

ABSTRAK

Cici Handayani. 2017.” Pengaruh Latihan *Ladder Drill* terhadap kecepatan menggiring bola dalam *Handball*”. Skripsi. Jurusan Pendidikan Jasmani. Universitas Adi Buana Surabaya. Pembimbing: Dr. Drs. Abd. Cholid, S.Pd, M.Pd.

Kata Kunci : Pengaruh Latihan *Ladder Drill* dalam *Handball*

Penelitian ini bertujuan untuk mengetahui pengaruh latihan ladder Drill Terhadap Kecepatan Mendribble Bola Dalam Handball pada atlet *Clubb Handball* Samarinda. Penelitian ini dilakukan dengan sampel yang berjumlah 10 atlet.

Penelitian menggunakan metode kuantitatif, karena bertujuan mendeskripsikan pengaruh modifikasi *Ladder Drill* terhadap kecepatan *dribbling*. Berdasarkan hasil penelitian di atas terbukti bahwa permainan bola tangan dengan menggunakan modifikasi latihan *Ladder Drill* dapat meningkatkan kecepatan dalam *Dribbling*.

Dari hasil penelitian yang telah dilaksanakan selama 2 minggu di Club Handball Samarinda serta berdasarkan analisis data uji t di peroleh nilai dan thitung sebesar 17.145 dengan signifikan adalah 2,262. Terlihat bahwa t hitung > t tabel. Dengan demikian dapat di simpulkan bahwa nilai signifikansinya $0,000 < 0,05$. ada pengaruh yang signifikan pelatihan *Ladder Drill* terhadap kecepatan mendribble bola dalam Handball pada *Club Handball Samarinda*.

ABSTRACT

Cici Handayani. 2017. *" The Effect of Ladder Drill Exercise on the speed of dribbling in Handball ' . Essay. Department of Physical Education.PGRI Adi Buana University Surabaya. Advisor: Dr. Drs. Abd. Cholid, S.Pd , M.Pd.*

Keywords : The Effect of Ladder Drill Exercises on Handball

This study aims to determine the effect of ladder drill training on Mendribble Speed in Handball for Clubb Handball athletes in Samarinda. This research was conducted with a sample of 10 athletes.

This research uses a quantitative method, because it aims to describe the effect of Ladder Drill modification on dribbling speed. Based on the results of the above research it is proven that handball games using modified Ladder Drill exercises can increase speed in dribbling.

From the results of research that has been carried out for 2 weeks at the Samarinda Handball Club and based on the analysis of the t-test data, the value and tcount of 17,145 were obtained with a significant value of 2.262. It can be seen that $t_{arithmetic} > t_{table}$. Thus it can be concluded that there is a significant effect of Ladder Drill training on the speed of dribbling the ball in Handball at the Samarinda Handball Club.

