

ABSTRAK

KONTRIBUSI KELINCAHAN DAN KOORDINASI MATA-KAKI TERHADAP HASIL *DRIBBLING* PADA SISWA PUTRA EKSTRAKURIKULER FUTSAL SMA NEGERI 3 KOTABUMI LAMPUNG UTARA

OLEH

RACHMAT AJI SANTOSO

Penelitian ini bertujuan untuk mengetahui kontribusi kelincahan dan koordinasi mata-kaki terhadap hasil *dribbling* pada siswa ekstrakurikuler futsal SMA Negeri 3 Kotabumi Kabupaten Lampung Utara.

Metode penelitian ini adalah penelitian korelasional. Dalam penelitian ini sampel yang digunakan yaitu peserta ekstrakurikuler futsal yang berjumlah 20 siswa. Teknik pengumpulan data yang digunakan adalah pemberian tes dan pengukuran melalui metode *survey* berdasarkan hasil tes dan pengukuran kelincahan, koordinasi mata-kaki dan hasil *dribbling*. Analisis data penelitian menggunakan analisis uji t.

Hasil penelitian menunjukkan bahwa: 1) Ada kontribusi kelincahan terhadap hasil *dribbling*, dengan nilai $t_{hitung} > t_{tabel}$ ($3,953 > 2,101$), 2) Ada kontribusi koordinasi mata-kaki terhadap hasil *dribbling*, dengan nilai $t_{hitung} > t_{tabel}$ ($2,917 > 2,101$), 3) Ada kontribusi kelincahan dan koordinasi mata-kaki terhadap hasil *dribbling*, dengan nilai $F_{hitung} > F_{tabel}$ ($10,038 > 3,592$).

Kata Kunci: *dribbling*, kelincahan, koordinasi mata-kaki

ABSTRACT

THE CONTRIBUTION OF ABILITIES AND EYES COORDINATION TO DRIBBLING RESULTS IN MALE STUDENTS FUTSAL EXTRACURRICULAR STATE SMA 3 KOTABUMI NORTH LAMPUNG

By

RACHMAT AJI SANTOSO

This study aims to determine the contribution of agility and eye-foot coordination to dribbling results in futsal extracurricular students at SMA Negeri 3 Kotabumi, North Lampung Regency.

This research is correlational. In this study, the sample used was a total of 20 extracurricular participants. The data collection technique used was the provision of tests and measurements through survey methods based on test results and measurements of agility, eye-foot coordination, and dribbling results. nalysis of research data using t-test .

Analysis The results showed that: 1) There was a contribution of agility to dribbling results, with a $t_{count} > t_{table}$ ($3,953 > 2,101$), 2) There was a contribution of eye-foot coordination to dribbling results, with a $t_{count} > t_{table}$ ($2,917 > 2,101$), and 3) There is a contribution of agility and eye-foot coordination to dribbling results, with a $F_{count} > F_{table}$ ($10,038 > 3,592$).

Keywords: *agility, dribbling, eye-foot coordination*