

ABSTRACT[i-[2]

IMPROVING LEARNING OUTCOMES OF OUTSIDE-FOOT DRIBBLING THROUGH THE PLAYING METHOD AMONG ELEVENTH-GRADE STUDENTS OF SMA SINTER CLAUS SION SUKABILULIK

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Background: The learning outcomes of outside-foot dribbling among eleventh-grade students of SMA Sinter Claus Sion Sukabilulik were still not optimal. Students experienced difficulties in controlling and directing the ball, maintaining balance, and performing dribbling movements correctly. Therefore, a more active and enjoyable learning method was needed.

Objective: This study aimed to improve students' learning outcomes in outside-foot dribbling through the playing method.

Method: This study employed Classroom Action Research (CAR) conducted in two cycles. Each cycle consisted of planning, action, observation, and reflection. The subjects were 11 eleventh-grade students. Data were collected through skill tests, observations, and documentation. The data were analyzed descriptively using average scores and learning mastery percentages.

Results: The results showed an improvement in students' learning outcomes. In the pre-cycle, only 2 students (18.18%) achieved learning mastery. This increased to 7 students (63.64%) in Cycle I and 10 students (90.91%) in Cycle II. The average dribbling time also improved, decreasing from 21.01 seconds in the pre-cycle to 19.46 seconds in Cycle I and 17.85 seconds in Cycle II.

Conclusion: The application of the playing method improved learning outcomes in outside-foot dribbling among eleventh-grade students of SMA Sinter Claus Sion Sukabilulik.

Keywords: learning outcomes, dribbling, outside foot, playing method, football.