

**PENGARUH LATIHAN KECEPATAN DAN KELINCAHAN TERHADAP
KETERAMPILAN MENGGIRING BOLA PADA EKSTRAKURIKULER
FUTSAL ATLET SMPN 1 SUMENEP KEC KOTA SUMENEP KAB
SUMENEP**

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Abstrak

Futsal extracurricular is one of the places for students to develop their talents in school. In futsal, dribbling has a very important role so that researchers formulate problems to find out whether there is a more effective influence in speed and agility training on dribbling skills in the Futsal Extracurricular Athletes of SMPN 1 SUMENEP and the purpose of this study is to determine the effect of Speed and Agility Training on Dribbling Skills in Futsal Extracurricular Athletes of SMPN 1 SUMENEP, Sumenep City District, Sumenep Regency.

This type of research is an experiment using a Pre Test And Post Test Two Group Design research design. The research sample was 68 students, 34 for the Speed Training group and 34 for Agility Training. The data analysis technique used the t test (paired sample t test).

Based on the results of the study, there was an effect of dribbling skills after players participated in the Speed Training program with a p value of $0.000 < 0.05$. And there is an influence of dribbling skills after players follow the agility training program with a p value of $0.002 < 0.05$.

Based on the results of the study on the Influence of Speed and Agility Training on Dribbling Skills in Futsal Extracurricular Athletes of SMPN 1 Sumenep, Sumenep City District, Sumenep Regency, the following conclusions can be drawn: 1. There is an influence of dribbling skills after players follow the speed training program with a p value of $0.000 < 0.05$. 2. There is an influence of dribbling skills after players follow the agility training program with a p value of $0.002 < 0.05$. 3. In speed and agility training, the sig value (2 tailed) is $0.000 < 0.05$, so it can be concluded that there is a difference in the average dribbling skills of students between Speed Training and Agility Training in Futsal Extracurricular Athletes of SMPN 1 Sumenep.

Keywords: Speed Training, Agility Training, Futsal Dribbling