13 (1) (2026) 559 - 565

Journal of Physical Education, Health and Sport

https://journal.unnes.ac.id/journals/jpehs

The Influence of Triangle Dribbling Training and Students' Eight-Ball Dribbling Training

Hikari Faza Rafiki[1]✉, **Martin Sudarmono**[2]✉

Physical Education, Health, and Recreation, Faculty of Sports Sciences, Semarang State University, Semarang, Indonesia[12]

History Article

Received April 2026
Approved April 2026
Published vol 13 no 1 2026

Keywords

Physical Education; Dribbling; Triangle Pattern Training; Number Eight; Drill; Dribbling Skills; Soccer

Abstract

Dribbling skills are one of the basic techniques that are important in the game of football because they play a role in possession, passing opponents, and creating attack opportunities. However, effective practice methods are still needed to improve students' dribbling skills. This study aims to determine the effect of triangular pattern dribbling practice on students' dribbling skills, the effect of number eight pattern dribbling practice on students' dribbling skills, and to compare the difference in the influence of the two practice methods in improving dribbling skills in football matches. The research method used was an experiment with a pretest and posttest design. The research subjects were divided into two groups, namely the triangle pattern dribbling practice group and the eight-digit pattern dribbling practice group. Data collection was carried out through Dribbling ability tests before treatment (pretest) and after treatment (posttest). Data were analyzed using descriptive statistics, normality test, homogeneity test, and t test. The results of the study showed that both training methods were able to improve students' dribbling skills . In the triangle pattern dribbling practice group , an average pretest score of 9.37 and a posttest score of 8.86 were obtained. Meanwhile, in the Dribbling training group, eight patterns were obtained with an average pretest score of 9.67 and 9.03 posttest. These results show that triangle pattern dribbling exercises provide better improvement than eight-digit pattern dribbling exercises. Thus, both training methods are effective in improving students ' dribbling skills in football matches.

How to Cite

Rafiki, H. F.,, & Sudarmono., M. (2026). The Influence of Triangle Dribbling Training and Students' Eight-Ball Dribbling Training. Journal of Physical Education, Health and Sport, 13 (1), 559-565.

✉ Correspondence Author:
E-mail: fazarafiki06@students.unnes.ac.id
martinsudarmono@mail.unnes.ac.id

p-ISSN 2354-7901
e-ISSN 2354-8231

INTRODUCTION

Football is one of the most popular sports in the world and has fans of all ages, including children and teenagers. International organizations such as FIFA continue to encourage the development of early childhood football as a foundation for fostering long-term achievement. Early childhood coaching is an important stage in shaping a player's technical skills, tactics, and character from the start. In Indonesia, early childhood football coaching is mostly carried out through Football Schools. Its functions as a forum for basic technical coaching, physical ability development, as well as the formation of sportsmanship and teamwork. One of the Football School that is active in early childhood development is Football School Bina Putra Wonosobo which fosters various age groups, including the age group of 11–12 years old(Tarigan et al., 2021).

At the age of 11-12 years, children are in an excellent phase of motor development. At this stage, movement coordination, balance, and the ability to learn new techniques develop optimally. Therefore, the provision of proper and structured basic technical training is essential so that basic football skills can be mastered properly. One of the most important basic techniques in the game of soccer is dribbling (Dribbling) (Suprapto et al., 2023). Dribbling is the ability to carry the ball with your feet while moving to maintain possession, pass opponents, and create attacking opportunities. This technique requires coordination between the feet and the ball, agility, balance, and good control. In modern games, the ability to Dribbling often determine the success of players in one-on-one situations as well as in opening up game spaces(Febrianta & Sabillah, 2022).

In addition, the ability to Dribbling It not only depends on the mastery of technique alone, but it is also affected by physical conditions such as agility, coordination, and body balance. Agility allows players to change direction quickly while dribbling, while coordination helps players maintain a sense of movement between the foot and the ball in a controlled manner. Therefore, exercises designed to improve Dribbling Must be able to develop these elements of physical condition simultaneously so that the player's skills can develop optimally(Syukur et al., 2022).

In the process of learning football at school age, various forms of training are needed so that students do not feel bored and it is easier to understand the techniques taught. Exercise Dribbling which are packaged in the form of specific movement patterns can help players develop ball control while improving agility. Forms of exercise such as Dribbling With a triangle or number eight pattern, it is often used by coaches because it is able to practice changing the direction of movement, speed, and accuracy of ball control repeatedly (Zaenul Ansori et al., 2023).

Exercise Dribbling A triangle pattern is a form of exercise that is done by dribbling the ball following the three points that form a triangle. This exercise trains players to move in different directions while maintaining ball control, thus improving coordination of movements and the ability to change direction quickly. In addition, the triangle pattern also helps players understand the movement space and increases agility in dynamic game situations (So, 2022).

Meanwhile, the practice Dribbling The number eight pattern is done by dribbling along an eight-shaped track between two points or obstacles. This exercise aims to practice ball control more smoothly, improve body balance, and train the player's ability to change direction continuously. With exercises carried out regularly and structured, it is hoped that the ability to Dribbling Players can improve significantly thus supporting their performance in the game of football (Sabri, 2023).

But in practice, not all early age players have optimal dribbling skills. Based on observations on the field, some students still have difficulty controlling the ball when running, do not change direction quickly, and are less agile when passing obstacles or opponents(Duncan et al., 2022). This can be due to a lack of training variety or training methods that have not fully optimized the elements of agility and ball control. Effective exercises in improving abilities Dribbling It should be designed in a systematic, progressive, and varied manner. Various exercises are necessary so that students do not feel bored and can develop various aspects of motor skills. Two forms of training that can be applied in improving dribbling skills are the triangle pattern exercise and the number 8 pattern practice(Timba, 2024).

The practice of dribbling in a triangular pattern is done by arranging three points or cones to form a triangle. Players dribble along a triangular path with a change of direction at each corner. This exercise emphasizes ball control when making a change of direction at a certain angle as well as coordination and balance training. Meanwhile, the practice of dribbling the number 8 pattern uses two cones arranged

at a certain distance so as to form a pattern that resembles the number eight. Players dribble the ball, spinning around two cones repeatedly. This exercise demands higher agility as players have to change direction quickly and continuously(Faizin et al., 2025).

Both forms of training focus on improving ball control and change of direction, but have different movement characteristics. Triangle patterns tend to emphasize changes in direction at more decisive angles, while number 8 patterns emphasize flexibility of motion and continuity of change of direction. These differences in characteristics are thought to have a different influence on the improvement of dribbling ability. In the context of coaching at Football School Bina Putra Wonosobo, it is not known exactly which training method is more effective in improving abilities Dribbling students in the age group of 11–12 years. So far, training has been provided based on the habits of trainers without any scientific study on the effectiveness of each method(Nasution, 2025).

Based on this description, experimental research is needed to determine the effect of triangular pattern dribbling practice and number 8 pattern on students' dribbling ability. This research is important to be carried out as a basis for decision-making in determining more effective and efficient training methods in improving basic skills of football techniques from an early age. In addition, in the process of coaching football at an early age, the selection of the right training method is very important to support the development of players' technical skills. Various training methods can increase motivation and help players develop motor skills, agility, and coordination (Alfianurrohman et al., 2024).

Exercise Dribbling Designed with certain patterns such as the triangle pattern and the number 8 pattern, it provides stimulus for different movements so that it can train the player's ability to control the ball, change the direction of movement, and maintain body balance while dribbling. Various exercises are expected to increase the effectiveness of the training process so that basic engineering skills Dribbling Players can develop more optimally (Rahmad Kamaludin, 2024).

Through the application of these two forms of training, players are not only trained to dribble straight, but are also trained to change direction quickly and controllably. This ability is very important in the game of football because the game situation requires the player to be able to dribble while avoiding pressure from the opponent. Therefore, sports Dribbling with a triangular pattern and a number 8 pattern, it is expected to make a significant contribution in improving the ability to Dribbling Players(Muhammad Wira Sanjaya, 2025).

With this research, it is hoped that it can make a scientific contribution in the field of physical education and sports coaching, especially in the development of basic football technique training methods. In addition, the results of this research are also expected to be a reference for coaches in developing a more directed, systematic, and science-based sports program.

Based on the results of initial observations made on Elementary School Wonosobo 1 students in the age group of 11-12 years, researchers found that the ability of basic dribbling techniques in football matches is still relatively low. To find out the initial ability of students, researchers conducted a dribbling pre-test on February 15, 2026 which was attended by 20 students.

Based on the results of the Dribbling Ability Pretest conducted on February 15, 2026 on 20 Football School Bina Putra Wonosobo students in the age group of 11-12 years, the results were obtained that students' dribbling skills were still not optimal. In the triangular exercise group, an average time of 9.37 seconds was obtained, which falls into the category of sufficient. Meanwhile, in the sports group, the number 8 was obtained with an average time of 9.67 seconds, which is included in the category of less. This shows that students' dribbling skills still need to be improved through more effective and structured training methods.

Therefore, the right form of training is needed to help improve the ability to Dribbling students. Exercise Dribbling Using certain patterns such as the triangle pattern and the number 8 pattern can be an alternative training method that can train a player's agility, coordination, and ball control. With this exercise, it is hoped that the ability to Dribbling Players can improve more optimally. Based on these problems, researchers are interested in conducting research on the influence of sports Dribbling Triangle pattern and number 8 pattern to improve the ability Dribbling at Football School Bina Putra Wonosobo students in the age group of 11–12 years. Capabilities Dribbling It is one of the most important basic techniques in the game of football because it relates directly to the player's ability to control the ball and pass opponents(Rusli & Jumareng, 2025). The novelty of this study lies in the direct comparison between two forms of

dribbling practice, namely the triangle pattern and the number eight pattern, in one structured experimental design on 11-12-year-old players. In addition, this study also provides information on more effective training methods to improve dribbling skills in early age groups that are still rarely studied specifically.

METHOD

This study uses an experimental method with a design Pre-test-post-test control group design. This study aims to determine the effect of triangular pattern and number eight pattern dribbling exercises on ability Dribbling Soccer players aged 11–12 years. The study subjects were divided into two groups that each received different treatment. Both groups are given first Defend to find out the initial ability Dribbling, then given treatment in the form of dribbling exercises in accordance with the predetermined training program, and then carried out Post-Test to find out the improvement of the ability Dribbling after the treatment is administered.(Radhiansyah et al., 2023)

This research will be conducted at Football School Bina Putra Wonosobo in 2026. The implementation of the research was adjusted to the routine training schedule at the football school. Research activities include the preparation stage, the implementation of pretests, the provision of treatment in the form of dribbling exercises during several meetings, and the implementation of posttests to measure the improvement of players' dribbling skills.

The population in this study is all students in the age group of 11–12 years who are actively participating in training at Football School Bina Putra Wonosobo in 2026, as many as 20 male students. The sampling technique uses total sampling, i.e. all members of the population are used as research samples. The research subject must meet several criteria, namely being 11-12 years old, actively exercising regularly, healthy, and willing to participate in the entire series of research from pretest to posttest.

This study uses two types of variables, namely independent variables and bound variables. The free variables in this study were triangular pattern dribbling exercises (X_1) and eight-digit pattern dribbling exercises (X_2). While the bound variable in this study is the ability to dribble (Dribbling) Football players aged 11–12 years old(Tarigan et al., 2021).

The instrument used in this study is a dribbling skill test to measure a player's dribbling ability. The test is carried out by the player dribbling through a pre-arranged cone with a certain distance to the finish line, then the travel time is recorded as the score score. The faster the time obtained, the better the player's dribbling ability. Data collection was carried out through two stages, namely a pretest to find out the player's initial ability before being given treatment and a posttest to find out the improvement in ability Dribbling After participating in the training program(Suprapto et al., 2023). The data obtained from the pretest and posttest results were analyzed using statistical techniques. Data analysis included normality test, homogeneity test, t-test and independent test to determine the effects of exercise and differences in ability enhancement Dribbling Between the triangle pattern training group and the number eight pattern training group(Surya et al., 2023).

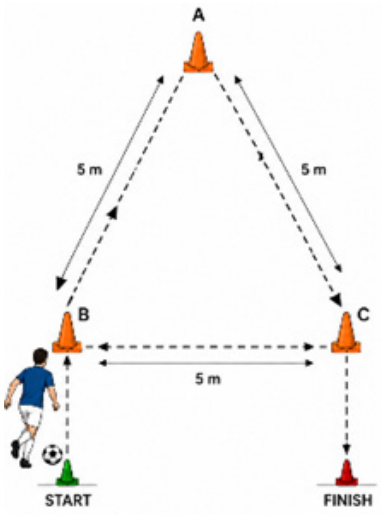

Figure 1. Test Dribbling Triangle Pattern

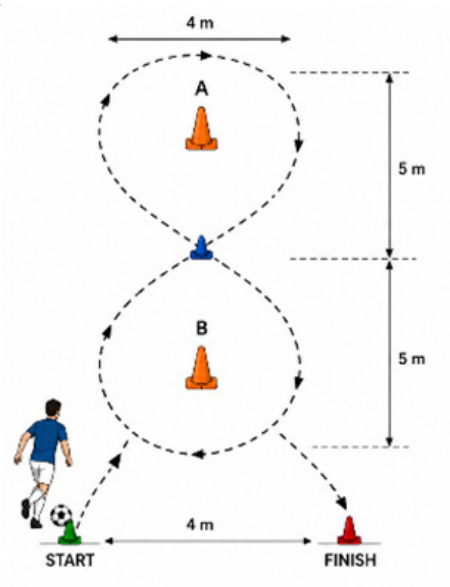

Figure 2. Test Dribbling Pola Eight.

RESULTS AND DISCUSSION

The results of the study show that exercise Dribbling influence on the improvement of dribbling ability of 11-12 year old soccer players at Football School Bina Putra Wonosobo. The increase can be seen from the difference in scores between the pretest and posttest results after the players follow the training program that has been given. This shows that training carried out programmatically and systematically can improve players' basic technical skills, especially in dribbling skills. Dribbling is one of the important basic techniques in the game of football that is used to maintain possession of the ball when passing opposing players (Perdana, 2023). In addition, a variety of exercises Dribbling The triangle pattern and the number eight pattern used in this study provide a form of exercise that requires players to move in different directions. This training pattern helps players improve agility, coordination of movements, and the ability to control the ball when changing direction(Suprapto et al., 2023).

Table 1. Description of Initial and End Test Dribbling Ability

Group	You	N	Means	SD	Max
1	Defend	10	9.370	.16021	9.60
	Post-Test	10	8.865	.13754	9.05
2	Defend	10	9.670	.16021	9.90
	Post-Test	10	9.025	.15138	9.25

Based on the **Table 1** above, it shows that the average initial dribbling ability test between group 1 of the triangle pattern dribbling practice and group 2 of the eight-digit triangle pattern is relatively balanced. The average initial test of the triangular pattern Dribbling training group was 9.37, while the average initial test of the eight-digit pattern Dribbling training group was 9.67. This shows that before being given treatment, the dribbling ability in the two groups was not much different or could be said to be in relatively balanced conditions.

Meanwhile, the average final test results of dribbling ability showed an improvement in both groups after being given training treatment. The average final test in the triangle pattern dribbling exercise group was 8.86, while the mean final test in the eight-digit pattern dribbling practice group was 9.03. This suggests that both training methods have an effect on improving dribbling ability, but the triangle pattern dribbling training group shows better improvement compared to the eight-digit pattern dribbling training group , which is evident from the lower average dribbling time value.

Based on the results of the normality test that has been carried out using the Shapiro-Wilk test, a significance value (Sig.) was obtained for each data group. This normality test aims to find out whether the research data obtained is distributed normally or not. The data is said to be distributed normally if the significance value (Sig.) is greater than 0.05.

The results of the normality test showed that the significance values in the pretest and posttest data of the triangular pattern dribbling group and the eight-digit pattern dribbling group had a significance value greater than 0.05. Thus, it can be concluded that the research data in the two groups are distributed normally.

Since the significance value in all approaches is greater than 0.05, which is about 0.753-0.754, it can be concluded that the variance of the data in both study groups is homogeneous.

Table 2. Paired Sample Statistics

Paired Sample Statistics	Means	N	Sttd Deviation	Let's say.
Defend	.5050	20	.02838	.000
Post-tests	.6450	20	.03689	.000

Based on the results of the t-test analysis of paired samples, a significance value (Sig. 2-tailed) was obtained of 0.000, which means it is smaller than 0.05.

Table 3. Independent Sample t test

Variabel	Groups	Red	t
Dribbling	Triangle vs Eight	0,160	2,474

Based on the results of the independent sample t-test, the significance value (sig.2-tailed) was 0.024 < 0.05.

This shows that there is a significant difference between the pretest and posttest results in both exercise groups. Thus, it can be concluded that the training method Dribbling triangular pattern and Dribbling The number 8 is effective in improving learning outcomes or abilities Dribbling Students(Bakhtiar et al., 2025)

The results of the study show that exercise Dribbling triangular pattern and Dribbling The number eight pattern is able to improve the ability Dribbling students. The improvement occurs because both forms of exercise involve movements that require coordination between footwork, ball control, and the ability to change direction quick-

ly. Repeated practice will improve students' motor skills in controlling and dribbling(Ades Fathu Fiyadinallah et al., 2021).

Exercise Dribbling Triangle pattern provides increased ability Dribbling Because the pattern of movements carried out requires students to dribble in a structured direction from one point to another. These movements help improve movement coordination, body balance, and precise ball control when moving. This is in line with the results of research in several sports education journals which state that sports Dribbling With a certain movement pattern, it can improve the agility and ball control of the soccer player(Timba, 2024).

Meanwhile, the practice Dribbling The eight-digit pattern also has an effect on improving the ability Dribbling Because the movements made require the player to change direction quickly and continuously. Winding movements that resemble the number eight train students' ability to dribble while avoiding obstacles or opponents. Research in the field of physical education also shows that exercise Dribbling with a pattern of change of direction that is able to increase the player's agility and ability to control the ball when moving(Siregar & Yani, 2023).

In addition, training Dribbling Done systematically and repeatedly can improve neuromuscular coordination skills, so that students' movements become more controlled and efficient. This is in accordance with the training theory in sports which states that repeated technical skills training will improve the movement patterns and ball control in players(Ramírez Lucas et al., 2025).

CONCLUSION

Based on the results of the research that has been conducted, it can be concluded that the exercise Dribbling triangular pattern and Dribbling The pattern of the number eight has an effect on improving abilities Dribbling students. This can be seen from the increase in test results Dribbling between the pretest and the posttest after the student was given treatment in the form of exercise. Exercise Dribbling Triangle patterns have been shown to increase the ability to Dribbling Because this exercise requires players to dribble in an orderly direction from one point to another. This pattern of exercises helps students improve movement coordination, agility, and the ability to control the ball when moving. With repeated practice, students become more accustomed to controlling the ball when dribbling so that Dribbling Getting Better(Setya & Raharjo, 2024).

Meanwhile, the practice Dribbling The eight-digit pattern also provides an increased ability to Dribbling students. This exercise requires students to perform a dribbling movement in a winding direction that resembles the number eight. These movements train agility, change of direction, body balance, and ball control in more dynamic situations. This makes students more skilled in controlling the ball when doing Dribbling(Indrawan & Muhammad, 2025).

The results of the study are supported by the results of previous research in the Journal of Sports Education, it can be concluded that sports Dribbling triangular pattern and Dribbling The number eight pattern is an effective training method to improve your abilities Dribbling students. Therefore, these two training methods can be used as an alternative to the training model in learning football or futsal in schools to improve basic dribbling skills in students(Nasution, 2025).

Thus, both training methods can be used as effective training models in improving skills Dribbling students in football or futsal games. Therefore, sports Dribbling The triangle pattern and the number eight pattern can be used as alternative training methods by physical education teachers or trainers to improve basic engineering skills Dribbling in students(Mubarok & Riyan, 2024). However, the study has limitations, including a relatively small sample size and only involving male students aged 11-12 years, so the results of the study cannot be generalized widely. In addition, the limited duration of treatment also allows for maximum improvement of abilities.

REFERENCES

Ades Fathu Fiyadinallah, Yusmawati, & Wahyuningtyas Puspitorini. (2021). Analysis of Soccer Dribbling Skills. Exercise : Journal of Sports Science, 12(03 article SE), 45–51. https://doi.org/10.21009/GJIK.123.07

Alfianurrohman, D., Hadi, H., & Prastiwi, B. K. (2024). The influence of running with the ball and running by marking the exercises Figure 8 Football Dribbling Improvements. Journal Of Sports Education, 14(4), 238–244.

Bakhtiar, S., Irawan, R., & Mario, D.T. (2025). The Effectiveness of Holistic Training Models on Soccer Technical Skills: Passing, Dribbling, and Shooting. 13(3), 615–625. https://doi.org/10.13189/saj.2025.130316

Duncan, M. J., Martins, R., Siang, M., & Eyre, E. J. (2022). Perceptions of Dribbling Ability in Football: Exploring Children as Architects of Skills Development Opportunities. In Sports (Vol. 10, Issue 7, p. 99). https://doi.org/10.3390/sports10070099

Faizin, B. A., Panggraita, G. N., Wijaya, M. R. A.,

& Putri, M. W. (2025). The effect of triangular passing and gate passing exercises on passing accuracy at FOOTBALL SCHOOL Red Ant Batang Dharmas Journal of Sport, 5(02), 111–117.

Febrianta, A., & Sabillah, M. I. (2022). Basic Football Skills Training Methods for football school students aged 10-12 years. Journal of Sports Achievement, 18(2 SE-Articles), 73–81. https://doi.org/10.21831/jorpres.v18i2.59848

Indrawan, R. B., & Muhammad, H. N. (2025). The effect of speed and agility training variations on dribbling skills in football matches for extracurricular students at SMA Negeri 1 Berau. Indonesian Journal of Social Sciences, 6(2 SE-Articles), 383–391. https://doi.org/10.59141/jiss.v6i2.1568

Mubarok, M.Z., & Riyan, A.M. (2024). The impact of agility training in improving the dribbling skills of soccer players. Journal of Physical Education Health and Recreation (Penjaskesrek), 11(1), 1–9.

Muhammad Wira Sanjaya. (2025). Agility Training to Improve Dribbling Skills in Satria Mandala FC Players aged 12–14 years. Journal of Physical Education and Sports Musamus (MJPES), 7(3 SE-Articles), 523–531. https://doi.org/10.35724/mjpes.v7i3.7240

Nasution, A.D. (2025). Improving dribbling skills through the zig-zag practice method in football matches in Class V Students of SD Negeri 200119 Padangsidimpuan. UIN Sheikh Ali Hasan Ahmad Addary Padangsidimpuan.

Radhiansyah, E. R., Jovian, D., & Leonita, S. Z. (2023). FIFA Authority's analysis of the revocation of Indonesia's status as the host of the 2023 U-20 Football World Cup. Journal of Political Issues, 5(1), 16–34.

Rahmad Kamaludin. (2024). The Effect Of Relay And Zig Zag Training On The Dribbling Ability Of Football Athletes. Journal of Research, Development of Learning and Technology (JP3T), 2(1 SE-Article), 1–5. https://doi.org/10.61116/jp3t.v2i1.414

Ramírez Lucas, JM, Párraga Montilla, J.A., Cabrera Linares, J.C., & Latorre Román, P.A. (2025). Improving Physical and Cognitive Performance in Youth Football: The Role of Specific Dual Task Coaching. In the Journal of Functional Morphology and Kinesiology (Vol. 10, Issue 4, p. 404). https://doi.org/10.3390/jfmk10040404

Rusli, M., & Jumareng, H. (2025). Agility optimization to improve the dribbling quality of soccer players. Cell 6(2), 264–276. https://doi.org/10.32528/sport-mu.v6i2.4588

Sabri, S. (2023). The Effect Of Small Side Play Exercises On Students' Dribbling Ability In Soccer Games. Primary : Journal of Basic Science and Education, 15(1 SE-Article), 39–50. https://doi.org/10.32678/primary.v15i1.8066

Setya, R.P., & Raharjo, A. (2024). The effect of triangle and square active passing exercises on the passing accuracy of HWFA players. Indonesian Journal of Physical Education and Sports, 5(2), 744–754.

Siregar, A.S., & Yani, A. (2023). The contribution of agility and flexibility of the body to futsal dribbling skills in extracurricular students of SMK Taruna Satria Kota Pekanbaru. Journal of Education and Teaching Review, 6(3), 782–792.

Suprapto, KRS, Kusuma, KCA, & Ariani, NLP (2023). The Effect of the Application of Ball Possession on the Improvement of Football Dribbling Skills of Age 11-12 Years at Football School Putra Debes Bali. Indonesian Journal of Sports and Tourism, 5(2 SE-articles), 19–23. https://doi.org/10.23887/ijst.v5i2.95824

Surya, C.M., Islami, S., Kusniati, Y., Suhartini, T., & Nurjanah, S. (2023). Learning activities to develop physical and motor skills in early childhood. Applied Economics, 1(1), 75–82.

Syukur, F., Tapo, Y. B. O., & Bile, R. L. (2022). Development Of A Practical Model Of Basic Dribbling Techniques In Football Games For Football School Students. Journal of Sports Image Education, 2(3 SE-Articles), 141–153. https://doi.org/10.38048/jor.v2i3.1091

Tarigan, H., Cahyadi, A., & Siswoyo, J. (2021). A model of dribbling skills training in football matches for elementary school age. Journal of Education, Health and Sport, 11 (8 SE Research Articles), 405–411. https://doi.org/10.12775/JEHS.2021.11.08.045

Timba, FNS. (2024). The Effect Of Triangle Running And Zig-Zag Running Exercises On Physiological Development And Motor Skills In Dribbling In Club Players With Fc Malang City In 2024. Journal of Biogeneration, 9(2), 1288–1293.

Yani, A. (2022). The Effect of Variations in Dribel Practice on Football Extracurricular for Students of SMK Teknologi Riau Pekanbaru: The Effect of Variations in Dribbling Practice on Football Extracurricular Students of SMK Teknologi Riau Pekanbaru. JIPES - Indonesian Journal Of Physical Education And Sports, 8(1 Per Article), 22–29. https://doi.org/10.21009/JIPES.081.04

Zaenul Ansori, Subagio, & Noor Akhmad. (2023). The Effect Of Ball Feeling Training And Agility On Dribbling Skills In Football Matches. Journal of Sports, Health and Tourism Sciences Mandalika (Jontak) e-ISSN 2722-3116, 4(1 SE-Table of Contents), 1–8. https://doi.org/10.36312/jontak.v4i1.342.