

ABSTRAK

PENGARUH LATIHAN FOOT SPEED LADDER DRILL TERHADAP PENINGKATAN KELINCAHAN MENGGIRING BOLA PADA CABANG OLAHRAGA SEPAK BOLA

Imam Taufik Hidayat*
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Fakultas Pendidikan Olahraga Dan Kesehatan
Universitas Pendidikan Indonesia

DOSEN PEMBIMBING : Dr. BERLIANA. M. Pd.

Permasalahan yang penulis ajukan pada penelitian ini mengenai pelatihan *foot speed ladder drill* di lingkungan Sekolah Sepakbola. Penelitian ini bertujuan untuk mengetahui ada tidaknya ”Peningkatan Kelincahan menggiring bola Melalui Pelatihan *foot speed ladder drill*”. Metode penelitian yang digunakan adalah metode eksperimen dengan teknik *total sampling* yaitusiswa SSB PROPELAT U-14 Tahun sebanyak 16orang. Penelitian ini menggunakan desain *pre-test-post-test control grup design*. Instrumen penelitian yang digunakan adalah tes*dribbling slalom tes* dengan derajat validitas sebesar 0,73 dan reliabilitas 0,70. Dari hasil analisis data statistik diketahui nilai *uji paired samples test* data diketahui nilai sig. (2-tailed) sebesar $0.002 < 0.05$, maka dapat diambil kesimpulan H_0 ditolak. Hal ini menunjukkan terdapat pengaruh yang signifikan dari metode latihan *foot speed ladder drill* terhadap peningkatan kelincahan menggiring bola pada cabang olahraga sepak bola. Pelatihan *foot speed ladder drill* dilingkungan pembinaan sepak bola penting dipakai untuk meningkatkan kelincahan menggiring bola.

*) Mahasiswa Prodi PKO FPOK Universitas Pendidikan Indonesia Angkatan 2012.

ABSTRACT

SPEED TRAINING LADDER EFFECT OF FOOT DRILL THE IMPROVEMENT AGILITY DRIBBLE BRANCH IN SPORT SOCCER

Imam Taufik Hidayat *
2016

Faculty of Physical Education and Health
Indonesian education university

COACH LECTURER: Dr. Berliana. M. Pd.

This study is aimed to investigate the influence of foot speed ladder drill training in a Soccer School. This study also examines whether or not foot speed ladder drill training can improve the participants' dribbling speed. The method used in this study is the experimental one with total sampling technique. The participants involved in this study are 16 students from SSB Propelat U-14. Furthermore, a pre-test-post-test control group design is also involved in this study. However, the instrument used in this study is dribbling slalom test with validity of a measure for about 0.73 and reliability of a measure for about 0.70. According to the analysis of statistics data, the score of paired samples test is sig. (2-tailed) in the amount of $0.002 < 0.05$. Accordingly, the result shows that H_0 is rejected. All in all, this study indicates that foot speed ladder drill training gives a significant influence to the participants' dribbling speed. In this case, foot speed ladder drill training is essential to be used in a soccer school since that training is able to improve the students' dribbling speed.

*) Students Prodi PKO Forces FPOK Indonesia University of Education, 2012.