

ABSTRAK

Abi Mayu, NIM 6213111090 (2026). Pengaruh Latihan Variasi Ladder drill Terhadap Peningkatan Keterampilan Menggiring Bola Pada Ekstrakurikuler Sepak Bola Mis Nurul Iman Tanjung Morawa.

Pembimbing Skripsi : dr. Miftahul Ihsan, M.Ked., (P.D.)

Skripsi : Fakultas Ilmu Keolahragaan UNIMED (2026)

Penelitian ini bertujuan untuk mengetahui pengaruh latihan variasi Ladder drill terhadap peningkatan keterampilan menggiring bola pada siswa ekstrakurikuler sepak bola MIS Nurul Iman Tanjung Morawa. Penelitian dilaksanakan di MIS Nurul Iman Tanjung Morawa dengan menggunakan metode eksperimen melalui desain one group pretest–posttest design. Populasi dalam penelitian ini adalah seluruh siswa yang mengikuti kegiatan ekstrakurikuler sepak bola, dengan teknik pengambilan sampel menggunakan total sampling, sehingga diperoleh sampel sebanyak 30 siswa usia 10–11 tahun. Instrumen penelitian menggunakan tes keterampilan menggiring bola yang meliputi indikator waktu akhir, kontrol bola, dan perubahan arah. Analisis data dilakukan menggunakan uji Paired Sample t-test. Hasil penelitian menunjukkan nilai t hitung sebesar 19,184 dengan nilai signifikansi sebesar 0,000 ($p < 0,05$) yang berarti terdapat perbedaan yang signifikan antara nilai pretest dan posttest. Secara deskriptif, terjadi peningkatan pada seluruh indikator penilaian dan kategori kemampuan siswa. Dengan demikian, latihan variasi Ladder drill efektif dalam meningkatkan keterampilan menggiring bola siswa.

Kata kunci: *Ladder drill, Dribbling, Kelincahan, Sepak Bola.*

ABSTRACT

Abi Mayu, NIM 6213111090 (2026). The Effect of Ladder Drill Variation Training on Improving Dribbling Skills in the Football Extracurricular Students of MIS Nurul Iman Tanjung Morawa.

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Thesis: Faculty of Sports Science, State University of Medan (UNIMED), 2026.

This study aims to determine the effect of ladder drill variation training on improving dribbling skills among students participating in the football extracurricular program at MIS Nurul Iman Tanjung Morawa. The research was conducted at MIS Nurul Iman Tanjung Morawa using an experimental method with a one-group pretest–posttest design. The population in this study consisted of all students who participated in the football extracurricular activities. The sampling technique used was total sampling, resulting in a sample of 30 students aged 10–11 years. The research instrument used was a dribbling skill test which included indicators such as completion time, ball control, and change of direction. Data analysis was performed using the paired sample t-test. The results showed a t-value of 19.184 with a significance value of 0.000 ($p < 0.05$), indicating a significant difference between pretest and posttest scores. Descriptively, there was an improvement in all assessment indicators and student ability categories. Thus, ladder drill variation training is effective in improving students' dribbling skills.

Keywords: Ladder drill, dribbling, agility, football.