

ABSTRACT

THE EFFECT OF VARIATIONS IN DRIBBLING TRAINING (COLLECTING THE BALL AND DRIBBLING AND AGAINST TWO DEFENDERS) ON DRIBBLING SKILLS IN FUTSAL GAMES (*Experiments on Extracurricular Futsal for Boys at SMPN 11 Kota Tasikmalaya*). Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

This study aims to determine the effect of variations in collecting The Ball and Dribbling and Dribbling against two Defenders exercises on dribbling skills in futsal games in extracurricular futsal boys at SMPN 11 Tasikmalaya City. The method in this study uses an experimental method with a research design using the form of One Group Pretest-Posttest, where this study has an initial test (pretest) then given treatment (treatment) in the form of variations in exercises, namely collecting The Ball and Dribbling and Dribbling Against Two defenders which were then carried out a final test (posttest) to find out the results of the study. This research was conducted on students of Smpn 11 Tasikmalaya with a population of 14 people. In this study, the authors took samples with total sampling techniques. The instrument used in this study is in the form of a dribbling skill test in accordance with the research instrument. Data analysis techniques using a parametric statistical approach, obtained research results that there is a very meaningful influence of collecting the ball and Dribbling and Dribbling against two defenders training on dribbling skills

Keywords : *collecting the ball and dribbling, dribbling against two defenders, skills, dribbling, futsal*