

Abstrak

Huda, NM. 2022. *Pengembangan Model Latihan Dribbling Sepak Bola Pada Siswa SSB Akrab Putra Jember*. Skripsi, Program Studi Pendidikan olahraga, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Muhammadiyah Jember. Pembimbing: (1) Dr. Rizki Aprilliyanto, M.Pd. (2) Bahtiar Hari Hardovi, M.Pd.

Kata Kunci : latihan, *dribbling*, sepak bola

Dalam penelitian ini berisi tentang pengembangan model latihan *dribbling* sepak bola pada siswa SSB Akrab Putra Jember. *Dribbling* merupakan salah satu teknik dasar yang cukup penting dalam permainan sepak bola untuk melewati lawan dan juga menguasai bola.

Jenis penelitian ini adalah penelitian pengembangan, peneliti membuat 10 model latihan *dribbling* sepak bola kemudian draf produk latihan diberikan kepada satu ahli kepelatihan sepak bola dan dua pelatih sepak bola sebelum di berikan kepada para pemain untuk di lakukan praktek atau uji coba produk model latihan *dribbling* sepak bola.

Penelitian ini di uji coba atau di praktekkan kepada subjek yaitu para siswa atau pemain SSB Akrab Putra Jember, dengan uji coba kelompok kecil 14 pemain dan juga kelompok besar seluruh pemain atau 50 siswa SSB Akrab Putra Jember.

Hasil penelitian ini seluruh produk model latihan *dribbling* sepak bola dapat terlaksana atau dipraktekkan kepada seluruh siswa SSB Akrab Putra Jember.

ABSTRACT

Huda, NM. 2022. *Development of a soccer dribbling training model for students SSB Akrab Putra Jember*. Thesis, Sport Education Study Program, Faculty of Teacher Training and Education. University of Muhammadiyah Jember. Supervisor: (1) Dr. Rizki Aprilliyanto, M.Pd. (2) Bahtiar Hari Hardovi, M.Pd.

Keywords : Practice, dribbling, Football

In this study contains the development of a soccer dribbling training model for students SSB Akrab Putra Jember. Dribbling is one of the basic techniques that is quite important in soccer to get past opponents and also control the ball.

This type of research is development research, the researcher make 10 models of soccer dribbling training then the draft of the training product is given to one soccer coaching expert and two soccer coaches before being given to the players to practice or test the product of the soccer dribbling training model.

This study was tested or practiced on the subject namely students or players SSB Akrab Putra Jember, with small group trials of 14 players and large groups of 50 students SSB Akrab Putra Jember.

The results of this study are all products of the soccer dribbling training model that can be implemented or practiced for all students SSB Akrab Putra Jember.

