

ABSTRACT

NOUVAL DAFA NAZY. 2124220021. *“The Effect of Slalom Dribbling Drills on Improving Ball-Handling Skills in Soccer.”* During the writing of this thesis, the author was supervised by Dr. Risma, S.Si., M.Pd., as the first advisor, and Mr. Asep Ridwan Kurniawan, S.Si., M.Pd., as the second advisor.

This study addresses the research question: Is there an effect of the slalom dribbling drill format on dribbling skills among 13-year-old athletes? The objective is to determine the effect of slalom dribbling drills on improving dribbling skills among athletes at the Karya Muda Soccer School (SSB). Dribbling skills are a crucial fundamental technique; however, observations indicate that players' abilities are still suboptimal due to monotonous training methods. The research method used was a quantitative experimental study employing a pre-experimental design (one-group pretest-posttest design). The study population consisted of all athletes at the Karya Muda SSB. Total sampling was used to select a sample of 20 athletes. The measurement instrument was a dribbling test measured in seconds. The intervention program was conducted over 4 weeks, three times per week. Data were analyzed using a paired samples t-test. The results of the study showed that the average pretest time was 10.78 seconds and the posttest time was 8.40 seconds, representing an increase in speed (time efficiency) of 2.38 seconds. The results of the paired samples t-test yielded a calculated t-value of 12.217 with a significance level of $p = 0.000 < 0.05$; therefore, H_0 was rejected and H_1 was accepted. In conclusion, there is a significant effect of slalom dribbling drills on improving ball-handling skills among athletes at the Karya Muda SSB.

ABSTRAK

NOUVAL DAFA NAZY. 2124220021. “Pengaruh Latihan *Slalom dribble* Terhadap Peningkatan Keterampilan Menggiring Bola Dalam Permainan Sepakbola”. Selama penulisan skripsi ini, penulis di bawah bimbingan Ibu Dr. Risma, S.Si., M.Pd., sebagai pembimbing I dan Bapak Asep Ridwan Kurniawan, S.Si., M.Pd selaku pembimbing II.

Penelitian ini mempunyai rumusan masalah yaitu apakah terdapat pengaruh bentuk Latihan *slalom dribble* terhadap keterampilan menggiring bola pada K.U 13. Dengan bertujuan untuk mengetahui pengaruh latihan *slalom dribble* terhadap peningkatan keterampilan menggiring bola (*dribbling*) pada atlet Sekolah Sepak Bola (SSB) Karya Muda. Keterampilan menggiring bola merupakan teknik dasar yang sangat krusial, namun observasi menunjukkan kemampuan pemain masih belum optimal akibat metode latihan yang monoton. Metode penelitian yang digunakan adalah kuantitatif eksperimen dengan desain *Pre-Experimental Design (One-Group Pretest-Posttest Design)*. Populasi penelitian adalah seluruh atlet SSB Karya Muda. Teknik pengambilan sampel menggunakan *total sampling* dengan jumlah 20 atlet. Instrumen pengukuran menggunakan Tes Menggiring Bola dengan satuan waktu (detik). Program intervensi dilaksanakan selama 4 minggu dengan frekuensi 3 kali per minggu. Data dianalisis menggunakan uji-t sampel berpasangan (*Paired Samples t-Test*). Hasil penelitian menunjukkan rata-rata waktu *pretest* sebesar 10,78 detik dan *posttest* sebesar 8,40 detik, mengalami peningkatan kecepatan (efisiensi waktu) sebesar 2,38 detik. Hasil *paired samples t-test* memperoleh nilai *t*-hitung sebesar 12,217 dengan nilai signifikansi $p = 0,000 < 0,05$, sehingga H_0 ditolak dan H_a diterima. Kesimpulannya, terdapat pengaruh yang signifikan dari latihan *slalom dribble* terhadap peningkatan keterampilan menggiring bola pada atlet SSB Karya Muda.