

## ABSTRAK

**Muhammad Fahrul Nizam.** *Pengembangan Alat Bantu Latihan Dribbling dan Heading Olahraga Futsal.* Skripsi. Pacitan: STKIP PGRI Pacitan.2023.

Penelitian ini bertujuan membuat produk untuk latihan *Dribbling* dan *Heading* pada olahraga futsal. Produk yang dikembangkan telah disesuaikan dengan kebutuhan serta didesain seefektif mungkin. Produk yang di kembangkan berbahan dasar tali tas dan karet pegas.

Penelitian ini menggunakan metode pengembangan (RND). Prosedur pengembangan yang dilakukan adalah, (1) pengumpulan informasi, (2) evalusa ahli materi dan ahli media, (3) revisi produk pertama, (4) uji coba lapangan, (5) revisi produk akhir, (6) hasil akhir alat. Validasi kelayakan uji coba produk melibatkan ahli materi dan ahli media. Ujicoba skala kecil melibatkan 2 tim futsal Pacitan, sedangkan ujicoba skala besar melibatkan 4 tim futsal Pacitan. Subjek peenelitiannya adalah tim maestro fc, UKM futsal STKIP PGRI Pacitan, Cilukba fc, Putra gumilap fc, Emeral fc,dan Come Back Stanjer. Instrumen pada penelitian ini menggunakan observasi, dokumentasi dan angket/kuesioner. Uji coba produk skala kecil menunjukkan hasil yang sangat baik dan sangat layak dan uji coba produk skala besar menunjukkan hasil yang sangat baik dan sangat layak. Teknik analisis data menggunakan teknik analisis kuantitatif.

Hasil penelitian ini didapatkan penilaian dari ahli materi sebesar 95 % dengan kategori “sangat baik dan sangat layak”, ahli media memberikan penilaian 92,8 % dengan kategori “sangat baik dan sangat layak”, hasil uji coba skala kecil dari 2 tim yaitu Maestro dengan jumlah 82,2% dan UKM Futsal STKIP PGRI Pacitan dengan jumlah 92,1 % dengan kategori “sangat baik dan sangat layak”. Dan hasil uji coba skala besar dari 4 tim yaitu, Cilukba FC dengan jumlah 89,8%, Putra Gumilap dengan jumlah 89% , Emerald FC dengan jumlah 91,4%, dan Come Back Stanger dengan jumlah 90,8% dengan kategori “Sangat baik dan Sangat layak”.

**Kata Kunci:** *Dribbling, Heading, Futsal*

## **ABSTRACT**

**Muhammad Fahrul Nizam.** *Development of Dribbling Training Aids and Heading for Futsal Sports.* Thesis. Pacitan: STKIP PGRI Pacitan.2023.

*This research aims to make products for Dribbling and Heading exercises in futsal sport. The products developed based on the needs and designed as effectively as possible. The product developed from bag straps and spring rubber.*

*This research used the development method (RND). The development procedures carried out were, (1) gathering information, (2) evaluating material experts and media experts, (3) first product revision, (4) field trials, (5) final product revision, and (6) final product results. Product trial feasibility validation involves material experts and media experts. Small-scale trials involved two teams of Pacitan futsal. While, large-scale trials involved four teams of Pacitan futsal. The research subjects were the maestro fc team, futsal UKM STKIP PGRI Pacitan, Cilukba fc, Putra gumilap fc, Emeral fc, and Come Back Stanjer. The instruments this study used observation, documentation and questionnaires. Small scale product trials showed that very good and very feasible results. While, large scale product trials showed that very good and very feasible results. Data analysis techniques used quantitative analysis techniques.*

*The results of this study obtained an assessment from material experts of 95% in the category "very good and very appropriate", media experts gave an assessment of 92.8% in the category "very good and very feasible". The results of small-scale trials from two teams, namely: Maestro with a total of 82.2% and UKM Futsal STKIP PGRI Pacitan with a total of 92.1% in the "very good and very decent" category. Besides, the results of the large-scale trial of four teams, namely: Cilukba FC with a total of 89.8%, Putra Gumilap with a total of 89%, Emerald FC with a total of 91.4%, and Come Back Stanger with a total of 90.8% in the category "Very good and very worthy".*

**Keywords:** *Dribbling, Heading, Futsal*