ABSTRACT

Adyaksa Putra Pratama. Relationship Balance and Agility Against Speed Dribbling Ball At Princess Futsal Club State University of Jakarta. Essay. Sport Education Coaching Program. Faculty of Sport Sciences Jakarta State University, June 2017.

This study aims to determine: (1) To answer the problems that exist in this study about the relationship of balance and agility to the speed of dribbling on members of Futsal Club Princess University of Jakarta, (2) As data for trainers about the physical condition of players, especially about the balance And player agility, (3) As an evaluation material for trainers in improving balance, agility, and speed dribbling.

The study was conducted from July 2017 at Multipurpose Building of the State University of Jakarta, East Jakarta. The method used in this research is quantitative descriptive method with correlation technique. In this study the population is a student of Princess Futsal Princess of the State University of Jakarta, amounting to 40 people. Then do the technique of sampling by purposive sampling method, that is choosing sample based on certain considerations, as for which is sample in this research is 30 member of futsal club of daughter of State University of Jakarta force year 2014-2016 is still follow practice cuphead at the time of research, not In sickness.

Intruments of this research are (1) Balance balance dynamic test with score (2) Test of agility arrowhead agility with second unit and (3) Dribbling test with dribbling test by using second unit.

Data analysis in this research using simple and multiple correlation technique, followed by t test at significant level α = 0.05, based on analysis of research data obtained results as follows: (1) there is a relationship between speed with ability dribble obtained correlation value 〖rx〗 _1 y = 0.58 and the coefficient of determination = 0.3364, which means that the contribution of speed is 33.64%, (2) there is a relationship between the balance with the

ability to dribble with the correlation value 〖rx〗 _2 y = 0.31 and the coefficient of determination 0.1369 which means the balance contribution to the dribbling ability is 13.69% and (3) there is a relationship between speed and equilibrium with dribble ability obtained by value 〖rx〗 _ (1-2) y = 0.63 and coefficient of determination = 0.3969 which means the contribution of speed and balance with the ability to dribble together is 39.69%.

So it can be concluded that there is a relationship between balance and agility to the speed of dribbling at Princess Futsal Club State University of Jakarta