



The Impact Agility Training Toward Dribbling Ability of Futsal Beginners Player

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Abstract

Futsal is a popular game for all people in the world. It needed agility technique to dribble the ball. The purpose of study was to find the effect of agility training on dribbling ability for futsal beginner player. The study used quantitative approach using experimental one group. The study gave the treatment for futsal beginner. It did in futsal club Bengkulu. The data was taken from the agility test in dribbling playing (pre-test and post-test). The technique of data analysis used t-test paired two sample for means. The result of finding shows that the average of pretest score obtained a score of 11.95, while average of posttest obtained a score of 16.05. Furthermore, the statistical analysis of the T-Test obtained t-count of $-11.56 < t\text{-table} = 2.1009$. From these results it can be concluded that there is the effect of agility training toward dribbling ability in futsal playing.

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INTRODUCTION

The sport of futsal has grown in Indonesia and all people like the game of futsal, even in the world of this game is very popular. Nowadays, futsal has expanded to the regions. This can be seen from the number of futsal fields that continue to grow each year. Many entrepreneurs have built futsal fields as a facility of futsal playing. Futsal is a global sport in its own right and differs to football greatly in terms of the rules of the game and tactical actions. There is however a lack of research which explores any link between them, which is surprising given that futsal is used in some countries as a football development tool, to develop young footballers' technical and tactical behavior (Moore, Bullough, Goldsmith, & Edmondson, 2014).

In fact, every province has a futsal club that always conducts coaching for children, teenagers or adults who are interested in playing futsal. In addition to coach, there are also many championships that have been carried out, both at the local, national and international levels. This competition expected to be media of selection the talented futsal players in Indonesia. Therefore, Indonesia's futsal team has proud achievement.

The success of playing futsal is influenced by many factors, both internal and external factors. Internal factors are directly related to the player such as physical abilities, techniques, tactics, and mental possessions. While external factors are things that affect from the outside of the player, such as Human Resources (coaches, managers, and technicians), sources of funding (financial ability of the club directly or support from the government), materials (such as facilities and infrastructure needed individual players as well as the facilities and infrastructure of the organization itself), supporting equipment in accelerating the quality of players and supporting devices in the organization and management, and other related elements.

The results of observations in the Bengkulu association found that the pattern of providing training to beginner players as prospective professional athletes such as the dribbling technique training model was still very simple both in terms of exercise variation or the supporting elements of the success of dribbling itself. In addition, the dribbling training model was not given sequentially such as from simple to difficult movements and the targets of items in the training model were not clear. The coach should give attention to the characteristics of the dribbling needs itself and what must be prepared by a player in order to

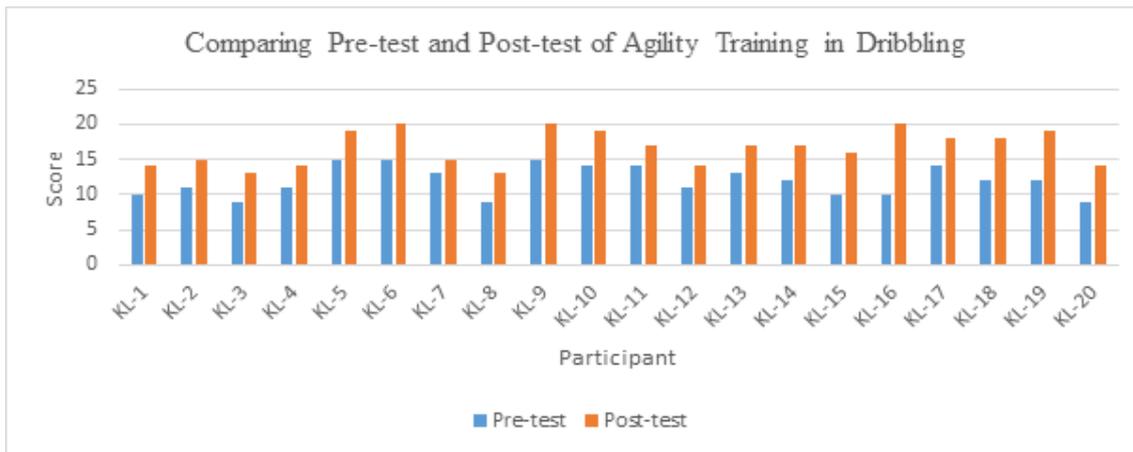
master dribbling properly.

The observations result was also supported by interviews with the players, it concluded that the players needed agility training to support dribbling ability in playing futsal. Because dribbling gives a very big influence on the results of the player's kick. At all times, the player must be able to make decisions in dribbling. Corrêa et al. (2016) found that dribbling was influenced by the variabilities of passing angles as well as shooting and interpersonal distance, and that success in dribbling was affected by the variability of interpersonal distance.

Therefore, each player is required to have good physical endurance to play futsal. Futsal games have a high intensity and a higher level of fatigue so players must have the ability to resist fatigue. Therefore, futsal players need to have great intermittent endurance capacity, repetitive sprint ability, leg strength, and agility in order they are able to play in high level (Naser, Ali, & Macadam, 2017). Valladares-Rodríguez, Rey, Mecías-Calvo, Barcala-Furelos, & Bores-Cerezal (2017) studied the reliability and usefulness of the 30-15 Intermittent Fitness Test (30-15IFT) in professional male and female futsal players. The result show that the 30-15IFT is both a reliable and useful test for male and female professional futsal players. Professional futsal players often spend more time training around 52% of playing time focused on training. The results of the study show that futsal which is played at a professional level is a very heavy high intensity exercise through aerobic and anaerobic pathways (Castagna, D'Ottavio, Vera, & Álvarez, 2009).

From this explanation, constraints and obstacles in dribbling training activities in beginner futsal players in Bengkulu in using dribbling techniques are; 1) dribbling exercises are less varied and still monotonous, 2) dribbling exercises only emphasize dribbling techniques without providing supporting points for dribbling success, 3) the topic of dribbling is often done only dealing with dribbling. between players, 4) dribbling exercises material is less systematic, and 5) evaluation of dribbling exercises is less focused.

Previous descriptive research showed that futsal is the media to develop the football player. It used as training in football (Yiannaki, Carling, & Collins, 2018). Other studied concluded that agility and speed training influenced the dribbling ability (Subandi, 2016). Agility and speed exercises influence the dribbling ability. The same has been reviewed by Utama, Hariyanto, & Sudjana (2016) that agility and flexibility exercises have a better effect than conventional training on impro-



Graph 1. The Result Pre-test and Post-test Agility Training in Dribbling from Futsal Beginner Player

ving students’ dribbling skills, agility and flexibility exercises have a significant influence in increasing students’ dribbling skills, and conventional training is absent.

significant influence in increasing students’ dribbling skills. Besides that, agility influenced the young soccer player (Chaalali et al., 2016). Agility tests can be used to examine and identify soccer talent (Kutlu, Yapıcı, Yoncalık, & Çelik, 2012). Dribbling can be done in various ways. Zig-zag run dribbling and shuttle run dribbling training can increase the speed of futsal dribbling (Fatchurahman et al., 2019).

However, most of dribbling studies were situated in influencing on futsal playing. In this study focuses on the increasing of dribbling ability through agility training in futsal playing. The target result of study is agility test in dribbling. The agility has important position for the beginner player in futsal playing. Agility is a complex set of interdependent skills that converge for the athlete to respond to an external Stimulus with rapid deceleration, change of direction, and reacceleration (Bompa & Haff, 2009).

Therefore, the purposes of study is to know the impact of agility training toward dribbling ability in futsal playing for futsal beginner player. The problem of study is “how is the impact of agility training toward dribbling ability in futsal playing for futsal beginner player?”.

METHODS

The approach of research is quantitative using experimental one group method. The study conducted the test for futsal beginner player before and after being treated the agility training. A one-group pretest–posttest design is a type of research design that is most often utilized by behavioral researchers to determine the effect of a

treatment or intervention on a given sample (Allen, 2017). Here is the research design.

Table 1. Research Design Model

| Group | Pretest | Treatment | Posttest |
|------------|---------|-----------|----------|
| Experiment | P1 | X | P2 |

The research subjects are futsal beginner players of futsal club in Bengkulu. The sample of study is 20 futsal beginner players. The data is taken from test. Technique data analysis used t-test. It is Paired Sample t-test.

RESULTS AND DISCUSSION

The results of data analysis showed that there were significant differences in the dribbling ability of futsal beginner players before and after being given agility training. This can be seen from the value acquisition graph for each player.

Graph 1 concluded that the result of test gave a good change in the dribbling ability of futsal beginners before and after being given agility training. This can be seen from the change in dribbling scores for each player. Following are the results of descriptive statistical calculations from the results of agility-based dribbling tests

The results of agility training in dribbling test (pre-test) has an average 11.95, standard deviations 2.09, variants 4.36, maximum score 9 and minimum score 15. While the post-test result has an average 16.05, standard deviation 2.46, variants 6.04, maximum score 20, and minimum score 13. Therefore, the difference score between pre-test and post-test dribbling is 4.1. Dribbling exercises to the experimental group has an influence on the dribbling ability of players.

The results of the t-test also showed that there were differences in the dribbling ability of futsal players during agility training. The result of analysis data used independent t-test paired two samples for means technique showed that $t\text{-Stat} (-11,56) < t\text{-table} (2.1009)$, which means H_0 is rejected and H_1 is accepted. Besides that, it sees $P(T-t) \text{ two-tail} (9.12) > t\text{-table} (t \text{ Critical two-tail}) = 2.1009$. It can conclude that agility training has improved the dribbling ability of futsal beginner player. It is effective exercise for futsal beginner player.

In sport exercise, human needs agility to support their exercise. Agility generally refers two sort of motor function. On the one hand, it is integral to the ability to explosively start, decelerate, change direction, and accelerate again quickly while maintaining body control and minimizing loss of speed (Brown & Ferriqno, 2005). Agility is a person's ability to change body position such as reducing speed, increasing speed and changing direction in situations of implementing fast movements to make the game under control. In this study, the agility is the ability of a person to move swiftly when performing movements in the implementation of dribbling in a futsal game.

As a basic technique, futsal player has to master it. Ulfiansyah, Rustiadi, & Hartono (2018) studied interaction between agility training and eye foot coordination on dribbling. Dribbling is a basic technique with a ball that is often used in soccer or futsal. 20 yards square dribble training is a form of exercise used to increase speed and agility when driving. This exercise is very well done to support the implementation of the basic techniques of a sport, especially in soccer (R, Dinata, & Jubaedi, 2018).

Dribbling exercises can be combined with various techniques such as zig zag. Zig zag movements give different agility to each dribbling movement. Udam (2017) studied that dribbling training using the Zig-zag method is more effective in improving the ability of dribbling balls in soccer school students (SSB) Immanuel. From the results of this study, it can be concluded that the zig zag training can be implemented in futsal dribbling exercises. The difference study show that increased time speed of IKIP PGRI Pontianak soccer UKM students in dribbling from pretest and posttest data of 2.4214 seconds, so that it can be concluded that agility training has a significant effect on dribbling skills. In preparing a physical training program for dribbling in football a coach should prioritize agility training (Efendi, Pahliwandari, & Arifin, 2018). Besides that, other technique like as Dogging Run and

Shuttle Run exercises have a significant influence on improving the dribbling skills. It has implemented in dribbling training of extracurricular students at SMA Negeri 1 Puding Besar, Bangka Regency (Fajar, 2019).

Increased agility futsal players must give attention to other physical conditions such as power, speed, acceleration and balance. In addition, agility is also influenced genetically such as body type, gender, age, weight and fatigue. When viewed from its function, agility can coordinate multiple movements, facilitate high technical training, anticipate opponents and avoid injury when competing. While, the agility function referred to in this research is the role of agility in the implementation of dribbling in futsal games. Thus, the dribbling ability of futsal players has very good control.

CONCLUSION

Based on the results of data analysis, it was concluded that agility training improves dribbling skills in playing futsal, especially for beginner futsal players. The increasing can be seen from the difference of dribbling time. The results of the research have implications for futsal trainers that agility training must be varied so that the dribbling ability to play futsal becomes more varied and competent. Agility is a person's ability to change body position such as reducing speed and increasing speed and changing direction in situations of implementing fast movements to make the game under control.

This study gave the suggestion on trainer or coach of futsal that they have to make the many techniques of agility training. Moreover, everyone has a different ability to do futsal dribbling speed. Thus, the dribbling ability of beginners can still be increased in accordance with the needs and the potential agility it has.

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