

ABSTRAK

Sastrawan, Kadek Yogi. 2020. "Pengaruh metode latihan dan kelincahan terhadap keterampilan *dribbling* sepakbola pada peserta ekstrakurikuler di SMP Negeri 4 Seririt". Tesis. Pendidikan Olahraga, Program Pascasarjana, Universitas Pendidikan Ganesha.

Tesis ini sudah disetujui dan diperiksa oleh Pembimbing I: Dr. H. Wahjoedi, S.Pd., M.Pd dan Pembimbing II: Dr. I Ketut Iwan Swadesi, S.Pd.,M.Or.

Penelitian ini bertujuan untuk menganalisis: 1) Perbedaan hasil keterampilan *dribbling* sepakbola siswa dengan metode latihan *side hop* dan latihan *side jump sprint*. 2) Interaksi antara metode latihan dan kelincahan terhadap keterampilan *dribbling* sepakbola. 3) Perbedaan keterampilan *dribbling* sepakbola siswa dengan kelincahan tinggi dengan metode latihan *side hop* dan latihan *side jump sprint*. 4) Perbedaan keterampilan *dribbling* siswa dengan kelincahan rendah dengan metode latihan *side hop* dan latihan *side jump sprint*. Jenis penelitian yang digunakan dalam penelitian ini adalah eksperimen semu (*quasi experimental*) dengan rancangan *treatment by level* dengan dua kategori 2x2. Populasi pada penelitian ini adalah 75 orang. Sampel berjumlah 40 orang ditentukan dengan hasil test kelincahan. Teknik analisis data menggunakan *anova* 2 jalur pada taraf signifikansi 0,05. Instrumen penelitian menggunakan tes kelincahan *Illinois* dan *Dribbling Bobby Carlton test*. Hasil penelitian menunjukkan: 1) Hasil Keterampilan *dribbling* sepakbola pada latihan *side jump sprint* lebih baik dari latihan *side hop* dengan *mean difference* 1,838 dan sig. (0,000) < (0,05), 2) Terdapat interaksi antara metode latihan dan kelincahan terhadap keterampilan *dribbling* sepakbola dengan sig. (0,000) < (0,05). 3) Hasil Keterampilan *dribbling* sepakbola pada siswa kelincahan tinggi latihan *side jump sprint* lebih baik dari latihan *side hop* dengan *mean difference* 3,138 dan sig. (0,000) < (0,05), 4) Hasil Keterampilan *dribbling* sepakbola pada siswa kelincahan rendah yang latihan *side jump sprint* lebih baik dari latihan *side hop* dengan *mean difference* 0,537 dan sig. (0,048) < (0,05), 4) Simpulan dari penelitian ini: 1) Siswa yang mendapatkan latihan *side jump sprint* mempunyai keterampilan *dribbling* sepakbola yang lebih unggul dibandingkan siswa yang mendapatkan latihan *side hop*. 2) Terdapat interaksi antara metode latihan dan kelincahan terhadap keterampilan *dribbling* sepak bola siswa 3) Siswa yang memiliki kelincahan tinggi yang latihan *side jump sprint* lebih unggul dibandingkan siswa yang latihan *side hop*. 4) Siswa yang memiliki kelincahan rendah yang latihan *side jump sprint* lebih unggul dari siswa yang latihan *side hop*.

Kata-kata Kunci : Metode Latihan, Kelincahan, *Dribbling*

ABSTRACT

Sastrawan, Kadek Yogi. 2020. "The Effect of Training and agility methods on football dribbling skills in extracurricular participants at Junior High School 4 Seririt". Thesis. Sports Education, Postgraduate Program, Ganesha University of Education.

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This study aims to analyze: 1) The differences in the results of the dribbling skills of students who practice side hop and side jump sprint training. 2) The interaction between training methods and agility on football dribbling skills. 3) The difference between the students' soccer dribbling abilities and the high initial agility in side hop and side jump sprint exercises. 4) Differences in students' dribbling abilities with low initial agility who practice side hop and side jump sprint exercises. This type of research used in this research is quasi experimental (quasi experimental) with a treatment by level design with two categories 2x2. The population in this study was 75 people. A sample of 40 people was determined by the results of the initial agility test. The data analysis technique used 2-way ANOVA at a significance level of 0.05. The research instrument used the Illinois agility test and the Dribbling Bobby Carlton test. The results showed: 1) The results of the football dribbling ability in the side jump sprint exercise were better than side hop training with a mean difference of 1,838 and sig. (0,000) <(0,05), 2) Results The football dribbling ability of high early agility students in side jump sprint training was better than side hop training with a mean difference of 3,138 and sig. (0,000) <(0,05), 3) Results The football dribbling ability of low initial agility students who practice side jump sprint is better than side hop training with a mean difference of 0,537 and sig. (0,048) <(0,05), 4) There is an interaction between training methods and agility towards football dribbling ability with sig. (0,000) <(0,05). Conclusions from this study: 1) Students who get side jump sprint training have a better football dribbling ability than students who get side hop training. 2) There is an interaction between training methods and agility on students' soccer dribbling abilities. 3) Students who have high initial agility who practice side jump sprint are superior to students who exercise side hop. 4) Students who have low initial agility who practice side jump sprint are superior to students who exercise side hop

Keywords: Exercise Methods, Agility, Dribbling