

ABSTRAK

Fauzan Adzaky (NIM 6213311029). Pengaruh latihan *Ball Feeling* terhadap keterampilan *Dribbling* pada peserta Ekstrakurikuler Futsal MTsN Tebing Tinggi. (Pembimbing : Dr. Asep Suharta, M.Pd).

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Penelitian ini bertujuan untuk mengetahui pengaruh latihan *ball feeling* terhadap keterampilan *dribbling* pada peserta ekstrakurikuler futsal MTsN Tebing Tinggi. Permasalahan yang mendasari penelitian ini ialah rendahnya keterampilan *dribbling* pada siswa, khususnya dalam menguasai bola dan melewati lawan, sehingga diperlukan metode latihan yang tepat. Metode penelitian yang dipakai ialah eksperimen dengan desain *One Group Pretest – Posttest Design*. Sampel penelitian berjumlah 14 siswa peserta ekstrakurikuler futsal yang ditentukan secara *purposive sampling*. Instrumen yang dipakai untuk mengukur keterampilan *dribbling* ialah tes *dribbling*. Hasil penelitian menunjukkan adanya peningkatan keterampilan *dribbling* setelah diberikan latihan *ball feeling*. Hal ini terbukti dengan hasil uji – t diperoleh $t_{hitung} = 2,68 > t_{tabel} = 2,16$ dengan nilai signifikansi $p = 0,02 < 0,05$. Dengan begitu bisa disimpulkan bahwa latihan *ball feeling* berpengaruh signifikan untuk keterampilan *dribbling* kepada peserta ekstrakurikuler futsal MTsN Tebing Tinggi.

Kata Kunci : *ball feeling, dribbling, futsal*

ABSTRACT

Fauzan Adzaky (Student ID: 6213311029). The Effect of *Ball Feeling* Training on *Dribbling* Skills of Futsal Extracurricular Participants at MTsN Tebing Tinggi. (Thesis Advisor: Dr. Asep Suharta, M.Pd.)

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This study aims to determine the effect of *ball feeling* training on the *dribbling* skills of futsal extracurricular participants at MTsN Tebing Tinggi. The background underlying this research is the low *dribbling* ability of students, especially in *controlling* the ball and *passing* opponents, which indicates the need for an appropriate training method. The research employed an experimental method with a *One Group Pretest-Posttest Design*. The sample consisted of 14 futsal extracurricular participants selected through purposive sampling. The instrument used to measure *dribbling* skills was a *dribbling* test. The results showed an improvement in *dribbling* skills after being given *ball feeling* training. This finding was supported by the t-test results, showing that the t-count = 2.68 > was greater than the t-table = 2.16 with a significance value of $p = 0.02 < 0.05$. Therefore, it can be concluded that *ball feeling* training has a significant effect on *dribbling* skills of futsal extracurricular participants at MTsN Tebing Tinggi.

Keywords: *ball feeling*, *dribbling*, futsal