

## ABSTRAK

### TINGKAT KEMAMPUAN TEKNIK DASAR *DRIBBLING* DI SEKOLAH SEPAK BOLA PERSATUAN SEPAK BOLA GEROKGAK (PERSEGA)

USIA 10-12 TAHUN

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#### PENDIDIKAN KEPELATIHAN OLAHRAGA

Penelitian ini bertujuan untuk mengetahui tingkat kemampuan *dribbling* siswa SSB persega gerokgak usia 10-12 tahun. Jenis penelitian ini adalah mixed methode. Subjek dalam penelitian ini yaitu SSB Persega Gerokgak Usia 10-12 tahun yang berjumlah 18 anak. Instrumen yang digunakan dalam penelitian ini yaitu program latihan, proses latihan, dan tes kemampuan *dribbling*. Teknik analisis data yang digunakan pada penelitian ini yaitu mixed methode dengan jenis sequential exploratory dimana pada tahap awal menggunakan metode kualitatif dan tahap berikutnya menggunakan kuantitatif. Hasil analisis pada program latihan menunjukkan bahwa program latihan yang dimiliki SSB Persega Gerokgak kurang sesuai dengan prinsip-prinsip latihan. Hasil dari kuisioner pelatih mendapat kan skor 19 pada pengisian kuisioner sehingga presentase yang didapat oleh pelatih yakni 76% dari total skor 100%, sehingga dari skor yang didapat oleh pelatih masuk pada kategori tinggi, hasil pada kuisioner pemain sebagian besar pada kategori cukup dengan presentase sebesar 50%, pada kategori tinggi sebesar 28%, pada kategori kurang 11%, pada kategori sangat kurang 11% dan pada kategori sangat tinggi 0%. Hasil dari tes kemampuan *dribbling* terdapat. 18 siswa terdapat 2 siswa masuk kategori baik sekali dengan presentase sebesar 11,1%, 5 siswa masuk kategori baik dengan presentase sebesar 27,8%, 8 siswa masuk kategori sedang dengan presentase sebesar 44,4%, 3 siswa masuk kategori kurang dengan presentase sebesar 16,7%, dan tidak terdapat siswa dengan kategori kurang sekali. Berdasarkan data tersebut dapat disimpulkan bahwa, keterampilan *dribbling* siswa SSB Persega Gerogak usia 10 – 12 tahun masuk kategori sedang dengan presentase sebesar 44,4%. Berdasarkan hasil dari penelitian diatas dapat disimpulkan bahwa program latihan yang dimiliki SSB Persega Gerokgak kurang sesuai dengan prinsip-prinsip latihan. Hasil kuisioner sebagian besar pada kategori cukup yakni 50%, kategori tinggi 28%, kategori kurang 11%, sangat kurang 11%, dan sangat tinggi 0%.

**Kata kunci:** Sepak bola, *dribbling*, SSB persega

## **ABSTRAC**

### **DRIBBLING ABILITY LEVEL IN 10-12 YEAR AGE FOOTBALL SCHOOLS**

#### **PERSEGA GEROKGAK**

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#### **SPORTS COACHING EDUCATION**

*This study aims to determine the level of dribbling ability of SSB Persega Gerokgak students aged 10-12 years. This type of research is mixed method. The subjects in this research were SSB Persega Gerokgak aged 10-12 years, totaling 18 children. The instruments used in this research were training programs, training processes, and dribbling ability tests. The data analysis technique used in this research is a mixed method with a sequential exploratory type where the initial stage uses qualitative methods and the next stage uses quantitative. The results of the analysis of the training program show that the training program owned by SSB Persega Gerokgak is not in accordance with the training principles. The results of the trainer's questionnaire got a score of 19 in filling out the questionnaire so that the percentage obtained by the trainer was 76% of the total score of 100%, so that the score obtained by the trainer was in the high category, the results on the players' questionnaire were mostly in the adequate category with a percentage of 50%, 28% in the high category, 11% in the low category, 11% in the very low category and 0% in the very high category. The results of the dribbling ability test are available. Of the 18 students, 2 students are in the excellent category with a percentage of 11.1%, 5 students are in the good category with a percentage of 27.8%, 8 students are in the medium category with a percentage of 44.4%, 3 students are in the poor category with a percentage amounted to 16.7%, and there were no students in the very poor category. Based on this data, it can be concluded that the dribbling skills of SSB Persega Gerogak students aged 10-12 years are in the medium category with a percentage of 44.4%. Based on the results of the research above, it can be concluded that the training program owned by SSB Persega Gerokg is not in accordance with training principles. Most of the questionnaire results were in the sufficient category, namely 50%, 28% in the high category, 11% in the poor category, 11% in the very poor category, and 0% in the very high category.*

**Keywords:** Football, dribbling, SSB Persega

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