

ABSTRAK

PENGARUH MODEL PERMAINAN SEPAK BOLA “TARGET DRIBBLING” UNTUK MENINGKATKAN KUALITAS KECEPATAN MENGGIRING BOLA DI STARBALL FC

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Latar belakang: Kecepatan *dribbling* merupakan keterampilan kunci dalam sepak bola yang memengaruhi efektivitas serangan dan penguasaan bola. Tim *Starball FC* di Kupang meskipun berprestasi, masih menunjukkan kelemahan dalam kecepatan *dribbling*, terutama dalam menghadapi tekanan lawan dalam pertandingan yang intens. Keterbatasan latihan yang terfokus pada peningkatan kecepatan *dribbling* menjadi faktor utama yang menghambat performa tim.

Tujuan penelitian: Penelitian ini bertujuan untuk mengetahui pengaruh model permainan “Target *Dribbling*” terhadap peningkatan kualitas kecepatan *dribbling* pemain di *Starball FC*, dengan fokus pada penguasaan bola, ketepatan arah, dan pengambilan keputusan cepat dalam situasi permainan yang penuh tekanan.

Metode penelitian: Pendekatan penelitian yang digunakan adalah kuantitatif dengan desain eksperimen pre-test dan post-test control group. Sampel penelitian terdiri dari 20 pemain yang dibagi menjadi dua kelompok: kelompok eksperimen yang menerima latihan menggunakan model permainan “Target *Dribbling*” dan kelompok kontrol yang menjalani latihan normal. Data dikumpulkan melalui tes kecepatan *dribbling* yang dilakukan sebelum dan sesudah perlakuan. Uji statistik yang digunakan adalah uji t berpasangan untuk menganalisis perbedaan antara pre-test dan post-test.

Hasil dan pembahasan: Hasil penelitian menunjukkan adanya peningkatan signifikan dalam kecepatan *dribbling* pemain setelah penerapan model permainan “Target *Dribbling*”. Uji t berpasangan menunjukkan nilai $p < 0,05$, yang mengindikasikan adanya pengaruh positif dari perlakuan terhadap peningkatan kecepatan *dribbling*. Latihan berbasis permainan ini terbukti efektif dalam meningkatkan keterampilan teknis serta kemampuan pemain dalam pengambilan keputusan cepat di bawah tekanan.

Simpulan: Model permainan “Target *Dribbling*” efektif dalam meningkatkan kualitas kecepatan *dribbling* pemain di *Starball FC*. Penerapan model ini dapat dijadikan metode latihan yang berpengaruh positif terhadap keterampilan teknis dan mental pemain.

Kata kunci: *Dribbling*, Kecepatan, Model Permainan, Sepak Bola, Target *Dribbling*.

ABSTRACT

THE EFFECT OF THE “TARGET DRIBBLING” FOOTBALL GAME MODEL ON IMPROVING THE DRIBBLING SPEED QUALITY AT STARBALL FC

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Background: *Dribbling* speed is a key skill in football that influences the effectiveness of attacks and ball control. *Starball FC* in Kupang, despite its achievements, still shows weaknesses in *dribbling speed*, especially when facing pressure from opponents in intense matches. The lack of training focused on improving dribbling speed is a major factor that hampers the team’s performance.

Objective: This research aims to determine the effect of the “Target *Dribbling*” game model on improving the dribbling speed quality of players at Starball FC, focusing on ball control, direction accuracy, and quick decision- making in high-pressure game situations.

Research Method: This study uses a quantitative approach with a pre-test and post-test control group experimental design. The sample consists of 20 players divided into two groups: the experimental group that undergoes training using the “Target Dribbling” game model and the control group that follows normal training. Data is collected through dribbling speed tests conducted before and after the intervention. The statistical test used is the paired t-test to analyze the differences between pre-test and post-test results.

Results and Discussion: The results show a significant improvement in the players’ dribbling speed after applying the “Target Dribbling” game model. The paired t-test shows a p-value < 0.05, indicating a positive effect of the intervention on improving dribbling speed. This game-based training model proved to be effective in enhancing technical skills and the players’ ability to make quick decisions under pressure.

Conclusion: The “Target Dribbling” game model is effective in improving the dribbling speed quality of players at Starball FC. The application of this model can be used as a training method that positively impacts the players’ technical and mental skills.

Keywords: Dribbling, Speed, Game Model, Football, Target Dribbling.