

## ABSTRAK

Achmad Fauzan Solehuddin. 2020. *Pengaruh Variasi Dribbling Zig-Zag Terhadap Kemampuan Menggiring Bola Pada Siswa SMA Wachid Hasyim 2 Taman Sidoarjo*. Skripsi. Program Studi Pendidikan Jasmani. Fakultas Keguruan Dan Ilmu Pendidikan. Universitas PGRI AdiBuana Surabaya. Pembimbing:

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Kata Kunci: Variasi *dribbling zig-zag*, menggiring bola

Penelitian ini dilatar belakangi oleh kemampuan menggiring bola dalam permainan sepakbola masih kurang maksimal komponen fisik yang diduga sangat berperan dalam kemampuan menggiring bola menjadi indikasi kurang maksimalnya kemampuan menggiring bola pada siswa tersebut. Masih banyak yang kurang mampu menguasai teknik menggiring bola dengan baik. Tujuan penelitian ini adalah untuk mengetahui pengaruh latihan kelincahan terhadap kemampuan menggiring bola dalam permainan sepakbola di SMA Wachid Hasyim 2 Taman. Penelitian ini menggunakan pendekatan kuantitatif. Populasi dalam penelitian ini adalah siswa kelas X SMA Wachid Hasyim 2 Taman dan sampel penelitian ini adalah 15 siswa kelompok eksperimen dan 15 siswa kelompok kontrol SMA Wachid Hasyim 2 Taman.

Hasil penelitian ini menunjukkan bahwa uji-t dengan bantuan SPSS 21.0. Diperoleh nilai sig.(2-tailed) pada kelompok pretest dan posttest yaitu sebesar 0,104 sehingga nilai sig.(2-tailed) < 0,05. Maka dapat disimpulkan bahwa ada pengaruh variasi *dribbling zig-zag* terhadap kemampuan menggiring bola pada siswa Wachid Hasyim 2 Taman.

## **ABSTRAK**

AchmadFauzanSolehhudin. 2020. The Effect of Zig-Zag Dribbling Variations on Dribbling Ability in Wachid Hasyim 2 High School Students, Sidoarjo Park. Thesis. Physical Education Study Program. Faculty of Teacher Training and Education. PGRI AdiBuana University Surabaya. Supervisor: Dr. Muh. Muhyi, M.Pd.

Keywords: Zig-zag dribbling variation, dribbling

The basic skill of an epak ball is that all players must be able to master the ball while moving, standing, or preparing to pass or shoot. Dribbling is one of the most important basic techniques. But the basic technical abilities of soccer, especially the basic dribbling techniques in soccer games, are still not optimal. There are several factors that cause weaknesses, one of which is in terms of programs developed in activities that are not neatly arranged. So the researchers conducted a study entitled "The Effect of Zig-Zag Dribbling Variations on the Ability of Dribbling in Wachid Hasyim 2 High School Students in Sidoarjo Park" with the aim of finding out whether or not there was an effect on the effect of agility training on dribbling skills in soccer, and the benefits in This research is used as objective information material about the effect of zigzag running with dribbling skills.

This research is a quantitative study, with a pre-experimental design. The population in this study were all students of class X IPS 5 of SMA Wachid Hasyim 2 Taman, and the samples were. Taken are 20 students of class X IPS 5 of Wachid Hasyim 2 Taman High School. Sampling using a random sampling technique. Data collection techniques in this study used the zig-zag test method. The data analysis technique used is the normality, homogeneity test, and paired sample t test with the help of SPSS 21.0. From the results of research conducted on data analysis using SPSS 21.0, the results show that both data are normally distributed and homogeneous. While the results of the T test sig. (2-tailed) in the pretest and posttest groups is equal to

0.104 so that the value of sig. (2-tailed)  $< 0.05$ . So it can be concluded that there is an influence of zig-zag dribbling variation on dribbling ability on students of Wachid Hasyim 2 Taman Sidoarjo.