

ABSTRAK

Pengaruh Latihan *Ball feeling* Terhadap Keterampilan *Dribbling* Ekstrakurikuler
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Penelitian ini bertujuan untuk mengetahui pengaruh Latihan *Ball Feeling* Terhadap Keterampilan *Dribbling* Ekstrakurikuler Futsal SMA Negeri 1 Trimurjo. Penelitian ini merupakan penelitian eksperimen, dengan desain penelitian *One Group Pretest – Posttest Design*, yaitu desain penelitian yang terdapat *pretest* dan *posttest*, sehingga pengaruh *treatment* dapat dihitung dengan cara membandingkan nilai *pretest* dan *posttest*. Teknik pengambilan sampel menggunakan sampling jenuh di mana seluruh populasi di jadikan sampel, yang berjumlah 16 orang. Instrument yang digunakan dalam penelitian ini yaitu tes menggiring bola, sedangkan *treatment* yang diberikan berupa latihan *ball feeling* dengan beberapa modifikasi. Teknik analisis data yang digunakan pada penelitian ini yaitu uji-t. Berdasarkan hasil perhitungan yang diperoleh nilai rata-rata waktu tempuh tes menggiring bola sesudah diberikan perlakuan lebih cepat dibandingkan nilai rata-rata waktu tempuh tes menggiring bola sebelum diberikan perlakuan. Pada metode latihan *ball feeling* t hitung diperoleh nilai 23,363 dan t tabel 1,753 dengan signifikasi 0,000, dengan kata lain dapat disimpulkan bahwa t hitung > t tabel = 23,363 > 1,753 dengan nilai signifikasi 0,000 < 0,05. Dari hasil penelitian dan pembahasan dapat ditarik kesimpulan bahwa ada pengaruh yang signifikan pada latihan *ball feeling* terhadap keterampilan *dribbling* ekstrakurikuler futsal SMA Negeri 1 Trimurjo.

Kata Kunci: *ball feeling*, keterampilan *dribbling*

ABSTRACT

The Influence Of Ball Feeling Training On Dribbling Skills In The Extracirricular Program At SMA Negeri 1 Trimurjo

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This study aims to find out the impact of Ball Feeling Training on Extracurricular Futsal Dribbling Skills of 1st Trimurjo State High School. This research is an experimental research, with a One Group Pretest – Posttest Design research design, that is, a research design that has a pretest and posttest, so that the effects of treatment can be calculated by comparing the values of pretests and posttests. Sampling technique uses saturated sampling in which the entire population is sampled, which is a total of 16 people. The instrument used in this study is a ball-turning test, while the treatment was given as a ball feeling exercise with some modifications. The data analysis technique used in this study is the test-t. Based on the calculations obtained, the average time spent on the test to swing the ball after the treatment is faster than the mean time spent in the ball swing test before the treatment. On the practice method ball feeling t count obtained a value of 23,363 and t table 1,753 with a significance of 0,000, in other words it can be concluded that $t \text{ count} > t \text{ table} = 23,363, > 1,753$, with the significance value of $0.000 < 0,05$. From the results of research and discussion can be drawn the conclusion that there is a significant influence on ball feeling training on extra-curricular futsal dribbling skills of 1st Trimurjo State High School.

Keywords: *ball feeling, dribbling skill*