

**EFEKTIFITAS LATIHAN ZIG-ZAG RUN DAN SHUTTLE RUN  
TERHADAP KEMAMPUAN DRIBBLING SISWA INAFootBALL  
SOCCER SCHOOL USIA 14 TAHUN**

**ABSTRAK**

Penelitian ini bertujuan untuk 1) Mengetahui efektifitas latihan *zig-zag run* terhadap kemampuan *dribbling* bola pemain usia 14 tahun SSB *Inafootball Soccer School*. 2) Mengetahui efektifitas latihan *shuttle run* terhadap kemampuan *dribbling* bola pemain usia 14 tahun SSB *Inafootball Soccer School*. 3) Mengetahui latihan mana yang lebih efektif antara latihan *zig-zag run* dan latihan *shuttle run* terhadap peningkatan kemampuan *dribbling* bola pemain usia 14 tahun SSB *Inafootball Soccer School*. Penelitian ini dilakukan dengan metode eksperimen yaitu metode penelitian yang digunakan untuk mencari pengaruh perlakuan tertentu terhadap yang lain dalam kondisi yang terkendali. Desain penelitian yang digunakan adalah “:pre test-post test control grup desingt”, teknik pengumpulan data berdasarkan jenis data primer yaitu data yang langsung dikumpulkan dari mulai tes dan pengukurannya. Teknik analisis data dalam penelitian ini dengan menggunakan teknik statistic uji-t, yakni perhitungan data untuk membandingkan tes awal dan tes akhir latihan. Dalam penelitian ini yang menjadi populasi adalah anggota SSB *Inafootball Soccer School* usia 14 tahun yang berjumlah 34 orang. Teknik pengambilan sampel yang digunakan pada penelitian ini adalah teknik *simple* (sederhana). Sehingga sampel yang digunakan dalam penelitian ini sebanyak 30 orang. Dari hasil penelitian ini diperoleh hasil (1) Terdapat efektif latihan *zig-zag run* terhadap kemampuan *dribbling* dengan perolehan  $t_{hitung} (8,86) > t_{tabel} (1,761)$ , artinya penerapan latihan *zig-zag run* dapat meningkatkan kemampuan *dribbling*, (2) Terdapat efektif latihan *shuttle run* terhadap kemampuan *dribbling* dengan perolehan  $t_{hitung} (10,54) > t_{tabel} (1,761)$ , artinya penerapan latihan *shuttle run* dapat meningkatkan kemampuan *dribbling*, (3) Terdapat efektifitas latihan *zig-zag run* dan latihan *shuttle run* terhadap kemampuan *dribbling* dengan perolehan  $t_{hitung} (2,473) > t_{tabel} (1,701)$ , artinya latihan *zig-zag run* menunjukkan hasil yang lebih efektif dalam meningkatkan kemampuan *dribbling*.

**Kata kunci:** Sepakbola, *zig-zag run*, *shuttle run*, kemampuan *dribbling*

**THE EFFECTIVENESS OF ZIG-ZAG RUN AND SHUTTLE RUN  
EXERCISE AGAINST THE ABILITY OF DRIBBLING STUDENTS  
INAFOOTBALL SOCCER SCHOOL AGE 14**

**ABSTRACT**

*This research is to 1) Determine the effectiveness of zig-zag run training on the dribbling ability of soccer players aged 14 years SSB Inafootball Soccer School. 2) Knowing the effectiveness of shuttle run training on the dribbling ability of 14-year-old SSB Inafootball Soccer School players. 3) Knowing which exercises are more effective between zigzag run and shuttle run exercises to improve the dribbling ability of 14-year-old players SSB Inafootball Soccer School. This research is done by the experimental method of research, the methods used to find the effect of certain treatment on other under controlled conditions. The design of this research is: "pre test-post test control group design", this research is based on the primary data type to collect the data, the data that is directly collected from the start of the test and measurement. Techniques of analysis data in this study using the statistic test-t technique, which is the calculation of data to compare preliminary tests and exercise final tests. In this study, the population is a member of SSB Inafootball Soccer School aged 14 years, amounting to 34 people. The sampling technique used in this study is a simple technique. So that the samples used in this study were 30 people. From the results of this research obtained (1) There is effectiveness zig-zag run exercises against dribbling abilities with the acquisition of  $t_{count} (8.86) > t_{table} (1.761)$ , meaning the application of the zig-zag run exercises can improve dribbling abilities, (2) there are effectiveness shuttle run exercises against dribbling abilities with the acquisition of  $t_{count} (10.54) > t_{table} (1.761)$ , meaning the application of shuttle run exercises can improve dribbling abilities, (3) There is zig-zag run and shuttle run exercise against dribbling abilities with the acquisition of  $t_{hitung} (2.473) > t_{tabel} (1.701)$ , the meaning is zig-zag run exercises show more effectiveness results in improving dribbling abilities.*

**Keywords:** soccer, zig-zag run, shuttle run, dribbling abilities