

ABSTRAK

PENGARUH METODE LATIHAN INTERVAL DAN KEMAMPUAN AGILITY TERHADAP PENINGKATAN KETERAMPILAN *DRIBBLING* PERMAINAN SEPAK BOLA

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2010

Dalam proses latihan, suatu metode harus diterapkan untuk menunjang atlet meraih prestasi maksimal. Keterbatasan pengetahuan pelatih tentang pentingnya suatu metode latihan dalam pengembangan olahraga, menjadi salah satu indikator penentu ketidakberhasilan pelatihan. Oleh karena itu, diperlukan perencanaan latihan melalui suatu metode latihan untuk menunjang keberhasilan atlet meraih prestasi maksimal. Dalam penelitian ini yang menjadi focus kajian adalah penerapan metode latihan interval intensif dan metode latihan interval ekstensif. Pelatihan dengan metode latihan interval intensif dan ekstensif yang didukung kemampuan *agility* diduga akan membantu atlet meningkatkan keterampilan *dribbling* dalam permainan sepak bola. Tujuan penelitian ini adalah: (1) Untuk mengetahui perbedaan antara metode latihan interval intensif dan metode interval ekstensif terhadap peningkatan keterampilan dasar *dribbling* sepak bola; (2) Untuk mengetahui interaksi pada metode latihan interval dengan kemampuan *agility* terhadap peningkatan keterampilan *dirbbling* sepak bola; (3) Untuk mengetahui pengaruh metode latihan interval intensif dengan metode interval ekstensif pada kelompok kemampuan *agility* tinggi terhadap peningkatan keterampilan dasar *dribbling* sepak bola; (4) Untuk mengetahui pengaruh metode latihan interval intensif dengan metode interval intensif pada kemampuan *agility* rendah terhadap peningkatan keterampilan dasar *dribbling* sepak bola.. Metode yang digunakan dalam penelitian ini adalah eksperimen dengan desain faktorial 2 x 2. Populasi 46 orang dan sampel 24 orang di Propelat Soccer School. Hasil penelitian menunjukkan bahwa metode interval intensif lebih baik dibandingkan dengan metode interval ekstensif yang dijelaskan pada hipotesis I ($F = 5,554$. $P\text{-value} = 0,029 < 0,050$), Tidak terdapat interaksi pada metode latihan interval dengan kemampuan *agility* terhadap peningkatan keterampilan *dirbbling* sepak bola untuk hipotesis II ($F = 0,906$. $P\text{-value} = 0,353 > 0,050$). Kesimpulan hasil penelitian ini adalah: (1) Metode latihan interval intensif memiliki pengaruh yang lebih baik dibandingkan dengan metode interval ekstensif terhadap peningkatan keterampilan dasar *dribbling* sepak bola; (2) Tidak terdapat interaksi pada metode latihan interval dengan kemampuan *agility* terhadap peningkatan keterampilan *dirbbling* sepak bola; (3) Pengaruh metode latihan interval intensif lebih baik dibandingkan dengan metode interval ekstensif pada kelompok kemampuan *agility* tinggi terhadap peningkatan keterampilan dasar *dribbling* sepak bola; (4) Pengaruh metode latihan interval ekstensif lebih baik dibandingkan dengan metode interval intensif pada kemampuan *agility* rendah terhadap peningkatan keterampilan dasar *dribbling* sepak bola.

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Kata Kunci : Metode latihan interval intensif, metode latihan interval ekstensif, kemampuan *agility*, dan keterampilan *dribbling* sepak bola.

ABSTRACT

INTERVAL TRAINING METHODE AND ABILITY OF AGITILY EFFECT TO INCREASING THE DRIBBLING SKILLS OF FOOTBALL GAMES

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2010

In the training process, a method must be applied to support the athletes achieve of maximum performance. Limited knowledge of coach about the importance of a coach training methods in the development of the sport, be one of the determinants of training failure. Therefore, it is necessary to plan exercise of training with a method to support the success of athletes in achieve the maximum performance. In this study, the focus is the application of intensive interval training method and extensive interval training method. Training with intensive interval training method that is supported by agility capabilities are expected to help athletes improve the dribbling skills in the game of football. The purpose of this study are: (1) To know the difference between intensive interval training method and extensive interval training method to improvement the basic skills of football dribbling; (2) To determine the interaction of interval training methods with the ability of agility to increase the skills of football dribbling; (3) To know the differences between the methods of intensive interval training and extensive interval training with high ability of agility to increase the basic skills of football dribbling; (4) To know the difference between the methods of intensive interval training and extensive interval training with low ability of agility to increase the basic skills of football dribbling. In this study used the methode of experiment 2 x 2 factorial design. Samples were taken as many as 24 people of the total 46 people of population at Propelat Soccer School. The results showed that intensive interval method is better than the extensive interval method, described with hypothesis I ($F = 5.554$. $P\text{-value} = 0.029 < 0.050$), There is no interaction on interval training methods with the ability of agility in increase the skills of football dribbling, described with hypothesis II ($F = 0.906$. $P\text{-value} = 0.353 > 0.050$). The conclusion of this study are: (1) Intensive interval training method has a better effect than the extensive interval method to improvement of the basic skills of football dribbling; (2) There is no interaction on interval training methods with the ability of agility to increase the skills of football dribbling; (3) The effect of intensive training method is better than extensive training method in high ability agility to increase the basic skills of soccer dribbling. (4) The effect of extensive method is better than the method of intensive training on the low ability of agility to increase the basic skills of soccer dribbling.

Key Words : Intensive Interval Training Method, Extensive Interval Training Method, Ability of *agility* (*Agility Capability*), and Skills of Football Dribbling.

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