

ABSTRAK

Zammi, Mochammad N. 2021 *Pengaruh Latihan Dribble Zig-zag Terhadap Kelincahan Menggiring Bola Pada Siswa SSB Setya Bhakti Pelemwatu*. Program Studi Pendidikan Jasmani. Fakultas Pedagogi dan Psikologi. Universitas PGRI Adi Buana Surabaya, Pembimbing : Achmad Nuryadi. S.Pd., M.Pd.

Kata Kunci : *Dribble zig-zag*, Kelincahan, Menggiring Bola

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *dribble zig-zag* terhadap kelincahan menggiring bola pada siswa SSB Setya Bhakti Pelemwatu U-15. Metode penelitian yang digunakan adalah metode *kuantitatif* dengan rancangan penelitian *Pre test - Post test dan Control Grup Design*. Populasi dalam penelitian ini adalah seluruh siswa atau atlet di SSB Setya Bhakti Pelemwatu U-15. Sampel yang digunakan penelitian ini yang berjumlah 30 siswa di SSB Setya Bhakti Pelemwatu U-15 yang semua dijadikan sampel. Analisis data yang dilakukan dengan Uji Nprmalitas, Uji Homogenitas, Uji Hipotesis dan Uji Mann-Whitney U yang dilakukan menggunakan program SPSS versi 24. Hasil penelitian menyatakan bahwa latihan *dribble zig-zag* ada pengaruh terhadap kelincahan menggiring bola. Hasil pengujian hipotesis diperoleh nilai rata-rata *post-test* adalah 8. Siswa kelompok eksperimen adalah siswa yang menerima latihan *dribble zig-zag* dan nilai rata-rata *post-test* kelompok kontrol adalah 7 terlihat bahwa rata-rata kelompok eksperimen lebih baik dari nilai rata-rata kelompok kontrol.

ABSTRACT

Zammi, Mochammad N. 2021. *The Effect of Dribble Zigzag Training on Dribbling Agility in Setya Bhakti Pelemwatu SSB Students*. Undergraduate Thesis. Physical Education Department. Faculty of Pedagogy and Psychology. University of PGRI Adi Buana Surabaya. Advisor : Achmad Nuryadi. S.Pd., M.Pd.

Keywords: *Dribble zig-zag*, Agility, Herding Ball

This study aims to determine the effect of exercise zigzag dribble on the dribble agility on students SSB Setya Bhakti Pelemwatu U-15. The research method used is quantitative method with a Pre test-Post test and Control Group Design. The population in this study were all students or athletes at SSB Setya Bhakti U-15. The sample used in this study, amount to 30 students at SSB Setya Bhakti Pelemwatu U-15, all of whom were sampled. Data analysis was performed using the Normality Test, Homogeneity Test, Hypothesis Test and Mann-Whitney U Test which were carried out using the SPSS version 24 program. The results showed that the dribble zig-zag exercise had an effect on dribbling agility. Hypothesis testing results obtained by the average value of the post-test was 8. The experimental group students were students who received the exercise dribble zig-zag and the mean score post-test of the control group was 7. It could be seen that the average score of the experimental group was better than the average score of the control group.