

ABSTRAK

PENGARUH LATIHAN KELINCAHAN TERHADAP KETERAMPILAN DRIBBLING SEPAK BOLA PADA PEMAIN STARBALL FC

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Latar belakang : pentingnya unsur kelincahan dalam permainan sepak bola khususnya dalam menggiring bola, maka perlu mendapat porsi perhatian khusus dari pelatih ataupun Pembina tim sepak bola”.

Tujuan penelitian : Tujuan penelitian ini untuk mengetahui pengaruh Latihan Kelincahan Terhadap Keterampilan *Dribbling* Sepak bola Pada Pemain *Starball fc*.

Metode penelitian : Metode yang digunakan dalam penelitian ini adalah metode kuantitatif eksperimen. Penelitian ini akan dilaksanakan di lapangan sitarda kelurahan Lasiana. Penelitian ini akan di laksanakan kurang lebih 5 Minggu.

Hasil dan Pembahasan : Hasil data prettest menunjukkan bahwa terdapat seorang atlet sepak bola *Starball Fc* yang memperoleh data terbesar 18,31 detik (waktu terlambat) dan memperoleh data terkecil 16,20 detik (waktu tercepat). Nilai Mean di peroleh dari hasil prettest 17,50 detik, sedangkan Standar Deviaton 68,939 detik. data terbesar 17,70 detik (waktu terlambat) dan data terkecil 14,40 detik (waktu tercepat) dengan Mean 16,18 detik serta standar deviaton 95,563 detik. Berdasarkan nilai-nilai tersebut, maka baik pada saat *prettest* maupun *posttest* data berdistribusi normal.

Simpulan : Latihan zig-zag dapat memberikan pengaruh yang signifikan antara Latihan Kelincahan Terhadap Keterampilan *Dribbling* Bola Pada Pemain *Starball Fc*.

Kata kunci : *sepak bola, latihan, kelincahan, dribbling*

ABSTRACT

THE EFFECT OF AGILITY TRAINING ON FOOTBALL DRIBBLING SKILLS IN STARBALL FC PLAYERS

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Background: the importance of the element of agility in the game of football, especially in dribbling the ball, requires special attention from coaches or football team coaches."

Research aim: The aim of this research is to determine the effect of Agility Training on Football Dribbling Skills in Starball FC Players.

Research method: The method used in this research is a quantitative experimental method. This research will be carried out in the sitarda field, Lasiana sub-district. This research will be carried out in approximately 5 weeks.

Results and Discussion: The results of the pretest data show that there was a Starball FC football athlete who obtained the largest data of 18.31 seconds (late time) and the smallest data of 16.20 seconds (fastest time). The mean value obtained from the pretest results is 17.50 seconds, while the standard deviation is 68.939 seconds. the largest data is 17.70 seconds (late time) and the smallest data is 14.40 seconds (fastest time) with a mean of 16.18 seconds and a standard deviation of 95.563 seconds. Based on these values, both during the pretest and posttest the data was normally distributed.

Conclusion: Zig-zag training can have a significant influence on the influence between,strengthening agility training on soccer *dribbling* skills in Starball Fc players.

Keywords: *soccer, agility training, dribbling*