

ABSTRAK

JUNLIO SIMANJUNTAK, NIM. 6183111026, Pengaruh Latihan *Speed Drills* Terhadap Hasil Belajar *Dribbling* Sepak Bola Usia 10-12 Tahun Pada Ssb Garuda Bintang Kabupaten Deli Serdang Tahun 2022.

(Pembimbing: Dra. Onyas Widianingsih, M.Pd)

Penelitian ini bertujuan untuk mengetahui Pengaruh Latihan *Speed Drills* Terhadap Hasil Belajar *Dribbling* Sepak Bola Usia 10-12 Tahun Pada SSB Garuda Bintang Kabupaten Deli Serdang Tahun 2022. Metode penelitian yang digunakan adalah Metode *eksperimen* dengan teknik pengambilan data yang melibatkan satu variabel bebas yaitu latihan *Speed drill*. Jumlah sampel 12 orang diperoleh dengan teknik *Purposive Sampling*. Instrument penelitian untuk pengumpulan data dengan tes portopolio penilaian keterampilan *dribbling* sepakbola. Penelitian ini dilaksanakan selama 4 (empat) minggu dengan latihan 3 (tiga) kali seminggu dengan 12 kali pertemuan. Hasil penelitian, dari data *pre-test* dan *post-test* portopolio penilaian keterampilan *dribbling* bola pada permainan sepak bola melalui variasi latihan *speed drills* meningkatkan nilai rata-rata atlet pada *pre-test* (48,75%) dan pada test *post-test* meningkat menjadi (55,15%).

Hasil analisis uji T ditemukan bahwasanya $p\text{-value } 0,001 < 0,05$ maka terdapat perbedaan yang signifikan skor keterampilan *dribbling* atlet sebelum dan sesudah diberikan perlakuan.

Kata kunci: **Pengaruh Latihan *Speed Drills* Terhadap Hasil Belajar *Dribbling* Sepak Bola**

ABSTRACT

JUNLIO SIMANJUNTAK, NIM. 6183111026, The Effect of Speed Drills Training on Soccer Dribbling Learning Outcomes Age 10-12 Years At SSB Garuda Bintang Deli Serdang Regency in 2022.

(Supervisor: Dra. Onyas Widianingsih, M.Pd)

This study aims to determine the effect of speed drills training on soccer dribbling learning outcomes aged 10-12 years at SSB Garuda Bintang, Deli Serdang Regency in 2022. The research method used is an experimental method with data collection techniques involving one independent variable, namely speed drill exercises. The number of samples of 12 people was obtained by purposive sampling technique. The research instrument for collecting data was a portfolio test for assessing soccer dribbling skills. This research was conducted for 4 (four) weeks with training 3 (three) times a week with 12 meetings. The results of the study, from the pre-test and post-test portfolio data that the assessment of ball dribbling skills in soccer games through variations in speed drills exercises increased the average score of athletes in the pre-test (48.75%) and in the post-test test increased to (55.15%).

The result of the T-test analysis found that the p-value was $0,001 < 0,05$, so there was a significant difference in the score of the athlete's dribbling skills before and after being given treatment.

Keywords: The Effect of Speed Drills on Dribbling Learning outcomes Football.