

ABSTRAK

DHIA ALFAS SALAM, 2023, **Pengaruh Latihan *Dribble Z Pattern* dan *Dribble X Pattern* Terhadap Hasil Kecepatan *Dribble* Pada Ekstrakurikuler Futsal Smk Plus Alhasanah**, Jurusan Pendidikan Jasmani Fakultas Keguruan dan Ilmu Pendidikan Universitas Siliwangi Tasikmalaya.

Latar belakang penelitian penulis melakukan observasi mengenai pengaruh latihan *Dribble Z Pattern* dan *Dribble X Pattern* terhadap kecepatan dribble. Berdasarkan latar belakang permasalahan yang telah dikemukakan penulis, perumusan masalah umum tersebut adalah, “Apakah terdapat pengaruh latihan *Dribble Z Pattern* dan *Dribble X Pattern* terhadap kecepatan *dribble* pada ekstrakurikuler futsal SMK Plus Alhasanah?”. Metode penelitian yang digunakan adalah metode eksperimen dan instrumen penelitian ini menggunakan tes *Dribble*. Populasi dalam penelitian ini berjumlah 42 orang, dan sampel penelitian 20 orang dengan teknik *simple random sampling*. Analisis data menggunakan statistik uji t. Hasil analisis data (1) Ada pengaruh latihan *dribble Z Pattern* terhadap kecepatan dribble dalam latihan, thitung ($15,82 < t_{tabel} (1,73)$). (2) Ada pengaruh latihan *dribble X Pattern* terhadap kecepatan dribble dalam latihan, thitung ($15,82 > t_{tabel} (1,73)$). Simpulan: Terdapat pengaruh Latihan *dribble Z Pattern* dan *X Pattern* terhadap kecepatan *dribble* pada ekstrakurikuler futsal SMK Plus Alhasanah.

Kata Kunci : *dribble*, futsal, kecepatan, latihan, *X Pattern*, *Z Pattern*

ABSTRACT

DHIA ALFAS SALAM, 2023, ***The Influence of Dribble Z Pattern and Dribble X Pattern Exercises on Dribble Speed Results in Extracurricular Futsal Vocational High School Plus Alhasanah***, Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

The research background of the authors made observations regarding the effect of the Dribble Z Pattern and Dribble X Pattern exercises on dribble speed. Based on the background of the problems that have been raised by the author, the formulation of the general problem is, Is there any effect of Dribble Z Pattern and Dribble X Pattern training on dribble speed in futsal extracurricular at SMK Plus Alhasanah? The research method used is the experimental method and the research instrument uses the Dribble test. The population in this study was 42 people, and the research sample was 20 people using simple random sampling technique. Data analysis using t-test statistics. The results of data analysis (1) There is an effect of Z Pattern dribble practice on dribble speed in practice, $t_{count} (15.82 < t_{table} (1.73)$. (2) There is an effect of X Pattern dribble practice on dribble speed in practice, $t_{count} (15, 82) > t_{table} (1.73)$ Conclusion: There is an effect of Z Pattern and X Pattern dribble training on dribble speed in futsal extracurricular at SMK Plus Alhasanah.

Keywords : *dribble, futsal, practice, speed, X Pattern, Z Pattern*