

## ABSTRACT

Fajri Kamal (2019): **The Effect of *Drill* Training Methods, *Small Game* Thaining Methods And Agility On The Soccer Schools In Junior PSB XIII Kampar.**

Based on the observations of researchers on the ground. Problems that arise, players are inconsistent in doing dribbling quickly and agile in passing oppornents so that counterattacks often fail, players also easily lose the ball. To increase dribbling ability, *drill* and *small game* training methods are given in conducting the exercise, the purpose of this study is to determine the effect of *drill* training methods, *smalll game* and agility on soccer skills.

Teh type of research used is a quasi-experiment. The study population was students aged 12 at the junior high school level of the PSB Kecamatan XIII Kampar which numbered 24 people. The sample group was taken total sampling. The treatment sample in this study was 24 org players , Angility instruments are measured using the T test and football dribbling skills using the dribbling Test. The data obtained were then analyzed of variance (ANAVA) and followed by the tukey test.

Based on the research findings, it can be concluded that : 1) *Drill* training method influence than the *small game* training method in in improving *dribbling* skills . 2) There is an interaction between training methods with agility towards increasing *dribbling* abilities . 3) in high agility, the *small game* training method has less effect than the *drill* training method to increasing *dribbling* skills. 4) in low agility, the *small game* training method has big effect than the *drill* training method to increasing *dribbling* skills.

Keywords: *Drill* Exercise Methods, *Small Game* Exercise Methods, Agility and *Dribbling* Ability .

## ABSTRAK

Fajri Kamal (2019) : **Pengaruh Metode Latihan *Drill*, Metode Latihan *Small Game* dan Kelincahan Terhadap Kemampuan *Dribbling* SSB PSB Junior Kecamatan XIII Koto Kampar.**

Berdasarkan pengamatan peneliti di lapangan, terlihat pemain tidak konsisten dalam melakukan *dribbling* dengan cepat dan lincah dalam melewati lawan sehingga dalam melakukan *counter attack* sering gagal, pemain juga dengan mudah kehilangan penguasaan bola saat *dribbling*. Untuk meningkatkan kemampuan *dribbling* maka diberikan metode latihan *drill* dan *small game* dalam melakukan latihan, tujuan penelitian ini untuk mengetahui pengaruh metode latihan *drill*, *small game* dan kelincahan terhadap kemampuan *dribbling* sepakbola.

Jenis penelitian yang digunakan adalah *eksperimen* semu. Populasi penelitian ini adalah siswa U12 SSB PSB junior Kecamatan XIII Koto Kampar yang berjumlah 24 orang. Kelompok sampel diambil total sampling. Sampel perlakuan dalam penelitian ini adalah 24 orang pemain. Instrument kelincahan diukur dengan menggunakan T test dan kemampuan *dribbling* sepakbola menggunakan tes *dribbling*. Data yang diperoleh kemudian dianalisis dengan analisis varians (ANAVA) dua jalur dan dilanjutkan dengan uji *Tukey*.

Berdasarkan temuan penelitian, dapat disimpulkan bahwa: 1) Metode latihan *drill* lebih besar pengaruhnya daripada metode latihan *small game* dalam peningkatan kemampuan *dribbling*. 2) Terdapat interaksi antara metode latihan dengan kelincahan terhadap peningkatan kemampuan *dribbling*. 3) Pada kelincahan tinggi, metode latihan *small game* lebih kecil pengaruhnya daripada metode latihan *drill* untuk peningkatan kemampuan *dribbling*. 4) Pada kelincahan rendah, metode latihan *small game* lebih besar pengaruhnya daripada metode *drill* untuk meningkatkan kemampuan *dribbling*.

Kata Kunci : Metode Latihan *Drill*, Metode Latihan *Small Game*, Kelincahan dan Kemampuan *Dribbling*.