

ABSTRACT

INDRA LESMANA. 2026. **PENGARUH VARIASI LATIHAN TERHADAP KETERAMPILAN *DRIBBLING* PADA PEMAIN EKSTRAKURIKULER FUTSAL SMAN 7 GARUT**. Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

This study aimed to determine the effect of training variations on dribbling skills among futsal extracurricular players at SMAN 7 Garut. The research method used was a quantitative method with an experimental approach employing a One Group Pretest-Posttest Design. The population of this study consisted of all futsal extracurricular players at SMAN 7 Garut, totaling 32 students. The sampling technique used was Simple Random Sampling, resulting in a sample of 25 students. The research instrument used was a dribbling test to measure the players' dribbling ability before and after the treatment. Data collection techniques were conducted through a pretest, followed by treatment in the form of dribbling training variations including zig-zag dribbling, ball mastery, and cone dribbling for 14 sessions, and then continued with a posttest. Data analysis techniques used included the Liliefors normality test, Fisher homogeneity test, and hypothesis testing using the t-test. The results of the study showed an improvement in dribbling skills after the implementation of training variations. This could be seen from the average pretest result of 15.3756 seconds and the average posttest result of 12.2248 seconds. Based on the hypothesis test results, the calculated t-value was 17.194, which was greater than the t-table value of 1.711 at a significance level of 0.05, indicating that the research hypothesis was accepted. Therefore, it can be concluded that training variations had a significant effect on improving the dribbling skills of futsal extracurricular players at SMAN 7 Garut.

Keywords: *dribbling, extracurricular, futsal, training variation*