

ABSTRAK

ALIFYA IRAWAN 2025. **Pengaruh Variasi Latihan *Dribbling* Terhadap Peningkatan Keterampilan *Dribbling* Pada SSB Putra Selaawi Kabupaten Garut.** Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi, Tasikmalaya.

Penelitian ini bertujuan untuk memperoleh informasi tentang ada atau tidaknya pengaruh variasi latihan *dribbling* terhadap peningkatan keterampilan *dribbling* pada SSB Putra Selaawi Kabupaten Garut. Metode penelitian yang digunakan adalah metode penelitian eksperimen, subjek penelitian ini adalah atlet sepakbola SSB Putra Selaawi Kabupaten Garut yang beranggotakan 20 pemain. Dalam penelitian ini cara mengambil sampel dengan teknik *random sampling*. Teknik pengumpulan data penelitian ini menggunakan tes dan pengukuran melalui metode *pretest* dan *posttest*, yaitu memberikan tes keterampilan *dribbling*. Kemudian untuk mengolah data penelitian ini menggunakan uji t. Berdasarkan dari hasil penelitian uji normalitas data, nilai $X^2_{hitung} = \text{tes awal } 0,940 < \text{tes akhir } 0,612$, nilai $X^2_{tabel}(\alpha=0,05) = 1,90$, kesimpulan dari uji normalitas data adalah normal, uji homogenitas nilai $= F_{hitung} 1,13 < F_{tabel} 2,71$, kesimpulan dari uji homogenitas adalah homogen, pengujian hipotesis = Nilai $T_{hitung} 7,158 > T_{tabel} 1,725$, kesimpulan dari pengujian hipotesis adalah signifikan. Berdasarkan hasil pengujian hipotesis menggunakan pendekatan statistik, hipotesis yang penulis ajukan yaitu “Terdapat pengaruh yang berarti variasi latihan *dribbling* terhadap peningkatan keterampilan *dribbling* pada SSB Putra Selaawi Kabupaten Garut.

Kata Kunci: *Dribbling*, Latihan, Sepakbola

ABSTRACT

ALIFYA IRAWAN 2025. *The Effect of Dribbling Variation Training on Improving Dribbling Skills in SSB Putra Selaawi, Garut Regency*. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University, Tasikmalaya.

This study aimed to determine whether there is an effect of dribbling variation training on improving dribbling skills among SSB Putra Selaawi athletes in Garut Regency. The research method used was an experimental method, with 20 football players from SSB Putra Selaawi as the subjects. Random sampling was used to select the sample. Data collection techniques in this study used tests and measurements through pre-test and post-test methods, namely by administering dribbling skill tests. Data analysis was conducted using the t-test. Based on the results of the normality test, the calculated $X^2_{\text{value}} = 0.940$ for the pre-test < 0.612 for the post-test, which is less than the tabulated $X^2_{\text{value}} (\alpha=0.05) = 1.90$. This indicates that the data is normally distributed. The homogeneity test, $F_{\text{calculated}} 1.13 < F_{\text{table}} 2.71$, indicating that the data is homogeneous. The hypothesis test = $T_{\text{calculated}} 7.158 > T_{\text{table}} 1.725$, indicating a significant difference. Based on the results of the hypothesis test using a statistical approach, the hypothesis that "There is a significant effect of dribbling variation training on improving dribbling skills among SSB Putra Selaawi athletes in Garut Regency

Keywords: Dribbling, Training, Football