

ABSTRAK

Nandang Firmansyah 2124220007. “Pengaruh variasi Latihan *Ball Feeling* Terhadap kemampuan *Dribbling* Peserta Ekstrakurikuler Futsal SMK Negeri 2 Ciamis”. Pembimbing 1 Dr. Risma S.Si., Pembimbing II M.Pd. Muhammad Nurzaman S.Pd., M.Pd., AIFO.,

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *ball feeling* terhadap kemampuan *dribbling* ekstrakurikuler futsal SMK Negeri 2 Ciamis. Sampel penelitian ini sebanyak 20 orang dengan menggunakan total sampling. Data dikumpulkan melalui tes awal dan tes akhir setelah pemberian perlakuan latihan. Hasil penelitian ini menunjukkan peningkatan kemampuan *dribbling* bervariasi dengan sebagian peserta berada pada kategori “Baik” hingga “Sangat Baik”. Analisis statistik menunjukkan bahwa data berdistribusi normal. Hasil uji t menunjukkan perbedaan antar skor tes awal dan tes akhir yang signifikan ($t_{hitung} < t_{tabel}$). Variasi latihan *ball feeling* meningkatkan keterampilan *dribbling* secara signifikan, latihan ini memberikan efek positif pada kemampuan *dribbling* dan peserta ekstrakurikuler lebih nyaman atau percaya diri ketika memegang bola, serta menciptakan suasana latihan yang menyenangkan dan meningkatkan motivasi peserta.

Kata Kunci: Variasi latihan, *Ball feeling*, *Dribbling*, Futsal, Ekstrakurikuler SMK

ABSTRACT

Nandang Firmansyah (2124220007). “The Effect of Varied Ball-Feeling Exercises on the Dribbling Ability of Futsal Extracurricular Participants at SMK Negeri 2 Ciamis.” Supervisors: Dr. Risma, S.Si. Supervisor I and Muhammad Nurzaman, S.Pd., M.Pd., AIFO. Supervisor II.

This study aimed to determine the effect of ball-feeling exercises on the dribbling ability of futsal extracurricular participants at SMK Negeri 2 Ciamis. The study utilized a total sampling method with a sample size of 20 participants. Data were collected through pre-tests and post-tests administered before and after the training intervention. The results showed an improvement in dribbling ability, with some participants reaching the “Good” to “Very Good” categories. Statistical analysis indicated that the data were normally distributed. T-test results revealed a significant difference between pre-test and post-test scores (calculated $t < t\text{-table}$). Varied ball-feeling exercises significantly improved dribbling skills; the training had a positive effect on dribbling ability, made participants feel more comfortable and confident when handling the ball, created an enjoyable training atmosphere, and boosted participant motivation.

Keywords: Exercise variations, Ball feeling, Dribbling, Futsal, Vocational High School (SMK) extracurriculars.