

ABSTRAK

PANJI RESPATI PRATAMA.2020 . **Perbandingan Pengaruh Latihan Antara Menggunakan Metode *Drill* dengan Metode *Games* Terhadap Keterampilan *Dribbling* Permainan Sepak Bola** pada atlet Siswa Sekolah Sepak Bola (SSB) Giri Darma Kecamatan Purwadadi Kabupaten Ciamis.

Metode penelitian menggunakan metode eksperimen, dilakukan pada dua kelompok yang berbeda perlakuannya (*treatment*). Populasi penelitian adalah atlet sekolah sepak bola Siswa Sekolah Sepak Bola (SSB) Giri Darma Kecamatan Purwadadi Kabupaten Ciamis sebanyak 43 orang. Sampel penelitian diambil secara random sebanyak 30 orang. Instrumen penelitian digunakan tes keterampilan *dribbling* sepak bola. Hasilnya latihan *dribbling* dengan menerapkan metode *drill* secara signifikan hasilnya sama berpengaruhnya dengan menggunakan metode *games* terhadap peningkatan keterampilan *dribbling* permainan sepak bola pada siswa Sekolah Sepak Bola (SSB) Giri Darma Kecamatan Purwadadi Kabupaten Ciamis.

Kata kunci : Latihan, *Drill*, *Game*, *Dribbling*

ABSTRACT

PANJI RESPATI PRATAMA.2020. The Purpose of This Study Was to Reveal the Comparison of the Effect of Training Between Using the Drill Method and the Games Method on the Dribbling Skills of Soccer Games for athletes of Giri Darma Football School Student (SSB), Purwadadi District, Ciamis Regency.

The research method using the experimental method, carried out in two different groups of treatment (treatment). The population of the research is the soccer school athlete of Giri Darma Football School Students (SSB), Purwadadi Subdistrict, Ciamis Regency as many as 43 people. Samples were taken randomly as many as 30 people. The research instrument used was a football dribbling skills test. The results of dribble training by applying the drill method were significantly the same effect using the games method to improve the skills of dribbling soccer games for students of the Soccer School (SSB) Giri Darma, Purwadadi Subdistrict, Ciamis District.

Keywords : Exercise, Drill, Game, Dribbling