



The Association Between Agility with Dribbling Performance Among Dasan Baru Putra East Lombok Football Players

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Abstract

Agility is a key physical component in soccer. It supports the execution of technical skills, particularly dribbling. During dribbling, players must change direction rapidly, maintain balance, with coordinate body movements efficiently throughout the game. These abilities allow players to control the ball while responding to dynamic match situations. Despite its importance, empirical studies that examine the relationship between agility with dribbling ability in youth club players remain limited. These study aimed to examine the relationship between agility with dribbling performance among male soccer players in the Dasan Baru (DB) club in East Lombok. The research applied a correlational design with involved 20 male players as participants. Agility was assessed using the Illinois Agility Test. Dribbling performance was measured through a standardized soccer dribbling test. The collected data were analyzed using descriptive statistics to describe the characteristics of the variables. The Shapiro-Wilk test was used to examine data normality. The analysis then continued with Pearson product moment correlation to identify the relationship between agility with dribbling performance. The results revealed a statistically significant negative correlation between agility with dribbling performance ($r = -0.71$; $p = 0.001$). Players with higher agility levels completed the dribbling test in less time. The normality test showed that the data followed a normal distribution, which allowed the use of parametric statistical analysis. These findings indicate that agility has a meaningful association with dribbling performance in youth soccer players. Coaches should therefore include structured agility training in youth soccer development programs. Such training can help improve technical performance, particularly ball control with dribbling efficiency during play.

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INTRODUCTION

Soccer is a dynamic sport that requires the integration of technical skill, physical fitness, with spatial awareness during play (Artiluhung & Yulianto, 2025). Players must execute movements quickly while maintaining control of the ball with responding to tactical situations. Among the key technical skills in football, dribbling holds an important role. These skill allows players to maintain possession, pass defenders, with create attacking opportunities. Effective dribbling requires accurate ball control with the ability to adjust body movements rapidly in response to changing match conditions (Risyanto & Yulianto, 2025).

Several physical factors support dribbling performance. Agility is one of the most important. During a match, players often change direction, accelerate, slow down, with reposition their bodies within a short time. In competitive situations, agility helps players avoid defenders, maintain balance, with continue moving with the ball. Cause of these demands, many studies recognize agility as a key physical attribute that supports individual performance in soccer (Purwanto & Susanto, 2018).

Agility does not function as a single physical element. It reflects the interaction of neuromuscular coordination, balance, speed, with perceptual decision making based on visual information. When performing a dribbling action, players must coordinate fast foot movements while observing the position with movement of opponents. These combination of physical with perceptual processes explains why players with higher agility often demonstrate more controlled with efficient dribbling performance (Muthiarani et al., 2021).

Previous studies have examined the role of agility in soccer performance. Research shows that agility relates to sprint ability, quick directional changes, with movement efficiency during play. Some findings also indicate that agility training may support the execution of technical skills cause players can react faster with move more precisely. However, research that directly analyzes the relationship between agility with dribbling performance remains limited. Existing studies also report different levels of correlation (Yulianto et al., 2025).

In youth football, the development of physical capacity with technical skill occurs at the same time. These condition indicates that physical attributes such as agility can influence how well young players apply technical abilities in real

match situations. In practice, many youth training programs still emphasize repeated technical drills. Physical development sometimes receives less structured attention. These imbalance can limit overall performance development in young athletes (Satrianingsih & Yulianto, 2025).

In Indonesia, especially at the regional club level, scientific research related to soccer performance remains limited. Many training programs still rely mainly on coaching experience rather than research based evidence. For these reason, studies conducted in regional soccer environments are important. Research findings can support the development of training programs that align with scientific knowledge with reflect local training conditions (Danurwindo et al., 2014).

DB Putra East Lombok soccer players represent a group with specific training backgrounds with competitive experiences. Studying these group can provide context based information that supports coaching practice at the regional level. The results may help coaches design training programs that match the physical with technical needs of their athletes.

In addition, understanding the relationship between agility with dribbling performance has practical value for player evaluation with talent identification. If agility shows a strong relationship with dribbling ability, coaches can use agility as an indicator when assessing young players. These information can help coaches determine training priorities with improve the effectiveness of player development programs. Therefore, these study aims to examine the relationship between agility with dribbling performance among DB Putra East Lombok soccer players. The findings are expected to contribute to soccer performance research with support the integration of physical with technical training in youth development programs.

METHOD

These study applied a quantitative correlational design to examine the relationship between agility with dribbling performance among players of DB Putra East Lombok Soccer Club. The correlational approach allowed the study to measure the strength with direction of the relationship between the two variables without applying experimental intervention. The research took place within the players' regular training environment so the collected data reflected actual practice conditions (Sugiyono, 2013).

The participants were male athletes aged 18–21 years from DB Putra East Lombok Foot-

ball Club. The study used a total sampling technique. All players who actively attended training sessions, were in good physical condition, and had no injuries during the data collection period took part in the study. The selection of athletes aged 18–21 years ensured that participants had reached a more stable stage of physical development and technical skill in football performance. Data collection took place on the club training field during scheduled practice sessions. This setting helped maintain consistent environmental conditions during testing and allowed the athletes to perform the tests in a familiar training environment.

Agility was measured using the Illinois Agility Test. These test evaluates an athlete's ability to accelerate, decelerate, with change direction quickly. Dribbling ability was measured through a standard dribbling test. In these test, players moved the ball through several cones arranged in a slalom pattern while maintaining ball control with completing the course as quickly as possible. Each player performed two trials in both tests. The best result from each test was selected for analysis. Before testing, all players completed a structured warm up session with received clear instructions to ensure consistent test procedures.

The data were analyzed using descriptive statistics to summarize player performance. Pearson product moment correlation analysis examined the relationship between agility with dribbling performance. The study set the significance level at $p < 0.05$. Ethical principles guided the entire research process. All participants received clear information about the study purpose with procedures. Participation remained voluntary. The study also maintained the confidentiality of all collected data.

RESULTS AND DISCUSSION

Table 1. Descriptive Statistics of Agility with Dribbling Performance

Variable	Mean	SD
Agility (seconds)	16.42	0.85
Dribbling Performance (seconds)	18.76	1.12

Twenty male athletes from DB Putra East Lombok participated in these study. **Table 1.** Descriptive analysis showed that the players demonstrated relatively good agility with dribbling ability. The Illinois Agility Test results appeared consistent across participants. These pattern indicates that most players had comparable ability in performing rapid directional changes. In contrast,

the dribbling test results showed greater variation. These difference suggests that players displayed different levels of ball control with movement efficiency while dribbling.

Inferential analysis used Pearson product moment correlation to examine the relationship between agility with dribbling performance. The analysis identified a significant association between the two variables. The correlation showed a strong negative relationship. Players who completed the agility test in shorter times also achieved faster results in the dribbling test.

Table 2. Correlation Between Agility with Dribbling Performance

Variables	r	p-value
Agility × Dribbling Performance	-0.71	0.001

The correlation coefficient of -0.71 indicates a strong relationship between agility with dribbling performance. The significance value of 0.001 confirms that the relationship is statistically significant. These results indicate that agility functions as an important physical factor that supports dribbling performance. Players with higher agility levels tend to maintain better ball control while performing rapid directional movements.

Before conducting the correlation analysis, the study examined the distribution of the data. The analysis used the Shapiro Wilk test cause the sample size was relatively small with 20 participants. The results showed that both variables followed a normal distribution. Each variable produced a significance value greater then 0.05.

Table 3. Shapiro–Wilk Normality Test Results

Variable	p-value	Conclusion
Agility	0.615	Normal
Dribbling Performance	0.487	Normal

Cause the normality requirement was satisfied, the study used Pearson product moment correlation to test the relationship between agility with dribbling performance.

Hypothesis testing used Pearson correlation analysis. The results identified a significant relationship between agility with dribbling performance with a correlation coefficient of -0.71 with a significance value of 0.001. The p-value was lower then the significance threshold of 0.05. These result led to the rejection of the null hypothesis. The findings confirm that agility is significantly associated with dribbling performance among DB Putra East Lombok soccer players.

These study found a clear relationship between agility with dribbling performance among players of DB Putra East Lombok. Players who recorded faster results in the agility test also achieved better scores in the dribbling assessment. These pattern shows that agility contributes to the execution of soccer techniques, especially when players must change direction quickly while maintaining ball control.

Agility represents more than movement speed. It involves coordination, balance, neuromuscular control, with the ability to respond to visual information during play. In a match situation, players constantly adjust their movements according to the position of opponents with the flow of the game. Players with higher agility can coordinate lower limb movement with ball control more effectively when performing dribbling actions (Sun et al., 2025; Latash, 2018; Zouhal et al., 2019). The findings of these study support these concept with confirm the functional role of agility in soccer performance.

The results also support earlier studies that examined the relationship between agility with technical skill in football. Krolo et al. (2020) reported that better change of direction ability was associated with improved ball control, including dribbling. Similarly, Forsman et al. (2016) explained that higher agility allows young players to move more efficiently with execute technical actions with greater precision. The findings of these research strengthen those results, particularly within the context of youth club level players.

From a practical perspective, improving dribbling ability should not rely only on repeated technical drills. Training programs should also include structured agility exercises. Coaches can design activities that combine directional movement with ball control tasks. Examples include reactive dribbling drills or small sided game situations that require quick movement with decision making. These integrated training approach reflects current sport science principles that encourage the combination of physical development with technical practice in game related situations (Mudzakir et al., 2025).

However, several limitations need attention. The sample size in these study was relatively small with involved players from only one club. These condition limits the generalization of the results to other player populations. In addition, the study focused only on agility as a physical variable. Other factors such as speed, balance, perceptual decision making, with tactical awareness may also influence dribbling performance (McMahon et al., 2019). Future research should involve

larger samples from different teams with examine multiple performance variables to provide a broader understanding of factors that affect dribbling ability.

Overall, these research confirms that agility plays an important role in supporting dribbling performance in football. Players with higher agility tend to perform better in dribbling tasks. The findings contribute to the theoretical understanding of soccer performance with provide practical guidance for coaches to integrate agility training into youth development programs.

CONCLUSION

These study identified a significant relationship between agility with dribbling performance among DB Putra East Lombok players. In general, athletes who displayed better agility achieved superior outcomes in the dribbling assessment. These findings suggest that agility should not be viewed merely as a fundamental physical quality, but rather as a critical factor that underpins technical performance in football. From a training standpoint, agility development should be consistently incorporated into routine practice sessions, especially within youth programs. Drills that integrate rapid directional movement with controlled ball handling are likely to produce more effective improvements than training physical with technical components separately. Nevertheless, certain limitations remain. The participant group was relatively small with drawn from a single team, limiting the extent to which the results can be generalized. Additionally, the study focused solely on one physical variable. Future investigations should include larger with more varied samples, as well as examine additional physical, technical, with tactical factors that may contribute to dribbling performance in football.

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