

ABSTRAK

Delima Sirait (NIM 6213121034). “Pengaruh Variasi Latihan *Speed Cone Drill With Dribble* Terhadap Kemampuan *Dribble* Pada Atlet Putri Unimed Hockey Club Tahun 2025”

Pembimbing: Nurkadri

Skripsi: Fakultas Ilmu Keolahragaan 2025

Tujuan penelitian ini adalah untuk mengetahui seberapa besar pengaruh variasi latihan *speed cone drill with dribble* terhadap kemampuan *dribble* pada atlet putri *Unimed Hockey Club* tahun 2025. Metode penelitian menggunakan eksperimen melalui pengumpulan data dengan menggunakan tes dan pengukuran. *Instrument test* yang digunakan dalam penelitian ini menggunakan tes yang dikembangkan oleh Liam. Sampel yang digunakan dalam penelitian ini adalah atlet putri *Unimed Hockey Club* yang berjumlah 18 orang dengan populasi 10 orang. Teknik analisis data menggunakan uji normalitas dan homogenitas dengan uji t pada taraf signifikan 5%.

Hasil Penelitian menunjukkan bahwa: (1) Uji normalitas di peroleh data L_{hitung} pada *pre-test* senilai 0.226 dan pada *post-test* senilai 0.145, dengan taraf signifikan 0,05 untuk $N=10$ yaitu 0.258, dengan demikian dapat disimpulkan bahwa kedua data tersebut berdistribusi normal. (2) Uji homogenitas didapat $F_{hitung} = 1,408$ dan $F_{tabel} = 5,591$ maka $F_{hitung} < F_{tabel}$ ($1,408 < 5,591$). Jadi dapat disimpulkan penyebaran dari data *pre-test* dan *post-test* peningkatan hasil *dribble* adalah homogen. (3) uji-t diperoleh t_{hitung} sebesar 6,671. Selanjutnya nilai tersebut dibandingkan dengan nilai t_{tabel} dengan $df = n-1$ ($10-1 = 9$) pada taraf signifikan $\alpha = 0.05$ adalah 2,262. Dengan demikian $t_{hitung} > t_{tabel}$ ($6,671 > 2,262$). Maka Dapat disimpulkan bahwa terdapat pengaruh latihan *speed cone drill with dribble* terhadap kemampuan *dribble* pada atlet putri *Unimed hockey club* Tahun 2025.

Kata Kunci: *Speed cone drill, Dribble*

ABSTRACT

Delima Sirait (Number of Student ID 6213121034). "The Effect of Speed Cone Drill with Dribbling Variations on the Dribbling Ability of Female Athletes of the Unimed Hockey Club in 2025"

Supervisor: Nurkadri

Thesis: Faculty of Sports Science 2025

The purpose of this study was to determine how much influence the variation of speed cone drill with dribble training has on the dribbling ability of female athletes of Unimed Hockey Club in 2025. The research method used in this study is an experimental method through data collection using tests and measurements. Researchers will find information about the effect of variations of speed cone drill with dribble training on the dribbling ability of female athletes of Unimed Hockey Club in 2025. The test instrument used in this study used a test developed by Liam C Tapsell, et al (2020:3) in his journal, entitled *Validity and Reliability of a Field Hockey-Specific Dribbling Speed Test*. The sample used in this study was 10 female athletes of Unimed Hockey Club. The data analysis technique used normality and homogeneity tests with a t-test at a significance level of 5%.

The results of the study show that: (1) The normality test obtained L_{hitung} data in the pre-test was 0.226 and in the post-test was 0.145, with a significance level of 0.05 for $N = 10$, namely 0.258, thus it can be concluded that both data are normally distributed. (2) The homogeneity test obtained $F_{hitung} = 1.408$ and $F_{tabel} = 5.591$, so $F_{hitung} < F_{tabel}$ ($1.408 < 5.591$). So it can be concluded that the distribution of pre-test and post-test data on the increase in dribble results is homogeneous. (3) The t-test obtained t_{hitung} of 6.671. Furthermore, this value was compared with the t_{table} value with $df = n-1$ ($10-1 = 9$) at a significance level of $\alpha = 0.05$, which is 2.262. Thus $t_{hitung} > t_{table}$ ($6.671 > 2.262$). Therefore, it can be concluded that the speed cone drill with dribble training has an effect on the dribbling ability of female athletes from the Unimed hockey club in 2025.

Keywords: Speed cone drill, Dribble