

ABSTRAK

Joel Matheus Dior Panggabean (NIM 6213121071) “PENGARUH VARIASI LATIHAN *DRIBBLING* TERHADAP HASIL *DRIBBLING* PADA ATLET SSB PORKAM DELI SERDANG U-14 TAHUN 2025”.

(Pembimbing : Dewi Endriani)

Skripsi : Fakultas Ilmu Keolahragaan Universitas Negeri Medan 2026

Penelitian ini bertujuan untuk mengetahui pengaruh variasi latihan *dribbling* terhadap hasil *dribbling* pada atlet SSB Porkam Deli Serdang U-14 dengan terdapat sebanyak 6 bentuk variasi latihan yang dirancang untuk meningkatkan hasil *dribbling*.

Penelitian ini dilakukan di Sekolah Sepak Bola Porkam Deli Serdang yang berlokasi di Jalan Batu Sihombing, Kenangan Baru, Kec. Percut Sei Tuan, Kabupaten Deli Serdang. Pengambilan data dimulai dari 12 Agustus s/d 25 September 2025, Jumlah sampel pada penelitian ini berjumlah 11 orang. Metode penelitian adalah Eksperimen dengan melakukan tes awal (*pre test*) yaitu dengan test *dribbling*, kemudian sampel diberikan latihan menggunakan variasi latihan *dribbling* dengan program latihan yang telah disusun kemudian setelah 6 minggu menjalani latihan terprogram sampel melakukan tes akhir (*post test*).

Wilcoxon Signed Rank Test yaitu, pengaruh variasi latihan *dribbling* terhadap hasil *dribbling* pada atlet SSB Porkam Deli Serdang U-14 Tahun 2025, diperoleh w-hitung 0 dan w-tabel 10 pada taraf nyata $\alpha = 0,05$ maka w-hitung < w-tabel. Berdasarkan pengujian *Wilcoxon Signed Rank Test* yaitu H_0 ditolak, sehingga dalam penelitian ini ditarik kesimpulan bahwa variasi latihan *dribbling* memberikan pengaruh yang signifikan terhadap hasil *dribbling* pada atlet SSB Porkam Deli Serdang U-14 Tahun 2025.

Kata kunci : Variasi Latihan, *Dribbling*, SSB Porkam



ABSTRACT

Joel Matheus Dior Panggabean. (NIM 6213121071) "THE EFFECT OF DRIBBLING EXERCISE VARIATIONS ON DRIBBLING RESULTS OF SSB PORKAM DELI SERDANG U-14 ATHLETES IN 2025".

(Guidance : Dewi Endriani.)

Thesis : Faculty of Sports Sciences State University of Medan 2026

This study aimed to determine the effect of dribbling training variations on dribbling performance in U-14 Porkam Deli Serdang Football School (SSB Porkam) athletes. Six training variations were designed to improve dribbling performance.

This study was conducted at the Porkam Deli Serdang Football School, located on Jalan Batu Sihombing, Kenangan Baru, Percut Sei Tuan District, Deli Serdang Regency. Data collection began from August 12 to September 25, 2025. The sample size for this study was 11. The research method was experimental, with a pre-test, a dribbling test, and then training using a variety of dribbling training exercises within a pre-designed training program. After six weeks of programmed training, the sample underwent a post-test.

Wilcoxon Signed Rank Test, namely, the effect of dribbling training variations on dribbling results in SSB Porkam Deli Serdang U-14 athletes in 2025, obtained w-count 0 and w-table 10 at the real level $\alpha = 0.05$, then w-count < w-table. Based on the Wilcoxon Signed Rank Test, H_0 is rejected, so in this study it is concluded that dribbling training variations have a significant effect on dribbling results in SSB Porkam Deli Serdang U-14 athletes in 2025.

Keywords : Training Variations, Dribbling, SSB Porkam

