

ABSTRAK

PENGARUH LATIHAN 10 METER *SQUARE* DAN *DRIBBLE ZIG-ZAG* TERHADAP KEMAMPUAN *DRIBBLING* EKSTRAKURIKULER FUTSAL MAN 1 BANYUMAS

Latar Belakang: Berdasarkan hasil observasi awal dengan tes kecepatan *dribbling* siswa ekstrakurikuler futsal MAN 1 Banyumas, didapatkan bahwa kemampuan para siswa masih jauh dibawah kategori baik, sehingga perlu adanya latihan secara teratur untuk meningkatkan komponen fisik kecepatan.

Metodologi: Penelitian ini menggunakan metode eksperimen dengan *Two Group Pretest Posttest Design*. Penentuan sampel menggunakan *purposive sampling*. Sampel pada penelitian ini berjumlah 20 siswa laki-laki. Pengujian dalam penelitian ini menggunakan SPSS versi 26 dengan teknik analisis uji normalitas, uji homogenitas, dan uji hipotesis menggunakan uji *paired sample t test* dan uji *independent sample t test*.

Hasil Penelitian: Hasil uji normalitas berdistribusi normal karena nilai signifikan $> 0,05$. Hasil uji homogenitas seluruh distribusi datanya bersifat homogen karena nilai signifikan $> 0,05$. Hasil uji *paired sample t-test* adanya pengaruh dari kedua treatment karena nilai sig 2-tailed $< 0,05$. Hasil uji *independent sample t-test* tidak terdapat pengaruh yang signifikan karena nilai signifikan $0,533 > 0,05$.

Kesimpulan: (1) Latihan 10 meter *square* berpengaruh terhadap kemampuan kecepatan *dribbling* pada siswa ekstrakurikuler futsal MAN 1 Banyumas. (2) Latihan *dribble zig-zag* berpengaruh terhadap kemampuan kecepatan *dribbling* pada siswa ekstrakurikuler futsal MAN 1 Banyumas. (3) Tidak terdapat perbedaan perbandingan yang signifikan antara 10 meter *square* dan *dribble zig-zag*.

Kata Kunci: 10 Meter *Square*, *Dribble Zig-Zag*, Kecepatan

ABSTRACT

THE EFFECT OF 10 METER SQUARE AND ZIG-ZAG DRIBBLE TRAINING ON DRIBBLING ABILITY OF EXTRACURRICULAR FUTSAL MAN 1 BANYUMAS

Background: Based on the results of initial observations with the dribbling speed test of MAN 1 Banyumas futsal extracurricular students, it was found that the students' abilities were still far below the good category, so it is necessary to train regularly to improve the physical component of speed.

Methodology: This study used an experimental method with Two Group Pretest Posttest Design. Sample determination using purposive sampling. The sample in this study amounted to 20 male students. The test in this study used SPSS version 26 with the analysis technique of normality test, homogeneity test, and hypothesis testing using paired sample t test and independent sample t test.

Research Results: The normality test results are normally distributed because the significant value > 0.05 . The results of the homogeneity test of the entire data distribution are homogeneous because the significant value > 0.05 . The results of the paired sample t-test test have an effect of both treatments because the 2-tailed sig value < 0.05 . The results of the independent sample t-test test did not have a significant effect because the significant value was $0.533 > 0.05$.

Conclusion: (1) 10 meter square training affects the ability of dribbling speed in extracurricular futsal students of MAN 1 Banyumas. (2) Zig-zag dribble training affects the ability of dribbling speed in extracurricular futsal students of MAN 1 Banyumas. (3) There is no significant difference in comparison between 10 meter square and zig-zag dribble.

Keywords: 10 Meter Square, Zig-Zag Dribble, Speed