



The Effect Of Variations Of Zig-Zag Running Training On The Ability Of Drilling In Football Extracurricular in SMP Raudlatul Ulum

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ABSTRACT

Physical Education is a physical activity organized to be a medium for educational activities. Extracurricular activities are learning activities outside of extracurricular activities. Football is one of the most popular sports in the world, including in Indonesia. The type of research used in this research is the experimental method. The method used in this study is the zigzag running method. The population and sample in this study amounted to 20 people. Based on the results of the research, the normality test is 0.172, which means > 0.05 with a normal distribution, the homogeneity test results get a value of 0.079 and 1,000, which means < 0.05 is declared homogeneous, while the t-test results show that the significant value is 0.000, meaning less than 0.05, then H_0 is rejected. This shows that there is a significant difference between before and after giving the zigzag running training method to students.

Keywords: Sports; Football; Dribbling; Zig-Zag Running.

INTRODUCTION

Physical Education is an activity physically organized to become media for educational activities. Education is an activity which is a process for developing skills and attitudes and spiritual aspects that include mental, intellectual and even spiritual aspects. (Sabaruddin Yunis Bangun, 2016). The infrastructure used in physical education sports activities must be complete so that the teaching and learning process can run optimally and the use of media or tools cannot be separated from the supervision of the teacher (Sahabuddin et al., 2020), therefore students when doing physical education sports activities can feel happy and can understand more easily.

Extracurricular activities are learning activities outside of activities extracurricular organized contextually with the circumstances and environmental needs to meet the

demands of mastery of eye competence lessons, building national character, and improving life skills the time allocation is regulated separately based on the needs and conditions of the school and madrasah or region. (Cipta, Hadi, & Moch Yamin, 2017). The purpose of extracurricular learning activities is to develop personality, recreation and talent in the non-academic field. As is the case with football extracurricular activities football at Raudlatul Ulum Junior High School. In extracurricular activities at Raudlatul Ulum Junior High School, there are compulsory and optional extracurriculars, examples of mandatory extracurriculars are scouts, and elective extracurriculars such as Sports, Arts, and Football.

Football is one of the most popular sports in the world, including in Indonesia. Football is also liked by all walks of life, both from the level of children, teenagers and adults. Football is a team sport that is growing and popular throughout Indonesia, from urban to rural communities (Agus, Andi Sultan, & Humaed, 2019). Football is a sport that uses a ball made of leather or rubber and is played by two teams, where each team consists of eleven players, one player being the goalkeeper and several players acting as substitutes. The goal of the game of football is to get as many balls into the opponent's goal as possible.

Football is a game where each team contains 11 players, each team grabs one ball and the goal is to find victory or points by entering the ball into the opponent's goal as much as possible so that the team that enters the ball the most will win the match. Football has captured the attention of the world community. Football is a simple game, played by 11 players in two teams, and both teams try to score goals and prevent goals from being conceded (Rohmat Hamdani, 2021). Football is also a sport that is loved by all levels of society, both young and old. Football is a type of large ball game on a flat grass field in the form of a rectangle (Pratama & Darumoyo, 2020). Generally, each team consists of eleven players consisting of a goalkeeper, 2-4 defenders, 2-4 midfielders and 1-3 attacking players (Anwar, 2018).

Football can be a good place to understand values such as mutual respect, solidarity, mutual support, sharing and so on. However, because football is an activity that requires good movement technique and coordination to do so, football players must have these aspects to have good skills in playing football and must practice properly and correctly to achieve it (Muhammad Muhajirin, 2019).

In football players, the need for good technical skills will certainly support the ability of a player in the game of football, because in the game of football it takes good technical quality to support the appearance of a football player (Muhammad Muhajirin, 2019).

Technique and the basis are all activities that are fundamental to the game so with capital so one can already play football (Sudirman et al., 2022). As for the basic techniques in sport, Football is *passing*, *shooting* and *dribbling*. (Adhe, Ahmad, M., & Yudha, 2019). Dribbling the *ball* is the ability possessed by every player in controlling the ball so that the ball is not easily seized by opposing players. To prove that these factors affect dribbling skills, the researcher wants to research the effect of variations in zig-zag running training on the ability to *dribble* in football extracurriculars at Raudlatul Ulum Junior High School.

Dribbling is the skill of a player in operating the ball effectively by using certain parts of the foot (R, Dinata, & Jubaedi, 2018). Dribbling is meant to move the ball with the back of the foot to get past the opponent's obstacles in the fastest time possible. Dribbling is a basic technique with the ball that is often used in football games (Medrika Anggi R, 2018).

The skill of dribbling is one of the most important techniques in the game of football (Muhammad Muhajirin, 2019). Dribbling is pushing the ball with the instep forward and over the obstacles in front. Dribbling is kicking the ball intermittently or slowly. Dribbling is kicking intermittently or slowly, therefore the part of the foot used for dribbling is the same as the part of the foot used for kicking the ball. (Jumiatik, Supriatna, & Kaswari, 2014).

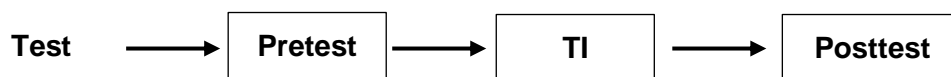
The individual techniques possessed by each player are different and various, one of which is the technique of dribbling. Variations of zigzag exercises are divided into 2 kinds:

- a. Exercise running Zig Zag to measure agility, someone.
 - 1) Practice running side three with a size line triangle that has been determined.
 - 2) The exercise runs from a star with a size line-shaped specified star.
- b. Exercise running Zig Zag to change the direction of motion body or part body.
 - 1) Practice running the number eight, running following the number eight.
 - 2) Running bypassing obstacles, when running will be in the form of a Zig-zag line. (Udam Melkianus, 2017). Zig-zag exercises are very important for individuals when playing football, this exercise can increase agility in playing football.

The exercise variation method applied can improve the results of player training in improving football playing skills, so it will use drill variations. The form of movement used in this study is a variation of drill exercises to improve dribbling skills. (Abdul, Karno, & Didik, 2018). Students can use a variety of exercises repeatedly to improve their ability and skills to play football. Variations of this exercise can develop individual techniques in playing football.

METHOD

This type of research is experimental research. This study aims to prove the effect of training using the zigzag training method on increasing dribbling *agility*. The design used in this research is the One-Group Pretest-Posttest Design. (Novianti & Aji, 2016). The designs in this study are as follows:



Picture 1.
Research design

The population in this study were all football extracurricular students at Raudlatul Ulum Junior High School. as many as 20. Sampling using a saturated sample technique. *Saturated Sampling* is a sampling technique in which all members of the population are used as samples (Abubakar, 2021). The instrument used in the study was a *zigzag* dribbling test.

The use of research methods in a study must be able to lead the research objectives so that they can be understood by the reader. The research method used in this research is the experimental method. Experiments are generally a way of collecting data from several units or individuals who are given special treatment in the sample.

In the prerequisite test, three tests must be done, namely, the normality test, homogeneity test and hypothesis testing. To test normality in this study using the Kolmogorov Smirnov test on the SPSS For Windows 22 program with a significant level of 5%. The homogeneity test was carried out using the F test, from the results of the second F test with SPSS, the value was 0.355, which means >0.05 , meaning that the two classes are not significantly different, so it means that the variance of the two classes being compared is homogeneous. The technique that will be used to test the hypothesis is to use a t-test, namely a *paired t-test*.

RESULTS AND DISCUSSION

This research was conducted at Raudlatul Ulum Junior High School, Jl. Raya Taman Sari, Pakaan Laok, Galis Bangkalan. To all football extracurricular students of Raudlatul Ulum Junior High School with the title "The effect of variations in *zigzag running training* on the ability to dribble in football extracurriculars at Raudlatul Ulum Junior High School" totalling 20 students. This study uses a *zigzag* dribbling test instrument to measure students'

ability to carry out *dribbling learning*. This test is carried out with 1 *pretest* before the students are given *treatment*, and one *posttest* after the students are given treatment *in the* form of a dribbling method to improve students' abilities. in doing football *dribbling*.

The following are the student test results:

Results Test Normality

After conducting data processing with the use of IBM SPSS version 22 application, then obtained results calculated from result data students. Test normality this used to know whether the instrument is given normal distribution or abnormal, with a criteria level significant of 0.05, if the significance obtained > 0.05 then the sample originated from a population that is normally distributed, but if significance obtained < 0.05 then sample no originated from the normally distributed population.

Table 1.
Results Test Normality

		Unstandardized Residual
N		20
Normal Parameters ^{a,b}	mean	,0000000
	Std. Deviation	1.03939040
Most Extreme Differences	Absolute	,163
	Positive	,150
	negative	-,163
Test Statistics		,163
Asymp. Sig. (2-tailed)		.172 ^c

Based on the table above, the test was carried out at a confidence level of 0.05 from table 1, it can be concluded that the pretest and posttest of the two stages were normally distributed because they met the criteria with a significant result of 0.172. normality test shows that the research conducted can be said to be normal because the results exceed 0.05, which is 0.172.

Test Homogeneity

Homogeneity was searched with the F test of pretest and posttest data with the help of the IBM SPSS version 22 program. The homogeneity test was carried out using the Levene test, from the results of the two levane tests with SPSS the value was 0.79, which means > 0.05 . Therefore, the sample used can be said to be homogeneous or the same.

Table 2.
Results Test Homogeneity

Levene Statistics	df1	df2	Sig.
3,257	1	38	0.079

Table 3.
 Results Paired T Test (*Paired T-test*)

		Paired Differences					t	df	Sig. (2-tailed)
		mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pairs	dribbling								
1	test results - group	16.575	1,999	0,316	15,936	17,214	52.453	39	0,000

From the results of the table above, it can be seen that the sign value is 0.000, which means a value less than 0.05 means Ho is rejected and Ha is accepted. Therefore, the measuring instrument can be said to be significant.

DISCUSSION

This research was carried out at Raudlatul Ulum Junior High School with the title "The effect of variations in *zigzag* running training on the ability to dribble the football extracurricular at Raudlatul Ulum Junior High School ". This study uses a *zigzag* dribbling test instrument to measure students' ability to *do dribbling*. This measurement is carried out with 2 tests, namely the *pretest* and the *posttest*.

The following are the results of normality, homogeneity and hypothesis testing obtained by researchers from research that has been carried out at Raudlatul Ulum Junior High School:

The results of normality indicate that the value of Sig. of the output is 0.172 the output results are above > 0.05 then from the decision-making with the normality test it can be concluded that the output data above is normally distributed because the results exceed 0.05, namely 0.172. The whole results of the homogeneity test get the results of the homogeneity significance value of $0.079 > 0.05$, meaning that the significance value is greater than 0.05 and it can be concluded that the results show the test variables have the same variance or are homogeneous because the results exceed 0.05, namely 0.079.

The results of hypothesis testing indicate that the research conducted can be said to be significant or there is a difference between before learning and after learning because the results are less than 0.05, namely 0.000. So the hypothesis states that skills training using the *zigzag* training method has a more positive effect than the shuttle run training method.

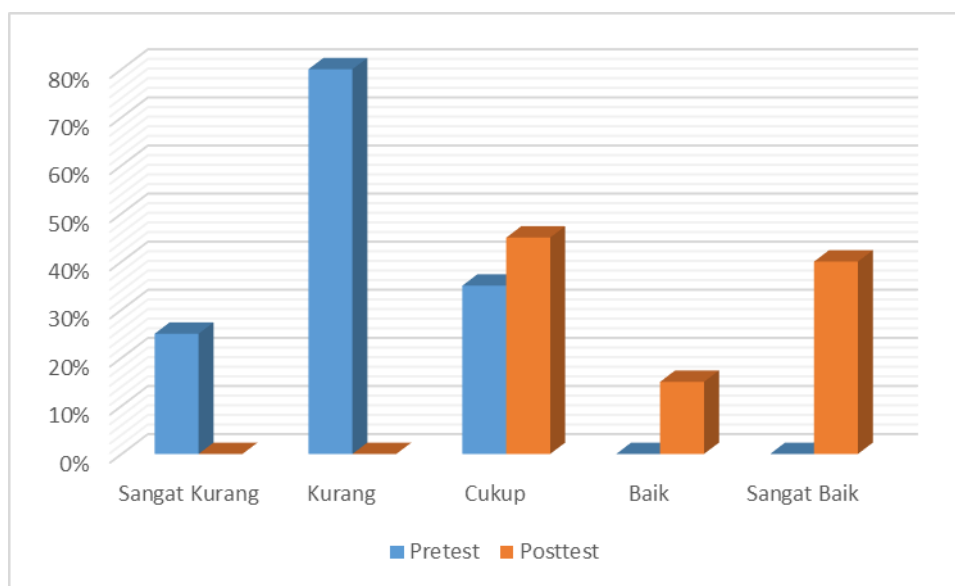
The following are the test results for Raudlatul Ulum Junior High School:

Table 4.
 Percentage of Test Results

Range	Interval	Category	Amount	Percentage
1	19.74 – 20.94	Very less	5	25%
2	18.56 – 19.74	Not enough	8	80%
3	17.37 – 18.55	Enough	7	35%
4	16.18 – 17.36	Well	0	0%
5	14.98 – 16.17	Very good	0	0%
Total			20	100%

Table 5.
 Percentage of Posttest Results

Range	Interval	Category	Amount	Percentage
1	19.74 – 20.94	Very less	0	0%
2	18.56 – 19.74	Not enough	0	0%
3	17.37 – 18.55	Enough	9	45%
4	16.18 – 17.36	Well	3	15%
5	14.98 – 16.17	Very good	8	40%
Total			20	100%



Picture 2.
 Result Chart Test

Based on the table and diagram above, it can be said that the results of the passing learning test obtained by students from the pretest or before the drill pass learning get very poor results as much as 25%, students who get sufficient results as much as 35%, students who get good results as much as 0%, students who get good results are 0% and students who get very good results are 0%.

While in the final test (posttest) after being given dribble learning students who get very poor results of as much as 0%, students who get less results of as much as 0%, students who get enough results of as much as 45%, students who get good results as much as 15%, and students who get good results. who get very good results as much as 40%. From these results, it can be concluded that the dribble learning given to Raudlatul Ulum Junior High School students has increased.

CONCLUSIONS AND RECOMMENDATIONS

The researcher concluded that from the results of the research and discussion, it was concluded that the results of the *zigzag* running exercise on the ability to dribble in football extracurriculars at Raudlatul Ulum Junior High School in the 2021/2022 school year. The results obtained by researchers are on a good and poor scale.

Based on the results of the research, the tests that have been carried out are valid, more details can be seen from the tests carried out at a confidence level of 0.05 from table 1 it can be concluded that the *pretest* and *posttest* of the two stages are normally distributed because they meet the criteria with a significant result of 0.172.

Based on the results of the homogeneity of variance test output using the levane test, table 2 shows that the results of the population variance homogeneity test obtained a value of 0.079 which means <0.05 . Based on the results of the homogeneity test of the population variance, it is stated that the population variance is said to be the same (homogeneous).

Meanwhile, the results of the t-test in the form of a *paired sample test* show that the significant value is 0.000, meaning less than 0.05, then H_0 is rejected. This shows that the results of giving treatment before and after using the *zig-zag* running training method are not the same, thus it can be said that there is a significant difference between before and after giving training to students.

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