

The Effect of Training Model and Agility on Dribbling Ability in Terawas FC Football School Players Age 14-16 Years in Lubuklinggau City

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Abstract

Terawas FC football players aged 14 to 16 have very low dribbling skills. This study's primary objective is to compare the effectiveness of the diamond with ball and diamond with run training models. Differential effects of high and low agility and the interaction between training models and agility on dribbling ability. The method in this study uses a quasi-experimental method with a design factor of 2x2. There are 42 players, with an average age of 14 to 16 years. The sampling method used was purposive sampling with a sample size of 28 individuals, and the Two-Way Anova test was used to analyze the data. 1) Determine whether the practice of diamond with the ball or diamond with the run has a greater impact on agility with a value of $F_{count} (97.923) > F_{table} (0.720)$. 2) To distinguish between high and low dribbling agility with a value of $F_{count} (23.384) > F_{table} (0.720)$. 3). Determine the difference between the practice of diamond with the ball and diamond with the run on the ability to dribble using $F_{count} (27.645) > F_{table} (0.720)$. 4). To determine the difference between the diamond with the ball and the diamond with the run, training models with a value of $F_{count} (48.895) > F_{table} (0.720)$. 5). To determine that there is no interaction between the diamond with the ball and diamond with the run training models and high and low agility on the ability to dribble using $F_{count} (24.900) > F_{table} (0.720)$. The conclusion is that diamond with the ball and diamond with the run training models influence the agility and dribbling ability of Lubuklinggau City Terawas FC football school players aged 14 to 16 years.

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INTRODUCTION

Football is a team sport, one team consists of 11 players and includes one goalkeeper (Gonaus & Müller, 2012). Football must have knowledge, skill and understanding a basis in football coaching to be able to improve better performance (Fullagar et al., 2017). The objective of football is to score by kicking the ball into the goal and defending the goal so as not to concede the ball (Zuber et al., 2016). Basic soccer technique must-have are dribbling, kicking the ball, stopping the ball, controlling the ball, trickery, tackling, throwing the ball, and goalkeeping (Utama et al., 2017).

According to Eka Trastiawan (2020) Dribbling is one of the most important fundamental skills for players to master. A player must master dribbling techniques to complement other fundamental skills. Based on the movement pattern, dribbling involves multiple steps of movement elements involving multiple body parts. To dribble effectively, the body parts involved in the movement must be coordinated (Setiawan., 2007). The ability to dribble is one of the most important basic techniques for players to master. To support other good fundamental techniques, a player must truly master dribbling skills. Based on the movement pattern, dribbling involves a series of steps involving the movement of multiple body parts. To dribble proficiently, the body parts involved in the dribbling movement must be well coordinated (Burhaein et al., 2020).

According to Matjan (2009) Sport is a process to increase change in a person to a good direction the physical quality, organ function, and psychological quality of trained children. According to Palar et al (2015) The meaning of exercise, derived from the word exercise, is the application of a plan to improve exercise ability, which includes theoretical and practical material, methods, and implementation rules in accordance with the desired goals and objectives”.

Fajar & Iswahyudi (2018) The purpose of training is to help athletes improve their skills and better performance. To achieve

achievement, a player must pay attention to all aspects of training, namely: (1) mental training, (2) tactical training, (3) technical training, and (4) physical training. Andreanto (2013) The general aim of training is “to assist coaches to apply conceptual abilities and skills to help reveal the athlete's potential to achieve peak performance”.

Table 1. Initial observation data on dribbling ability

Participants	Result Time	Category
1.	24,45 sec	Deficient
2.	23,20 sec	Deficient
3.	23,54 sec	Deficient
4.	25,09 sec	Very Low
5.	20,56 sec	Good
6.	22,31 sec	Moderate
7.	24,11 sec	Deficient
8.	21,30 sec	Moderate
9.	22,17 sec	Moderate
10.	25,14 sec	Very Low
11.	24,41 sec	Deficient
12.	23,32 sec	Deficient
13.	20,16 sec	Good
14.	24,61 sec	Deficient

The ability to dribble in Terawas Fc football school players aged 14 to 16 years has an average category of less, so the ability to dribble is still very low and not optimal, as evidenced by the test and match results. The players continue to struggle with dribbling, lose the ball frequently, and their technical movements while dribbling are inaccurate. The player's attack pattern when biting is also very slow, allowing the opponent to easily seize the ball. This must be enhanced through practice, including form of diamond with the ball and diamond with the run drills. This exercise was chosen because it is ideally suited for enhancing players' dribbling abilities.

Considering the aforementioned, it is necessary to find a solution to these problems that occur in SSB Terawas Ages 14-16, and research is one way to do so. By providing an exercise program to enhance dribbling agility for Supervised SSB Players, this program will

influence the players. There will be diamond with the ball and diamond with the run exercises in the program. This exercise is frequently used by soccer coaches to improve agility. So in this research can provide a future step or solution for SSB Terawas Ages 14-16 dribbling ability.

Diamond with the ball is an attack pattern combined with a good dribbling motion to outsmart an opponent; a player in possession of the ball attempts to get by his opponent by making moves that are difficult to predict (Irawan, 2005). Playing football with an attacking pattern allows players to score goals against the opponent's goal with relative ease, making movement with an attacking pattern a very dominant movement to win (Fadholi, 2005).

Diamond with the run is to get a running attack position without using the ball by making quick movements to get good space so you can easily master it (Setiawan, 2011). According to Erikoglu, O. G., & Arslan (2016) The technique of running without the ball, which includes all movements without the ball, such as sprinting, changing direction, jumping up and down, deception without the ball, and special goalkeeper movements.

Agility is a movement that can change the direction of the body without losing balance even in a fast state (Mashud & Karnadi, 2015). Although according to Urang Windu (2017) Agility is the ability to move quickly and change direction without losing balance. Agility is a single physical ability comprised of interdependent components including strength, speed, coordination, flexibility, reaction time, and power (D. Dravid., K. Rodney., 2017).

According to Mylsidayu Apta (2015) There are two types of agility, among others: (1) General agility is a person's agility in general sports and dealing with life situations in the environment, and (2) Special agility is the agility required for the sport he is competing in. The ability to dribble is the use of the feet to move the ball from one location on the field to another (Irawan, 2005).

According to Fadholi (2005) The ability to dribble is the skill of controlling the ball with

one's feet or keeping the ball in constant motion on the ground. To support the technical quality of a player's dribbling, other abilities must be present. In addition to the talent of the players, there are many additional factors that will affect the quality of dribbling abilities. These factors must be trained and are the result of training as a supporting factor (Adindra., 2016).

Basically dribbling, according to Mariyono (2017) is "kicking intermittently or slowly". When starting to prepare for a soccer match, the first major skill that will keep players motivated and satisfied is being able to dribble past opponents without being struck by opponents and being able to create chances to score goals. Meanwhile, according to O. Saygin., K. Goral (2015) the purpose of dribbling is to defend the ball while running across the opponent or advancing into open space.

METHODS

This research is a quasi-experimental study with a 2x2 factorial design. With the treatment of diamond with the ball and diamond with run as the experimental group.

The population of this study consisted of 42 men aged 14 to 16 who played for the Lubuklinggau City Terawas Fc.

The sample in this study amounted to 28 players. Purposive sampling was used for the sampling process. Participant in the inclusion study is a diamond with the ball and a diamond with the run, ages fourteen and sixteen, respectively. This research was conducted in the city of Lubuklinggau. This study lasted one month, during which participants exercised four times per week, on Tuesdays, Thursdays, Saturdays, and Sundays, for a total of 90 minutes, with set exercises repeated twice and four times, interval training (recovery) lasting three minutes, and aerobic exercise intensity ranging from 70 to 85 percent. With 28 players ranked, 14 middle-tier players were excluded from training. The ranking is subsequently determined by 14 players with high agility and 14 players with low agility. Each group consists

of one training group of seven players, namely the diamond with the ball training model and the diamond with the run training model, so that four training groups with the same number of players are formed.

The data analysis technique using is the technique of analysis of variance (ANOVA) design factor 2x2 a $P \leq 0,05$. If the F value obtained by Fcount was significant, the analysis is continued with the Bewman-Keuls range test (Sugiyono, 2010:36). To find out the assumptions in the ANOVA technique, for normality test (Kolmogorov Smirnov), Homogeneity of Variance (Levene) and Two ANOVA hypothesis tests were carried out.

RESULT AND DISCUSSION

Descriptive of the results of the data analysis of the results of the dribbling ability test with diamond with the ball and diamond with the run training models on high and low agility.

The data analysis technique in this study used the Shapiro-wilk data normality test sample.

This study's homogeneity test was conducted using Levene's test of variance homogeneity. The homogeneity test is designed to determine whether sample group 1 and sample group 2 have comparable variances.

In this study, the Anova General Linear Model (GLM) analysis test is used to test hypotheses.

Table 2. Descriptive Results of Agility Statistics and Dribbling Ability

Group	N	Estimates Mean + SE
Pretest Agility	14	17.16 + 0.192
Posttest Agility	14	14.78 + 0.224
Dribbling Ability Pretest	14	22.01 + 0.127
Dribbling Ability Posttest	14	20.13 + 0.135

Based on the table above, the Mean ± SE pretest agility is $17.16 \pm .192$ and the Mean ± SE posttest agility is $14.78 \pm .224$. Then from the category of leading the Mean ± SE pretest of $22.01 \pm .127$ and Mean ± SE's posttest agility of $20.13 \pm .125$.

Table 3. Normality Test Results

Data	Exercise Model	N	Kolmogorov-Smirnov Significance	Information
Pretest Agility	<i>Diamond with the ball</i>	7	.200	Normal
	<i>Diamond with the run</i>	7	.200	Normal
Posttest Agility	<i>Diamond with the ball</i>	7	.200	Normal
	<i>Diamond with the run</i>	7	.200	Normal
Dribbling Ability Pretest	<i>Diamond with the ball</i>	7	.200	Normal
	<i>Diamond with the run</i>	7	.200	Normal
Dribbling Ability Posttest	<i>Diamond with the ball</i>	7	.200	Normal
	<i>Diamond with the run</i>	7	.200	Normal

In the normality test results table presented previously, the Kolmogorov-Smirnov statistic is obtained. Based on all Kolmogorov-Smirnov tests with Sig > P-value = 0.05, it can

be concluded that the data variance between groups is not significantly different or that the data are homogeneous or normal.

Table 4. Homogeneity Test Results

Data	<i>df1</i>	<i>df2</i>	<i>Significance</i>	Information
Pretest Agility	1	12	.330	Homogen
Posttest Agility	1	12	.282	Homogen
Dribbling Ability Pretest	1	12	.565	Homogen
Dribbling Ability Posttest	1	12	.856	Homogen

From the results of the homogeneity test indicators of significance value (sig) > P -value = above, information is obtained from all test 0.05. Thus, all research data are homogeneous.

Table 5. Summary of ANOVA Calculation Results With Significance Level $P = 0.05$

<i>Effect</i>	<i>N</i>	<i>Mean Square</i>	<i>Fcount</i>	<i>Significance</i>	Information
Agility	28	14324.802	97.923	0.00	Accepted
Dribble	28	24852.908	27.645	0.00	Accepted
TR	28	6481.286	23.384	0.00	Accepted
Exercise Model	28	13552.00	48.895	0.00	Accepted
TR* Training Model	28	69.142	24.900	0.622	Rejected

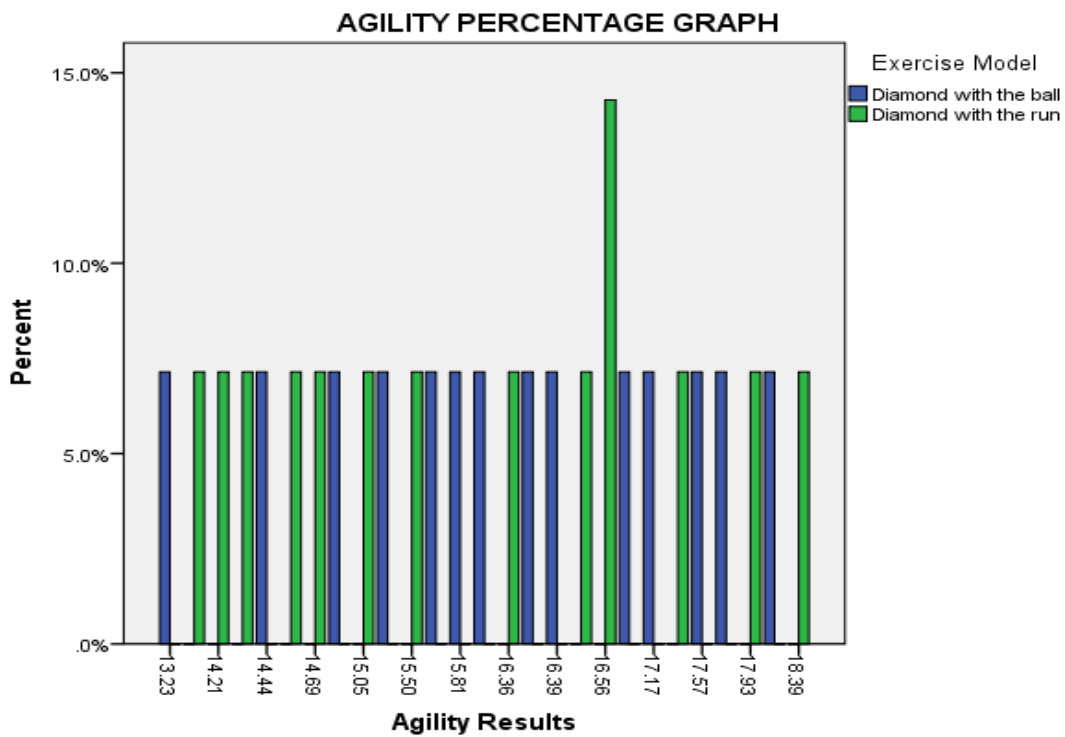


Figure 1. Bar Chart Results Agility Diamond With The Ball and Diamond With The Run

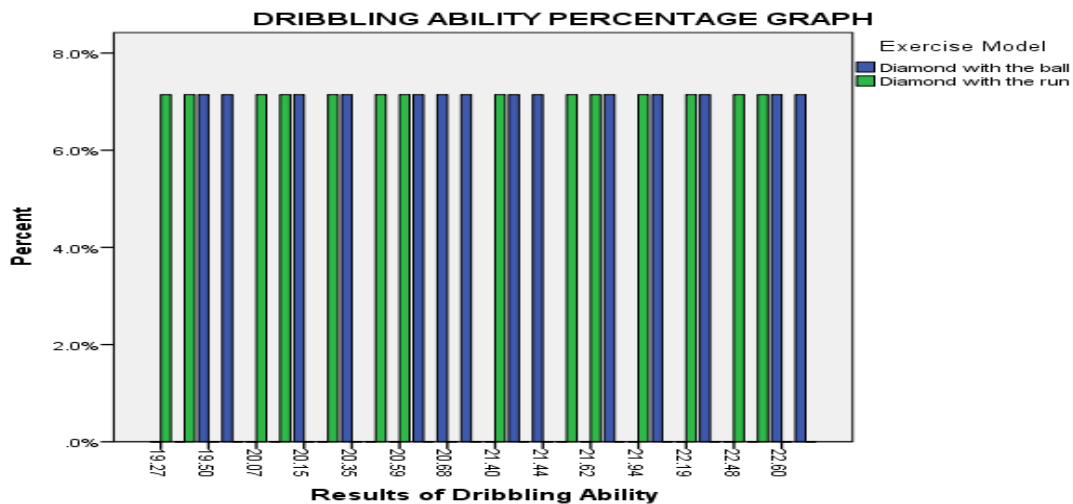


Figure 2. Bar Chart dribbling skills With Diamond With The Ball and Diamond With The Run

Based on Figures 1 and 2. The bar chart results show that there are 14 players who perform the diamond with the ball training model having an average agility of 1.478, while the diamond with the run training model has an average agility of 1.496, then the diamond with the ball training model has an average dribbling ability of 1,993, while the diamond with the run training model has an average dribbling ability of 2,024. Then there was an increase in the average agility and dribbling ability of Terawas Fc football school players aged 14-16 years in Lubuklinggau City. Those who do the diamond with the ball training model are better than diamond with the run and have a very significant difference in influence. So the diamond with the ball training model is a good type of training model to improve a player's agility and dribbling ability.

The results of testing the first hypothesis showed that there was a significant difference in the effect of the diamond with the ball and diamond with run training models on the ability to dribble in Terawas FC football school players aged 14-16 years in Lubuklinggau City. It is proven that the results of the anova test of the exercise model with a value of $F = 48,895$ with a significance value of 0.00, with a significance level of $0.00 < 0.05$. The diamond with the ball practice model with a

sample of 14 players is better than diamond with the run with the same sample of 14 players in improving dribbling skills.

The results of the second hypothesis test, based on the training model with a sample of 14 diamond with the ball players and 14 diamond with the run players, show that there is a difference in the effect of high and low agility on the ability to dribble. It is evident from the results of the high and low anova test with a value of $F = 23,384$ with a significance value of 0.00. With a significance level of $0.00 < 0.05$.

The results of testing the third hypothesis, based on the training model with a sample size of 14 diamond with the ball players and 14 diamond with the ball players, the results of the anova test calculation show that the high and low* training model with a value of $F = 48.895$ with a significance value of 0.622, with a significance of $0.622 > 0,05$. It can be concluded that there is no interaction between the diamond with the ball and diamond with the run training models and high and low agility in Terawas FC football school players aged 14-16 years in Lubuklinggau City. The results of testing the third hypothesis show that there is no significant relationship between factor A (diamond with the ball and diamond with the run training model) and factor B (high and low agility) on the results of the ability to

dribble, meaning that there is no interaction between the training model and agility on the results. dribbling ability.

The results of testing the fourth hypothesis, it turns out that there is a difference in the effect of the training model on agility in Terawas FC football players aged 14-16 years in Lubuklinggau City. It is evident from the results of the agility anova test with $F = 97.923$ with a significance value of 0.00. With a significance of $0.00 < 0.05$. The results of testing the fourth hypothesis show that there is a significant effect on agility results based on each sample of 14 diamond with the ball players and 14 diamond with the run players.

The fifth hypothesis, showed a significant difference in the effect of the training model on the dribbling ability of Terawas FC football school players aged 14-16 years in Lubuklinggau City. Tested using the anova test and obtained $F_{count} = 27.645$ with a significance value of $0.00 < 0.05$. So the fifth hypothesis based on the training model with a sample size of 14 diamond with the ball players and 14 diamond with the run players shows that there is a significant difference in the effect between the diamond with the ball and diamond with the run training models on the results of dribbling ability.

CONSLUSION

The study concluded that the diamond with the ball training model is better than the diamond with the run training model to improve dribbling skills in football players. The players who have higher agility were better on dribbling skills.

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