

## ABSTRAK

**Reelvaan Romeo Malau, NIM: 6153121037 “Pengaruh Variasi Latihan *Dribble* Terhadap Peningkatan Kemampuan *Dribble* Atlet Sepak Bola U 14 SSB Mayang Putra Tahun 2022. Skripsi, Jurusan Pendidikan Kepelatihan Olahraga, Fakultas Ilmu Keolahragaan Universitas Negeri Medan.**

Kata Kunci: sepak bola, latihan *dribble*

Tujuan penelitian ini adalah untuk mengetahui pengaruh Variasi latihan *Dribble* terhadap peningkatan hasil kemampuan *Dribble* atlet U 14 SSB Mayang Putra tahun 2022. Lokasi penelitian ini dilaksanakan di lapangan Bola Desa Sei Semayang, kecamatan Sunggal, Kabupaten Deli Serdang.

Hasil penelitian menunjukkan bahwa terdapat pengaruh yang signifikan dari latihan *Dribble* terhadap peningkatan hasil 1 *Dribble* pada atlet sepak bola SSB MAYANG PUTRA U 14 dengan analisis hipotesis dari data pre-test dan post-test hasil *Dribble* diperoleh terhitung sebesar = 5,83 serta tabel sebesar = 1,76 dengan  $\alpha = 0,05$  ( $t_{hitung} > t_{tabel}$ ) atau ( $5,83 > 1,76$ ) berarti  $H_0$  ditolak dan  $H_a$  diterima.



## ABSTRACT

**Reelvaan Romeo Malau, NIM: 6153121037 “The Effect of Variations in Dribble Training on Improving the Dribble Ability of 14-year-old Soccer Athletes SSB Mayang Putra in 2022. Skripsi, Department of Sports Coaching Education, Faculty of Sports Sciences, Medan State University.**

*Keywords: soccer, dribble practice*

*The purpose of this study was to determine the effect of variations in Dribble training on increasing the results of the dribbling ability of 14-year-old SSB Mayang Putra athletes in 2022. The location of this research was in the Sei Semayang Village Soccer Field, Sunggal District, Deli Serdang Regency.*

*The results showed that there was a significant effect of Dribble training on increasing the results of 1 Dribble in SSB MAYANG PUTRA soccer athletes aged 14 years with hypothetical analysis from pre-test and post-test data the Dribble results obtained were calculated at = 5,83 and a table of = 1.76 with = 0.05 ( $t_{count} > t_{table}$ ) or ( $5,83 > 1.76$ ) meaning  $H_0$  is rejected and  $H_a$  is accepted.*

