

ABSTRAK

Ro'i, Ach Mudaqkir Ro'i. 2020. Pengaruh Latihan Variasi *Leader Drill* Terhadap Kelincahan Pemain Sepak Bola Siswa SSB Cobra Surabaya. Sripsi Program Studi Pendidikan Jasmani. Universitas PGRI Adi Buana Surabaya. Pembimbing: Drs. Ismawandi B. P. M.Pd.

Kata kunci: *Latihan Variasi Leader Drill Terhadap Kelincahan Pemain Sepak Bola*

Penelitian ini bertujuan untuk mengetahui ada tidaknya menggiring pemain sepak bola siswa SSB Cobra Surabaya. Maka hipotesis yang diajukan penulis yaitu pengaruh latihan variasi *leader drill* terhadap kelincahan menggiring pemain sepak bola siswa SSB Cobra Surabaya. Subjek penelitian ini adalah sebagian dari siswa SSB Cobra Surabaya yang berjumlah 20 orang. Dalam penelitian ini menggunakan desain *pre test-prost test*. Desain ini berbentuk sangat sederhana, terdiri atas satu perlakuan dan sebuah kontrol, tetapi bisa dikembangkan menjadi beberapa perlakuan.

Metode pengumpulan data menggunakan tes dan pengukuran kelincahan menggiring bola. Analisis data yang digunakan untuk menguji hipotesis adalah rumusan uji "T". Berdasarkan hasil pengamatan hipotesis alternatif (H_a) diterima dan (H_o) ditolak. Jadi disimpulkan bahwa ada pengaruh latihan speed leader drill terhadap kelincahan pemain siswa SSB Cobra Surabaya.

ABSTRACT

Ro'i, Ach Mudaqkir Ro'i. 2020. The Effect of Leader Drill Variation Exercise on the Agility of Football Players SSB Cobra Surabaya. Description Physical Education Study Program. PGRI Adi Buana University Surabaya. Supervisor: Drs. Ismawandi B. P. M.Pd.

Key Words: *Leadder Drill Variation Exercise Against Soccer Player Agility*

This study aims to determine the presence or absence of soccer player student SSB Cobra Surabaya. Then the hypothesis proposed by the author is the effect of leader drill variation exercises on agility leading soccer players of SSB Cobra Surabaya students. The subjects of this research were 20 students from Cobra Surabaya SSB. In this study using a pre-prostate test design. This design is very simple, consisting of one treatment and a control, but can be developed into several treatments.

The method of collecting data uses tests and measurements of the agility of dribbling. Analysis of the data used to test hypotheses is the formulation of the "t" test. Thus the alternative hypothesis (H_a) which says there is an effect of speed leader drill training on the agility of dribbling received. So it can be concluded that there is a significant influence on the SSB Surabaya Cobra soccer players who use leader drill exercises.