

ABSTRAK

RIRIN AYU ANGGRAENI. 2025. **Hubungan kecepatan dan keseimbangan dengan hasil dribble sepak bola SSB Buldozer Ciamis**. Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Penelitian ini bertujuan untuk mengetahui hubungan antara kecepatan dan keseimbangan dengan hasil dribble sepak bola pada atlet Sekolah Sepak Bola (SSB) Buldozer Ciamis. Metode yang digunakan dalam penelitian ini adalah metode korelasional dengan teknik pengambilan data melalui pengukuran. Kecepatan diukur menggunakan tes lari 30 meter, keseimbangan diukur dengan Modified Bass Test Dynamic Balance, dan keterampilan dribble diukur menggunakan tes dribble bola. Sampel penelitian terdiri dari 15 atlet SSB Buldozer Ciamis. Hasil analisis penelitian menunjukkan bahwa terdapat kontribusi yang signifikan dengan nilai $r_{hitung} = 0.82 > r_{tabel} = 0.514$ artinya memiliki nilai positif. Pada penilaian F_{hitung} dan F_{tabel} menghasilkan nilai F_{hitung} sebesar 21.4 dan F_{tabel} sebesar 3.89 sehingga nilai $F_{hitung} > F_{tabel}$ ($21.4 > 3.89$). Kontribusi kecepatan dan keseimbangan terhadap *dribble* sepak bola pada anggota SSB Buldozer Ciamis memberikan nilai positif signifikan. Sumbangan yang diberikan dari variabel kecepatan dan keseimbangan terhadap dribble sebesar 82.00% yang diambil dari nilai koefisien determinasi melalui nilai r^2 dan sebesar 18.0% dipengaruhi oleh variabel lain. Dengan demikian, dapat disimpulkan bahwa kecepatan dan keseimbangan memiliki pengaruh yang signifikan dan dominan terhadap dribble bola. Oleh karena itu, pelatih dan atlet diharapkan dapat mengoptimalkan latihan kecepatan dan keseimbangan untuk meningkatkan performa dribbling di lapangan.

Kata kunci: Dribble, Kecepatan, Keseimbangan, Sepak Bola, SSB Buldozer Ciamis

ABSTRACT

RIRIN AYU ANGGRAENI. 2025. ***The correlation between speed and balance dribbling results in football at SSB Bulldozer Ciamis.*** Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University.

This study aims to determine the relationship between speed and balance with the results of soccer dribbles in athletes of the Bulldozer Ciamis Soccer School (SSB). The method used in this study is a correlational method with data collection techniques through measurements. Speed was measured using a 30-meter running test, balance was measured using the Modified Bass Test Dynamic Balance, and dribbling skills were measured using a ball dribble test. The research sample consisted of 15 Bulldozer Ciamis SSB athletes. The results of the research analysis showed that there was a significant contribution with a value of $r_{count} = 0.82 > r_{table} = 0.514$, meaning it had a positive value. The F_{count} and F_{table} assessments produced an F_{count} value of 21.4 and an F_{table} of 3.89 so that the $F_{count} > F_{table}$ ($21.4 > 3.89$). The contribution of speed and balance to soccer dribbles in members of the Bulldozer Ciamis SSB gave a significant positive value. The contribution given by the speed and balance variables to dribble is 82.00% taken from the coefficient of determination value through the r^2 value and 18.0% is influenced by other variables. Thus, it can be concluded that speed and balance have a significant and dominant influence on dribbling the ball. Therefore, coaches and athletes are expected to optimize speed and balance training to improve dribbling performance on the field.

Keywords: Balance, Dribble, Football, Speed, SSB Bulldozer Ciamis