

**HUBUNGAN DAYA LEDAK OTOT TUNGKAI DAN KELINCAHAN
DENGAN KEMAMPUAN MENGGIRING BOLA PEMAIN SSB PUTRA
BUANA PACIRAN LAMONGAN KU-16**

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ABSTRAK

Tujuan dari penelitian ini ialah untuk mengetahui secara ilmiah hubungan antara daya ledak otot tungkai dan kelincahan terhadap kemampuan menggiring bola pada permainan sepak bola. Jenis penelitian ini adalah korelasi dengan metode penelitian kuantitatif. Instrument pengumpulan data dalam penelitian ini ialah *standing broad jump*, dimana *standing broad jump* digunakan untuk mengukur daya ledak otot tungkai kemudian *Illinois Agility Run* untuk mengetahui tingkat kelincahan atlet serta tes kemampuan menggiring bola. Analisis data yang digunakan dalam penelitian ini ialah analisis regresi linier berganda. Penelitian ini mendapatkan hasil dimana sumbangan efektif (SE) variabel daya ledak otot tungkai (X1) terhadap kemampuan menggiring bola sebesar 22.69% dan sumbangan efektif (SE) Variabel kelincahan terhadap kemampuan menggiring bola sebesar 7.6%. Sedangkan sumbangan relatif (SR) daya ledak otot tungkai terhadap kemampuan menggiring bola sebesar 94,5%, sumbangan relatif (SR) Variabel kelincahan terhadap kemampuan menggiring bola sebesar 5.5%. Sehingga total SR adalah sebesar 100% atau sama dengan 1. Dapat disimpulkan bahwa daya ledak otot tungkai dan kelincahan berpengaruh terhadap kemampuan menggiring bola pemain SSB Putra Buana Paciran Lamongan KU-16.

Kata kunci: Daya Ledak Otot, Kelincahan, Kemampuan Menggiring Bola

**THE RELATIONSHIP BETWEEN LEG MUSCLE EXPLOSIVE POWER
AND AGILITY WITH THE DRIBBLING ABILITY OF SSB PUTRA
BUANA PACIRAN LAMONGAN KU-16 PLAYERS**

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ABSTRACT

The purpose of this study was to scientifically determine the relationship between the explosive power of leg muscles and agility to the ability to dribble the ball in a soccer game. This type of research is a correlation with quantitative research methods. The data collection instrument in this study is standing broad jump, where standing broad jump is used to measure the explosive power of leg muscles, then Illinois Agility Run to determine the level of agility of athletes and dribbling ability tests. The data analysis used in this study was multiple linear regression analysis. This study obtained results where the effective contribution (SE) variable of limb muscle explosive power (X1) to dribbling ability was 22.69% and effective contribution (SE) of agility variable to dribbling ability was 7.6%. While the relative contribution (SR) of leg muscle explosive power to dribbling ability is 94.5%, the relative contribution (SR) of agility variables to dribbling ability is 5.5%. So that the total SR is 100% or equal to 1. It can be concluded that the explosive power of the leg muscles and agility affect the dribbling ability of SSB Putra Buana Paciran Lamongan KU-16 players.

Keywords: Muscle Explosive Power, Agility, Dribbling Ability