

DAFTAR GAMBAR

Gambar 2. 1 Penambahan Beban Latihan Secara Bertahap	16
Gambar 2. 2 Macam-Macam Teknik <i>Dribbling</i> Sepak Bola.....	22
Gambar 2. 3 Kerangka Berpikir.....	50
Gambar 3. 1 Instrumen tes <i>Dribbling</i> Ardi Nusri (2018)	53
Gambar 4. 1 Diagram batang <i>pre test</i>	60
Gambar 4. 2 Diagram <i>box plot pre test</i>	61
Gambar 4. 3 Diagram batang <i>post test</i>	62
Gambar 4. 4 Diagram <i>box plot post test</i>	63

