

## ABSTRACT

### **BOBY ROBY YAHYA: EFFECTIVENESS OF EXERCISE SLALOM ZIG-ZAG AND PRACTICE OF IMPROVEMENT DIBBLING AGILITY SOCCER PLAYERS SSB CIKARANG U15.**

Thesis Sport Coaching Education Program, Department of Sports Performance, Faculty of Sport Science, State University of Jakarta in 2016

This study aims to determine: (1) Exercise slalom can improve dribbling skills of players SSB Soccer Team Cikarang U-15 (2) Exercise zig-zag can improve dribbling skills of players SSB Soccer Team Cikarang U-15 (3) Effectiveness of training slalom More Effective compared with Zig-zag exercises to increase the ability of a player dribbling SSB Cikarang Soccer Team U-15.

This research was conducted at the mini stadium cikarang, Village Coral Asih, North Cikarang District using quantitative methods with experiments. Research conducted as many as 16 sessions took place on December 3, 2015 until January 7, 2016.

From the results of the second test exercise groups: group training and group exercise slalom zig-zag obtained by the average value of the final data at 13.106 and 14.268 and a standard deviation of 1.52 and 1.448. To know the difference between a slalom exercise group (X) and zig-zag exercise group (Y) is determined by using the t test is thitung 1,871 while ttable with significance level of 0.05 with df (n-2) = 18 is 1,734, then thitung

(1.871) > t table (1.734) so that  $H_0$  is rejected, which means there are significant differences between slalom exercises and drills on a zig-zag average value of 13.106 and 14.268