

**PERBANDINGAN PENGARUH METODE *DRILL* DENGAN METODE
GAMES TERHADAP KETERAMPILAN
DRIBBLING PERMAINAN SEPAKBOLA
(Eksperimen pada Atlet Sekolah Sepakbola CIMBA Kecamatan Rajapolah
Kabupaten Tasikmalaya)**

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Abstrak. Tujuan Penelitian ini adalah untuk mengungkapkan perbandingan pengaruh latihan antara menggunakan metode *drill* dengan menggunakan metode *Game* terhadap keterampilan *dribbling* permainan sepakbola pada atlet sekolah sepakbola CIMBA Kecamatan Rajapolah Kabupaten Tasikmalaya. Metode penelitian menggunakan metode eksperimen, dilakukan pada dua kelompok yang berbeda perlakuannya (*treatment*). Populasi penelitian adalah atlet sekolah sepakbola CIMBA Kecamatan Rajapolah Kabupaten Tasikmalaya sebanyak 50 orang. Sampel penelitian diambil secara random sebanyak 30 orang. Instrumen penelitian digunakan tes keterampilan *dribbling* sepakbola. Pengujian hipotesis digunakan uji t. Dari pengolahan data secara statistika diperoleh hasil sebagai berikut: (1) kedua kelompok latihan secara signifikan berpengaruh terhadap peningkatan keterampilan *dribbling* permainan sepakbola. (2) kelompok latihan dengan menggunakan metode *drill* lebih berpengaruh dari pada latihan menggunakan metode *games* terhadap keterampilan *dribbling* permainan sepakbola atlet sekolah sepakbola CIMBA Kecamatan Rajapolah Kabupaten Tasikmalaya. Untuk meningkatkan keterampilan *dribbling* permainan sepakbola dapat menggunakan metode *drill*.

Kata kunci : Latihan, *Drill*, *Game*, *Dribbling*

**COMPARISON OF EXERCISE BETWEEN DRILL METHOD WITH GAMES
METHOD ON SKILLS DRIBBLING THE FOOTBALL GAME
(Experiment on CIMBA Soccer School Athletes, Rajapolah District, Tasikmalaya
Regency)**

Abstract. The purpose of this study was to reveal the comparison of the effect of exercise between using the drill method with the Games method on the dribbling skills of soccer games in athletes of CIMBA soccer school in Rajapolah District, Tasikmalaya Regency. The research method uses an experimental method, carried out on two different groups of treatment (*treatment*). The study population was athletes of CIMBA soccer school in Rajapolah Sub-District, Tasikmalaya District, as many as 60 people. The research sample was taken randomly as many as 30 people. The research instrument used a dribbling skills test. Hypothesis testing is used t test. From the statistical data processing, the following results were obtained: (1) both training groups significantly affected the increase in soccer dribbling skills. (2) the training group using the drill method was more influential than training using the games method on the dribbling skills of the soccer game of athletes of CIMBA soccer school in Rajapolah District, Tasikmalaya Regency. To improve dribbling skills, soccer games can use the drill method.

Keywords: Exercise, *Drill*, *Game*, *Dribbling*