

## ABSTRACT

**Muhammad alvin condra. The influence of dribbling exercise by using play method to the development of power limb muscle ability and the balance of 9-12 year old children at netral united soccer school in 2016.** Thesis: Jakarta: Sport Coaching Education Program, Sport Achievement, Faculty of Sport, State University of Jakarta, April 2016.

*This research aims to understand the influence of dribbling exercise by using play method to the development of power limb muscle ability and the balance of 9-12 year old children at netral united soccer school in 2016. The data was carried out in netral united soccer school, clincing complex, clincing, north jakarta from march to april 2016. The research sample was 9-12 year old player. 21 people used purposive sampling of 30 populations. The research methodology used was pre-experiment with one group pretest posttest design model. To obtain the development data of power limb muscle ability and the balance of 9-12 year old children, this research used instrument test such as standing brod jump test, storc stand test, and modified bass dynamic balance test. The data analysis technique exercise with play method (x) impact on the power limb muscle ability ( $y^1$ ), static balance ( $y^2$ ), and dynamic balance ( $y^3$ ) 9-12 old children at netral united soccer school in 2016.*