

ABSTRACT

LULU PUADI MKH 2023. *The Effect of Forms of Dribbling Training Formations on Improving Dribbling Skills in Football Games (Experiments on Football Extracurricular Students of SMP Negeri 16 Tasikmalaya City Academic Year 2023/2024) Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.*

The game of soccer has a strategic function for players if the practice of the game of football can be designed in a good training process, it will produce an efficient training program and clear goals. One of them is by providing forms of dribbling training formations that will be focused in this study in the hope of knowing dribbling skills in players in extracurricular SMP Negeri 16 Kota Tasikmalaya. The purpose of this study was to determine the influence of forms of dribbling training formations on dribbling skills in football games. The research method used is an experimental method and the instrument in this study is a dribbling test on football games. The population in this study was extracurricular football students of SMP Negeri 16 Tasikmalaya for the 2023/2024 school year using a saturated sampling technique of 20 people. Based on the results of data processing with statistical tests supported by reseach data using t count of 2,50, it is outside the area of acceptance of the hypothesis (t table of 1,730). It turns out that empirically using forms of dribbling training formations has a significant effect on dribbling skills in football games in extracurricular football students of SMP Negeri 16 Tasikmalaya school year 2023/2024.

Keywords: Dribbling, Skill, Football