

## DAFTAR PUSTAKA

- Akbar, A., Mulyana, A., & Sudrajat, A. (2025). Penerapan small sided games terhadap peningkatan passing dalam permainan futsal. *Jurnal Ilmiah Pendidikan Jasmani*, 12(1), 45–54.
- Ali, A., Mohamed, A., & Hassan, A. (2022). The influence of dribbling technique on performance of young soccer players. *Journal of Physical Education and Sport*, 22(1), 33–41.
- Andrianto, H. (2023). Pengaruh pendekatan permainan small sided games terhadap peningkatan motivasi dan keterampilan bermain sepak bola siswa SMP. *Jurnal Pendidikan Olahraga dan Kesehatan*, 11(1), 20–28. <https://doi.org/10.17977/um040v11i12023p20>
- Andriansyah, R., Alwasi, M. N. D. I., Ramadhan, F. A., Zahra, E., & Riski, D. M. (2025). Strategi dan peran pendidikan jasmani dan olahraga dalam membentuk karakter anak bangsa. *Jurnal Ilmiah Multidisiplin Ilmu*, 2(2), 1–6.
- Athanasios, K., & Kellis, S. (2009). Effects of small-sided games on physical and technical performance in youth soccer players. *Journal of Strength and Conditioning Research*, 23(1), 111–117. <https://doi.org/10.1519/JSC.0b013e31818efc6f>
- Bailey, R., Cope, E., & Pearce, G. (2021). Why do children play sport? *Educational Review*, 73(2), 184–199. <https://doi.org/10.1080/00131911.2019.1689375>
- Bangsbo, J., & Krstrup, P. (2008). Physical demands and training of top-class soccer players. *Journal of Sports Sciences*, 26(S1), S1–S4.
- Bloomfield, J., Polman, R., & O'Donoghue, P. (2007). Physical demands of different positions in FA Premier League soccer. *Journal of Sports Science and Medicine*, 6(1), 63–70.
- Borg, W. R., & Gall, M. D. (1983). *Educational research: An introduction* (4th ed.). Longman.
- Bradley, P. S., Carling, C., & Archer, D. (2011). Match performance and physical capacity of players in the English Premier League. *International Journal of Sports Medicine*, 32(10), 804–810.
- Carlos, B., Mendes, R., Silva, C., & Ribeiro, J. (2020). The effect of small-sided games on technical and tactical skills in youth soccer players. *International Journal of Sports Science and Coaching*, 15(2), 210–219. <https://doi.org/10.1177/1747954120906067>
- Casey, A., & Kirk, D. (2020). Models-based practice in physical education.

Routledge.

- Clemente, F. M., Ramirez-Campillo, R., Castillo, D., Raya-González, J., Silva, A. F., Afonso, J., Sarmiento, H., & Aquino, R. (2021). Effects of small-sided game interventions on technical execution and tactical behaviors: A systematic review and meta-analysis. *Frontiers in Psychology*, 12, 667041. <https://doi.org/10.3389/fpsyg.2021.667041>
- Clemente, F. M., Sarmiento, H., & Afonso, J. (2020). Small-sided and conditioned games in soccer training: A systematic review. *Human Movement*, 21(2), 62–74.
- Côté, J., & Hancock, D. J. (2016). Evidence-based policies for youth sport programmes. *International Journal of Sport Policy and Politics*, 8(1), 51–65.
- Dyson, B. (2006). Students' perspectives of physical education. *Journal of Teaching in Physical Education*, 25(4), 376–393.
- Dyson, B. (2014). Quality physical education: A commentary on effective physical education teaching. *Physical Education and Sport Pedagogy*, 19(1), 85–95. <https://doi.org/10.1080/17408989.2012.726979>
- Fernández-Espínola, C., Abad Robles, M. T., & Gimenez Fuentes-Guerra, F. J. (2020). Small-sided games as a methodological resource for team sports teaching: A systematic review. *International Journal of Environmental Research and Public Health*, 17(6), 1884.
- Ford, P. R., Yates, I., & Williams, A. M. (2010). An analysis of practice activities and instructional behaviours used by youth soccer coaches during practice: Exploring the link between science and application. *Journal of Sports Sciences*, 28(5), 483–495.
- Gabbett, T., Kelly, J., & Sheppard, J. (2006). Speed, change of direction speed, and reactive agility of rugby league players. *Journal of Strength and Conditioning Research*, 22(1), 174–181.
- Girsang, M., & Supriadi, H. (2021). Peningkatan shooting akurasi melalui latihan variasi tendangan pada siswa SSB. *Jurnal Pendidikan dan Olahraga*, 9(2), 100–109.
- González-Víllora, S., Serra-Olivares, J., & Pastor-Vicedo, J. C. (2015). Review of small-sided games as a pedagogical model for sport teaching and learning. *International Journal of Physical Education*, 52(2), 36–47.
- Graber, K. C., Woods, A. M., & Castelli, D. M. (2017). *Physical education for lifelong fitness: The physical best teacher's guide* (4th ed.). Human Kinetics.

- Hammami, A., Negra, Y., Billaut, F., & Granacher, U. (2022). Effects of strength vs. power training on performance in young soccer players. *Sports Medicine*, 52(1), 1–13.
- Harvey, S., Pill, S., & Almond, L. (2020). *Perspectives on Teaching Games for Understanding*. Routledge.
- Ismail, V. I., Hidayat, H., & Wahyuni, R. (2024). Efektivitas latihan berbasis permainan dalam meningkatkan keterampilan menggiring bola. *Jurnal Educatio*, 9(1), 25–31.
- Jaya, I. N. (2023). Model pembelajaran Teaching Games for Understanding berbasis Small Sided Games untuk meningkatkan keterampilan bermain sepak bola siswa SD. *TegAR: Jurnal Pendidikan Jasmani dan Olahraga*, 5(1), 58–66.
- Kemendikbudristek. (2022). *Panduan implementasi Kurikulum Merdeka*. Direktorat Jenderal PAUD, Pendidikan Dasar, dan Menengah.
- Kinnerk, P., Harvey, S., MacDonncha, C., & Lyons, M. (2018). A review of the game-based approaches to coaching literature in competitive team sport settings. *Quest*, 70(4), 401–418.
- Kirk, D. (2020). *Physical education and curriculum study: A critical introduction*. Routledge.
- Kombong, A., & Purnomo, H. (2023). Aktivitas pembelajaran PJOK dalam pembentukan karakter siswa SMK. *Jurnal Pendidikan Jasmani Indonesia*, 8(2), 113–124.
- Light, R. L., & Evans, J. R. (2020). Social dimensions of games-based approaches to coaching and teaching. *European Physical Education Review*, 26(2), 309–324.
- Marani, I. N., et al. (2024). Aspek pembelajaran dan metode belajar pendidikan jasmani, olahraga dan kesehatan. *Akademia Pustaka*.
- Memmert, D., & Harvey, S. (2023). Creative performance and tactical behavior in team sports: A review of small-sided games as a pedagogical approach. *Journal of Sports Sciences*, 41(1), 15–26.
- Naess, H. E. (2022). Teaching values through football: An empirical analysis of moral education in youth sport. *Sport, Education and Society*, 27(5), 488–503.
- Nuralif, Z. (2025). Pengembangan model permainan bola sepak untuk anak usia 13–15 tahun. *Jurnal Prestasi Olahraga*, 10(1), 67–74.
- Pangrazi, R. P., & Beighle, A. (2019). *Dynamic physical education for elementary school children* (19th ed.). Human Kinetics.

- Pascual, B., López-Sánchez, G. F., & Torres, L. (2019). Long- and short-term effects of small-sided games on physical performance in soccer: A meta-analysis. *Journal of Sports Science & Medicine*, 18(3), 437–448.
- Penney, D., & Jess, M. (2004). Physical education and physically active lives: A lifelong approach to curriculum development. *European Physical Education Review*, 10(1), 21–43.
- Pfister, G., Fasting, K., & Scraton, S. (2021). Heading and health in soccer: The ethical dilemma in youth football. *Sport, Ethics and Philosophy*, 15(2), 151–165.
- Pill, S. (2016). Games sense in Australian physical education: Student performance, perceptions and knowledge. *Physical Education and Sport Pedagogy*, 21(6), 571–588.
- Ridwan, M., & Adil, H. (2023). Pengembangan model permainan sepak bola mini berbasis pendekatan bermain untuk meningkatkan hasil belajar siswa SD. *Jurnal Coaching: Jurnal Ilmu Keolahragaan*, 4(2), 145–157. <https://doi.org/10.37985/coaching.v4i2.4576>
- Rojo, R., Peñas, C. L., & Torres, L. (2022). Effectiveness of modified games in physical education: A meta-analysis. *Journal of Physical Education and Sport*, 22(2), 601–608.
- Rossi, A., Perri, E., & Pazzona, R. (2020). Relationship between technical skills and decision making in youth soccer. *Sports*, 8(12), 157.
- Santrock, J. W. (2022). *Child development* (15th ed.). McGraw-Hill Education.
- Schaal, S., Yang, C., & Kim, M. (2021). Tactical behavior and performance in small-sided soccer games. *Journal of Human Sport and Exercise*, 16(1), 123–134.
- Sgrò, F., Aiello, F., Casella, A., & Lipoma, M. (2018). Tactical behaviour and performance indicators in 3 vs. 3 and 6 vs. 6 soccer small-sided games. *Journal of Sports Sciences*, 36(18), 2084–2090. <https://doi.org/10.1080/02640414.2018.1435989>
- Suherman, A. (2021). *Strategi pembelajaran PJOK berbasis aktivitas*. UPI Press.
- Tannehill, D., MacPhail, A., Walsh, J., & Woods, C. (2015). What makes physical education meaningful for students? A review of the literature. *Journal of Teaching in Physical Education*, 34(3), 276–294.
- Thorpe, R., Bunker, D., & Almond, L. (2019). *Teaching games for understanding: Theory, research, and practice*. Routledge.
- UNESCO. (2015). *International charter of physical education, physical activity and sport*. <https://en.unesco.org/themes/sport-and-anti-doping/charter>

- Widaningsih, R., Hidayat, R., & Puspitasari, M. (2024). Pengaruh model pembelajaran langsung terhadap hasil belajar passing sepak bola. *Jurnal Pendidikan Jasmani Indonesia*, 14(2), 205–213.
- Wijaya, T., Subarjah, H., & Kustiawan, U. (2021). Model latihan kombinasi untuk peningkatan kemampuan dasar sepak bola. *Jurnal Coaching dan Sport Performance*, 3(1), 55–62.
- Xu, W., Wang, Y., & Zhang, H. (2024). Small-sided games: A flexible approach for schools with limited resources. *International Journal of Physical Education and Sports*, 11(1), 29–37.