

## ABSTRACT

### **The Effect of Exercising Method and Motor Skill toward *Dribbling* skill of Students in Soccer School of Kenagarian Simalanggang Payakumbuh District**

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Based on the observation, it was found that Soccer School of Kenagarian Simalanggang has not got the expected achievement. This present study aimed at revealing: (1) the effect of *tactical* exercise method and *drilling* exercise method toward students' *dribbling* skill in Soccer School of Kenagarian Simalanggang Payakumbuh district; (2) the interaction between exercise methods and motor skill toward *dribbling* skill in Soccer School of Kenagarian Simalanggang Payakumbuh district; (3) the effect of *dribbling* skill between *tactical* exercise method on the players who had high motor skill in Soccer School of Kenagarian Simalanggang Payakumbuh district; and (4) the effect of *dribbling* skill between *drilling* exercise method on the players who had low motor skill in Soccer School of Kenagarian Simalanggang Payakumbuh district.

This study was *designed as 2x2* factorial design. 38 athletes of Soccer School of Kenagarian Simalanggang who were in the age between 13-15 were decided as the population of the study. Moreover, the sample of the study was chosen as many as 20 athletes in which 27% of the sample had got high motor skill and 27% of the sample had got low motor skill.

The result of data analysis showed that: (1) *tactical* exercise had no better effect compared with *drilling* exercise toward *dribbling* skill in Soccer School of Kenagarian Simalanggang Payakumbuh district; (2) there was interaction among *tactical* exercise, *drilling* exercise and motor skill toward *dribbling* skill in Soccer School of Kenagarian Simalanggang Payakumbuh district; (3) *tactical* exercise had significant effect toward *dribbling* skill for the athletes who had high motor skill in Soccer School of Kenagarian Simalanggang Payakumbuh district; and (4) *drilling* exercise had a significant effect toward *dribbling* skill for the athletes who had low motor skill in Soccer School of Kenagarian Simalanggang Payakumbuh district.

## ABSTRAK

### **Pengaruh Metode Latihan Dan Kemampuan Motorik Terhadap Keterampilan *Dribbling* Sepakbola Di SSB Kenagarian Simalanggang Kecamatan Payakumbuh**

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Berdasarkan pengamatan peneliti di lapangan terlihat bahwa SSB Kenagarian Simalanggang belum memperoleh prestasi yang diharapkan. Penelitian ini bertujuan untuk mengetahui; (1) Pengaruh metode latihan *taktis* dan metode latihan *drill* terhadap keterampilan *dribbling* sepakbola di SSB Kenagarian Simalanggang Kecamatan Payakumbuh; (2) Interaksi antara metode latihan dan kemampuan motorik terhadap keterampilan *dribbling* sepakbola di SSB Kenagarian Simalanggang Kecamatan Payakumbuh; (3) Pengaruh metode latihan *taktis* bagi pemain yang memiliki kemampuan motorik tinggi terhadap keterampilan *dribbling* sepakbola di SSB Kenagarian Simalanggang Kecamatan Payakumbuh dan; (4) Pengaruh metode latihan *drill* bagi pemain yang memiliki kemampuan motorik rendah terhadap keterampilan *dribbling* sepakbola di SSB Kenagarian Simalanggang Kecamatan Payakumbuh.

Metode yang digunakan dalam penelitian ini adalah desain faktorial dengan *desain treatment by level 2x2*. Populasi sasaran dalam penelitian ini adalah seluruh atlet SSB Kenagarian Simalanggang usia 13-15 tahun. Seluruh populasi 38 orang, *verduci* 27% sampel yang memiliki kemampuan motorik tinggi dan 27% sampel yang memiliki kemampuan motorik rendah di dapat 20 orang sampel.

Hasil analisis data menunjukkan bahwa: (1) Metode latihan *taktis* tidak memiliki pengaruh yang lebih baik dari pada metode latihan *drill* terhadap keterampilan *dribbling* sepakbola di SSB Kenagarian Simalanggang Kecamatan Payakumbuh; (2) Terdapat interaksi antara metode latihan *taktis* dan metode latihan *drill* dan kemampuan motorik terhadap keterampilan *dribbling* sepakbola di SSB Kenagarian Simalanggang Kecamatan Payakumbuh; (3) Metode latihan *taktis* memiliki pengaruh terhadap keterampilan *dribbling* sepakbola bagi atlet yang memiliki kemampuan motorik tinggi di SSB Kenagarian Simalanggang Kecamatan Payakumbuh; (4) Metode latihan *drill* memiliki pengaruh terhadap keterampilan *dribbling* sepakbola bagi atlet yang memiliki kemampuan motorik rendah di SSB Kenagarian Simalanggang Kecamatan Payakumbuh.