

ABSTRAK

Penelitian ini bertujuan untuk menguji hubungan antara kekuatan otot tungkai, kelincahan dan kecepatan terhadap hasil *dribbling* di Bali Youth Football. Jenis penelitian ini adalah penelitian korelasi. Subjek dalam penelitian ini adalah pemain sepakbola klub Bali Youth Football dengan Jumlah 20 orang dan rentang usianya 18-20 tahun. Objek dalam penelitian adalah kekuatan otot tungkai, kelincahan dan kecepatan terhadap hasil *dribbling*. Instrument yang digunakan untuk mengumpulkan data yaitu *back and leg dynamometer* untuk mengukur kekuatan otot tungkai, zig-zag run test untuk mengukur kelincahan, 30 meter sprint test untuk mengukur kecepatan lari dan tes kemampuan *dribbling*. Hasil penelitian menunjukkan bahwa terdapat hubungan antara kekuatan otot tungkai terhadap *dribbling* dengan hasil $R_{hitung} = -0,005 < R_{tabel} = 0,444$ dengan $p_{sig} = 0,001$, terdapat hubungan antara kelincahan terhadap *dribbling* dengan hasil $R_{hitung} = 0,543 > R_{tabel} = 0,444$ dengan $p_{sig} = 0,001$, terdapat hubungan antara kecepatan terhadap *dribbling* dengan hasil $R_{hitung} = 0,693 > R_{tabel} = 0,444$ dengan $p_{sig} = 0,001$, terdapat hubungan antara kekuatan otot tungkai, kelincahan dan kecepatan terhadap hasil *dribbling* dengan hasil $R_{hitung} = 0,801 > R_{tabel} = 0,444$ dengan $P_{sig} 0,001 < 0,05$ maka terdapat hubungan yang signifikan. Hasil penelitian dapat disimpulkan bahwa terdapat hubungan kekuatan otot tungkai terhadap *dribbling* dalam kategori kurang kuat, terdapat hubungan antara kelincahan terhadap *dribbling* dalam kategori cukup kuat, terdapat hubungan antara kelincahan terhadap *dribbling* dalam kategori cukup kuat, terdapat hubungan kekuatan otot tungkai, kelincahan dan kecepatan terhadap hasil *dribbling* dalam kategori sangat kuat. Sehingga dapat disimpulkan terdapat hubungan yang signifikan antara kekuatan otot tungkai, kelincahan dan kecepatan terhadap hasil *dribbling* pada pemain Bali Youth Football. Saran bagi pelatih sepakbola yang ingin meningkatkan kemampuan *dribbling* agar memperhatikan aspek kekuatan otot tungkai, kelincahan dan kecepatan pemain.

Kata kunci :Kekuatan Otot Tungkai, Kelincahan, Kecepatan, *Dribbling*

ABSTRACT

This study aims to examine the relationship between leg muscle strength, agility and speed on the results of dribbling in Bali Youth Football. This type of research is a correlation study. The subjects in this study were Bali Youth Football club football players with a total of 20 people and their age range was 18-20 years. The object of this research is leg muscle strength, agility and speed on the results of dribbling. The instruments used to collect data are back and leg dynamometer to measure leg muscle strength, zig-zag run test to measure agility, 30 meter sprint test to measure running speed and dribbling ability test. The results showed that (1) there was a relationship between leg muscle strength and dribbling with $R_{hitung} = -0.005 < R_{tabel} = 0.444$ with $p_{sig} = 0.001$ (2) there was a relationship between agility and dribbling with $R_{count} = 0.543 > R_{tabel} = 0.444$ with $p_{sig} = 0.001$ (3) there is a relationship between speed and dribbling with the results $R_{count} = 0.693 > R_{tabel} = 0.444$ with $p_{sig} = 0.001$ (4) there is a relationship between leg muscle strength, agility and speed on the results of dribbling with the results $R_{count} = 0.801 > R_{tabel} = 0.444$ with $P_{sig} 0.001 < 0.05$ then there is a significant relationship. The results of the study can be concluded that (1) there is a relationship between leg muscle strength and dribbling in the less strong category. (2) there is a relationship between agility and dribbling in a fairly strong category. (3) there is a relationship between agility and dribbling in a fairly strong category. (4) there is a relationship between leg muscle strength, agility and speed on dribbling results in the very strong category. So it can be concluded that there is a significant relationship between leg muscle strength, agility and speed on the dribbling results of Bali Youth Football players. Suggestions for football coaches who want to improve their dribbling ability to pay attention to aspects of leg muscle strength, agility and speed of players.

Keywords : Muscle Strength, Agility, Speed, Drbbling