

ABSTRAK

ZULKIFLI SIMAMORA, NIM. 6203121062. Pengaruh *Zig-Zag Run* dan *Cone Drill* Terhadap Peningkatan Kelincahan dan Kemampuan *Dribble* Atlet Putra Binaan UNIMED *Hockey Club* Tahun 2024.

(Pembimbing Skripsi: Irwansyah Siregar)

Skripsi: Fakultas Ilmu Keolahragaan UNIMED, Medan 2024

Penelitian ini bertujuan untuk mengetahui pengaruh *zig-zag run* dan *cone drill* terhadap peningkatan kelincahan dan kemampuan *dribble* atlet putra binaan Unimed *Hockey Club* tahun 2024.

Penelitian ini merupakan penelitian eksperimen menggunakan desain “*One-Groups Pretest-Posttest Design*”. Teknik pengambilan data menggunakan *millionis agility test* untuk mengetahui kelincahan dan *dribble test* untuk mengukur kemampuan *dribbling*. Populasi penelitian ini adalah seluruh atlet putra binaan Unimed *Hockey Club* yang berjumlah 30 orang. Pengambilan sampel menggunakan teknik *purposive sampling*, sampel penelitian berjumlah 10 orang. Penelitian ini dilaksanakan selama 3 minggu, yaitu dalam 18 kali pertemuan dengan frekuensi latihan 6 kali dalam seminggu. Variabel penelitian meliputi Latihan *zig-zag run* dan Latihan *cone drill* sebagai variabel bebas, kelincahan dan kemampuan *dribble* sebagai variabel terikat. Teknik analisis data pada penelitian ini menggunakan uji t dengan persyaratan uji normalitas dan uji homogenitas.

Hasil analisis data dengan Uji-t, pada hipotesis pertama diperoleh $t_{hitung} = 11,33 > t_{tabel (0,05/9)} = 1,83$, maka disimpulkan bahwa terdapat pengaruh dari latihan *zig-zag run* dan *cone drill* terhadap kelincahan pada atlet putra binaan Unimed *Hockey Club* tahun 2024 dan pada hipotesis kedua diperoleh $t_{hitung} = 17,52 > t_{tabel (0,05/9)} = 1,83$, maka disimpulkan bahwa terdapat pengaruh dari latihan *zig-zag run* dan *cone drill* terhadap kemampuan *dribble* pada atlet putra binaan Unimed *Hockey Club* tahun 2024.

Kata kunci: *Zig-Zag Run*, *Cone Drill*, Kelincahan, *Dribble*, *Hockey*

ABSTRACT

ZULKIFLI SIMAMORA, NIM. 6203121062. *The Effect of Zig-Zag Run and Cone Drill on Increasing the Agility and Dribbling Ability of Male Athletes Assisted by the UNIMED Hockey Club in 2024.*

(Thesis Supervisor: Irwansyah Siregar)

Thesis: UNIMED Faculty of Sports Sciences, Medan 2024

This research aims to determine the effect of zig-zag run and cone drill on increasing the agility and dribbling ability of male athletes assisted by the Unimed Hockey Club in 2024.

This research is experimental research using the "One-Groups Pretest-Posttest Design" design. The data collection technique uses the Illinois Agility Test to determine agility and the dribble test to measure dribbling ability. The population of this study was all male athletes assisted by the Unimed Hockey Club, totaling 30 people. Sampling used purposive sampling technique, the research sample consisted of 10 people. This research was carried out for 3 weeks, namely in 18 meetings with a training frequency of 6 times a week. Research variables include zig-zag run training and battle ropecone drill training as independent variables, agility and dribbling ability as dependent variables. The data analysis technique in this research uses the t test with the requirements for a normality test and a homogeneity test.

The results of data analysis using the t-test, in the first hypothesis obtained $t_{count} = 11.33 > t_{table} (0.05/9) = 1.83$, so it was concluded that there was an influence of zig-zag run and cone drill training on agility in male athletes under the guidance of the Unimed Hockey Club in 2024 and in the second hypothesis obtained $t_{count} = 17.52 > t_{table} (0.05/9) = 1.83$, so it is concluded that there is an influence from training zig-zag run and cone drill on dribble ability in male athletes assisted by the Unimed Hockey Club in 2024.

Keywords: Zig-Zag Run, Cone Drill, Agility, Dribble, Hockey