

The Effect of Exercise and Agility on Speed Dribbling Football Extracurricular MTs Al-Uswah Semarang

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Abstract

The purpose of research to know and analyze: (1) There is the difference of influence dribbling circuit training method and slalom dribbling to dribbling speed of football extracurricular participants MTs Al Uswah Bergas Semarang. (2) There is a difference of influence between participants who have high agility and low to the speed of dribbling football extracurricular participants MTs Al Uswah Bergas Semarang. (3) There is an interaction between the training method and the agility of the dribbling speed of extracurricular participants MTs Al Uswah Bergas Semarang. This research uses an experimental method with a 2x2 factorial design. Data analysis technique uses Analysis of Variance (ANOVA) at significance level (α) 0.05. The independent variables in this research are dribbling circuit and slalom dribbling. Agility high and low as attribute variables and the dependent variable is dribbling speed. The results of this study: (1) There is a significant difference effect between dribbling circuit and dribbling slalom dribbling on soccer dribbling speed with significance value $(0.009) < \alpha (0.05)$ and $F_{\text{value}} (8.24) > F_{\text{table}} (4.04)$, (2) There is a difference effect between the participants who have high and low agility to the speed of football dribbling where the significance value $(0.000) < \alpha (0.05)$ and $F_{\text{value}} (55.8) > F_{\text{table}} (4.04)$, (3) There is an interaction between exercise method and agility to soccer dribbling speed with significance value $(0.039) < \alpha (0.05)$ and $F_{\text{value}} (4.85) > F_{\text{table}} (4.04)$.

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INTRODUCTION

Football is one of the most popular sports and is loved by the whole society especially men, ranging from children, adolescents and adults. This is evident from the fact that there is in the community that most of them like the football better than the other sports, both in urban communities and in rural one. (Gema, 2016).

According to Angga Bangun Saputro (2016), Football is played on grass with two wickets, on two sides wide guarded each by a goalkeeper. Both teams other than the goalkeeper, fighting each other to the ball to put into the opponent's goal. Soccer is a highly demanding game in which the participants are subjected to numerous actions that require overall strength and power production, speed, agility, balance, stability, flexibility, and the adequate level of endurance (Mario Jovanovic, et al. 2011)

Andrianto (2014), The techniques that must be mastered in football included: (1) ball-kicking technique (passing), (2) ball technique (controlling), (3) dribbling technique, (4) heading technique, (5) ball recognition and mastery techniques using instinct or feeling (ball feeling), (6) technique of kicking the ball towards goal (shooting), (7) the technique of deceit with the ball (feinting), (8) guard technique (goal) keeping).

According to Darma Putra (2013), one of the basic techniques in playing football that must be mastered every player is the basic technique of dribbling (dribbling). There is not everyone can dribble well, in basic dribbling techniques should the ball be close to the foot. But in fact that happened in the field, not everyone can do it. Therefore, exercises to improve basic dribbling techniques are essential.

Dribbling is a movement to bring the ball by using the foot to go to the opponent's defense area and to chide the opponent's guard (Editorial Team, 2008). Agility is one component of motoric freshness that is necessary for all activities that require the speed of changes in body position. Besides, agility is a prerequisite for studying and improving motion skills and sports techniques, especially movements that require

coordination movement such as in dribbling a football. Dribbling in soccer can be categorized into dribble action while accelerating and dribble actions with quick changes of direction (Barbara C. H. Huijgen, 2010)

Dribbling is very important to master because if a player can do it effectively it can give a huge advantage to a team. A player must understand when to do dribble, when the player must pass through the opponent and dismantle the opponent's defense. By having a good and effective dribbling ball capability, a player can penetrate to ruffle the opponent's defense.

A football player is required to master dribbling techniques well, because dribbling allows a player to create space, control of the ball, and pass opposing players (Danny Mielke, 2007). There are several ways of dribbling, which includes dribbling using the inside of the foot and dribbling using the outside of the foot. In the absence of special training especially dribbling a player will not be able to master dribbling well.

Dribble slalom is an exercise that can improve dribbling skills, by installing a series of conical stakes and practicing dribbling by passing it. Place five cones in a row like a slalom path the distance between the cones is about 1-2 meters. Dribbling circuit is the stages of dribbling practice in a workout that has been systematically designed to increase the speed of dribbling soccer players. Wasis Adi Priyanto (2015), there are two designs of circuit training programs, the first by O'Shea that the number of stations is 4 places, while the second design by Fox stating that the number of stations between 6-15 places.

Sukadiyanto (2011), states the main tool in the daily exercise process to improve the quality of the function of the human organs system so as to facilitate the sportsman in perfecting his motion. Exercise is an exercise material designed and organized by a trainer for one practice session or one-on-one meetings in an exercise whose goal is to develop a player's skills.

In this time to develop a maximum achievement is to do the right extra exercise, including extracurricular. Extracurricular is an appropriate place for students to develop their interests and talents whose ultimate goal is to

accommodate and provide opportunities for players in developing their talents.

According to Wahyu Hidayat (2015), efforts to improve the quality of human resources continue to be done through coaching athletes from an early age are expected to create athletes who excel maximum. For Achieving maximum performance requires planning, training, long enough, not to be obtained directly, to become a reliable player requires a process ranging from training time, type of training, honing skills, and groups in the form of participating in various games on a certain scale.

Dribbling is very important to master because if a player can do dribbling effectively it can give a huge advantage to a team. A player must understand when to do dribble when the player must pass through the opponent and dismantle the opponent's defense. The description of the problem above researchers used two methods of dribbling circuit and slalom dribbling to overcome the problem. The dribbling circuit exercise is the stage of the dribbling practice in a systematically designed exercise.

METHODS

This research uses an experimental method with a 2x2 factorial design. Data analysis technique using Analysis of Variance (ANOVA) at level significance (α) 0.05. The independent variables in this research are dribbling circuit and slalom dribbling. Agility high and low as attribute variables and the dependent variable is dribbling speed. The population in this study are students 7th and 8th grade as the extracurricular in MTs Al Uswah Bergas Semarang regency as many as 36 people. The sampling technique used purposive samples with a total sample of 24 athletes. Variables in this study consisted of independent variables (dribbling exercise), attribute variables (agility), as well as the dependent variable (dribbling speed)

The purpose of the data normality test is to shows that the data comes from a normally distributed population. Testing the normality of data in this study using Kolmogorov-Smirnov test

with the help of SPSS program at the level of significance $\alpha > 0.05$.

The purpose of the Homogeneity test is to shows that two or more groups of data come from populations which having the same variation. Data homogeneity test in this research is Levene test with the help of SPSS 16.0 application at significance level $\alpha > 0.05$.

Research data obtained must be acvalueable, then the data retrieval in this study through the final test or post-test by doing a drop shot punch test. Before the exercise program is done, first dribbling agility test which the purpose to determine the level of agility of the high and low category.

RESULTS AND DISCUSSION

The research that has carried out in Mts Al Uswah Bergas Semarang regency about the influence of training method and agility to the speed of dribbling of football in extracurricular participants of 7th and 8th grade Mts Al Uswah Bergas Semarang, here is described the research results that include the description of research data, the students' speed dribbling are the cognitive value of students before and after being given a lesson and hypothesis test two way ANOVA normality test, homogeneity test, and hypothesis test.

Table 1. Result of ANOVA Normality Test, Homogeneity Test, and Hypothesis Test

Source	df	Mean square	F	Sig.
Corrected model	3	115.268	22.985	.000
Intercept	1	13711.683	2.734e3	.000
Exercise	1	41.341	8.244	.009
Agility	1	280.103	55.855	.000
Exercise * Agility	1	24.360	4.858	.039
Error	20	5.015		
Total	24			
Corrected total	23			

R squared = .775 (Adjusted R squared = .741)

Hypothesis 1 which states: There is a significant difference of influence between dribbling circuit and slalom dribbling dribbling on soccer dribbling speed with sig (0.009) $< \alpha$ (0.05) and F_{value} (8.24) $> F_{\text{table}}$ (4.04), then H_a which reads: "there is a difference of influence between the method of exercise significant between

dribbling circuit training method and slalom dribbling" is accepted.

Hypothesis 2 states that there is a difference of effect between participants who have high agility and low in football dribbling speed where the significance value ($0.000 < \alpha (0.05)$ and $F_{\text{value}} (55.8) > F_{\text{table}} (4.04)$), then H_a which reads: "there is difference of influence between high and low agility against speed dribbling at extracurricular participants of VII-VIII grade students of MTs Al Uswah Bergas Semarang Regency" received.

Dribbling is a movement to bring the ball by using the foot to go to the opponent's defense area and to chide the opponent's guard. (Tim Redaksi, 2008). Therefore the need for agility in doing dribbling. Agility is one component of motor freshness that is necessary for all activities that require the speed of changes in body position and its parts. The goal of dribbling, among others, to closer targets, past the opponent, and inhibit players.

There is the interaction between training method and interaction between training method and agility to the speed of dribbling of soccer on the extracurricular participants of 7th and 8th grade MTs Al Uswah Bergas Semarang, sig ($0.039 < \alpha (0.05)$ and $F_{\text{value}} (4.85) > F_{\text{table}} (4.04)$). Then H_a which reads "There is Interaction between the method of training and agility against the speed of dribbling Football extracurricular participants Mts Al Uswah Bergas Semarang" received.

CONCLUSION

Based on the results of the analysis above and discussion, it can be concluded as follows: (1) There is a difference in the effect of dribbling circuit and slalom dribbling on the speed of dribbling soccer in extracurricular participants of 7th and 8th grade students of MTs Al Uswah Bergas Semarang. (2) There is the difference between high and low agility effect to the speed of dribbling of football in extracurricular participants of 7th grade students of MTs Al Uswah Bergas Semarang. (3) There is the interaction between training method and agility to speed dribbling football on extracurricular

participants of students of 7th and 8th grade students of MTs Al Uswah Bergas Semarang regency.

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