

ABSTRAK

JUAN CLAUDIO EBENEZER TARIGAN, NIM: 6193321023. Pengaruh Latihan Koordinasi Mata Kaki Terhadap Hasil *Dribbling* Pada Atlet Sepak Bola SSB Sampali Usia 7-10 Tahun 2025. (Pembimbing : Mahmuddin) Fakultas Ilmu Keolahragaan UNIMED, Medan 2025

Tujuan dari penelitian latihan koordinasi mata kaki adalah bentuk latihan sepak bola yang dirancang untuk meningkatkan kemampuan *dribbling* atlet serta bertujuan untuk menghindari rasa jenuh atlet.

Metode yang dipakai peneliti adalah sebuah penelitian eksperimen yang tujuannya adalah untuk mengetahui pengaruh variasi latihan teknik *dribbling* terhadap hasil *dribbling* sepak bola pada atlet putra usia 7-10 di SSB Sampali pada tahun 2025. Populasi yang digunakan adalah 70 orang SSB Sampali, dengan menggunakan teknik *random sampling* maka diperoleh 15 atlet sebagai sampel. Penelitian dilaksanakan selama 6 minggu sebanyak 18 kali pertemuan dan dengan frekuensi latihan 3 kali seminggu setiap hari Senin, Rabu, Jumat serta *pre test* dan *post test*.

Pengujian hipotesis, maka diperoleh $t_{hitung} = 9,93$ dan nilai t_{tabel} dengan $dk = n - 1 = 14$, pada taraf $\alpha = 0,05 = 0,227$. Dalam kriteria pengujian hipotesis dinyatakan bahwa $t_{hitung} > t_{tabel}$ ($9,93 > 0,227$) pada taraf $\alpha = 0,05$, maka H_a diterima dan H_0 ditolak.

Kesimpulan yang dapat diambil bahwa penelitian yang telah diperoleh dengan analisis dan pengujian hipotesis, maka dapat disimpulkan bahwa terdapat pengaruh yang signifikan dari implementasi pengaruh latihan koordinasi mata kaki terhadap hasil *dribbling* sepak bola pada atlet putra usia 7-10 tahun di SSB Sampali tahun 2025.

Kata kunci: Latihan Koordinasi mata kaki, Latihan, Sepak Bola

ABSTRACT

JUAN CLAUDIO EBENEZER TARIGAN, NIM: 6193321023. The Effect of Foot-Eye Coordination Training on Dribbling Results in SSB Sampali Football Athletes Aged 7-10 Years 2025 (Supervisor: Mahmuddin): Faculty of Sports Science UNIMED, Medan 2025

The purpose of foot-eye coordination training is a form of football training designed to improve athletes' dribbling abilities and aims to avoid athlete boredom.

The method used by the researcher is an experimental study aimed at determine the effect of variations in dribbling technique training on football dribbling results in male athletes aged 7-10 at SSB Sampali in 2025. The population used was 70 SSB Sampali people, using random sampling techniques to obtain 15 athletes as samples. The study was conducted for 6 weeks with 18 meetings and with a training frequency of 3 times a week every Monday, Wednesday, Friday as well as pre-test and post-test.

Hypothesis testing yielded, the $t_{\text{count}} = 9.93$ and the t_{table} value were obtained with $dk = n - 1 = 14$, at the $\alpha \text{ level} = 0.05 = 0.227$. In the hypothesis testing criteria, it is stated that $t_{\text{count}} > t_{\text{table}}$ ($9.93 > 0.227$) at the $\alpha \text{ level} = 0.05$, then H_a is accepted and H_0 is rejected.

The conclusion that can be drawn is that the research that has been obtained through analysis and hypothesis testing, it can be concluded that there is a significant influence from the implementation of the influence of foot-eye coordination training on soccer dribbling results in male athletes aged 7-10 years at SSB Sampali in 2025.

Keywords: Eye-foot Coordination Training, Training, Soccer

