

ABSTRAK

Okto Mira Kurniawan, (2021). Pengaruh Kelincahan, Kecepatan Dan Konsentrasi Terhadap Kemampuan *Dribbling* Pemain Fc Bagansiapi-Api

Masalah dalam penelitian adalah belum maksimalnya kemampuan *Dribbling* Pemain Fc Bagansiapi-Api. Hal ini dipengaruhi oleh banyak faktor seperti fisik, teknik, taktik dan mental. Faktor fisik dan psikologis menjadi salah satu kunci untuk mencapai teknik yang baik. Faktor fisik ialah kelincahan, dan kecepatan faktor psikologinya ialah konsentrasi. Penelitian ini bertujuan untuk mengetahui pengaruh kelincahan, kecepatan, dan konsentrasi, Terhadap kemampuan *dribbling* pemain Fc Bagansiapi-Api.

Jenis penelitian yaitu kuantitatif menggunakan disains penelitian analisis jalur (*Paht Analysis*). dengan metode asosiatif kausal. Populasi dalam penelitian ini berjumlah 26 orang. Teknik pengambilan sampel menggunakan teknik total *sampling*, yaitu sampel berupa populasi yang berjumlah 26 orang atlet. Data dikumpulkan dengan melakukan tes dan pengukuran terhadap keempat variabel. Untuk mengetahui kelincahan di tes dengan *dodging run*, kecepatan dengan tes lari 30 meter, konsentrasi dengan *grid concentration test*, sedangkan kemampuan *dribbling* diukur dengan tes *Dribblingbola*. Data dianalisis dengan analisis jalur (*Paht Analysis*).

Berdasarkan hasil analisis data menunjukkan bahwa: (1) Terdapat pengaruh langsung kelincahan terhadap kemampuan *dribbling* pemain Fc Bagansiapi - Api sebesar 15,6% (2) Terdapat pengaruh langsung kecepatan terhadap kemampuan *dribbling* pemain Fc Bagansiapi - Api sebesar 11,2% (3) Terdapat pengaruh langsung Konsentrasi terhadap kemampuan *dribbling* pemain Fc Bagansiapi – Api sebesar 13,7% (4) Terdapat pengaruh langsung kelincahan terhadap kecepatan pemain Fc Bagansiapi - Api sebesar 18,4% (5) Terdapat pengaruh tidak langsung kelincahan terhadap kemampuan *dribbling* pemain Fc Bagansiapi - Api melalui konsentrasi sebesar 5,7% (6) Terdapat pengaruh tidak langsung kecepatan terhadap kemampuan *dribbling* pemain Fc Bagansiapi - Api melalui konsentrasi sebesar 8,6%.

Kata Kunci: Kelincahan, Kecepatan, Konsentrasi, dan *Dribbling*

ABSTRACT

Okto Mira Kurniawan, (2021). *The contribution of agility, speed and concentration to the dribbling ability of Fc Bagansiapi-Api players*

The problem in this research is that the Dribbling ability of the Fc Bagansiapi-Api players has not been maximized. This is influenced by many factors such as physical, technical, tactical and mental. Physical and psychological factors are one of the keys to achieving good technique. Physical factor, namely agility, and speed, the psychological factor is concentration. This study aims to see the effect of agility, speed, and concentration on the dribbling ability of Fc Bagansiapi-Api players.

This type of quantitative research uses path analysis (Paht Analysis). by the causal associative method. The population in this study was probably 26 people. The sampling technique used total sampling technique, namely a sample of a population placed 26 athletes. Data were collected by doing tests and measuring the four variables. To see the agility test with the dodging run, the speed with the 30 meter running test, the concentration with the grid concentration test, while the dribbling ability was measured by the Dribblingbola test. Data were analyzed by path analysis (Paht analysis).

Based on the results of data analysis, it shows that: (1) There is a direct effect of agility on the ability to lead Fc Bagansiapi - Api players by 15.6% (2) There is a direct effect on the speed of the dribbling ability of Fc Bagansiapi - Api players by 11.2% c (3)) There is a direct effect of concentration on the dribbling ability of Fc Bagansiapi - Api players by 13.7% (4) There is a direct effect of agility on the speed of Fc Bagansiapi - Api players by 18.4% (5) There is an indirect effect of agility on the dribbling ability of Fc players Bagansiapi - Fire through a concentration of 5.7% (6) There is an effect that does not affect the dribbling ability of Fc Bagansiapi - Fire players through a concentration of 8.6%.

Keywords: agility, speed, concentration and dribbling