

ABSTRAK

PENGARUH PERBEDAAN LATIHAN *DRIBBLING* DENGAN METODE *X PATTERN* DAN *FIGURE EIGHTS* TERHADAP KEMAMPUAN *DRIBBLING* SISWA EKSTRAKURIKULER FUTSAL MAN 1 BANYUMAS

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Latar Belakang: Hasil observasi awal pada kegiatan ekstrakurikuler futsal MAN 1 Banyumas, diketahui bahwa kemampuan *dribbling* siswa masih tergolong rendah, ditandai dengan kurang optimalnya kontrol bola, kecepatan menggiring, serta kemampuan mengubah arah. Oleh karena itu, penelitian ini penting dilakukan untuk mengkaji pengaruh metode latihan *dribbling X Pattern* dan *Figure Eights* terhadap kemampuan *dribbling* siswa ekstrakurikuler futsal MAN 1 Banyumas.

Metodologi: Penelitian kuantitatif ini menggunakan pendekatan eksperimen desain *two group pretest-posttest*. Sampel penelitian ini berjumlah 26 orang yang diambil menggunakan teknik total sampling. Analisis data penelitian ini menggunakan uji normalitas, uji homogenitas, dan uji hipotesis. Uji hipotesis yang digunakan adalah uji *paired sampel t-Test* dan uji *Independent t-Test*.

Hasil Penelitian: Terdapat pengaruh yang signifikan antara latihan *dribbling X pattern* dan *figure eights* terhadap kemampuan *dribbling*. Hasil pengujian hipotesis menggunakan *paired sample t-test* pada kelompok latihan *X pattern* dan *figure eights* menunjukkan nilai signifikansi (2-tailed) sebesar $0,000 < 0,05$. Perbedaan pengaruh menggunakan uji *independent sample t-test*, diperoleh nilai signifikansi sebesar $0,777 > 0,05$. Perbedaan nilai efektivitas menggunakan uji perbedaan hasil, diperoleh persentase sebesar 10,85% dan 9,88%. Perbedaan interaksi dari kedua latihan, diperoleh dari perbedaan karakteristik latihan.

Kesimpulan: Latihan *dribbling X Pattern* dan *Figure Eights* sama-sama efektif dalam meningkatkan kemampuan *dribbling* siswa ekstrakurikuler futsal MAN 1 Banyumas, meskipun tidak terdapat perbedaan pengaruh yang signifikan antara kedua metode latihan.

Kata kunci: Latihan *dribbling, X Pattern, Figure Eight*, futsal, kegiatan ekstrakurikuler.

ABSTRACT

THE EFFECT OF DIFFERENCES IN DRIBBLING TRAINING USING X PATTERN AND FIGURE EIGHT METHODS ON THE DRIBBLING ABILITY OF MAN 1 BANYUMAS FUTSAL EXTRACURRICULAR STUDENTS.

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Background: Initial observations of futsal extracurricular activities at MAN 1 Banyumas revealed that students' dribbling skills were still relatively poor, as indicated by suboptimal ball control, dribbling speed, and ability to change direction. Therefore, this study is important to examine the effect of the X Pattern and Figure Eights dribbling training methods on the dribbling skills of students in the futsal extracurricular activity at MAN 1 Banyumas.

Methodology: This quantitative study used a two-group experimental design with pretest-posttest. The sample consisted of 26 students selected using total sampling. Data analysis involved normality, homogeneity, and hypothesis testing. The hypothesis tests used were paired sample t-tests and independent t-tests.

Results: There was a significant effect between X-pattern and figure-eight dribbling training on dribbling skills. The results of the hypothesis test using the paired sample t-test on the X-pattern and figure-eight training groups showed a significance value (two tails) of $0.000 < 0.05$. The difference in effect using the independent t-test resulted in a significance value of $0.777 > 0.05$. The difference in effectiveness using the difference test resulted in percentages of 10.85% and 9.88%. The difference in interaction between the two exercises was obtained from the difference in exercise characteristics.

Conclusion: Both the X Pattern and Figure Eights dribbling drills are equally effective in improving the dribbling skills of futsal extracurricular students at MAN 1 Banyumas, although there is no significant difference in the effect between the two training methods

Keywords: Dribbling training, X Pattern, Figure Eight, futsal, extracurricular activities.