

## **ABSTRAK**

### **PENGARUH LATIHAN *BALL FEELING* TERHADAP KEMAMPUAN *DRIBBLING* SISWA EKSTRAKURIKULER FUTSAL SMA IT AR RAIHAN BANDAR LAMPUNG**

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Penelitian ini bertujuan untuk mengetahui pengaruh latihan *ball feeling* terhadap kemampuan *dribbling* siswa *ekstrakurikuler* futsal di SMA IT Ar Raihan Bandar Lampung. *Dribbling* merupakan salah satu teknik dasar penting dalam futsal yang menuntut penguasaan bola yang baik. Namun, masih banyak siswa yang belum mampu melakukan *dribbling* secara optimal. Latihan *ball feeling* diyakini mampu meningkatkan kontrol bola dan kepekaan pemain terhadap bola saat bermain. Penelitian ini menggunakan metode *kuasi eksperimen* dengan desain *pretest-posttest control group*. Subjek penelitian berjumlah 22 siswa yang dibagi menjadi dua kelompok, yaitu kelompok eksperimen (latihan *ball feeling*) dan kelompok kontrol. Instrumen penelitian menggunakan tes *dribbling zig-zag* untuk mengukur kemampuan *dribbling* sebelum dan sesudah perlakuan. Hasil uji-t menunjukkan bahwa terdapat pengaruh signifikan pada kelompok *eksperimen* dengan nilai  $t \text{ hitung} = 4,161 > t \text{ tabel} = 2,228$ , yang berarti latihan *ball feeling* secara signifikan meningkatkan kemampuan *dribbling* siswa. Sebaliknya, kelompok kontrol tidak menunjukkan peningkatan signifikan dengan nilai  $t \text{ hitung} = 0,634 < t \text{ tabel} = 2,228$ . Selain itu, uji perbandingan antara kedua kelompok pada tes akhir menunjukkan perbedaan yang signifikan dengan nilai  $t \text{ hitung} = 4,114 > t \text{ tabel} = 2,086$ . Temuan ini membuktikan bahwa latihan *ball feeling* efektif dalam meningkatkan keterampilan *dribbling* pada pemain futsal remaja.

**Kata Kunci:** ball feeling, dribbling, futsal, latihan

## **ABSTRACT**

### ***THE EFFECT OF BALL FEELING TRAINING ON THE DRIBBLING ABILITY OF FUTSAL EXTRACURRICULAR STUDENTS SMA IT AR RAIHAN BANDAR LAMPUNG***

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This study aims to determine the effect of ball feeling training on the dribbling ability of futsal extracurricular students at SMA IT Ar-Raihan Bandar Lampung. Dribbling is one of the important basic techniques in futsal that requires good ball control. However, there are still many students who have not been able to dribbling optimally. Ball feeling training is believed to be able to improve ball control and player sensitivity to the ball while playing. This study used a quasi-experimental method with a pretest-posttest control group design. The research subjects were 22 students who were divided into two groups, namely the experimental group (ball feeling training) and the control group. The research instrument used a zig-zag dribbling test to measure dribbling ability before and after treatment. The results of the t-test showed that there was a significant effect on the experimental group with a calculated t value =  $4.884 > t_{table} = 2.228$ , which means that ball feeling training significantly improved students' dribbling ability. In contrast, the control group did not show a significant increase with a calculated t value =  $0.634 < t_{table} = 2.228$ . In addition, the comparison test between the two groups in the final test showed a significant difference with a calculated t value =  $4.114 > t_{table} = 2.086$ . This finding proves that ball feeling training is effective in improving dribbling skills in adolescent futsal players.

**Keywords:** ball feeling, dribbling, futsal, training