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# THE INFLUENCE OF TRAINING METHODS AND AGILITY ON THE ABILITY TO DRIBBLE THE BALL IN SALFAS SOCCER SCHOOL ATHLETES

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## Abstract

The researcher's background is that dribbling the ball is still not good among athletes at the Salfas Soccer soccer school. The research problem is that the dribbling ability of Salfas Soccer soccer school athletes is still not good so it is still difficult to get past opponents. The aim of this research was to analyze the extent of training methods and agility on the ability to dribble the ball in Salfas Soccer soccer school athletes. This research uses an experimental method with a 2x2 factorial design. The population in this study was 60 athletes from the Salfas Soccer soccer school. The sample for this research was 48 athletes taken using a purposive sampling technique by setting certain criteria (agility). The instruments in this research used the Illinois Agility Test and a ball dribbling ability test. Data analysis in this study used the ANOVA (two-way) test. The results of this study show that 1) There is a significant difference in the influence of the ball feeling circuit training method with fixed ball feeling. 0.002 < 0.05. 2) There is a significant difference in the influence of high agility and low agility on ball dribbling ability 0.000 < 0.05. 3) There is an interaction between high agility trained using the ball feeling circuit training method and ball dribbling ability with results of 0.000 < 0.05. 4) There is an interaction between high agility trained using the fixed ball feeling training method and ball dribbling ability with results of 0.004 < 0.05. 5) There is an interaction between low agility trained using the ball feeling circuit training method and ball dribbling ability with results of 0.002 < 0.05. 6) There is an interaction between low agility trained using the fixed ball feeling training method and ball dribbling ability with results of 0.00 < 0.05. In conclusion, the circuit model ball feeling training method and fixed ball feeling model and high, low agility have a big influence on the ability to dribble the ball.

***Keywords:*** *Training Methods, Agility, Dribbling, Football*

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## INTRODUCTION

Football is one of the most popular sports in the world (R.M. Conenello, 2017). This sport is popular with everyone from children, adults to the elderly. Football is a part of life for most Indonesian people, both in big cities and in remote villages. According to (Saputra, 2018) he emphasized that "football has its own charm compared to other sports because football focuses more on skill, not just a sport that is easy for everyone to play."

Football is a big ball game played by 11 people in one team whose aim is to score goals against the opponent to win. In general, the appeal of football lies in the large number of skills that must be mastered compared to other sports (Marcelino et al., 2020). In general, the appeal of football lies in the large number of skills that must be mastered compared to other sports. Because basically football has its own charm from other sports because football focuses more on skill, not just a sport that is easy for everyone to play.

Basic technical skills must be possessed, learned and mastered to be able to master football according to the principles of football technique. The basic soccer techniques that must be possessed are dribbling the ball, kicking the ball, stopping the ball, controlling the ball, trickery, tackling, throwing the ball and guarding the goal (Utama et al., 2019). By mastering good basic techniques, players can excel in group and individual competitions. Not only do you have to master it, but you also need to practice it. The focus of this research is dribbling techniques. Dribbling or dribbling is a dynamic movement and requires good coordination.

Foot skills need to be sharpened so that each player has good ball feeling, because ball feeling invites football players to use their wits in controlling the ball (Atiq et al., 2021). Therefore, a great soccer player requires good dribbling control, timing and agility. For this reason, every player needs to practice to become a reliable player with good dribbling techniques. One of the techniques that makes this game interesting is dribbling or dribbling skills.

According to (Amir Supriadi, 2015), soccer players must master basic dribbling techniques and be in good physical condition. The physical conditions in playing soccer that are very necessary include: strength, flexibility, balance, coordination, agility, endurance, explosive power, accuracy and reaction. Meanwhile, agility and balance are the important abilities of a soccer player to change direction or body position quickly in conjunction with other people's movements.

Agility is the ability to change direction quickly while maintaining balance when moving (Mariyono et al., 2017). Agility is the ability to change the direction of body position or direction of body movement quickly while moving quickly without losing balance or awareness of body position. This agility component includes the elements of dodging quickly, changing body position quickly, moving then stopping and continuing to move quickly. The player's agility, supported by mastery of dribbling techniques, is able to send the ball into the opponent's goal easily.

An important aspect in improving abilities is through coaching and training, especially in improving football performance in Indonesia. Achieving peak performance can be achieved if athletes are coached through stages from beginner level to athlete achievement or from early childhood to adulthood. The sports achievements achieved are the accumulative result of various aspects of business, apart from that, achieving sports achievements requires a relatively long process, including through training or professionally managed training (Ulfiansyah et al., 2018).

To support a ball dribbling ability, there needs to be some form of training support. Several forms of support for dribbling training, one of which is ball feeling training. In this research, what is meant by ball feeling is training to recognize the ball using all parts of the body except the hands, which can be done by rocking the ball (juggling), rolling the ball, dribbling the ball, heading the ball, passing or in other ways. In this research, the forms of ball feeling training are presented in the form of non-monotonous

training and include elements to train basic physical biomotor components, for example: agility, speed and flexibility. As stated in the opinion of (Putra et al, 2019), this aims to prevent boredom in training and also requires each player to remain active.

The ball feeling referred to is the ball feeling model circuit and the ball feeling model training remains an illustration of the training support program so that agility and mastery of dribbling can increase. According to (Rahman et al, 2023) The advantage of ball feeling training is that you can play the ball according to your own abilities. In this training, what you have to do is basic soccer techniques, familiarize students or players with the ball, you can further intensify dribbling techniques, especially to get used to playing. quickly, can increase the player's reaction, various variations of training, various types of training. The weakness of ball feeling training is that it is a difficult form of training, that is, a student or player whose basic soccer techniques are still lacking will be a problem, and later training will be hampered because one of the students has not yet mastered basic soccer techniques. Therefore, there is a need for training methods that can improve physical condition abilities, namely agility which can improve the ability to dribble the ball in soccer games. Improving technical abilities can be carried out from an early age to the next age which is expected to improve football performance.

Looking at the results of observations on the field on January 17 2024, several athletes from the Salfas Soccer Tangerang soccer school in the striker position showed poor dribbling skills, namely the players continued to have difficulty dribbling the ball, often lost the ball, and their movement techniques when dribbling the ball is inaccurate. So the player's attack pattern when dribbling is also very slow, making it easy for the opponent to seize the ball and causing losses to the team during the match. Apart from observing observations in the field, an interview was also conducted on January 17 2024 with the coach of the Salfas Soccer Tangerang football school, namely coach Yusep, which was conducted to obtain information in carrying out performance coaching. Coach Yusep expressed his dissatisfaction with the athletes' dribbling abilities. So there is still a lot that needs to be developed, one of which is the dribbling ability of Salfas Soccer Tangerang soccer school athletes.

Based on the background above, researchers are interested in researching the influence of training methods and agility on the ball dribbling ability of Salfas Soccer Tangerang soccer school athletes. Researchers feel that this research needs to be carried out so that problems related to dribbling ability and agility in soccer athletes can be reduced. If this problem is not resolved, improving the performance (which of course goes along with the achievements) of football athletes will become increasingly difficult

## METHODS

This research is a quasi-experimental research which aims to compare two different treatments of research subjects using factorial design techniques. The data in this study was prepared within a research design framework with a 2x2 factorial design. The data analysis technique uses Analysis of Variance (ANOVA) at a significance level (α) of 0.05. The population in this study were athletes from the Salfas Soccer school, totaling 60 players. The sample in this study was athletes from the Salfas Soccer school, totaling 48 players. The sampling technique in this research was purposive sampling. The independent variables in this research are ball feeling circuit and fixed ball feeling. The attribute variables in this research are high and low agility. The dependent variable in this research is the ability to dribble the ball. Data collection techniques are carried out using tests and measurements, to obtain objective data. To measure eye-foot coordination, it was measured using the Illinois agility test and to measure ball dribbling ability using a ball dribbling ability instrument (Nur Hasan, 2007). The data analysis technique used was a 2x2 factorial design analysis of variance (ANOVA) technique at $\alpha = 0.05$. To fulfill the assumptions in the ANOVA technique, a normality test (Kolmogorov Smirnov test) and Homogeneity Variance (Lavene) test were

carried out (Sugiyono, 2016). Hypothesis testing uses analysis tests with the help of the SPSS 22.0 program.

## RESULTS AND DISCUSSION

The results of testing the first hypothesis show that there is a difference in the influence of the Ball Feeling Circuit and Fixed Ball Feeling Training Methods on the Dribbling Ability of Salfas Soccer School Athletes with an F value of 10.592 and a significant p value of 0.002 < 0.05. This value is smaller than 0.05, meaning that it is based on decision is acceptable

The results of the processed data were obtained which stated that the ball feeling circuit training method had a Mean value of 18.132, Std. The error is .263 with a 95% Confidence Interval for Lower Bound with a value of 17.603 and Upper Bound with a value of 18.662. Then for the ball feeling training method, you still get a Mean value of 19.342, Std. The error is .263 with a 95% Confidence Interval for Lower Bound with a value of 18.813 and Upper Bound with a value of 19.872. From these results it can be stated that "The Ball Feeling Circuit and Ball Feeling Training Methods Still Have a Difference in the Dribbling Results of Salfas Soccer School Athletes".

The results of testing the second hypothesis show that there is a difference in the influence between high agility and low agility on the dribbling ability of athletes at the Salfas Soccer School with an F value of 24,293 and a p significance value of 0.000 < 0.05. This value is smaller than 0.05, meaning that the decision is acceptable.

The results of the processed data were obtained which stated that high agility had a Mean value of 17.821, Std. The error is .263 with a 95% Confidence Interval for Lower Bound with a value of 17.291 and Upper Bound with a value of 18.351. Then for the low agility training method, the Mean value was 19.654, Std. The error is .263 with a 95% Confidence Interval for Lower Bound with a value of 19.124 and Upper Bound with a value of 20.184. From these results it can be stated that "High Agility and Low Agility Have a Difference in the Dribbling Results of Salfas Soccer School Athletes".

The results of testing the third hypothesis are that there is an interaction between high agility training using the Ball Feeling Model Circuit training method on the ball dribbling ability of Salfas Soccer School athletes with a t value of 5.292 and a significance value of p of 0.000 < 0.05, this value is smaller than 0.05 which means based on acceptable decisions

Based on the results of the paired sample test, there is an interaction between high agility trained using the ball feeling circuit training method and ball dribbling ability. One way to support skills is by providing a training program through ball feeling exercises for players to improve their ball control so they can feel the direction of the ball which is not far from their feet.

The results of testing the fourth hypothesis are that there is an interaction between high agility training using the Fixed Model Ball Feeling Training Method and the ball dribbling ability of Salfas Soccer School Athletes with a t value of 3.623 and a significant p value of 0.004 < 0.05. This value is smaller than 0.05, which means that it is based on decision is acceptable.

Based on the results of the paired sample test, there is an interaction between high agility trained using the fixed ball feeling training method and ball dribbling ability. Fixed-style ball feeling drills, which focus on recognizing the ball directly with the feet, can improve a player's agility by increasing their ability to dribble the ball.

The results of testing the fifth hypothesis are that there is an interaction between low agility training using the Ball Feeling Model Circuit training method on the dribbling ability of Salfas Soccer School Athletes with a t value of 4.172 and a significance value of p of 0.002 < 0.05. This value is smaller than 0.05, which means that it is based on decision is acceptable.

Based on the results of the paired sample test, it was found that there was an interaction between low agility trained using the ball feeling circuit training method and ball dribbling ability. Low agility in soccer can be improved by

practicing dribbling techniques using the Ball Feeling Model Circuit Training method. This exercise helps improve dribbling ability by optimizing ball feel and control.

The results of testing the sixth hypothesis are that there is an interaction between low agility training using the Fixed Model Ball Feeling Training Method and the ball dribbling ability of Salfas Soccer School Athletes with a t value of 7.627 and a significant p value of 0.000 < 0.05. This value is smaller than 0.05, which means that it is based on decision is acceptable.

Based on the results of the paired sample test, there is an interaction between low agility trained using the ball feeling training method and the ability to dribble the ball. Low agility in soccer can be improved by practicing dribbling techniques using the Fixed Model Ball Feeling Training method.

## CONCLUSION

Based on the research results and the results of the data analysis that has been carried out, the following conclusions are obtained. There is a significant difference in the effect of circuit model ball feeling training (good) compared to fixed model ball feeling training. There is a significant difference in the influence of high agility which is higher (good) compared to players with low agility. The circuit model ball feeling training method is trained using a high agility group, recommended for improving ball dribbling ability. The ball feeling training method is still trained using a high agility group, recommended for improving ball dribbling ability. The circuit model ball feeling training method is trained using a low agility group, recommended for improving ball dribbling ability. The ball feeling training method is still trained using a low agility group, recommended for improving ball dribbling ability.

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