

## **ABSTRACT**

**ABDUL HUSNA. 2024. *The Effect of Dribbling Practice Variations on Improving Dribbling Skills in Futsal Sports*. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University.**

*This study aims to determine the effect of variations in dribbling practice on improving dribbling skills in futsal sports. The method in this study uses an experimental method with a research design using the form of One Group Pretest-Posttest. In this study, there was a preliminary test (pretest) then the sample was given a treatment, namely in the form of dribbling exercises Collecting The Ball and Dribbling and Dribbling Against Two Defenders, and a final test was carried out (posttest) to find out the results of the research. This research was conducted on Futsal Extracurricular Students of SMK Al Huda Sariwangi with a total population of 20 people. In this study, the author uses a total sampling technique. This technique is chosen when all members of the population are used as samples. The number of samples in this study is 20 male futsal athletes. The data analysis technique uses a parametric statistical approach and the results of the study are obtained that there is a significant influence of variations of dribbling practice on improving dribbling skills in futsal sports.*

*Keywords: Training Variation, Dribbling, Futsal.*