

**The Effect of Speed, Agility and Endurance on the Dribbling Ability of Ssb Putra Lintas Muara Bungo U15 Football Players****Edo Prantori¹, Damrah², Arsil³, Alex Alda Yudi⁴, Fiky Zarya⁵✉**Department of Sports Education, Faculty of Sports Science, Padang State University, Indonesia^{1,2,3}Department of Sports Coaching, Faculty of Sports Science, Padang State University, Indonesia⁴Department of Health and Recreation, Faculty of Sports Science, Padang State University, Indonesia^{2,5}**Article History**Received September 2023
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Abstract

The purpose of the study was to determine the Effect of Speed, Agility and Endurance on the Dribbling Ability of Ssb Putra Lintas Muara Bungo U15 Football Players. The research method used in this study is a quantitative approach. The population in the study was SSB Putra Lintas Muara Bungo players who numbered 100 people. The sample was the age group of children (13-15 years) numbering 40 people. The sampling technique is Purposive Sampling. The instrument is to measure speed, a 20-meter running speed test, agility using a digging run, to measure endurance using a yoyo test, and to measure dribbling ability with a dribbling ability test. survey methods with measurement and test techniques, analysis techniques using a path analysis approach. Research results: 1) β_1 path coefficient = 0.346 based on the results of the analysis obtained a calculated value greater than the ttable value, a value of $2.820 > 1.729$ then in this case H_a is accepted and H_0 is rejected which means the coefficient of path analysis is significant. 2) β_2 path coefficient = 0.449 based on the results of the analysis obtained a calculated value greater than the ttable value, a value of $3.898 > 1.729$ then in this case H_a is accepted and H_0 is rejected which means that the coefficient of path analysis is significant. 3) β_3 path coefficient = 0.784 based on the results of the analysis obtained a calculated value greater than the ttable value, a value of $2.455 > 1.729$ then in this case H_a is accepted and H_0 is rejected which means the path analysis coefficient is significant. In conclusion, speed, agility, and endurance directly and significantly affect the dribbling ability of SSB Putra Lintas Muara Bungo U15 football players.

How to Cite

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INTRODUCTION

Physical education is one of the important aspects in the formation of character and physical health of students in Elementary school (Trajkovic et al. 2018; Vernadakis et al. 2015). Good physical fitness can help increase endurance, reduce the risk of disease, and increase concentration and productivity in learning. Therefore, There has significance that sports instructors utilize effective learning methods to improve students' physical fitness (Castellar et al. 2015; Tokac, Novak, and Thompson 2019). Previous research may have shown that traditional games and small games can be an alternative in physical education learning. However, there have been no studies that specifically compare the impact of the two game methods on the physical condition of the pupils. Therefore, this study was conducted to fill the gap and provide teachers with a deeper understanding of the choice of more effective learning methods (Health et al. 2016; Hwang et al. 2016).

With the impact of the two game methods on the physical condition of the pupils methods on the physical fitness of Elementary school 67/V Tanjung Bojo students, this research will be an important reference for educators in choosing the most appropriate learning strategies to improve students' physical health and quality of life (Furió et al. 2015; Health et al. 2016). Additionally, this study has the potential to contribute further to the advancement and enhancement of primary school physical education instruction. at large (Brezovszky et al. 2019; Vlachopoulos and Makri 2017). At present, the study of the impact of old-school games and small games on the physical fitness of students in the Elementary school environment is still a relevant and interesting research topic (Bakker, van den Heuvel-Panhuizen, and Robitzsch 2015; Hwang, Chiu, and Chen 2015). Some previous studies may have investigated certain aspects related to physical education, but not many have specifically compared the two gaming methods comprehensively (Partovi and Razavi 2019; Smith et al. 2015). Therefore, this research has a high relevance in making additional contributions to the field of physical education and student health.

This study is anticipated to close a knowledge gap and offer deeper understanding of the efficiency of both game approaches in enhancing students' physical fitness at the primary school level using a pseudo-experimental methodology and a 2 x 2 factorial design. The findings of this study can be used to create more effective learning

programs that focus on health, and they may also be used to offer suggestions to educators and decision-makers in an effort to raise the standard of physical education and student health (Garnerli, Giannakos, and Chorianopoulos 2017; Miller et al. 2015). This study makes a significant contribution and offers two standout novel values. First, this study presents a direct comparison between the effects of traditional games and small games on students' physical fitness in the context of the primary school setting. (Kusnandar et al. 2019; Lu and Liu 2015). To date, no studies have specifically investigated the significant differences between these two gaming methods in the context of physical education at the elementary level. Secondly, this study introduced a pseudo- two-by-two factorial experimental design, which made it possible to identify and test the interaction between the form of play and the type of test upon the degree of pupils' health.

Its contribution is very strong, because the The study's findings will give teachers in these fields a more comprehensive and pertinent grasp of developing more effective physical education learning programs (Ilahi 2023; Siswanto et al. 2022). In addition, the recommendations resulting from this study have the potential to have a positive impact on efforts to improve the quality of physical education and student health at the Elementary school level in a more holistic and targeted manner (Aguss 2020; Bariyah, Ashari, and Yuliawan 2022). The results of this study are expected to provide valuable information for physical education teachers in developing more effective and targeted learning programs to improve students' physical fitness. In addition, an understanding of the differences in influence between traditional games and small games can provide input for the development of physical education curriculum in Elementary schools. Thus, this research is expected to make a positive contribution in an effort to improve the quality of physical education learning and overall student health.

METHODS

The analysis method used in this study is a path analysis approach, which is a method to examine the causal influence that happens in multiple regression if the independent variable affects the dependent variable both directly and indirectly. The research method used in this study is a quantitative approach, a survey method with measurement techniques and tests. Path analysis is one of the parametric statistical techniques used to test relationships between variables that

are causal (one path). To test the significance of the path coefficient using the t test or F test, to state the significance or not of the path coefficient based on the results of the t test, the t test is performed to determine whether there is a significant direct impact between the exogenous variable and the endogenous variable.

So, In order to determine whether a sequence of exogenous variables have an indirect or direct impact on endogenous variables, the path analysis model is used to study the relationship between variables. The four variables under investigation are made up of one dependent variable, one moderator variable (between), and two independent variables. The exogenous factors speed (X1) and agility (X2), endurance (X3) as intervening variables, while endogenous variables are the dribbling ability of SSB Putra Lintas Muara Bungo U15 football players as (Y). Instruments are used to measure speed using a 20-meter running speed test, agility using digging run, to measure endurance using a yoyo test, and measuring dribbling ability with a dribbling ability test. The purpose of the implementation of the test is so that the testee is not wrong in conducting the actual test, so that the implementation is truly understood. Descriptive and inferential data analysis techniques are used, with the goal of finding an overview of the characteristics of the distribution of scores / values for each variable under study. While path analysis is used to examine the analysis's needs and assumptions, inferential analysis and causal analysis trimming models.

Data An analytical method for examining the causal connection between independent and non-free variables is path analysis. In order to ascertain if a group of independent factors (exogenous) has a direct or indirect impact on the dependent variable (endogenous), path analysis is used to examine the pattern of relationships between variables. Path analysis was then used to assess the research hypothesis after the normality test, regression linearity test, and regression significance were completed. By eliminating exogenous variable models whose path coefficients are insignificant and researchers need to improve the proposed path analysis structure model, path analysis trimming models are used to improve path analysis structure models.

It can be understood that Path analysis is a method or analysis technique used to investigate causal relationships in order to ascertain the direct or indirect influence of a group of independent variables (exogenous) on bound variables (endogenous), where these causal relationships are arranged in the form of hypothetical models based on scientific substance, namely theoretical

foundations. Prior to testing the hypothesis, the lilifors approach was used to determine the normality of regression estimation errors, and the anava test was used to determine the significance and linearity of regression.

RESULTS AND DISCUSSION

The description of research variable data is intended to provide an overview of the state of the variables that are the focus of research. The data consists of front kick speed data (X3) as an endogenous variable, as well as Speed (X1), Agility (X2), and as exogenous variables and dribbling ability (Y) as intervening variables. Furthermore, the data is processed based on descriptive statistics so that the standard deviation, highest and lowest values, and the average value are obtained. The following is presented a description of the data of each variable.

Description Speed (X1)

Based on the test results and speed measurements (X1) of SSB Putra Lintas Muara Bungo U15 football players that have been carried out, from 20 players sampled the highest score of 2.8 seconds, the lowest score is 3.82 seconds, From the data of this test results can be made a frequency dissemination **Table 1** as follows:

Table 1. Speed variable frequency distribution (X1)

Category	Perstasi (Seconds)	Fa	Fr (%)
Very good	<2,71	0	0%
Good	3,43-2,72	16	80%
Less	>3,44	4	20%
	Sum	20	100%

Based on **Table 1** the variable frequency distribution table above from the 20 players studied, there were no players who had speed in Perstasi (Seconds) <2.71 with a very good category (0%), 16 players who had speed in Perstasi (Seconds) 3.43-2.72 with a good category (80%), and 4 players who had speed in Perstasi (Seconds) >3.44 with a good category (20%).

Agility Data Description (X2)

Based on the test results and agility measurements of SSB Putra Lintas Muara Bungo U15 football players that have been carried out, from 20 athletes sampled the highest score of 5.92 seconds, the lowest score is 11.25 seconds, From the data of this test results can be made a frequency dissemination **Table 2** as follows:

Table 2. Agility Frequency Distribution (X2)

Interval class	Category	Fa	Fr (%)
>9,51	Less Than Once	5	25%
8,32-9,50	Less	2	10%
7,13-8,31	Keep	5	25%
5,94-7,12	Good	7	35%
<5,94	Very Good	1	5%
Sum		20	100%

Based on **Table 2** the variable frequency distribution table above from the 20 players studied, players who have agility in the interval class >9.51 with a category less than once totaled 5 people (25%), players who have agility in the interval class 8.32-9.50 with a category of less than 2 people (10%), players who have agility in the interval class 7.13-8.31 with a medium category of 5 people (25%), Players who have agility in the interval class 5.94-7.12 with a good category are 7 people (35%) and players who have agility in the interval class <5.94 with a very good category are 1 person (5%).

Description of Endurance Data (X3)

Based on the test results and endurance measurements (X3) of SSB Putra Lintas Muara Bungo U15 football players that have been carried out, from 20 athletes sampled the highest score was 17.4, the lowest score was 13.3, From the data of this test results can be made a frequency dissemination **Table 3** as follows:

Table 3. Durability Frequency Distribution (X3)

Rating	Meters	Level	Fa	Fr (%)
Elite	>2400	>20.1	0	0%
Excellent	2000 - 2400	18.7 – 20.20	0	0%
Good	1520 - 1960	17.3 – 18.6	3	15%
Average	1040 - 1480	15.7 – 17.2	8	40%
Below Avarage	520 - 1000	14.2 – 15.6	3	15%
Very Poor	<520	<14.2	6	30%
Sum		20	100%	100%

Based on **Table 3** the variable frequency distribution table above from the 20 players studied, players who have endurance at level >20.1 with an elite rating are no one (0%), players who have endurance at levels 18.7 – 20.20 with a rating of no one (0%), players who have endurance at levels 17.3 – 18.6 with a good rating are 3 people (15%), players who have endurance at level 15.7 – 17.2 with an Average rating of 8 people (40%), players who have endurance at levels 14.2 – 15.6 with Below Avarage rating of 3 people

(15%), and players who have endurance at level <14.2 with a Very Poor rating of 6 people (30%).

Description of Dribbling Capability Data (Y)

Based on the test results and measurements of the dribbling ability of SSB Putra Lintas Muara Bungo U15 football players that have been carried out, from 20 athletes sampled the highest score was 15.22 seconds, the lowest score was 21.56 seconds, From the data of this test results can be made a frequency dissemination **Table 4** as follows:

Table 4. Frequency Distribution of Dribbling Capability (Y)

Interval class	Category	Fa	Fr (%)
>22,03	Less Than Once	0	0%
20,73-22,03	Less	1	5%
19,41-20,72	Keep	4	20%
18,09-19,40	Good	4	20%
<18,09	Very Good	11	55%
Sum		20	100%

Based on **Table 4** the variable frequency distribution table above from the 20 players studied, players who have dribbling ability in the interval class >22.03 with less than one category (0%), players who have dribbling ability in interval class 20.73-22.03 with less than 1 person (5%), players who have dribbling ability in interval class 19.41-20.72 with medium category totaling 4 people (20%), Players who have dribbling ability in the interval class 18.09-19.40 with a good category are 4 people (20%), and players who have dribbling ability in the interval class <18.09 with a very good category are 11 people (55%).

Normality Test

Table 5. Normality test results

Variable	P-Value	α (0,05)	Conclusion
X1 with Y	0,739	0.05	Usual
X2 with Y	0,713	0.05	Usual
X3 with Y	0,929	0.05	Usual
X1 with X3	0,412	0.05	Usual
X2 with X3	0,957	0.05	Usual

Using the results of the speed data's normality test (X1) on dribbling ability obtained P-Value value = 0.739, agility data (X2) on dribbling ability obtained P-Value value = 0.713, endurance data (X3) on dribbling ability obtained P-Value value = 0.929, speed data (X1) on endurance ability (X3) obtained P-Value value = 0.412, and agility data (X2) on endurance (X3) obtained P-

Value value = 0.957. Because the P-Value value is greater than the level of significance, it can be deduced that all of the data came from a population that is regularly distributed.

Linearity Test

Table 6. Variable Linearity Test

Variable	R	R Square	α (0,05)	Conclusion
X1 with Y	0,830	0.689	0.05	Linear
X2 with Y	0,848	0,719	0.05	Linear
X3 with Y	0,784	0,615	0.05	Linear
X1 with X3	0,664	0,440	0.05	Linear
X2 with X3	0,603	0,364	0.05	Linear

In this case, H_a is accepted and H_0 is rejected because the path coefficient, which has a value of $\beta_1 = 0.346$, has a calculated value that is greater than the ttable value, $2.820 > 1.729$. This means that the path analysis value is important. Therefore, endurance directly affects the dribbling ability of SSB Putra Lintas Muara Bungo U15 football players.

According to Weda, (2021) It is said that elements of physical condition such as agility and speed are part of aerobic ability that must be mastered by a football player at crucial moments in order to stay calm when dribbling and scoring goals during the course of the match. Speed is the ability to complete a certain distance quickly. The displacement of the place can be in the form of the movement of the body as a whole, it can also be the displacement of part of the body. In this modern football game, in general all players are required to have speed. Speed is an important asset for professional soccer players, because it is not only for players who operate on the wing, full-back and up front. Because the executor demands to attack quickly then is required to return to defend quickly when counterattacked by the opponent. Therefore, speed is needed by all players both when attacking and defending. Based on this explanation, it is necessary to practice in football to increase speed.

According to the findings of the second hypothesis, the path coefficient $\beta_2 = 0.449$ resulted in a calculated value that was higher than the ttable value, the value of $3.898 > 1.729$. In this case, H_a is accepted and H_0 is rejected, indicating that the path analysis coefficient is significant. So, agility directly affects the dribbling ability of SSB Putra Lintas Muara Bungo U15 football players. The agility possessed by a soccer athlete greatly determines his ability to dribbling the ball to avoid the opponent's obstacle. So agility training is very important given to soccer athletes from an

early age to professional athletes. That is, agility plays a very large role in dribbling and optimizing the success of the technique owned. Based on the discussion above, it can be understood that, in realizing dribbling skills, good agility and speed are needed. To get good agility, it is recommended for coaches and players to do agility training and speed training continuously and programmatically so that their agility is increasing and can be maintained. For example, by practicing running through the Dodging Run, Zig-ZagRun, Suttle-Run tracks and by providing variations of movements with the ball to players. This in addition to increasing agility also familiarizes players in actual game situations so that agility and dribbling ability can be improved.

Based on the findings of the third hypothesis, it was determined that the path coefficient $\beta_3 = 0.784$ based on the analysis results obtained a calculated value greater than the ttable value, the value of $2.455 > 1.729$, which means the path analysis coefficient is significant. In this case, H_a is accepted and H_0 is declined. Thus, endurance directly affects the dribbling ability of SSB Putra Lintas Muara Bungo U15 football players. For an athlete, having a good lung vital capacity is very important, because with it they can have stable endurance when competing. For instance, a soccer player needs to have strong muscles and lung capacity. (Tanzila and Febriani 2019). This is due to the fact that endurance refers to a state or condition of the body that allows it to perform for an extended period of time without becoming overly exhausted. As stated by Hermawan et al., (2022) One of the components of physical fitness is endurance, which controls how the nervous system and the muscles it controls when the body moves over relatively extended periods of time. Football players who have endurance will have high endurance which will make a soccer player feel comfortable and more careful in making movements and benefit a soccer player when attacking, outwitting opponents, damaging opponents' defenses, and maintaining body position in dribbling efforts to open opportunities to score goals. Based on the discussion above, endurance is an aspect that is not separated from other components of physical condition. In terms of dribbling players are required to have good endurance, this aims at when dribbling players are able to perform for a long time in one match.

CONCLUSION

From the results of the study, a very strong conclusion from this study is that speed, agility, and endurance have a significant influence di-

rectly on the dribbling ability of SSB Putra Lintas Muara Bungo U15 football players. This research provides strong evidence that these physical aspects play an important role in improving the dribbling quality of the players. Thus, coaches and sports coaches should pay special attention to training and developing speed, agility, and endurance at this stage of children's development in order to improve their dribbling abilities. These findings make a valuable contribution to the understanding of the factors influencing dribbling ability in the context of the sport of football, and are expected to help in the coaching of young athletes and the development of the sport of football in a more holistic and sustainable manner.

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