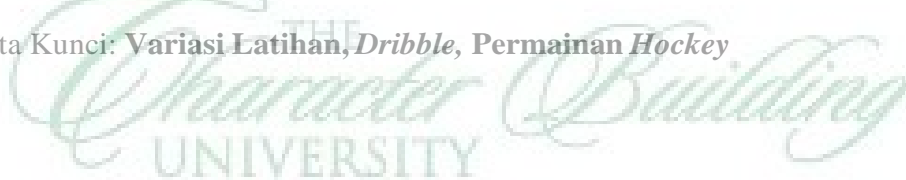


ABSTRAK

NANDA KARYA PUTRA LUMBAN RAJA. (NIM. 6171121029) Pengaruh Variasi Latihan Dribble Terhadap Kemampuan Dribble Dalam Permainan Hockey Indoor Pada Atlet Putri Unimed Hockey Club Tahun 2022. (Pembimbing: Nono Hardinoto)
SIKRIPSI: Fakultas Ilmu Keolahragaan Unimed 2023

Tujuan penelitian ini adalah untuk mengetahui Pengaruh Variasi Latihan Dribble Terhadap Kemampuan Dribble Dalam Permainan Hockey Indoor Pada Atlet Putri Unimed Hockey Club Tahun 2022. Ada 5 Variasi latihan yang digunakan dalam penelitian ini adalah latihan *Dribble zig-zag(dzz)*, *Dribble* segi empat maju kanan maju mundur kiri (*dsemkmk*), *Dribble* segi empat maju kanan maju mundur kanan (*dsemkmk*), *Dribble* dinamis kecil (*ddbkc*), dan *Dribble* dinamis pendek tengah jauh kanan kiri (*ddptjkk*), bentuk latihan ini dilakukan secara bergantian dan bervariasi setiap latihan. Penelitian ini menggunakan metode Eksperimen melalui pengumpulan data menggunakan tes dan pengukuran. Program latihan dilakukan selama 6 minggu dengan frekuensi 3 kali seminggu (18 pertemuan), Populasi adalah seluruh jumlah atlet putri Unimed *hockey club* berjumlah 10 orang dan jumlah sampel ada 10 orang yang diperoleh dengan teknik Total sampling dimana pengambilan sampel dengan memilih sampel secara keseluruhan. Semua sampel melakukan variasi latihan yang sudah disusun dalam program latihan serta melakukan *Pre-test* diminggu awal sebelum latihan dan *Post-test* diminggu terakhir latihan. Data dianalisis menggunakan statistic non parametric yaitu uji *wilcoxon*. Data yang diperoleh dengan menggunakan uji *Wilcoxon* menunjukkan $W_o = 1$ dan tabel pada taraf nyata $\alpha = 0,05 = 8$ maka $L_{hitung} = 1 < L_{tabel} = 8$. Berdasarkan pengujian hipotesis yaitu H_o ditolak H_a diterima dapat disimpulkan “ada pengaruh variasi latihan dribble terhadap kemampuan dribble dalam permainan hockey indoor pada atlet putri unimed hockey club tahun 2022.

Kata Kunci: Variasi Latihan, *Dribble*, Permainan *Hockey*



ABSTRACT

NANDA KARYA PUTRA LUMBAN RAJA. (*Registration Number 6171121029*) *The Effect of Dribble Training Variations on Dribble Ability in Indoor Hockey Games for Women Athletes at Unimed Hockey Club in 2022.* (*Supervisor: Nono Hardinoto*)
Thesis: Unimed Faculty of Sports Science 2023

The purpose of this study was to determine the effect of Dribble Exercise Variations on Dribble Ability in Indoor Hockey Games in Unimed Hockey Club Female Athletes in 2022. There are 5 variations of exercises used in this study, namely Dribble zig-zag (dzz), Quadrilateral Dribble forward right forward and backward left (dsemkmk), rectangular dribble forward right forward backward right (dsemkmk), small dynamic dribble (ddbkc), and short dynamic dribble middle far right left (ddptjkk), this form of exercise is performed alternately and varies for each exercise. This study uses the experimental method through collecting data using tests and measurements. The training program is carried out for 6 weeks with a frequency of 3 times a week (18 meetings). The population is the entire number of Unimed hockey club female athletes totaling 10 people and the number of samples is 10 people obtained by total sampling technique where the sample is taken by selecting the whole sample. All samples carried out variations of the exercises that had been arranged in the training program and carried out a pre-test in the first week before practice and a post-test in the last week of practice. Data were analyzed using non-parametric statistics, namely the Wilcoxon test. The data obtained using the Wilcoxon test showed $W_o = 1$ and the table at a significant level $\alpha = 0.05 = 8$ then $1 < = 8$. Based on the hypothesis testing, namely H_o is rejected H_a is accepted, it can be concluded "there is an effect of variations in dribble training on dribble ability in indoor hockey games for female athletes at the Unimed Hockey Club in 2022.

Keywords: Practice Variation, Dribble, Hockey Game

