Indonesian Journal for Physical Education and Sport
https://journal.unnes.ac.id/journals/inapes/index
e-ISSN 2774-4434 | inapes@mail.unnes.ac.id
https://doi.org/10.15294/inapes.xxxx

# Analysis of the Effect of Dribbling Training on the Technical Performance of Soccer Players: A Systematic Literature Review

**Yudha Hafid[a], Martin Sudarmono[b]**
[ab]Pendidikan Jasmani Kesehatan dan Rekreasi, Universitas Negeri Semarang, Indonesia

**Correspondence:** yudhahafidhm@students.unnes.ac.id
**Received:** 27 June 2025 **Accepted:** 27 October 2025 **Published:** 31 October 2025

**Abstract**
This study aims to analyze the effect of dribbling training on the technical abilities of soccer players. This study uses the PRISMA standard in conducting systematic reviews and meta-analyses. The articles reviewed were publications between 2020 and 2024. The search process used the keywords "Dribbling", "Football", and "Technical Performance". From the database search, 103 articles were found. After being adjusted to the inclusion criteria, 10 articles were selected for further analysis. Training techniques, physical agility, and eye-to-toe coordination affect the dribbling ability of a footballer. To improve dribbling speed and effectiveness, athletes need good physical strength and motor skills. In one-on-one situations, dribbling possession is essential as a technical-tactical strategy to create goal opportunities and dismantle the opponent's defense.

**Keywords**: dribbling; football; technical performance

## 1. Introduction

Football is a team sport consisting of eleven players and one goalkeeper. In a game that demands teamwork, match results are greatly influenced by physical, technical, tactical, and mental factors (F. N. Tiana et al., 2020). One of the main characteristics of a football player is the basic technical skill of dribbling (Hafizudin et al., 2024). Dribbling is a technique of moving the ball using certain parts of the foot to keep it close to the player (Effendi, 2020). Dribbling can be done using various parts of the foot (inside, outside, instep, and sole) to control the ball (Saputra et al., 2023). Through dribbling, players can get past opponents by maintaining control of the ball with agile movements. A great dribbler can deceive opponents using multiple tricks, changes of direction, and intelligent body movements (Achmad Zein Nuralif & Imam Syafi'i, 2024).

To cope with pressure from opponents on the field, players who regularly practice dribbling can improve their ball control and technical dribbling skills (Masruhin Masruhin et al., 2024). In football, dribbling skills are essential because players must be able to move the ball past opposing players (Roni Basrizal et al., 2020). Two aspects that strongly influence a football player's ability are agility and dribbling skills. Proper training can improve both abilities simultaneously; therefore, training that combines agility and dribbling speed is crucial for a football player's performance (Rahmad Kamaludin, 2024). Football continues to evolve as players and coaches adopt various new strategies, tactics, and techniques (Trimadani et al., 2025).

According to research by Rio et al. (2021), many players still lack basic technical skills, especially in dribbling. Coaches tend to provide training only according to their own capabilities during

practice sessions (Azandi et al., 2023). Rahmatullah (2021) reported that players at the UIR Football School still experience problems with dribbling skills. Observations showed that players often lose control of the ball when changing dribbling direction or attempting to bypass opponents. Research by Haidar Ali Sya'bani et al. (2024) indicated that fatigue can cause dribbling-related problems, as dribbling requires both speed and agility, which may decline due to lack of physical activity. This study focuses on the effect of dribbling training on the technical performance of football players. Several limitations were identified, such as limited sample size and characteristics, restricted sports variations, the influence of other external factors, measurement instruments that require further development, and a short research duration.

## 2. Method

This study describes the methods used to select articles related to "The Effect of Dribbling Training on the Technical Performance of Football Players" for the preparation of this Systematic Literature Review (SLR). The review follows the PRISMA guidelines for systematic reviews and meta-analyses. The articles considered were published within the last five years, specifically between January 2020 and December 2024. The keywords used during the search process included "Dribbling," "Football," and "Technical Performance." The Scopus database was used to conduct the search (Rumini et al., 2024).

### Study participants

The terms "Dribbling," "Football," and "Technical Performance" were used to search for relevant articles published between 2020 and 2024 in the Scopus database, including the Science Citation Index Expanded, the Social Sciences Citation Index, and the Arts & Humanities Citation Index. This SLR study represents the most recent research on the automation of SLR studies and includes all relevant literature to the best of the researchers' knowledge (van Dinter et al., 2021).

### Study organization

The literature review takes into account several factors:

a. the annual publication trends from 2020 to 2024;
b. the institutional affiliation of the first author;
c. the number of contributing authors;
d. the research design used (such as experimental, descriptive, correlational, or others);
e. the main field of study (including training, health, management, education, or their combinations); and
f. the average number of citations per article.

### Statistical Analysis

The titles, abstracts, and keywords selected for these articles are sufficient to provide a reliable core that can be used by other researchers. In this study, only publicly accessible articles are presented, as the authors intended to ensure that all referenced research is available to everyone. The relevant studies specifically address selected topics based on the following inclusion and exclusion criteria.

## 3. Result and Discussion

The literature search in the database identified articles using specific keywords (n = 103). From

2020 to 2024, categorized articles (n = 48) and inaccessible articles that did not meet the inclusion criteria (n = 55) were identified from the entire database. Subsequently, the filtered articles were selected based on keywords related to Dribbling, Football, and Technical Performance (n = 20), and then the relevant articles (n = 10) were chosen. The PRISMA criteria guided this systematic review, which was conducted using the Scopus primary database.

Reporting Items for the Systematic Review

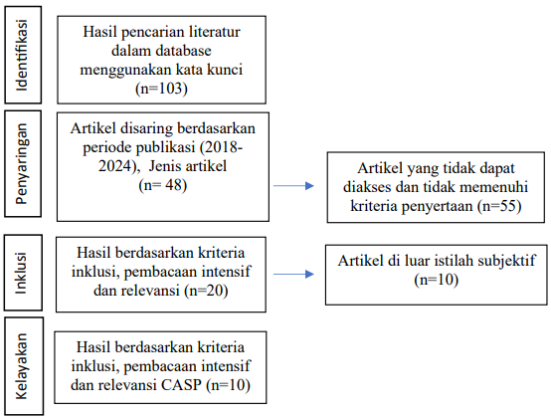


**Figure 1. The PRISMA scheme in the literature selection process**

The table below presents the year of publication along with the number of articles released during the specified period.

**Table 1. Annual publication distribution**

| Year of Publication | Number of Articles | Percentage (%) |
|---|---|---|
| 2020 | 10 | 20.83% |
| 2021 | 9 | 18.75% |
| 2022 | 14 | 29.17% |
| 2023 | 5 | 10.42% |
| 2024 | 10 | 20.83% |
| **Total** | **48** | **100%** |

The number of publications fluctuated from year to year, as shown in Table 1 starting with 10 articles in 2020, 9 in 2021, 14 in 2022, 5 in 2023, and 10 in 2024.

Below is an analytical table that can be used to understand the effect of dribbling on football players' performance based on the reviewed literature:

**Table 1. Results of the literature review**

| Title | Sample | Result |
|---|---|---|
| Vladimir Vinek's Dribbles: Fragments for the Portrait of a Football Player and a Police Officer from Zagreb (Stipančević, 2022) | Athletes | Dribbling Accuracy |
| Expected Pass Turnovers (xPT)-A Model to Analyse Turnovers from Passing Events in Football (Peters et al., 2024) | Athletes | Individual Dribbling Tactics |

| | | |
|---|---|---|
| Effects of Limiting the Number of Ball Touches on Physical and Technical Performance of Junior Football Players during Small-Sided Games (Kim et al., 2023) | Athletes | Individual Dribbling Tactics |
| Running Demands and Tactical Individual Actions of Wingers Depend on Playing Formations within an Amateur Football Team (Izquierdo et al., 2023) | Athletes | Individual Dribbling Tactics |
| Offensive Difference Styles and Technical Situational Variables between European and South American Elite Football Leagues (Izquierdo & Redondo, 2022) | Athletes | Technical Dribbling Performance |
| Goal Difference Relationship between the National Leagues of Brazil, Germany, and England from the Perspective of Prospect Theory (Mundstock et al., 2021) | Athletes | Technical Dribbling Performance |
| Individual Tactical Effects of Finishing at Three Mini-Goals Instead of One Regular Goal during Small-Sided Games in Youth Soccer Players (Morillo-Baro et al., 2022) | Athletes | Individual Dribbling Tactics |
| Interactive Effects of Situational Variables Regarding Teams' Technical Performance in the UEFA Champions League (Yi et al., 2022) | Athletes | Technical Dribbling Performance |
| The Decision-Making in Dribbling: A Video Analysis Study of U10 Soccer Players' Skills and Coaches' Quality Evaluation (Iuliano et al., 2023) | Athletes | Dribbling Accuracy |
| Influence of Team Ability and Players' Age on Physical and Tactical Performance According to Playing Position in Spanish Soccer LaLiga (Lago et al., 2024) | Athletes | Dribbling Accuracy |

## Discussion

The ability to dribble in football is influenced by acceleration dribbling techniques and interval sprint training. Interval sprint training techniques are found to be more effective than acceleration dribbling techniques. Additionally, the degree of ankle coordination significantly affects dribbling performance in football (Armando Laksono & Amirullah Rachman, 2020). Game-based dribbling training improves football players' dribbling ability more effectively than ball-feeling training. This finding shows a significant improvement in dribbling test completion time (Ismail et al., 2024).

Athletes trained using the drill method have faster dribbling skills compared to those trained with small-sided game methods. There is a correlation between their training method and their agility in dribbling. Athletes with higher agility tend to dribble faster when trained using the drill method compared to small-sided games, while athletes with lower agility also perform better in dribbling when trained with drills than with small-sided games (Kamal & Syahrastan, 2020).

The analysis results indicate that physical agility is one of the essential qualities that football players must possess, as agility enables them to perform faster and more effective movements; moreover, it enhances dribbling speed (Wilson et al., 2020). A structured and systematic physical fitness training program is necessary to improve athletic performance (H. R. Zul et al., 2022). Research shows that eye-foot coordination and dribbling ability in football are closely related. Since dribbling requires good motor coordination specifically the synchronization between eyes and feet to track

and control the ball training that enhances eye-foot coordination helps players dribble more effectively (Untung Tri Putra et al., 2024).

Motor and technical skills in football players are improved through Life Kinetic training, particularly in terms of passing accuracy, shooting performance, and dribbling ability (Arslan & Ermiş, 2023).

Enhancing player performance, both for professionals and juniors, can likely be achieved by focusing on technical aspects such as dribbling (Wilson et al., 2020). Dribbling is one of the most commonly used technical-tactical strategies to disrupt the opponent's defense and create goal-scoring opportunities (Leal et al., 2022). A player's overall effectiveness in football, particularly in one-on-one situations in both attack and defense, is influenced by their motor coordination skills, including adaptability and complex reaction time (Bojkowski et al., 2022).

## 4. Conclusion and Recommendation

Based on the analysis of various studies, it is evident that the choice of training techniques, physical agility, and motor coordination particularly eye-foot coordination all influence dribbling ability in football. Athletes must possess strong physical capabilities, as these are crucial for improving dribbling speed and effectiveness. Overall, mastery of technical skills, such as dribbling, greatly impacts the performance of football players, both professional and junior. Dribbling itself serves as an important technical-tactical strategy to create goal-scoring opportunities and break through the opponent's defense. Motor coordination skills, adaptability, and quick reaction times significantly affect a player's effectiveness in one-on-one situations during matches

## References

Achmad Zein Nuralif, & Imam Syafi'i. (2024). The Effect of Dribbling Ball Mastery on Dribbling Technique Skills of 11-12 Year Old Bhayangkara Semeru Academy Players.

Armando Laksono, D., & Amirullah Rachman, H. (2020). The Effect of Training Methods and Eye-Foot Coordination On Football Dribbling Ability. Journal of Physical Education, Sport, Health and Recreations, 9(1), 1–5. http://journal.unnes.ac.id/sju/index.php/peshr

Arslan, Y., & Ermiş, E. (2023). The Effects Of Life Kinetic Exercises On Technical Skills And Motor Skills Performance In Young Football Players. European Journal of Physical Education and Sport Science, 9(4). https://doi.org/10.46827/ejpe.v9i4.4732

Azandi, F., Al Munawar, A., Sahputera Sagala, R., Olahraga, S. T., Kesehatan, D., Guna, B., Jejak, R., & Kunci, K. (2023). Training Model for Dribbling and Passing Techniques for Soccer Athletes. In Jurnal Olahraga dan Kesehatan Indonesia (JOKI) (Vol. 3, Issue 2). https://doi.org/https://doi.org/10.55081/joki.v3i2.967

Bojkowski, Ł., Kalinowski, P., Śliwowski, R., & Tomczak, M. (2022). The Importance of Selected Coordination Motor Skills for an Individual Football Player's Effectiveness in a Game. International Journal of Environmental Research and Public Health, 19(2), 728. https://doi.org/10.3390/ijerph19020728

Effendi, A. R. (2020). The Effect of Slalom Dribble Training on Soccer Dribble Ability in Extracurricular Students of Smp Negeri 6 Sungai Laur Ketapang Regency. Jurnal Pendidikan Olahraga, 9(2), 212–219. https://doi.org/10.31571/jpo.v9i2.1472

Hafizudin, M. U., Suardi, S., Hidayat, A., & Raga, P. O. (2024). Analysis of Basic Technical Skills of Soccer Games at Jakarta Islamic School. Sportology Journal (Sport. J). https://doi.org/10.37640/sport

Haidar Ali Sya'bani, Agus Rusdiana, & Iman Imanudin. (2024). Effect of Physical Fatigue and Limb Length Anthropometry on Dribbling Ability of Soccer Players. https://doi.org/https://doi.org/10.55081/jurdip.v4i3.2216

Ismail, V. I., Nugraheni, W., & Maulana, F. (2024). Game-Based Training Method VS Ball Feeling Training Improved Dribbling Football Club Marshal FC. Jurnal Educatio FKIP UNMA, 10(2), 340–345. https://doi.org/10.31949/educatio.v10i2.6553

Iuliano, E., Bonavolontà, V., Ferrari, D., Bragazzi, N., Capasso, B., Kuvačić, G., & De Giorgio, A. (2023). The decision-making in dribbling: a video analysis study of U10 soccer players' skills and coaches' quality evaluation. Frontiers in Psychology, 14. https://doi.org/10.3389/fpsyg.2023.1200208

Izquierdo, J. M., Marqués-Jiménez, D., & Redondo, J. C. (2023). Running demands and tactical individual actions of wingers appear to depend on the playing formations within an amateur football team. Scientific Reports, 13(1). https://doi.org/10.1038/s41598-023-36157-6

Izquierdo, J. M., & Redondo, J. C. (2022). Offensive Difference Styles and Technical Situational Variables Between European and South American Elite Football Leagues. MHSalud: Revista En Ciencias Del Movimiento Humano y Salud, 19(2), 1–13. https://doi.org/10.15359/mhs.19-2.3

Kamal, F., & Syahrastan. (2020). The Influence Of Drill, Small Game, And Agility Exercise Methods Against Dribbling Capability Of Students At Football Association Junior Football School District XIII Koto Kampar. https://doi.org/10.24036/jm.v5i1

Kim, N., Lee, S., & Byun, K. (2023). Effects of Limiting the Number of Ball Touches on Physical and Technical Performance of the Junior Football Players during Small-sided Game. Exercise Science, 32(1), 100–110. https://doi.org/10.15857/ksep.2023.32.1.100

Lago, C., Rey, E., Del Campo, R. L., Resta, R., Cui, Y., & Ruano, M. Á. (2024). Influence of Team Ability and Players' Age on Physical and Tactical Performance According to Playing Position in Spanish Soccer LaLiga. European Journal of Human Movement, 53, 131–143. https://doi.org/10.21134/EURJHM.2024.53.5

Leal, K., Pinto, A., Torres, R., Elferink-Gemser, M., & Cunha, S. (2022). Characterization and analyses of dribbling actions in soccer: A novel definition and effectiveness of dribbles in the 2018 fifa world cup RussiaTM. Human Movement, 23(1), 10–17. https://doi.org/10.5114/hm.2021.104182

Masruhin Masruhin, Roesdiyanto Roesdiyanto, & Kurniati Rahayuni. (2024). Development of Video-Based Soccer Dribbling Variations at SSB Putra Arema. Harmoni Pendidikan : Jurnal Ilmu Pendidikan, 1(4), 59–71. https://doi.org/10.62383/hardik.v1i4.708

Morillo-Baro, J. P., Reigal, R. E., & Hernández-Mendo, A. (2022). Individual tactical effects of fnishing at three mini-goals instead of one regular goal during small sided games in youth soccer players. RICYDE: Revista Internacional de Ciencias Del Deporte, 11(41), 226–244. https://doi.org/10.5232/ricyde

Mundstock, F. B., Maia, F. H. D. S., & Bicalho, C. C. F. (2021). Goal difference relationship between the national leagues of brazil, germany and england from the perspective of the prospect theory. Journal of Physical Education and Sport, 21(5), 2569–2575. https://doi.org/10.7752/jpes.2021.05344

Peters, A. J., Parmar, N., Davies, M., Reeves, M., Sormaz, M., & James, N. (2024). Expected Pass Turnovers (xPT) - a model to analyse turnovers from passing events in football. Journal of Sports Sciences, 42(11), 1002–1010. https://doi.org/10.1080/02640414.2024.2379697

Rahmad Kamaludin. (2024). The Effect of Relay and Zig Zag Training on Dribbling Ability of Soccer Athletes. Jurnal Penelitian, Pengembangan Pembelajaran Dan Teknologi (JP3T), 2(1), 1–5. https://doi.org/10.61116/jp3t.v2i1.414

Rahmatullah, M. I. (2021). Analysis of agility, speed, and eye-foot coordination with dribbling ability of uss soccer team (uir soccer school). Journal of Sport Education (JOPE), 3(2), 137. https://doi.org/10.31258/jope.3.2.137-145

Rio, T., Utomo, P., Sudarmono, M., Pendidikan, J., Kesehatan, J., & Rekreasi, D. (2021). The Effect of Zig-zag Dribble and T Dribble Training on the Dribbling Ability of Soccer Players at SSB PUMA (Vol. 2, Issue 1). https://doi.org/10.15294/inapes.v2i1.42797

Roni Basrizal, Tjung Hauw Si, Roma Irawan, & Vega Soniawan. (2020). Agility Training on Improving Ability Dribbling Ability of Soccer Players. https://doi.org/10.24036/patriot.v2i3.667

Rumini, Adi S, & Kusuma, D. W. Y. (2024). The Mechanics of Speed: A Systematic Literature Review on Athletic Sprint Techniques. Physical Education Theory and Methodology, 24(6), 990–996. https://doi.org/10.17309/tmfv.2024.6.17

Saputra, D. P., Ridwan, M., S, A., Arifan, I., Arwandi, J., Irawan, R., Yudi, A. A., Soniawan, V., & Chan, A. A. S. (2023). The Effect of Agility Training on Dribbling Ability of Soccer Players SSB Gelora Buana Kab. Kerinci. Athena: Physical Education and Sports Journal, 1(1), 6–15. https://doi.org/10.56773/athena.v1i1.1

Stipančević, M. (2022). Vladimir Vinek's Dribbles: Fragments For The Portrait Of A Football Player And A Police Officer From Zagreb. Review of Croatian History, 18(1), 211–243. https://doi.org/10.22586/REVIEW.V18I1.21411

Tiana, F. N., Sudarmono, M., Sulaiman, & Annas, M. (2020). The Effect of Shooting Variations and Accuracy of Kicking the Ball on Ability Shooting Ability of SKS Academy Football Players. Indonesian Journal for Physical Education and Sport, 180(2), 180–187. https://journal.unnes.ac.id/sju/index.php/inapes

Trimadani, A., Sudarmono, M., Studi Pendidikan Jasmani Kesehatan Dan Rekreasi, P., & Ilmu Keolahragaan, F. (2025). Training El Rondo and Small Sided Games on Increasing Short Pass Accuracy of SSB Bina Anak Bangsa Players Age 12-13 Years Tegal Regency. https://doi.org/10.15294/inapes.v6i1.24430

Untung Tri Putra, M., Saman, A., & Rusli, M. (2024). Correlation of Eye and Foot Coordination with Dribbling Ability in a Football Game. Jurnal Pendidikan Jasmani (JPJ), 4(1).

van Dinter, R., Tekinerdogan, B., & Catal, C. (2021). Automation of systematic literature reviews: A systematic literature review. Information and Software Technology, 136, 106589. https://doi.org/10.1016/j.infsof.2021.106589

Wilson, R. S., Smith, N. M. A., Melo de Souza, N., & Moura, F. A. (2020). Dribbling speed predicts goal-scoring success in a soccer training game. Scandinavian Journal of Medicine and Science in Sports, 30(11), 2070–2077. https://doi.org/10.1111/sms.13782

Yi, Q., Yang, J., Wang, X., Gai, Y., & Gómez-Ruano, M. A. (2022). Interactive Effects of Situational Variables Regarding Teams' Technical Performance in the UEFA Champions League. Frontiers in Psychology, 13. https://doi.org/10.3389/fpsyg.2022.781376

Zul, H. R., Nasuka, N., & Priyono, B. (2022). The Effect of Training Methods and Power on Shooting Accuracy of Porma Football School Players in Kudus Regency. Journal of Physical Education and Sports, 11(3), 315–321. https://doi.org/10.15294/jpes.v11i3.60093