

ABSTRACT

**THE CONTRIBUTION OF AGILITY AND SPEED TO THE DRIBBLING
ABILITY OF FUTSAL PLAYERS AT SMA NEGERI 10
OF BENGKULU CITY**

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This study aims to determine the contribution of agility and speed to the dribbling ability of futsal players at SMA Negeri 10 of Bengkulu City. Correlation research is a study that attempts to find out whether there is a correlation between 3 or more variables. The independent variables are agility and speed, while the dependent variable is dribbling ability. The sampling method used in this research is total sampling technique. The sample consists of all futsal players from SMA Negeri 10 of Bengkulu City, totaling 15 individuals. The instruments used in this study are agility test, speed test, and dribbling ability test. The agility and dribbling ability test results obtained a correlation coefficient (r) of $0.95 > 0.514$ with a contribution of 90%. The speed and dribbling ability test results obtained a correlation coefficient of $0.90 > 0.514$ with a contribution of 81%, indicating a significant and substantial contribution of agility and speed to the dribbling ability of futsal players from from SMA Negeri 10 of Bengkulu City. Therefore, the hypothesis stating "there is a contribution of agility to the dribbling ability of futsal players from from SMA Negeri 10 of Bengkulu City" and "there is a contribution of speed to the dribbling ability of futsal players from from SMA Negeri 10 of Bengkulu City" is accepted. This means that there is a contribution of agility and speed to the dribbling ability of futsal players from from SMA Negeri 10 of Bengkulu City.

Keywords: Agility, Speed, Dribbling.

