



## **The Effect of Ball Feeling Variation Training on Dribbling Skills In Futsal Extracurricular Members of Senior High School 1 Jalancagak**

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### **ABSTRACT**

*This study aims to determine the effect of ball feeling variations on dribbling skills in futsal extracurricular members of SMA Negeri 1 Jalancagak. This study uses a quantitative approach. When viewed from the type of data presented, this type of research is an experiment with a "One Group Pretest-Posttest Design" design. The research population was participants who took part in futsal extracurricular at SMA Negeri 1 Jalancagak, totalling 20 students. The instrument used to measure dribbling skills is a modified dribbling test by Subagyo Irinto (1995), which was tested by Dica Febri Wardana (2015) with a validity test of 0.710 and a reliability test of 0.703. The data analysis technique used prerequisite tests, namely the Kolmogorov-Smirnov test for normality test, homogeneity test and t-test for hypothesis testing at a significant level of 5%. The results showed that there was a significant effect of ball feeling training on increasing dribbling skills in participants who took part in futsal extracurricular activities, with the results obtained from the pretest mean of 20.5725 and Standard Deviation of 1.71941, while for the posttest the mean value of 19.2270 with Standard Deviation of 1.42408. Judging from these results, it can be seen that the increase before and after students was given treatment using the ball feeling variation exercise method was an increase of 15.29%.*

**Keywords:** *Futsal; Ball Feeling; Dribbling.*

### **INTRODUCTION**

Futsal is a game sport that uses a large ball and is played with the feet and head and other body parts except for the hands which may only be played by the goalkeeper in the penalty area (Taufik, 2019). This game is played by two teams, each team consisting of five players (Solihin, 2020). To play futsal well, players must be equipped with good basic techniques (Habibul Rasyd, Ahmad Atiq, 2019). Players who have good basic techniques will play futsal well too (Hasan et al., 2020). The basic techniques in futsal are not much different from the basic techniques in football, including basic techniques of passing (passing), basic techniques of holding the ball (control), basic techniques of heading

(heading), basic techniques of dribbling (dribbling), and basic techniques of shooting the ball. (shooting) (Rachmat Hidayat, A. Heri Riswanto, 2021).

In extracurricular activities at SMAN 1 Jalancagak, there are obstacles in the field of facilities and infrastructure, besides that there are also problems between football extracurriculars and futsal extracurriculars. The problem that occurs is that students who take futsal extracurriculars also participate in soccer extracurriculars because futsal and soccer extracurriculars have the same members so they require technical adjustments needed in playing futsal, especially the ball feeling that a futsal player has. Futsal extracurriculars are held regularly every Tuesday and Friday from 15.30-17.30 WIB in the field of SMA Negeri 1 Jalancagak. These extracurricular activities are guided directly by physical education teachers as well as futsal extracurricular coaches. Futsal extracurricular training uses a combination of physical, mental, and technical development targets for each participant.

In general, novice futsal players have the characteristics of being happy with the game (Bangkit Gala Persada, 2019). Games can play an important role in developing basic motor skills if they are included in a movement development program (Wahyudi et al., 2020). Often coaches provide games to foster children's enjoyment or strengthen certain technical skills (Raibowo et al., 2021). Therefore, in training basic futsal dribbling techniques for beginners (Imron & Wismanadi, 2022), it can be packaged in the form of ball feeling exercises (Dharmawan, 2022). Through this exercise, students can improve their ball control skills (Sudirman, 2022), coupled with exercises that are in contact with the ball so that students do not experience boredom and boredom in practice (Bernhardin & Fauzi, 2022). In the training process, there are several types of exercises, one of which is ball feel which aims to introduce the ball to our body parts and is expected to improve ball control skills (Festiawan, 2020). Ball feeling is a good exercise for young players or players who are still in high school because usually, these young players do not have good calculations so they often have difficulty controlling the ball, therefore players must be able to know the nature of the ball (Kuncoro, 2016). The nature of the ball so that it can be more integrated with the ball. The fact from the observations in the implementation of futsal extracurricular activities seen from the training and strengthened by the futsal coach is that some students are less skilled in dribbling (Nugraha et al., 2021). A coach plays an important role in providing various kinds of exercises that can improve dribbling skills.

## METHOD

The normality test is nothing but testing the normal distribution of the data to be analyzed. Tests are carried out depending on the variables to be processed. Normality testing using the IBM SPSS version 24 computer program. The rule used to determine whether a distribution is normal or not is if  $p > 0.005$  then it is normal, otherwise if  $p < 0.005$  the distribution is said to be abnormal.

A homogeneity test was conducted to determine the similarity of the variance of the research population. The homogeneity test was carried out with the help of the IBM SPSS version 24 computer program. The decision-making criteria are if the  $p \text{ sign} > 0.005$  or  $t \text{ count} < t \text{ table}$ , it means that the sample is homogeneous.

The data analysis technique used was a t-test, with the null hypothesis ( $H_0$ ) stating that there was no positive effect of ball feeling training on the dribbling skills of futsal extracurricular participants at SMA Negeri 1 Jalancagak. The alternative hypothesis ( $H_a$ ) states that there is a positive effect of ball feeling exercise on the dribbling skills of futsal extracurricular participants at SMA Negeri 1 Jalancagak. If the value of the t-count is smaller than the t-table, then  $H_a$  is rejected and if the t-count is greater than the t-table, then  $H_a$  is accepted. Calculation of the hypothesis test using the t-test formula. The data analysis technique in hypothesis testing according to Anas Sudijono (2009) that the comparative hypothesis test of the average of two samples uses the t-test formula:

$$t_{\text{count}} = \frac{M_{\text{D}}}{SE_{M_{\text{D}}}}$$

MD : the difference between the score of variable I and the score of variable II.

SEMD : Standard Error (standard error) of the Mean of Difference.

(source: Anas Sudijono, 2009).

## RESULTS AND DISCUSSION

### Statistics Description

The data obtained from the pretest and posttest from the research sample can directly determine the effect of ball feeling variations on dribbling skills in the futsal sports branch which will be tested according to the hypothesis. The results of the pretest and posttest of dribbling skills in futsal extracurriculars at SMA Negeri 1 Jalancagak can be seen in table 4.4 where the calculation uses SPSS 24 assistance.

**Table 1.**  
Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Before Given Treatment	20	17.32	23.31	20.5725	1.71941
After Given Treatment	20	17.16	22.37	19.2270	1.42408
Valid N (listwise)	20				

Based on the table above, it can be concluded from the pretest and post-test scores that the effect of the ball feeling variation training method on dribbling skills in futsal extracurricular at SMA Negeri 1 Jalancagak with a sample of 20 students, obtained the Mean of the pretest of 20.5725 and Standard Deviation of 1.71941, while for the posttest the mean value was obtained. 19,2270 with a Standard Deviation of 1.42408.

**Table 2.**  
Results Percentage Improvement

N	Mean test	Mean Posttest	Percentage Improvement
20	20.5752	19.2270	15,29%

Based on the results of data analysis, it can be seen that there is a difference in the scores at the time of the pretest and posttest, before being given treatment to the futsal extracurricular sample at SMA Negeri 1 Jalancagak, the researcher first conducted an initial test or pretest. Futsal extracurricular at SMA Negeri 1 Jalancagak obtained an average of 20.5725, then after being given treatment with several forms of ball feeling exercise there was an increase with an average of 19.2270.

### Result of Analysis Prerequisite Test

**Table 3.**  
Tests of Normality

	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Before Given Treatment	.106	20	.200 <sup>*</sup>	.969	20	.730
After Given Treatment	.093	20	.200 <sup>*</sup>	.964	20	.631

<sup>\*</sup>. This is a lower bound of the true significance.  
<sup>a</sup>. Lilliefors Significance Correction

The normality test in this study was used to determine whether a distribution was normal or not. The normality test in this study used the Kolmogorov-Smirnov and Shapiro-Wilk tests. The criteria used to determine whether data is normal or not is if  $p > 0.05$  (5%) the data is declared normal, and if  $p < 0.05$  (5%) the data is said to be abnormal. The results of the normality test can be seen in the table above, it can be seen the effect of the ball

feeling variation training method on dribbling skills in futsal extracurriculars at SMA Negeri 1 Jalancagak  $p > 0.05$ . The results can be concluded that the research data is normally distributed.

**Table 4.**  
Test of Homogeneity of Variances

Student Learning Results			
Levene Statistic	Df1	df2	Sig.
930	1	38	341

The homogeneity test is useful for testing the similarity of the sample, namely uniform or non-variant samples taken from the population. The homogeneity rule if  $p > 0.05$ , then the test is said to be homogeneous, if  $p < 0.05$ , then the test is said to be inhomogeneous. The results of the homogeneity test of this study can be seen in the following table:

The table above can be seen as the value of the pretest sig.  $p 0.341 > 0.05$  so the data is homogeneous. Because all the data are homogeneous, the data analysis can be continued with parametric statistics.

The t-test was used to test the hypothesis which reads "there is a significant effect of ball feeling exercise on the dribbling ability of futsal extracurricular members at SMA Negeri 1 Jalancagak", based on the results of the pretest and posttest. If the results of the analysis show a significant difference, then ball feeling training affects increasing dribbling ability. The conclusion of the study is significant if the t arithmetic value  $> t$  table and the sig value is less than 0.05 ( $\text{Sig} < 0.05$ ). Based on the results of the analysis obtained the data in the table are as follows.

**Table 5.**  
T-Test Hypothesis Test

Paired Difference								
95% Confidence Interval of the Difference								
	Mean	Std. Deviation	Std. Error Mean	Lower	Upper	t	df	Sig. (2-Valied)
Pretest-Posttest	1.34550	.98483	.22021	.88459	1.80641	6.110	19	.000

Based on the results of the above calculations using the t-test with SPSS 24, the results obtained are Sig. (2-tailed) 0.000. This result is less than significant by 0.05. So it

can be concluded that this hypothesis is accepted, with H<sub>0</sub> being rejected or H<sub>1</sub> is accepted. And there is a significant effect of the ball feeling variation training method on dribbling skills in futsal extracurriculars at SMA Negeri 1 Jalancagak.

## CONCLUSIONS AND SUGGESTIONS

Based on the analysis of the data that has been obtained, it can be concluded that the effect of the ball feeling variation training method on the dribbling skills of futsal extracurricular members at SMAN 1 Jalancagak, with the application of the drill method in the training process can be carried out properly and efficiently so that the research runs smoothly. Before and after doing the treatment, the researcher began to give the drill method treatment to 20 futsal extracurricular students according to the training material that would be given to the students.

Based on the results of data collection, either the initial test or the final test of the study and analyzed through descriptive statistics, the mean of the pretest was 20.5725 and the Standard Deviation was 1.71941, while for the post-test the mean value was 19.2270 with a Standard Deviation of 1.42408. Judging from these results, it can be seen that the increase before and after students was given treatment using the ball feeling variation exercise method was an increase of 15.29%.

The results of the calculation of the t-test with SPSS24 obtained the results of Sig. (2-tailed) 0.000 > 0.05. Based on the results of the analysis, it can be concluded that answering the research hypothesis, namely hypothesis is accepted, meaning that there is a significant effect of the ball feeling variation training method on the dribbling skills of futsal extracurricular members at SMA Negeri 1 Jalancagak.

The results of the calculation that the average value before being given treatment has a value of 20.5725 while the average value after being given treatment has a value of 19.2270. So it can be concluded that there is an increase between the pretest and posttest after being given treatment. Based on the results of the analysis, it can be concluded that answering the research hypothesis, namely hypothesis is accepted, meaning that there is a significant effect of the ball feeling variation training method on the dribbling skills of futsal extracurricular members at SMA Negeri 1 Jalancagak.

For further researchers to add comparison variables and samples must be controlled more so that the results obtained are better.



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