

Abstrak

PENGARUH LATIHAN *SMALL SIDED GAMES 4v4* TERHADAP KEMAMPUAN *DRIBBLING* SISWA SEKOLAH SEPAKBOLA (SSB) SEMPATI MUDA U11 PATIKRAJA

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Latar Belakang: Semua teknik dasar dalam sepakbola harus dikuasai siswa Sekolah Sepakbola (SSB). Teknik dasar siswa SSB Sempati Muda masih banyak yang kurang maksimal khususnya di kategori usia 11 tahun, salah satunya adalah kemampuan *dribbling* yang kurang maksimal, mengakibatkan gerak improvisasi pemain menjadi lambat. Dan pemain cenderung kurang percaya diri dalam menguasai bola. Agar siswa dapat menguasai dan berani melakukan *dribbling* dengan baik maka diperlukan sebuah latihan. Latihan dengan cara *small sided games 4v4* dilakukan aturan dan batasan waktu yang sudah ditentukan. Tujuan penelitian ini adalah untuk mengetahui pengaruh latihan *small sided games 4v4* terhadap kemampuan *dribbling* siswa SSB Sempati Muda U11 Patikraja.

Metode Penelitian: Penelitian ini menggunakan *One Grup Pretest Posttest Design*. Pada desain *One group pretest posttest design* merupakan desain yang membandingkan tes awal dan tes akhir. Teknik pengumpulan data yang digunakan adalah *dribbling test* (Frank M. Verduci, 1980). Sampel penelitian ini adalah siswa SSB Sempati Muda U11 Patikraja dengan jumlah 25 anak. Teknik analisis data menggunakan uji t dengan nilai signifikan (2-tailed) 0,000.

Hasil Penelitian: Hasil nilai rerata kemampuan *dribbling* saat *pretest* adalah 18,26 detik dan saat *posttest* adalah 16,96 detik atau meningkat 1,30 detik. Berdasarkan hasil penelitian bahwa latihan *small sided games 4v4* memiliki T hitung (11,427) > T tabel (1,708) dan memperoleh nilai sig.(2-tailed) (0,00) < (0,05). maka dapat disimpulkan latihan *small sided games 4v4* berpengaruh terhadap kemampuan *dribbling*.

Kesimpulan: Terdapat pengaruh pada latihan *small sided games 4v4* terhadap kemampuan *dribbling* siswa Sekolah Sepak Bola (SSB) Sempati Muda U11 Patikraja

Kata Kunci: *Small Sided Games 4v4, Dribbling*

Abstract

THE INFLUENCE OF SMALL SIDED GAMES 4V4 EXERCISE TO DRIBBLING ABILITY SOCCER SCHOOL STUDENTS SEMPATI MUDA U11 PATIKRAJA

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Background: All basic techniques in football should be controlled soccer school students. Basic technique soccer school students Sempati Muda are still less than maximum especially at age categories 11 years. One of them is the ability of dribbling yet optimal, there by causing motion improvised. players to be slow And players tend to be confident in possession. That students rouse and dribbling dared to do well then required an exercise. By means of training small sided games 4v4 conducted rules and time limit that had been determined. The purpose of this research is to find the exercise small sided games 4v4 of the dribbling ability soccer school students Sempati Muda U11 Patikraja.

Research Methodology: This research uses one group pretest posttest. In one group pretest posttest group is design that compares pretest posttest. Data collection that used is dribbling test (Frank M Verduci, 1980). The sample of this research are 25 students of SSB Sempati Muda U11 Patikraja. Data analysis techniques that used is T test with significant value (2-tailed) of 0,000

Research Result: The average of dribbling ability at the pretest was 18,26 seconds. And the posttest was 16,96 seconds or increased by 1,30 seconds. Based on the result of the research that small sided games 4v4 exercise has a calculated T (11,472) > T Table (1,708) and get a sig (2-tailed) value (0,000) < (0,05). So it can be concluded that small sided games 4v4 exercise affects the dribbling ability

Conclusion : is the on exercise small sided games 4v4 dribbling school students in the ability of football (SSB) Sempati Muda U11 Patikraja

Keywords: Small Sided Games 4v4, Dribbling