

ABSTRAK

PENGARUH LATIHAN *SPEED LADDER DRILL* TERHADAP KEMAMPUAN MENGGIRING BOLA DI KLUB GASITO MADRID FC

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Latar Belakang : Kemampuan menggiring bola adalah salah satu faktor penyebab utama dalam permainan sepakbola untuk itu perlu di tingkatkan kemampuan dan kecepatan dalam menggiring bola.

Tujuan Penelitian : Tujuan penelitian ini untuk mengetahui pengaruh latihan *speed ladder drill* terhadap kemampuan menggiring bola di klub Gasito Madrid FC.

Metode Penelitian : Penelitian merupakan penelitian eksperimen dengan desain penelitian *one group pretest and posttest design*. Populasi penelitian ini adalah para pemain Gasito Madrid FC sebanyak 18 pemain. Sampel penelitian ini sebanyak 18 pemain. Teknik pengambilan data dalam penelitian ini menggunakan tes. Instrumen yang digunakan dalam penelitian ini adalah *dribbling* Bobby Charlton. Teknik analisis data menggunakan *uji-t before- after*.

Hasil dan Pembahasan : Berdasarkan hasil perhitungan data yaitu Hasil uji-t memperoleh nilai bahwa menggiring t hitung sebesar $2,138 > 2,109$ (t-tabel) dan besar nilai signifikansi *probability* $0,047 < 0,05$ maka H_0 ditolak dan H_a diterima, berarti terdapat pengaruh latihan *speed ladder drill* terhadap kemampuan menggiring bola di klub Gasito Madrid FC. terdapat pengaruh latihan *speed ladder drill* terhadap kemampuan menggiring bola di klub Gasito Madrid FC ,yaitu sebesar 2,77%.

Simpulan : Dimana hasil yang diperoleh dengan analisis data dengan pengujian hipotesis maka peneliti mengambil kesimpulan bahwa terdapat pengaruh yang signifikan latihan *speed ladder drill* terhadap kemampuan menggiring bola pada Klub Gasito Madrid FC yaitu sebesar 2,77%. dengan diketahuinya pengaruh latihan *speed ladder drill* terhadap kemampuan menggiring bola di Klub Gasito Madrid, hasil penelitian ini mempunyai implikasi praktis bagi berbagai pihak yang terkait yaitu para penggemar olahraga sepakbola yaitu pelatih dan pemain.

Kata Kunci : *Speed Ladder Drill*;Kemampuan Menggiring

ABSTRACT

THE EFFECT OF *SPEED LADDER DRILL TRAINING ON DRIBBLING ABILITY AT CLUB GASITO MADRID FC*

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Background : The ability to dribble is one of the main causal factors in the game of football for that it is necessary to improve the ability and speed in dribbling.

Research Objectives: The purpose of this study is to determine the effect of *speed ladder drill* training on dribbling ability at Gasito Madrid FC club.

Research Methods: Research is an experimental research with *a research design of one group pretest and posttest design*. The population of this study was 18 Gasito Madrid FC players. The study sample was 18 players. The data collection technique in this study used tests. The instrument used in this study was *the dribbling* of Bobby Charlton. The data analysis technique uses *a before- after t-test*.

Results and Discussion: Based on the results of data calculations, namely the t-test results obtained a value that herded t count of $2.138 > 2.109$ (t-table) and the magnitude of the *probability significance* value of $0.047 < 0.05$ then Ho was rejected and Ha was accepted, meaning there was an influence of *speed ladder drill* training on the dribbling ability at the Gasito Madrid FC club. there is an effect of *speed ladder drill* training on the dribbling ability at the Gasito Madrid FC club (which is 2.77%).

Conclusion: Where the results obtained by analyzing data by hypothesis testing, the researchers concluded that there was a significant influence of *speed ladder drill* training on the dribbling ability at the Gasito Madrid FC Club, which was 2.77%. With the known effect of *speed ladder drill* training on the ability to dribble at the Gasito Madrid Club, the results of this study have practical implications for various related parties, namely football fans, namely coaches and players.

Keywords: *Speed Ladder Drill; Herding Ability*