyatakan memenuhi syarat

Susunan Dewan Penguji

Ketua : Yudi Budianti, S.Pd., M.Pd

Sekretaris : Dr. Aridhotul Haqiyah, S.Pd., M.Pd

Anggota I : Dr. Bujang, Drs., M.Si

Anggota II : Dr. Hasan Basri, S.Pd., M.Pd

Anggota III : Dr. Azi Faiz Ridlo, S.Pd., M.Pd

Bekasi, 21 Mei 2025
Fakultas Keguruan dan Ilmu Pendidikan
Universitas Islam 45 Bekasi

Yudi Budianti, S.Pd., M.Pd.
NIK. 45101022012015

HALAMAN PERNYATAAN ORISINALITAS

Jurnal ini di ajukan oleh:

Nama : Tri Samsul Hadi
NPM : 41182191180017
Program Studi : Pendidikan Jasmani Kesehatan dan Rekreasi
Fakultas : Fakultas Keguruan dan Ilmu Pendidikan (FKIP)
Judul : *The Effect Of Longpass Training Using Targets On
The Accuracy Of Long Passes In Soccer Sport SSB
Assist Soccer School Bekasi City*

Dengan ini, penulis menyatakan bahwa Artikel Ilmiah ini merupakan hasil karya sendiri dan semua sumber baik di kutip maupun di rujuk telah penulis nyatakan benar.

Bekasi, 21 Mei 2025
Penulis

Tri Samsul
NPM:41182191180017



MOTTO DAN PERSEMBAHAN

Motto:

“Kita hanyalah pendosa yang aib nya ditutupi oleh Maha Kuasa, Jangan merasa dirimu lebih baik dari orang lain.”

Persembahan:

Dengan mengucapkan puji syukur kehadiran Tuhan Yang Maha Esa yang telah melimpahkan segala rahmatnya, sehingga penulisan Artikel ini telah dapat diselesaikan dengan baik. Penyusunan artikel ini disajikan dalam rangka memenuhi salah satu syarat untuk menyelesaikan program studi sarjana satu pada Jurusan Pendidikan Jasmani Kesehatan dan Rekreasi pada Fakultas Keguruan dan Ilmu Pendidikan, Universitas Islam “45” Bekasi.

Dalam penyusunan artikel ini banyak diperoleh bantuan dan bimbingan dari berbagai pihak, baik secara langsung maupun tidak langsung yang berupa tenaga dan pikiran, sehingga penyusunan artikel ini dapat diselesaikan dengan baik. Untuk itu perkenankanlah saya untuk mengucapkan terimakasih yang sedalamdalamnya dan penghargaan yang setinggi-tinggi kepada :

1. Kedua Orang tua saya yang selalu memberikan dukungan serta doa untuk menyelesaikan studi ini Bapak Sri Yularso dan Ibu Eny Rustiningsih. Serta kakak kandung, kakak ipar saya, dan ponakan saya, Megawati Andiani Yuningsih, Sony Prastowo Ramadhan, dan Richard Endiana Putra yang turut serta mendoakan dan menyemangati saya.
2. Bapak Dr. Amin, S.Pd., M.Si. Selaku Rektor Universitas Islam 45 Bekasi.

3. Ibu Yudi Budiyanti, S.Pd., M.Pd. Selaku Dekan Fakultas Keguruan dan Ilmu Pendidikan Universitas Islam 45 Bekasi
4. Bapak Adli Azhari, M.Pd dan Dani Nur Riyadi, M.Pd. Selaku dosen pembimbing akademik PJKR Universitas Islam 45 Bekasi yang telah memberikan bimbingan dan masukan kepada penulis selama kuliah.
5. Ibu Dr. Aridhotul haqiyah, S.Pd.,M.Pd. Selaku Ketua Program Studi PJKR Universitas Islam 45 Bekasi yang sangat memperhatikan mahasiswanya dengan sepenuh hati untuk membimbing ke arah yang lebih baik.

6. Serta kepada seluruh dosen PJKR Universitas Islam 45 Bekasi yang tidak saya sebutkan satu persatu tapi insyaallah tidak mengurangi rasa hormat dan ta'jim saya, yang sudah memberikan banyak ilmu yang bermanfaat.
7. Kepada Perusahaan PT Raps Maju Bersama yang membantu dari segi keuangan untuk mencapai perkuliahan S1 ini sampai tuntas. Khususnya kepada Bapak Muhammad Aldo Niqi Cahyadi dan Ibu Farah Deviana
8. Kepada pasangan saya yaitu Nur Isnaini Safitri yang sudah menemani saya mulai dari titik 0 sampai sekarang, yang Insyaallah semoga bisa menemani sampai akhir hayat nanti.
9. Dan kepada sahabat dan saudara saya yaitu Rangga, Naufal, Salman, Bayu, Sahdu dan Steven yang sudah membantu baik dari segi ekonomi dan motivasi untuk menyelesaikan gelar S1 ini.

Penulis menyadari bahwa Artikel Ilmiah ini masih sangat jauh dari kata sempurna. Penulis berharap semoga hasil karya ilmiah ini dapat bermanfaat bagi semua pihak.



The Effect of Longpass Training Using Targets on The Accuracy of Long Passes in Soccer Sport Assist Soccer School Bekasi City

Tri Samsul Hadi^{1✉}, Azi Faiz Ridlo²

Physical Education Health and Recreation Program, Universitas Islam 45 Bekasi, Indonesia¹²

Article History

Abstract

Received February 2025 This study aims to determine the effect of longpass training using targets on the accuracy of long passes in soccer sports sb assist soccer school Bekasi city. The

February 2025
Published Vol.14 No.(1) 2025

Accepted
research method used is an experimental approach with a one-group pre-test and post-test design. This study involved 20 players from Assist Soccer School Bekasi City. Data was collected through long pass accuracy tests before (pre-test) and after (post-test) long pass training using targets. The average pre-test score was 5.2, while the average post-test score increased to 7.4. This increase indicates an improvement in long pass accuracy after the training. Soccer coaches are advised to integrate long pass training with targets in routine training sessions to improve players' passing accuracy. Further research can be conducted involving larger samples and age variations to generalize these findings. The use of technology, such as video analysis, can help in providing more detailed feedback to players regarding their long pass technique.

Keywords:

Long Passing; Target;
Long passing accuracy.

How to Cite

Hadi, T. S., & Ridlo, A. F. (2025). The Effect of Longpass Training Using Targets on The Accuracy of Long Passes in Soccer Sport Assist Soccer School Bekasi City. *Journal of Physical Education, Sport, Health and Recreation*, 14 (1), 317-321.

© 2025 Universitas Negeri Semarang



Correspondence address :
E-mail: hadi0909.2000@gmail.com

p-ISSN 2460-724X e-ISSN 2252-6773

INTRODUCTION

Football is an achievement sport that requires coaching through aspects of training that

need to be considered, namely physical, technical, tactical, and mental aspects (Mubarok and Ramadhan, 2019). In the sport of soccer there are several techniques, namely dribbling, kicking,

controlling, catching, throwing and others. However, among these techniques, there is one basic technique that must be mastered well in football, namely kicking techniques. (Negara, Asmara, and Supriyadi 2023).

Soccer is a very popular sport in Indonesia and even around the world. Almost all men from children, teenagers, young people, parents have done soccer even though the purpose of doing this sport is different, some are just for recreation, to keep fit or just channel hobbies / pleasures, to achieve good soccer achievements in addition to regular, directed and continuous coaching efforts should be directed at physical conditions, techniques, tactics, mentally because these four factors are capital in achieving achievement. (Mulyakin, Jalil, and Riswanto 2025).

Football comes from two words, namely "Soccer" and "Ball". Sepak or kicking can be interpreted as kicking (using the foot) while the ball is a ball-shaped game tool made of rubber, leather or the like. In a soccer game, a ball is kicked or kicked by the players. So in short, the definition of soccer is a game that is carried out by kicking the ball carried out by players with a goal target and aims to enter the ball into the opponent's goal. According to Tony Charles and Stuart Rook (2012: 105) small sided game is the right situation developed by presenting the right situation developed for young players so that they can learn and develop. Each game is a combination of specific techniques in football, for example dribbling, passing or shooting the ball or focusing on teamwork and strategy. (Sepakbola 2018).

Football is one of the most popular sports in Indonesia, this is evident through the discovery of many soccer schools created in various regions of Indonesia, This is evident through the discovery of many soccer schools made in various regions in Indonesia, Every time there is a competition in Indonesia that takes place, the stadium will be very full of spectators or supporters of the two teams competing to support their favorite team competing in the field. Football is in great demand by the community because it is very beneficial for health and very easy to do by all circles. (Rachmawan and Hariadi 2022).

Football is a popular game and is very popular with all levels of Indonesian society, both young and old. Football games are played in big cities and in remote villages (Ohoirat, 2017). An important factor that affects and is needed in the game of soccer is the basic techniques of the game of soccer. Mastery of basic techniques is an

important requirement that must be possessed by every player so that the game can be done well. (Bogor 2019).

Soccer is a game whose movements are complex, namely a combination of walking, running and jumping as well as elements of strength, speed, accuracy, flexibility and others. To become a player soccer player, must master the techniques basic techniques of the game football, because the better a player is at dribbling, shooting and passing, the better pass the better possibility for success, this must also be supported by good physical condition. (Education 2019b).

As sport develops achievement, it is very important to support the coaching and development of sports achievements in various ways, such as by supporting the soccer association. The achievement of soccer sports must be supported by games such as good techniques and good tactics. Such as leg muscle explosiveness and toe coordination are very influential in long passing in order to achieve soccer achievements. Long passing is one of the basic football techniques used to pass the ball to friends who stand far from the kick, the purpose of this study is to analyze the contribution of leg muscle explosiveness to long passing ability, eye coordination with long passing ability and simultaneous contribution of explosive power, eye coordination with long passing ability. (Yuda and Arnando 2023).

To play a soccer game, the ability to perform basic kicking movements is needed, which is commonly used to give the ball to friends and score goals. Kicking the ball or more commonly called passing is a soccer technique that is widely used in games, because passing is a technique of moving the ball from one area to another that is the fastest and simplest in supporting the achievement of a goal. Kicking is a very common skill in soccer that is used throughout the 90 minutes of the match, without kicking skills a soccer game would not be possible and has no meaning the player must kick the ball as long as possible so that the ball enters the opponent's area and being able to score goals is how to play soccer. The purpose of kicking in soccer is to give the ball to a friend, give the ball to an empty area, give the ball a breakthrough between opponents, kick the ball to make a goal against the opponent's goal, and kick the ball to use its own playing area. (U- and Tasikmalaya 2022).

In the game of soccer, the factor that influences the game on a team of teams is that there are basic technical skills that must be mastered by

every football player. Football is a sport created in the game so it requires various aspects and talents to do it. In the sport of football, passing (passing) and stopping (stopping) are the most important and most dominant basic techniques performed by a player when in the field. Basic passing and stopping skills are the art of moving the ball from one place to another which is key in the game of soccer. (Journal n.d.).

One of the techniques that must be mastered by every player is the long passing technique, because with the long passing technique the player is able to pass long distances to friends so that it can be used as a way to create opportunities for goals. This is in accordance with Herwin's opinion (Ghozali, Imam. 2013:), namely in the game of soccer kicking the ball passing has objectives including "Passing the ball to a friend, passing the ball to an empty area, passing the ball through between opponents, kicking the ball to make a goal against the opponent's goal, and kicking the ball to use its own playing area". "Long pass or kick is passing the ball to a friend who is standing far away through a kick". Therefore, it can be concluded that the long passing kick is one of the basic soccer techniques used to pass the ball to friends who are standing far from the kick. Therefore, the basic technique of long passing must be mastered by soccer players, because by mastering the long passing kick can be used for: "The purpose of kicking the ball is to pass (passing), shoot at the goal (shooting at the goal) and sweep to thwart the opponent's attack (sweeping)". (Education 2019a).

Long passing has a variety of very important functions, the use of long passing is also very necessary. This is because there are still many soccer fields that are not up to standard and are not well maintained, requiring players to not only play with flat balls because it will make it difficult to organize an attack. Wet field conditions due to rain also sometimes require players to play with long passes or do long passing as an alternative means of playing football when the field conditions are wet and slippery. In football, to produce long passing it is more appropriate to use the inner foot turtle kick technique, because it will produce parabolic long passing so that the distance to be traveled is further. Analysis of long passing motion using short chip passes as follows: 1. preparation, (a) approach the ball from a thin angle placing the foot that holds the balance next to the ball (b) bend the leg (c) the kicking leg is pulled back (d)

straighten the leg (e) extend the hand to maintain balance (f) focus on the ball 2. execution (a) place the knee of the kicking foot on the ball (b) bend the body slightly in front of the ball (c) insert the foot under the ball (d). use a short and powerful kicking motion (e). cause backspin on the ball 3. follow-thorough (a). the weight of the body is moved forward on the cushion of the foot that supports the balance (b). jerk your foot straight forward (c). the foot movement is shortened. (Ridwan 2020)

Previous Research That the form of long passing training in this study is very precise because there are targets that are targeted by the samples in doing long passing training. (Education 2019a)

This research presents an innovative approach to long pass technique training in the sport of soccer by implementing a long pass training method using specific targets. Although the long pass technique has long been part of the basic technique of playing soccer, the use of structured and measurable target media in training sessions is still rarely used systematically at the soccer school level. This study is one of the first to be conducted in the Bekasi City area, specifically at Assist Soccer School, which directly measures the impact of using targets on improving the long pass accuracy of early age players. The novelty of this study lies in the integration of visual elements (targets) as a tool to improve technical accuracy, as well as its contribution to the development of a more effective and measurable training model in youth coaching in Indonesian football.

The main instrument of novelty is the use of targets as a tool for long pass training. These targets are designed with specific sizes, positions and distances on the field to measure the directional accuracy and power of long passes. The use of this target allows players to focus on a specific goal point consistently, rather than relying solely on intuition or open space.

The study also used an accuracy-based scoring system (e.g. 1-5 based on the proximity of the ball to the target), which helped quantify the development of long pass technique in a more objective and measurable manner.

The drills were systematically delivered over several weeks with variations in target type and distance. This provides a new methodological approach that has not been commonly used at the youth soccer training level, particularly at Assist Soccer School.

METHODS

This study used a quasi-experimental design with a one group pretest-posttest model. This design was chosen to measure the accuracy of Long Pass SSB Athletes by applying target targets to improve long pass kicks.

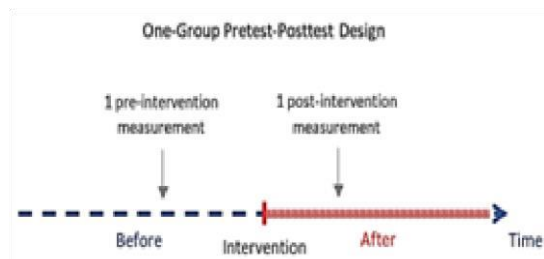


Figure 1. Diagram One-Group Pretest-Posttest Model (Source: Reichardt, 2019)

Population: All athletes who attend SSB assist soccer school Bekasi city.

Sample: 20 SSB athletes who were selected by purposive sampling based on certain criteria, such as the level of activity in participating in training and the availability of time to participate in the entire study.

The instrument used in this study was a long passing accuracy test using a target consisting of two parts:

Pretest: Conducted before treatment to measure the accuracy of long passing athletes SSB assist soccer school Bekasi city.

Posttest: Conducted after treatment to measure the accuracy of long passing by athletes of assist soccer school Bekasi city.

This test is designed to measure aspects of accuracy, technique, and success of Long Passing for assist soccer school athletes in Bekasi city.

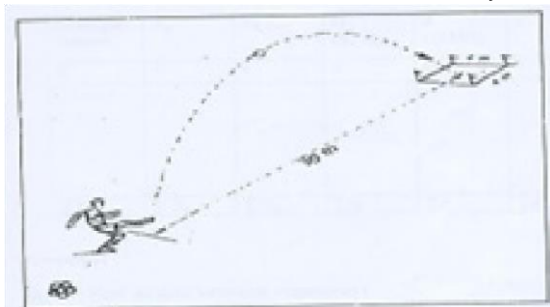


Figure 2. Long Passing accuracy instrument (Rustiawan et al. 2024).

The data obtained from the pretest and posttest were analyzed using paired sample t-test with the help of the latest version of SPSS software. This test is used to determine whether there is a significant difference between pretest and posttest scores. Decision-making criteria

based on the significance value (p-value) with $\alpha = 0.05$. If the p value < 0.05 , it can be concluded that there is a significant effect of long passing training using targets on the accuracy of Long Passing Soccer.

RESULTS AND DISCUSSION

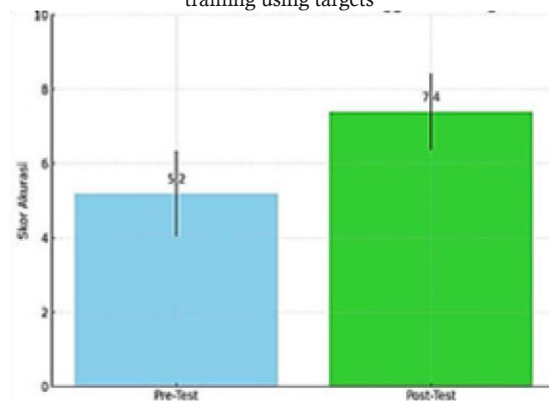
This study involved 20 players from SSB Assist Soccer School Bekasi City. Data was collected through long pass accuracy tests before (pre-test) and after (post-test) long pass training using targets. The average pre-test score was 5.2, while the average post-test score increased to 7.4. This increase indicates an improvement in long pass accuracy after the training.

Table 1. Descriptive Statistics

Statistics	Pre-Test	Post-Test
N (Sample Quantity)	20	20
Mean (Average)	5.20	7.40
Std. Deviation	1.15	1.02
Minimum	3	6
Maximum	7	9

It can be seen that **Table 1** there was an increase in the mean value from 5.20 to 7.40 after the long pass training treatment using targets. The low standard deviation value indicates that the data distribution is quite consistent around the mean value.

comparison of average long pass accuracy before and after training using targets



To determine the significance of the improvement, a paired t-test was conducted. The test results showed a t_{count} value of 4.85 with a t_{table} at $\alpha = 0.05$ and $df = 19$ of 2.093. Because $t_{\text{hitung}} > t_{\text{tabel}}$, there is a significant difference between the pre-test and post-test. Thus, long pass training using targets has a significant effect on improving players' long pass accuracy. Summarized in **Tabel 2**.

Variabel	Mean Difference	t-hitung	df	Sig. (2-tailed)
Pre-Test vs Post-Test	2.20	4.85	19	0.000

Tabel 2. Paired Sample t-test

The sig value. (2-tailed) = 0.000 < 0.05, so there is a significant difference between the pretest and post-test values. This shows that long pass training using targets has a significant effect on improving long pass accuracy.

The results of this study indicate that long pass training using targets has a significant effect on improving long pass accuracy in SSB Assist Soccer School Bekasi City players. This improvement reflects the importance of structured and focused training in improving soccer technical skills. This finding is consistent with the results of research by Zainuddin et al. (2023), which states that the distribution training method is superior to the traditional method in improving passing ability in young players.

In addition, Guntur, Yulianto, and Kusnandar (2022) reported that training with dynamic targets (moving targets) resulted in a greater increase in accuracy compared to static targets. This suggests that variations in training stimulus, including the use of different aids or targets, can increase players' attention, visual focus, and cognitive engagement during training.

In a modern training perspective, gamebased approaches such as small-sided games have also been widely recognized as effective methods in improving technical skills including passing. Research by Kunrath et al. (2020) states that small-sided games improve decision-making ability and technical accuracy through a training environment that resembles real game conditions. Although this approach does not use explicit targets as in this study, the principles of cognitive and motor enhancement remain relevant.

Furthermore, neuroscience-based technologies such as the Okkulo system have also shown that improved visual-motor coordination can have a direct impact on technical performance in soccer (Vincent, 2023). Despite the different approaches, the core of this method and long pass training using targets is on improving spatial perception, accuracy, and decision-making. Therefore, it is recommended that coaches incorporate a variety of training approaches that support specific skills, including the use of target aids to develop young players' passing accuracy in a progressive and measurable manner.

CONCLUSION

Long pass training using targets proved effective in improving the long pass accuracy of SSB Assist Soccer School Bekasi City players. The significant improvement in post-test scores suggests that this training method can be widely applied in early childhood soccer player development programs.

REFERENCES

- Bogor, Kabupaten. 2019. "1, 2, 3." 10(2): 101–7.
- Education, Physical. 2019a. "Effect of Long Passing Training Using a Sequential Target to the Accuracy of Long Passing in Soccer Games." 3(2).
- . 2019b. "Journal of S.P.O.R.T Vol. 3 No.1, Mei 2019." 3(1): 15–21.
- Guntur, T., Yulianto, H., & Kusnandar, A. (2022). The Effectiveness of Target-Based Passing Drills on Football Passing Accuracy. *Journal of Physical Education and Sports Science*, 10(3), 45–52. *Journal, S P O R T*. "Journal of S.P.O.R.T."
- Kunrath, C. A., Albuquerque, M. R., Nakamura, F. Y., & Rabelo, F. N. (2020). Effects of small-sided games on technical performance in young soccer players: A systematic review. *Journal of Sport Sciences*, 38(13), 1529–1536. <https://doi.org/10.1080/02640414.2019.1706834>
- Mulyakin, Dodi, Rasyidah Jalil, and Andi Heri Riswanto. 2025. "Pengaruh Latihan Menggunakan Alat Bantu Tali Pinggang Terhadap Peningkatan Passing Sepak Bola Pendahuluan." 8(1): 106–15.
- Negara, Yitra Jaya, Yeni Asmara, and Muhammad Supriyadi. 2023. "Penerapan Latihan Squat Jump Terhadap Kemampuan Long Pass Pada Pemain Sepak Bola Di Club Ssb Yf-13."
- Rachmawan, Mohammad Rivaldo, and Imam Hariadi. 2022. "Analisis Statistik Pertandingan Sepakbola Tim Persebaya Surabaya Pada Piala Gubernur Jatim Tahun 2020." 4(11): 1001–14.
- Ridwan, Ahmad. 2020. "Artikel Penelitian Oleh :"
- Rustiawan, Hendra et al. 2024. "Pengembangan Instrument Test Akurasi Tendangan Long Pass Pada Cabang Olahraga Sepakbola." 10(April): 55–68.
- Sepakbola, Passing-stopping Permainan. 2018. "Azi Faiz Ridlo: Dosen Prodi PJKR Universitas Islam ' 45 ' Bekasi Iman Saifulloh: Mahasiswa Prodi PJKR Universitas Islam ' 45 ' Bekasi 116." IX(2): 116–21.
- U-, S S B D K Private, and Kota Tasikmalaya. 2022. "Kata Kunci : Latihan, Sepak Bola, Long Passing." 6(1): 32–37.
- Vincent, J. (2023). Why Soccer Players Are Training in the Dark: The Neuroscience Behind Visual Training Systems. *WIRED*. Retrieved from <https://www.wired.com/story/why->

soccerplayers-are-training-in-the-dark-
okkolofootball-sunderland-leeds-united-
neuroscience

Yuda, Nabian Ahmad, and Muhammad Arnando.
2023. "Hubungan Daya Ledak Otot Tungkai
Dan Koordinasi Mata-Kaki Terhadap
Kemampuan Long Passing Sepak Bola."
6(8): 67–72.

Zainuddin, M., Akmal, I., & Fauzi, F. (2023).
Distribution vs. Density Training Methods:

Effects on Soccer Passing Skills among Junior

Athletes. *Asian Journal of Research in Sports
Science*, 5(2), 23–29.

SERTIFIKAT

Kementerian Riset dan Teknologi/
Badan Riset dan Inovasi Nasional



Peritikan dari Keputusan Menteri Riset dan Teknologi/
Kepala Badan Riset dan Inovasi Nasional
Nomor 200/M/KP/2020
Peringkat Akreditasi Jurnal Ilmiah, Periode III Tahun 2020
Nama Jurnal Ilmiah

ACTIVE: Journal of Physical Education, Sport, Health and Recreation

E-ISSN: 2460724X

Penerbit: Jurusan Pendidikan Jasmani, Kesehatan dan Rekreasi, Fakultas Ilmu Keolahragaan, Universitas
Negeri Semarang
Ditetapkan sebagai Jurnal Ilmiah

TERAKREDITASI PERINGKAT 3

Akreditasi Berlaku selama 5 (lima) Tahun, yaitu
Volume 9 Nomor 2 Tahun 2020 sampai Volume 14 Nomor 1 Tahun 2025
Jakarta, 23 Desember 2020

Menteri Riset dan Teknologi/
Kepala Badan Riset dan Inovasi Nasional
Republik Indonesia,

P. S. Brudjonegoro





UNIVERSITAS ISLAM 45
FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN

Jl. Cut Meutia no.83 Bekasi 17113

Telp : (021) 8820383, 8801027, 8802015, 8808851 Ext. 146-147 Fax : (021) 880192

SURAT KEPUTUSAN DEKAN*
FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN
NOMOR : L.0080/UNISMA.FKIP/KD/V/2025
TENTANG
PENETAPAN PEMBIMBING PENULISAN SKRIPSI
DEKAN FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN
UNIVERSITAS ISLAM 45

- Menimbang** : 1. Bahwa penyelesaian akhir program mahasiswa jenjang pendidikan S1 untuk Jurusan dan Program Studi di Fakultas Keguruan dan Ilmu Pendidikan dilakukan penulisan skripsi.
2. Bahwa untuk kelancaran penulisan, perlu untuk menetapkan pembimbing penulisan skripsi.
- Mengingat** : 1. Undang-undang Nomor 20 Tahun 2003 Tentang Sistem Pendidikan Nasional.
2. Peraturan Pemerintah Nomor 60 Tahun 1999 tentang Pendidikan Tinggi.
3. Keputusan Menteri Pendidikan dan Kebudayaan Nomor 066/V/1994, tentang Pedoman Penyusunan Kurikulum Pendidikan Tinggi dan penilaian hasil belajar.
4. Kurikulum Jurusan dan Program Studi di Fakultas Keguruan dan Ilmu Pendidikan
- Memperhatikan** : 1. Rapat Koordinasi Fakultas Keguruan dan Ilmu Pendidikan.
2. Rekomendasi Seminar Proposal Ketua Program Studi di Fakultas Keguruan dan Ilmu Pendidikan.

MEMUTUSKAN

Menetapkan : Mengangkat Saudara : **Dr. Azi Faiz Ridlo, S.Pd., M.Pd**

Pertama : Sebagai Dosen Pembimbing Skripsi :

Program Studi : Pendidikan Jasmani, Kesehatan dan Rekreasi

Nama Mahasiswa : Tri Samsul Hadi

NPM : 41182191180017

Judul Penelitian Skripsi : *The Effect Of Longpass Training Using Target on The Accuaracy of Long Passes in Soccer Sport SSB Assist Soccer School Bekasi City*

Kedua : Surat Keputusan ini berlaku sejak ditetapkan mulai dari semester **Genap T.A 2024/2025 sampai dengan semester Ganjil T.A 2025/2026**

Ketiga : Mahasiswa yang tidak dapat menyelesaikan skripsi sampai dengan batas akhir tanggal tersebut di atas, maka keputusan ini tidak berlaku lagi dan biaya bimbingan dinyatakan habis terpakai.

Keempat : Mahasiswa yang akan melanjutkan skripsi diharuskan membayar bimbingan sebesar ketentuan yang berlaku.

Kelima : Apabila terdapat kekeliruan dalam penetapan ini akan diadakan perbaikan sebagaimana mestinya.

Ditetapkan : Bekasi

Tanggal, 06 Mei 2025

Yudi Budianti, M.Pd

Dekan

Tembusan :

1. Direktur DAPA UNISMA Bekasi
2. Dosen Pembimbing
3. Arsip



KARTU BIMBINGAN SKRIPSI
UNIVERSITAS ISLAM "45" BEKASI
FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN

Nama Mahasiswa : Tri Samsul Hadi
NPM : 41182191180017
Program Studi : PJKR
Judul : *THE EFFECT OF LONG PASS TRAINING USING TERGETS ON THE ACCURACY OF LONG PASSES IN SOCCER SPORT SSB ASSIST SOCCER SCHOOL BEKASI CITY*
Pembimbing : Dr. Azi Faiz Ridlo, M.Pd

KEGIATAN BIMBINGAN

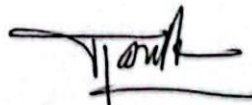
NO	Tanggal Bimbingan	uraian	Paraf Pembimbing
1	6/5/2025	Bimbingan mengenai fokus yang akan di teliti	
2	7/5/2025	Penulisan Abstrak/outline proposal	
3	8/5/2025	Pendahuluan hasil Cenerai tema	
4	9/5/2025	Referensi hasil Cenerai tahun	
5	10/5/2025	Tahap penulisan Jolb- 2025	
6	14/5/2025	Tahapan penulisan hasil sesuai	
7	15/5/2025	Permasalahan hasil wawancara ke guru	
8	17/5/2025	melade dan instrumen di konfirmasi	

KEGIATAN BIMBINGAN

No	Tanggal Bimbingan	Uraian	Paraf Pembimbing
9	16/5/2025	Orang-orang yang menggunakan D. (1999)	f
10	17/5/2025	huruf menggunakan tms Newton	f
11	18/5/2025	Orbita Jurnal ke Sima 3	f
12	20/5/2025	komponen huruf di komputer dan cetak	f
13	20/5/2025	ada bidang Sperrasi	f

Bekasi, 15 Mei 2025

Mengetahui Ka.Prodi.Penjaskesrek



Dr. Arihotul Haqiyah, M.Pd., AIFO

DAFTAR RIWAYAT HIDUP



TRI SAMSUL HADI lahir di Bekasi pada tanggal 09 september 2000, penulis merupakan anak ketiga dari bapak Samiyono dan ibu Partinah Penulis merupakan anak ke-3 dari 3 bersaudara. Pendidikan yang telah di tempuh Penulis yaitu Pendidikan dari tingkat Taman kanak-kanak Budi Darma Bekasi 2006. Sekolah Dasar swasta al-Irsyad AL-Islamiyah Kota Bekasi 2007-2012. Selanjutnya Penulis meneruskan Pendidikan Sekolah Menengah Pertama di SMP Negeri 4 Kota Bekasi 2012-

2015. Selanjutnya Penulis meneruskan Pendidikan Sekolah Menengah atas di SMA Negeri 8 Kota Bekasi 2015-2018. Kemudian pada tahun 2018 Penulis melanjutkan Akademis di Universitas Islam 45 Kota Bekasi . Selanjutnya masuk sebagai mahasiswa pada program studi Pendidikan Jasmani Kesehatan dan Rekreasi. Fakultas Keguruan dan Ilmu Pendidikan Program Sastra Satu [S1] di Universitas Islam 45 Bekasi . Sampai dengan menyelesaikan tugas akhir berupa Artikel Ilmiah yang berjudul “*The Effect of Longpass Training Using Targets on The Accuracy of Long Passes in Soccer Sport Assist Soccer School Bekasi City*” yang di bombing oleh Dr. Azi Faiz Ridlo, M.Pd. samapi pada penulisan tugas akhir yang berbentuk Artikel Ilmiah ini penelusin masih terdaftar sebagai Mahasiswa di Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi Fkultas Keguruan dan Ilmu Pendidikan di Universitas Islam 45 Kota Bekasi.