

## ABSTRAK

### PENGARUH METODE LATIHAN *DRIBBLING ZIG-ZAG* DAN *DRIBBLING T* TERHADAP PENINGKATAN KETERAMPILAN *DRIBBLING* SEPAK BOLA

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**Latar Belakang:** Permainan sepak bola adalah permainan beregu yang dimainkan oleh dua regu dimana masing masing regunya berjumlah 11 pemain, dengan tujuan mencetak gol sebanyak-banyaknya. Penelitian ini menggunakan metode latihan *dribbling zig-zag* dan *dribbling T* terhadap peningkatan keterampilan *dribbling* Pemain sepak bola.

**Metodologi:** Penelitian ini merupakan penelitian eksperimen, dengan desain penelitian *two group pretest and posttest design*. Teknik sampel yang digunakan pada penelitian ini menggunakan teknik purposive sampling. Sampel pada penelitian ini berjumlah 22 anak. Teknik analisis data menggunakan uji-t dengan nilai signifikansi  $<0,05$ .

**Hasil Penelitian:** Hasil yang diperoleh dari analisis data menggunakan uji *paired sample t-test* tes keterampilan *dribbling* kelompok *treatment A* yaitu nilai signifikansi sebesar 0,000 dan kelompok *treatment B* sebesar 0,008, hasil yang diperoleh dari analisis menggunakan uji *independent sample t-test* tes keterampilan *dribbling* yaitu nilai signifikansi sebesar 0,538 maka tidak terdapat perbedaan dari kedua metode latihan, apabila dilihat dari hasil uji *paired sample t-test* maka terdapat perbedaan dari kedua metode latihan *dribbling zig-zag* dan *dribbling T* terhadap peningkatan keterampilan *dribbling* sepak bola.

**Kesimpulan:** Ada pengaruh yang signifikan dari latihan *dribbling zig-zag* dan *dribbling T* terhadap keterampilan *dribbling*. Tidak terdapat perbedaan yang signifikan antara kelompok *treatment A* dan kelompok *treatment B* terhadap keterampilan *dribbling*.

**Kata Kunci:** Sepak Bola, *Dribbling*, *Zig-zag*, *Dribbling T*

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## ABSTARCT

### THE EFFECT OF ZIG-ZAG DRIBBLING TRAINING METHOD AND DRIBBLING T ON IMPROVEMENT FOOTBALL DRIBBLING SKILLS

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**Background of the study:** The game of football is a team game played by two squads where each squad numbers 11 players, with the aim of scoring as many goals as they can. The study used dribbling zig-zag and dribbling T training methods, aiming to determine the effect dribbling zig-zag and dribbling T on improving dribbling skills soccer players.

**Methodology:** This research was included as experimental research. The research design involved two group of pre-test and post-test design. The sample of this research consisted of twenty two students. The technique of data analysis used in this research was t-test with the significant value of  $<0,05$ .

**Findings:** The result obtained from data anlysis using paired sample t-test of dribbling skills in treatment A was significant value 0,000 and in treatment B was 0,008. Then, the result from data analysis using test of independent sample t-test of dribbling skills was significant value 0,538, then there is no difference between the two training methods, when viewed from the results of the paired sample t-test, there is a difference between the two training methods of zig-zag dribbling and T dribbling to improve soccer dribbling skills.

**Conclusion:** Based on the findings of the study, it can be concluded that there was a significant effect on the dribbling zig-zag and dribbling T training method on the dribbling skills. There was no significant difference in the influence of *dribbling zig-zag and dribbling T* on dribbling skills.

**Keywords:** *Football, Dribbling, Zig-zag, Dribbling T*

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