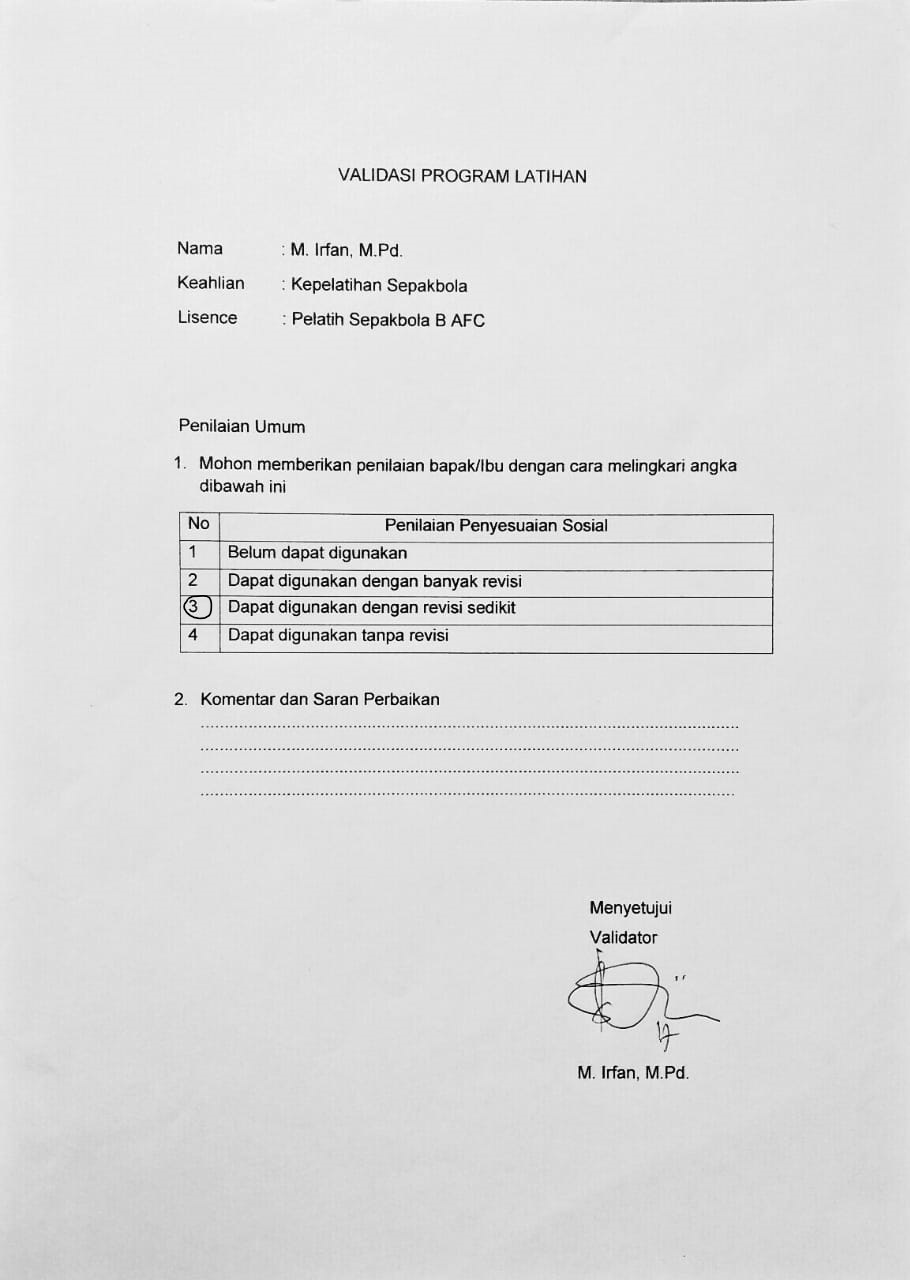
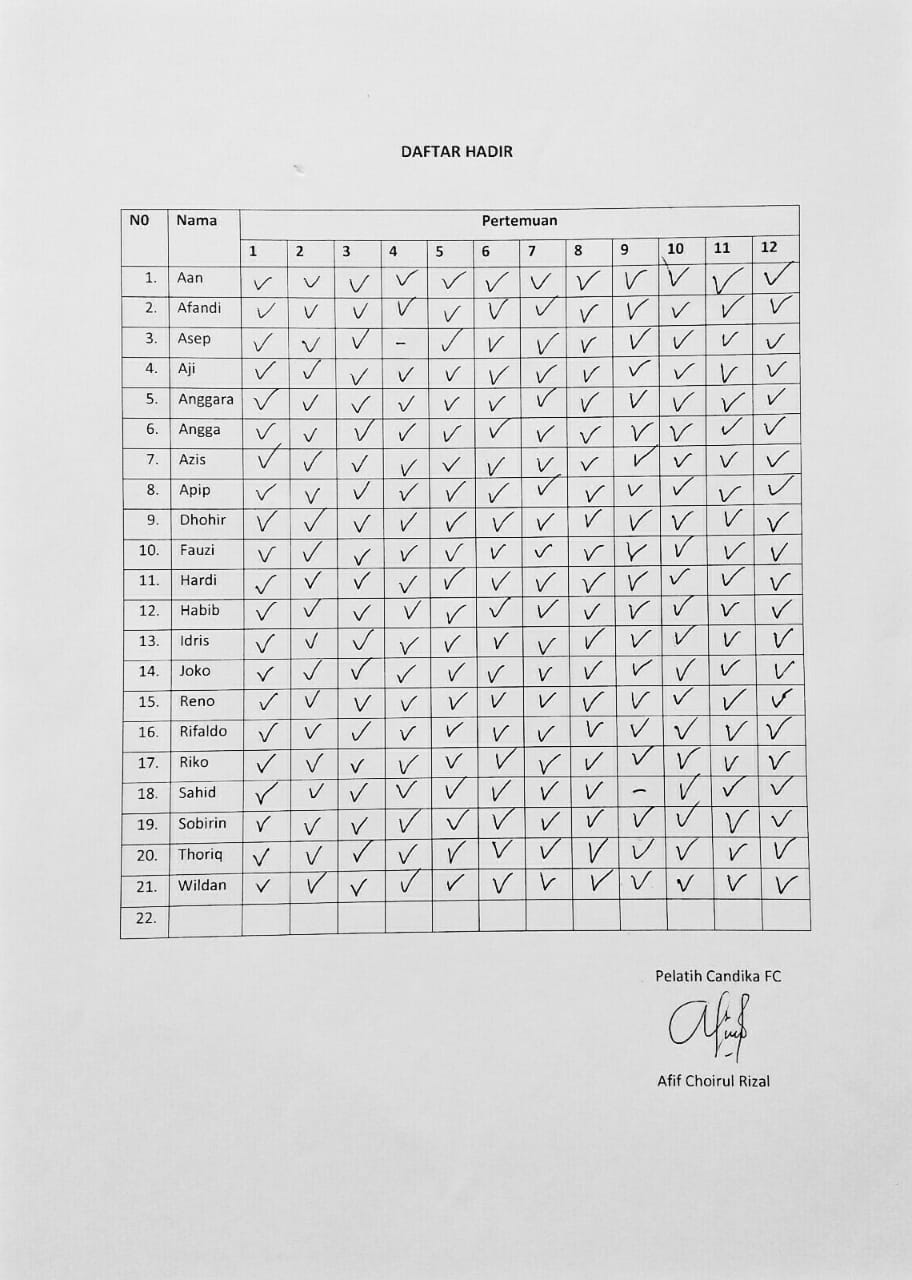
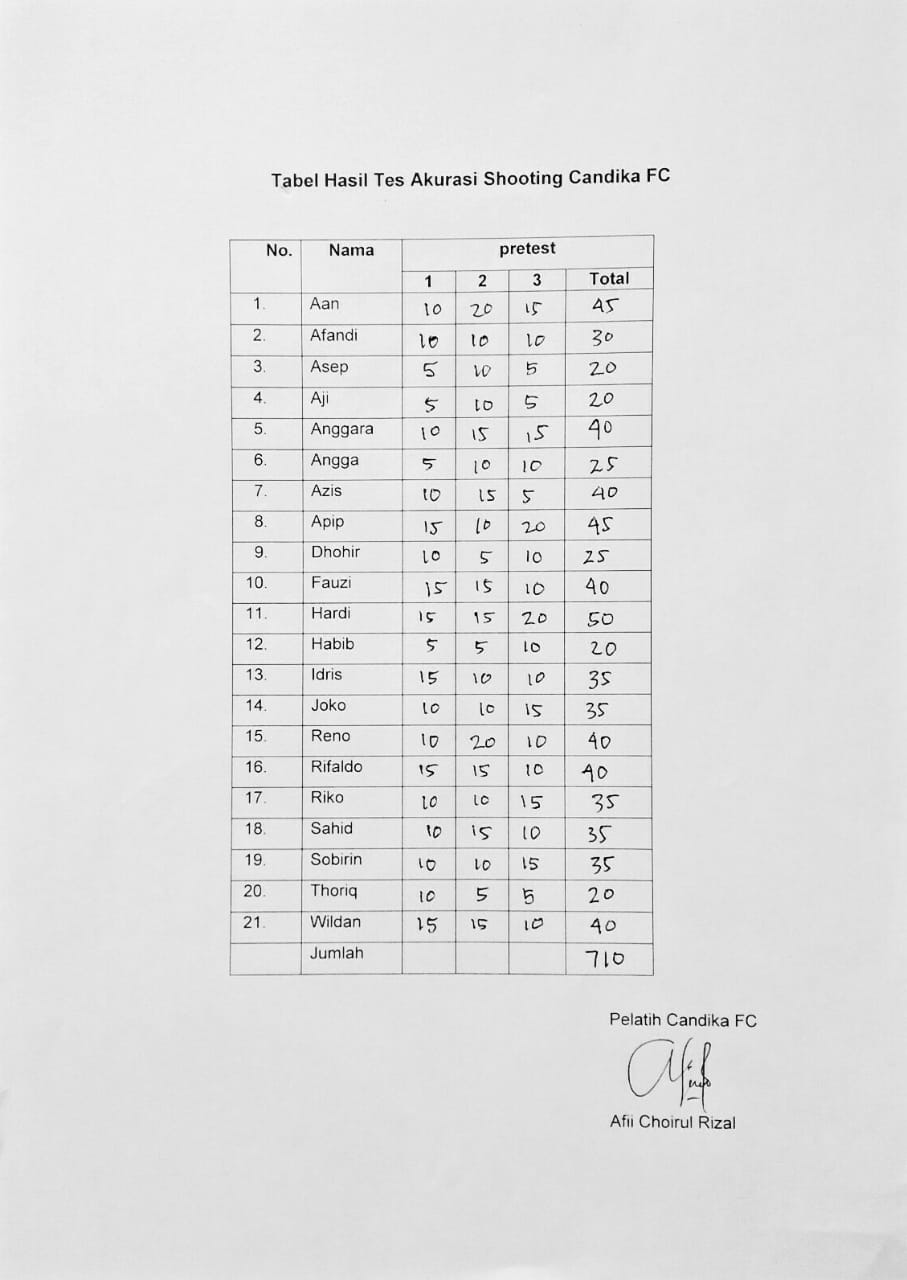
**Lampiran 4 Validasi Progam Latihan**



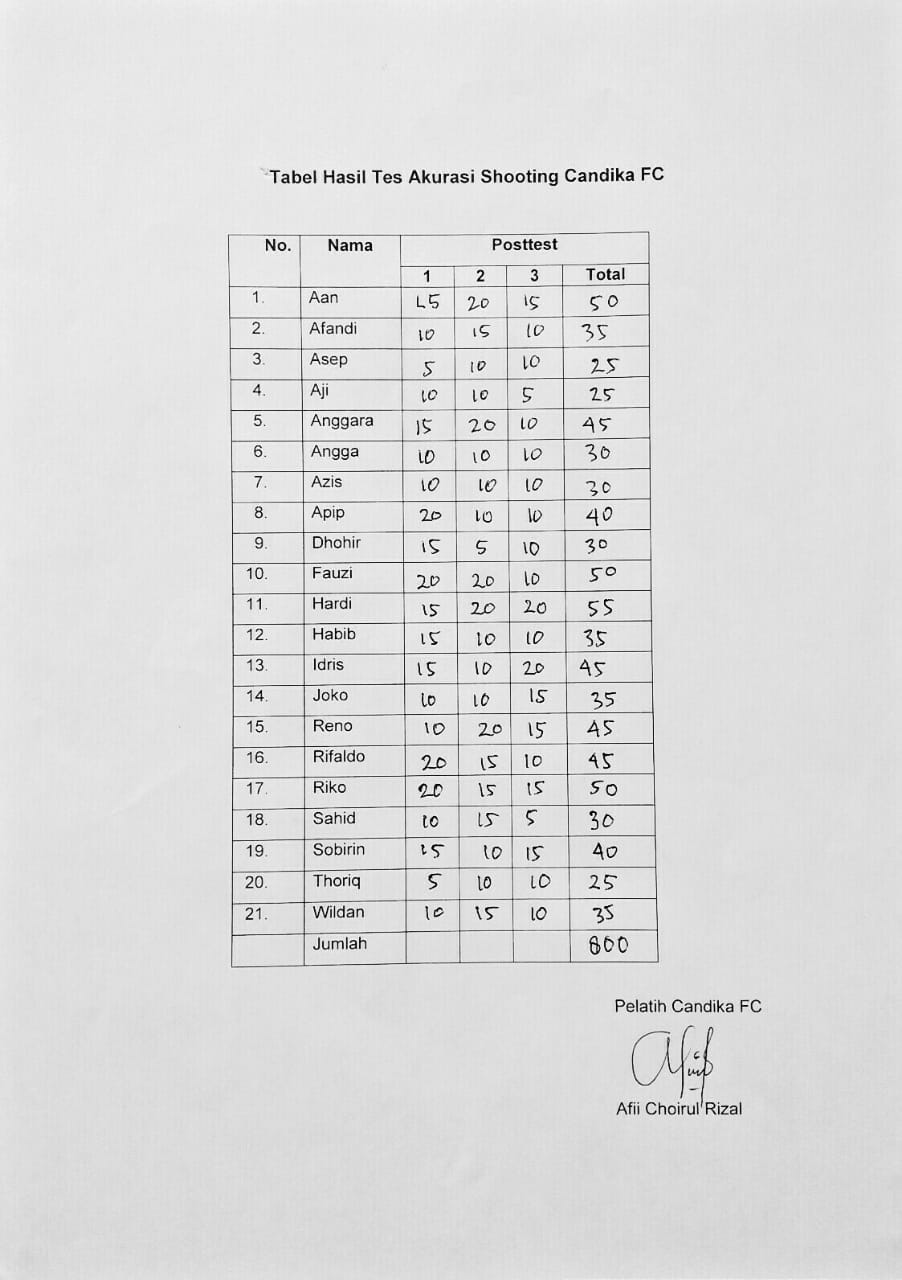
**Lampiran 5 Presensi Pemain Candika FC**



**Lampiran 6 Tabel Data Pretest**



**Lampiran 7 Tabel Data Posttest**



**Lampiran 8 Progam Latihan**

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| --- | --- | --- | --- |
| **TOPIC: Shooting Sasaran Ban Bekas** | | | |
| **Ukuran lapangan : 15 x 20 m** | | | |
|  | | | |
| **Sesi Latihan** | **Waktu latihan** | **Perlengkapan Latihan** | |
| 1. Warming Up | 10-15 menit | Jumlah Pemain | 21 orang |
| 1. Latihan Inti | 2 x 20 menit | Bola | 6 buah |
| 1. Game | 25 menit | Marka / Cones | 12 buah |
| 1. Colling Down | 5 menit | Rompi | 16 buah (2 warna) |

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| **Penjelasan Latihan** | **Area Latihan**  C  A |
| - (A) menendang bola/ shooting , receiver (B) menerima bola/ mengambil bola   * - Kontak mata terjadi,(B) passing ke (C) * - (C) berpindah posisi ke (A) * - (A) pindah kearah ke (B) * - (B) berpindah ke posisi (C) * - Jarak tendangan 15-18 m |
| **Coaching Points :** |
| -Akurasi Shooting  -Kualitas Shooting  -First Touch  -Body Sheep saat menendang bola  -Kekuatan Shooting |
| B |

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| **TOPIC: Shooting Sasaran Gawang** | | | |
| **Ukuran lapangan : 15 x 20 m** | | | |
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| **Sesi Latihan** | **Waktu latihan** | **Perlengkapan Latihan** | |
| 1. Warming Up | 10-15 menit | Jumlah Pemain | 21 orang |
| 1. Latihan Inti | 2 x 20 menit | Bola | 6 buah |
| 1. Game | 25 menit | Marka / Cones | 12 buah |
| 1. Colling Down | 5 menit | Rompi | 16 buah (2 warna) |

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| **Penjelasan Latihan** | **Area Latihan**  C  A |
| - (A) menendang bola/ shooting , receiver (B) menerima bola/ mengambil bola   * - Kontak mata terjadi,(B) passing ke (C) * - (C) berpindah posisi ke (A) * - (A) pindah kearah ke (B) * - (B) berpindah ke posisi (C) * - Jarak tendangan 15-18 m |
| **Coaching Points :** |
| -Akurasi Shooting  -Kualitas Shooting  -First Touch  -Body Sheep saat menendang bola  -Kekuatan Shooting |
| B |

**Lampiran 9 Materi Progam Latihan Per Hari**

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| **Minggu Pertama** | **Materi latihan** | **Pemanasan** | **Latihan inti** | **Penutup** |
| Kamis | Shooting Sasaran Ban | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest (3menit) | -Pemain melakukan materi latihan Shooting sasaran ban (40 menit)  -2 Set  -5 Repetisi  -Rest (3 menit)  -Game (25 menit) | -Collingdown ( 5 menit)  -Evaluasi |
|  | Shooting Sasaran Gawang | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest(3menit ) | - Pemain melakukan materi latihan Shooting sasaran gawang (40 menit)  -2 Set  -5 Repetisi  -Rest (3 menit)  -Game (25 menit) | -Collingdown ( 5 menit )  -Evaluasi |
| Sabtu | Shooting Sasaran Ban | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest (3menit) | - Pemain melakukan materi latihan Shooting sasaran ban (40)  -2 Set  -6 Repetisi  - long pass (10 menit)  -Rest (1-3 menit)  -Game ( 20 menit) | -Collingdown ( 5 menit )  -Evaluasi |
|  | Shooting Sasaran Gawang | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest (3menit) | - Pemain melakukan materi latihan Shooting sasaran gawang (40 menit)  - 2 Set  -6 Repetisi  - long pass (10 menit)  -Rest (1-3 menit)  -Game ( 20 menit) | -Collingdown ( 5 menit)  -Evaluasi |

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| **Minggu kedua** | **Materi latihan** | **Pemanasan** | **Latihan inti** | **Penutup** |
| Selasa | Shooting Sasaran Ban | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest (3menit) | -Pemain melakukan materi latihan Shooting sasaran ban (40 menit)  -2 Set  -7 Repetisi  -Rest (3 menit)  -Game (25 menit) | -Collingdown ( 5 menit)  -Evaluasi |
|  | Shooting Sasaran Gawang | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest(3menit ) | - Pemain melakukan materi latihan Shooting sasaran gawang (40 menit)  -2 Set  -7 Repetisi  -Rest (3 menit)  -Game (25 menit) | -Collingdown ( 5 menit )  -Evaluasi |
| Kamis | Shooting Sasaran Ban | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest (3menit) | - Pemain melakukan materi latihan Shooting sasaran ban (40)  -2 Set  -6 Repetisi  - short pass (10 menit)  -Rest (1-3 menit)  -Game ( 20 menit) | -Collingdown ( 5 menit )  -Evaluasi |
|  | Shooting Sasaran Gawang | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest (3menit) | - Pemain melakukan materi latihan Shooting sasaran gawang (40 menit)  - 2 Set  -6 Repetisi  - short pass (10 menit)  -Rest (1-3 menit)  -Game ( 20 menit) | -Collingdown ( 5 menit)  -Evaluasi |
| Sabtu | Shooting Sasaran Ban | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest (3 menit) | - Pemain melakukan materi latihan Shooting sasaran ban (40 menit)  -2 Set  -6 Repetisi  - back pass ( 10 menit)  -Rest (1-3 menit)  -Game ( 20 menit) | -Collingdown ( 5 menit )  -Evaluasi |
|  | Shooting Sasaran Gawang | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest (3menit) | - Pemain melakukan materi latihan Shooting sasaran gawang (40 menit)  -2 Set  -6 Repetisi  -back pass ( 10 menit)  -Rest ( 3 menit)  -Game ( 20 menit) | -Collingdown ( 5 menit )  -Evaluasi |

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| **Minggu ketiga** | **Materi latihan** | **Pemanasan** | **Latihan inti** | **Penutup** |
| Selasa | Shooting Sasaran Ban | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest (3menit) | -Pemain melakukan materi latihan Shooting sasaran ban (40 menit)  -2 Set  -7 Repetisi  -Rest (3 menit)  -Game (25 menit) | -Collingdown ( 5 menit)  -Evaluasi |
|  | Shooting Sasaran Gawang | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest(3menit ) | - Pemain melakukan materi latihan Shooting sasaran gawang (40 menit)  -2 Set  -7 Repetisi  -Rest (3 menit)  -Game (25 menit) | -Collingdown ( 5 menit )  -Evaluasi |
| Kamis | Shooting Sasaran Ban | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest (3menit) | - Pemain melakukan materi latihan Shooting sasaran ban (40)  -2 Set  -6 Repetisi  - long pass (10 menit)  -Rest (1-3 menit)  -Game ( 20 menit) | -Collingdown ( 5 menit )  -Evaluasi |
|  | Shooting Sasaran Gawang | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest (3menit) | - Pemain melakukan materi latihan Shooting sasaran gawang (40 menit)  - 2 Set  -6 Repetisi  - long pass (10 menit)  -Rest (1-3 menit)  -Game ( 20 menit) | -Collingdown ( 5 menit)  -Evaluasi |
| Sabtu | Shooting Sasaran Ban | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest (3 menit) | - Pemain melakukan materi latihan Shooting sasaran ban (40 menit)  -2 Set  -6 Repetisi  - short pass ( 10 menit)  -Rest (1-3 menit)  -Game ( 20 menit) | -Collingdown ( 5 menit )  -Evaluasi |
|  | Shooting Sasaran Gawang | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest (3menit) | - Pemain melakukan materi latihan Shooting sasaran gawang (40 menit)  -2 Set  -6 Repetisi  -short pass ( 10 menit)  -Rest ( 3 menit)  -Game ( 20 menit) | -Collingdown ( 5 menit )  -Evaluasi |

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| --- | --- | --- | --- | --- |
| **Minggu keempat** | **Materi latihan** | **Pemanasan** | **Latihan inti** | **Penutup** |
| Selasa | Shooting Sasaran Ban | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest (3menit) | -Pemain melakukan materi latihan Shooting sasaran ban (40 menit)  -2 Set  -5 Repetisi  -Rest (3 menit)  -Game (25 menit) | -Collingdown ( 5 menit)  -Evaluasi |
|  | Shooting Sasaran Gawang | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest(3menit ) | - Pemain melakukan materi latihan Shooting sasaran gawang (40 menit)  -2 Set  -5 Repetisi  -Rest (3 menit)  -Game (25 menit) | -Collingdown ( 5 menit )  -Evaluasi |
| Kamis | Shooting Sasaran Ban | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest (3menit) | - Pemain melakukan materi latihan Shooting sasaran ban (40)  -2 Set  -6 Repetisi  - long pass (10 menit)  -Rest (1-3 menit)  -Game ( 20 menit) | -Collingdown ( 5 menit )  -Evaluasi |
|  | Shooting Sasaran Gawang | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest (3menit) | - Pemain melakukan materi latihan Shooting sasaran gawang (40 menit)  - 2 Set  -6 Repetisi  - long pass (10 menit)  -Rest (1-3 menit)  -Game ( 20 menit) | -Collingdown ( 5 menit)  -Evaluasi |
| Sabtu | Shooting Sasaran Ban | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest (3 menit) | - Pemain melakukan materi latihan Shooting sasaran ban (40 menit)  -2 Set  -6 Repetisi  - back pass ( 10 menit)  -Rest (1-3 menit)  -Game ( 20 menit) | -Collingdown ( 5 menit )  -Evaluasi |
|  | Shooting Sasaran Gawang | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest (3menit) | - Pemain melakukan materi latihan Shooting sasaran gawang (40 menit)  -2 Set  -6 Repetisi  -back pass ( 10 menit)  -Rest ( 3 menit)  -Game ( 20 menit) | -Collingdown ( 5 menit )  -Evaluasi |

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| **Minggu kelima** | **Materi latihan** | **Pemanasan** | **Latihan inti** | **Penutup** |
| Selasa | Shooting Sasaran Ban | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest ( 3menit) | -Pemain melakukan materi latihan Shooting sasaran ban (40 menit)  -2 Set  -7 Repetisi  -Rest (3 menit)  - Short pass ( 5 menit)  - long pass ( 5 menit)  -Game (20 menit) | -Collingdown ( 5 menit)  -Evaluasi |
|  | Shooting Sasaran Gawang | -Warming Up /Pemanasan menggunakan bola (10-15 menit)  -Rest(1-3menit ) | - Pemain melakukan materi latihan Shooting sasaran gawang (40 menit)  -2 Set  -7 Repetisi  - short pass ( 5 menit)  - long pass ( 5 menit)  -Rest (3 menit)  -Game (20 menit) | -Collingdown ( 5 menit )  -Evaluasi |