

ABSTRACT

ANWAR SIREGAR, NIM 6183121042. *The Effect of Dribbling Slalom and Curving Line Trajectory Exercises on Dribbling Ability in Soccer Athletes Age 14-15 Years Old SSB Patriot Medan in 2022*

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Football is a sport that is popular and loved all over the world. Skills and mastery of basic soccer techniques, especially dribbling, really need to be improved to support the success of the game of soccer. Dribbling skills can be improved with dribbling slalom and curving line trajectory exercises. This study aims to determine the effect of dribbling slalom and curving line trajectory exercises on the ability to dribble in soccer athletes aged 14-15 years at SSB Patriot Medan. This research method is an experimental research design with pre test and post test one group design. The sample in this study amounted to 16 SSB Patriot field athletes aged 14-15 years who were obtained using purposive sampling technique. based on the results of statistical tests using a t-test with a significant level ($\alpha = 0.05$) between the pre-test and post-test of the ability to dribble, the value of $t_{count} = 2.51 > t_{table\ value} = 2.12$. The conclusion of this study is that there is a significant effect between slalom dribbling and curving line trajectory exercises on the ability to dribble in athletes aged 14-15 years SSB Patriot in 2022. Therefore, it is recommended that slalom dribbling and curving line trajectory exercises be included in the soccer training program.

Keyword: Dribbling Slalom, Curving Line Trajectory, Dribbling Ability

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ABSTRAK

ANWAR SIREGAR, NIM 6183121042. Pengaruh Latihan *Dribbling Slalom* dan *Curving Line Trajectory* Terhadap Kemampuan Menggiring Bola pada Atlet Sepakbola Usia 14-15 Tahun SSB Patriot Medan Tahun 2022

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Sepakbola merupakan cabang olahraga yang populer dan digemari diseluruh dunia. Keterampilan dan penguasaan teknik dasar sepak bola khususnya menggiring bola sangat perlu ditingkatkan untuk menunjang keberhasilan permainan sepak bola. Kemampuan menggiring bola dapat ditingkatkan dengan latihan *Dribbling slalom* dan *curving line trajectory*. penelitian ini bertujuan untuk mengetahui pengaruh latihan *dribbling slalom* dan *curving line trajectory* terhadap kemampuan menggiring bola pada atlet sepakbola usia 14-15 tahun SSB Patriot Medan. Metode penelitian ini adalah eksperiment dengan *design* penelitian *pre test* dan *post test one group design*. Sampel dalam penelitian berjumlah 16 atlet SSB Patriot medan berusia 14-15 tahun yang didapatkan dengan menggunakan teknik *purposive sampling*. berdasarkan hasil uji statistic dengan menggunakan uji-t dengan tingkat signifikan ($\alpha = 0,05$) antara *pre test* dan *post test* kemampuan menggiring bola didapatkan nilai $t_{hitung} = 2,51 > \text{nilai } t_{tabel} = 2,12$. Kesimpulan dari penelitian ini adalah terdapat pengaruh signifikan antara latihan *dribbling slalom* dan *curving line trajectory* terhadap kemampuan menggiring bola pada atlet usia 14-15 tahun SSB Patriot tahun 2022. Oleh karena itu, disarankan agar latihan *slalom dribbling* dan *curving line trajectory* dimasukkan dalam program latihan sepakbola.

Kata kunci: *Dribbling Slalom*, *Curving Line Trajectory*, Kemampuan Menggiring Bola

