

ABSTRAK

Reza Kurniawan Saputra Siregar (NIM: 6213121065). Pengaruh Latihan *Hurdle Drills* dan *Cone Drills* terhadap Kelincahan dan Hasil *Dribbling* Pemain Sepakbola U-14 SSB Sayap Biru Padangsidempuan Tahun 2025.

Pembimbing: Dewi Endriani.

Skripsi: Pendidikan Kepelatihan Olahraga, Fakultas Ilmu Keolahragaan, Universitas Negeri Medan 2026

Pemain sepak bola U-14 masih menunjukkan tingkat kelincahan yang kurang optimal. Kondisi tersebut berdampak pada kemampuan pemain dalam mempertahankan penguasaan bola saat melakukan *dribbling*. Penelitian ini bertujuan untuk mengetahui pengaruh latihan *hurdle drills* dan *cone drills* terhadap kelincahan dan hasil *dribbling* pemain sepakbola U-14 SSB Sayap Biru Padangsidempuan tahun 2025. Keterbaruan penelitian ini yaitu tidak hanya fokus ke peningkatan kemampuan fisik saja, tetapi mengaitkannya dengan kemampuan teknik *dribbling* yang sangat penting dalam sepak bola modern, khususnya pada kelompok usia remaja. Penelitian ini dilakukan di Lapangan H.M.Nurdin, Kota Padangsidempuan. Penelitian ini merupakan penelitian eksperimen dengan desain *two group pretest posttest design*. Sampel penelitian ini yaitu 12 pemain U-14, yang dibagi ke dalam kelompok A (6 orang) dan kelompok B (6 orang). Instrumen penelitian ini menggunakan *Illinois Hurdle drills Test* dan *Slalom Dribble Test*. Hasil penelitian menemukan bahwa 1) Terdapat pengaruh latihan *hurdle drills* terhadap kelincahan pemain U-14 di SSB Sayap Biru Padangsidempuan, 2) Terdapat pengaruh latihan *cone drills* terhadap kelincahan pemain U-14 di SSB Sayap Biru Padangsidempuan, 3) Latihan *hurdle drills* lebih baik daripada latihan *cone drills* dalam memberikan pengaruh terhadap kelincahan pemain U-14 di SSB Sayap Biru Padangsidempuan, 4) Terdapat pengaruh latihan *hurdle drills* terhadap hasil *dribbling* pemain U-14 di SSB Sayap Biru Padangsidempuan, 5) Terdapat pengaruh latihan *cone drills* terhadap hasil *dribbling* pemain U-14 di SSB Sayap Biru Padangsidempuan, 6) Latihan *cone drills* lebih baik daripada latihan *hurdle drills* dalam memberikan pengaruh terhadap hasil *dribbling* pemain U-14 di SSB Sayap Biru Padangsidempuan.

Kata Kunci: *Hurdle Drills*, *Cone Drills*, Kelincahan, Hasil *Dribbling*, Sepak Bola

ABSTRACT

Reza Kurniawan Saputra Siregar (NIM: 6213121065). The Effect of Hurdle Drills and Cone Drills on the Agility and Dribbling Performance of U-14 Soccer Players at SSB Sayap Biru Padangsidempuan in 2025.

Supervisor: Dewi Endriani.

Thesis: Sports Coaching Education, Faculty of Sport Science, State University of Medan 2026

U-14 soccer players still exhibit suboptimal levels of agility. This condition impacts the players' ability to maintain ball control while dribbling. This study aims to determine the effect of hurdle drills and cone drills on the agility and dribbling results of U-14 soccer players of SSB Sayap Biru Padangsidempuan in 2025. The novelty of this study is that it does not only focus on improving physical abilities, but also links them to dribbling technique skills which are very important in modern soccer, especially in the adolescent age group. This study was conducted at H.M. Nurdin Field, Padangsidempuan City. This study is an experimental study with a two-group pretest posttest design. The sample of this study was 12 U-14 players, who were divided into group A (6 people) and group B (6 people). This research instrument used the Illinois Hurdle drills Test and the Slalom Dribble Test. The results of the study found that 1) Hurdle drills had an effect on the agility of U-14 players at SSB Sayap Biru Padangsidempuan, 2) Cone drills had an effect on the agility of U-14 players at SSB Sayap Biru Padangsidempuan, 3) Hurdle drills were superior to cone drills in influencing the agility of U-14 players at SSB Sayap Biru Padangsidempuan, 4) Hurdle drills had an effect on the dribbling results of U-14 players at SSB Sayap Biru Padangsidempuan, 5) Cone drills had an effect on the dribbling results of U-14 players at SSB Sayap Biru Padangsidempuan, 6) Cone drills were superior to hurdle drills in influencing the dribbling results of U-14 players at SSB Sayap Biru Padangsidempuan.

Keywords: Hurdle Drills, Cone Drills, Agility, Dribbling Results, Football