

ABSTRAK

HUBUNGAN KOORDINASI MATA-KAKI, KESEIMBANGAN DAN KECEPATAN DENGAN KEMAMPUAN *DRIBBLING* PEMAIN FUTSAL PUTRA FAKULTAS ILMU-ILMU KESEHATAN UNIVERSITAS JENDERAL SOEDIRMAN

Latar Belakang: Futsal memiliki beberapa teknik dasar, salah satunya adalah menggiring bola atau *dribbling*. Masalah dalam penelitian ini adalah sebagian pemain futsal mudah kehilangan bola pada saat melakukan *dribbling*. Penelitian ini bertujuan untuk mengetahui hubungan koordinasi mata-kaki, keseimbangan dan kecepatan dengan kemampuan *dribbling* pemain futsal putra Fakultas Ilmu-ilmu Kesehatan Universitas Jenderal Soedirman.

Metodologi: Penelitian ini merupakan penelitian korelasional. Populasi pada penelitian ini adalah pemain futsal putra Fakultas Ilmu-ilmu Kesehatan Universitas Jendral Soedirman sebanyak 20 orang dan sampel yang digunakan adalah jumlah keseluruhan dari populasi. Pengambilan data dilakukan secara langsung dengan melakukan tes koordinasi mata kaki, tes keseimbangan, tes kecepatan, dan tes menggiring bola.

Hasil Penelitian: Hubungan antara koordinasi mata-kaki dengan kemampuan *dribbling* dengan nilai $p = 0,000$ dan $r = 0,301$, ada hubungan keseimbangan dengan kemampuan *dribbling* dengan nilai $p = 0,000$ dan $r = 0,315$, ada hubungan kecepatan dengan kemampuan *dribbling* dengan nilai $p = 0,004$ dan $r = 0,155$.

Kesimpulan: Terdapat hubungan antara koordinasi mata-kaki, keseimbangan, dan kecepatan dengan kemampuan *dribbling* pemain futsal putra Fakultas Ilmu-ilmu kesehatan Universitas Jenderal Soedirman.

Kata Kunci: Koordinasi mata-kaki, kecepatan, keseimbangan, *dribbling*

ABSTRACT

THE RELATIONSHIP BETWEEN EYE-FOOT COORDINATION, BALANCE AND SPEED WITH THE DRIBBLING ABILITY OF MALE FUTSAL PLAYERS FACULTY OF HEALTH SCIENCES UNIVERSITY GENERAL SOEDIRMAN UNIVERSITY

Background: Futsal has several basic techniques, one of which is dribbling. The problem in this study is that some futsal players easily lose the ball when dribbling. This study aims to determine the relationship between eye-foot coordination, balance and speed with the dribbling ability of male futsal players of the Faculty of Health Sciences, Jenderal Soedirman University.

Methodology: This research is a correlational research. The population in this study were 20 male futsal players of the Faculty of Health Sciences, General Soedirman University and the sample used was the total population. Data collection was done directly by conducting a foot-eye coordination test, balance test, speed test, and dribbling test.

Research Results: The relationship between eye-foot coordination with dribbling ability with a value of $p = 0.000$ and $r = 0.301$, there is a relationship between balance and dribbling ability with a value of $p = 0.000$ and $r = 0.315$, there is a relationship between speed and dribbling ability with a value of $p = 0.004$ and $r = 0.155$.

Conclusion: There is a relationship between eye-foot coordination, balance, and speed with dribbling ability of male futsal players of the Faculty of Health Sciences, Universitas Jenderal Soedirman.

Keywords: Eye-foot coordination, speed, balance, dribbling.