



Implementation of Ball Feeling to The Results of Dribbling Agility in Football Games

Muhamad Ghifri Amrullah Dwipayana^{1A-E}, Dewi Susilawati^{2B-D*}, Respati Mulyanto^{3B-D}

^{1,2,3}Physical Education of Elementary Teacher Program, Universitas Pendidikan Indonesia, Bandung, Indonesia

mghiffari@upi.edu¹, dewisusilawati@upi.edu^{2*}, respatymulyanto@upi.edu³

ABSTRACT

This study aims to solve the problem of ball feeling on dribbling agility so that players have good dribbling quality and are right in the direction of the ball's goal. The sample of this study was football students aged 11-12 years in the Sumedang area, namely SSB Bina Putra Pamekar. The number of samples of this study was 16 football training participants, this research test consisted of 1 type, namely the zig-zag ball feeling test where the ball must remain controlled at a distance of feet, the speed test is the same as the zig-zag test with a distance of 5 meters. Lack of dribbling agility in the game of soccer, this ball feeling can have the right influence on dribbling agility in the soccer game. In line with the title of the research that the researchers took, this study uses the Experiment method with the research design using one group pretest-posttest design, because it is to determine the influence and magnitude of the influence of the results of the research taken. The results of research conducted by researchers that the implementation of ball feeling affects dribbling agility in football games, the magnitude of the influence is 0.02.

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- Conception and design of the study;
- Acquisition of data;
- Analysis and interpretation of data;
- Manuscript preparation;
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INTRODUCTION

Football is one type of team game, therefore teamwork is such an important necessity for the game of football that every team must have to win the game. Doing solid teamwork in the game of football will enable you to achieve victory. Victory can be achieved through teamwork, and cannot be achieved individually besides that every player must have good physical condition, skilled football playing techniques, and good mental matches (KUMBARA et al., 2019). Judging from the type of skill, football has skills such as Dribbling, ball control, passing, shooting, stopping the ball, and heading the ball (Asep Sudharto et al., 2020). Komarudin further revealed in the Journal (Yudanto & Nurcahyo, 2020) To play football it is necessary to master the basic techniques of football. Basic techniques in football include body techniques (techniques without the ball), which include: jumping and deceitful movements, as well as basic techniques with the ball, which include: ball control, dribbling, kicking the ball, heading the ball, grabbing



the ball, throw-in, and goalkeeper techniques (Erianto et al., 2022). Though agility Dribbling In football games it is very important, so that the opponent is not easy to take the ball. Agility is a person's ability to change the direction and position of his body quickly and precisely when moving, according to the situation faced in a certain arena without losing his body balance (Rohman, 2015).

Because the sport of football is in great demand by people of all ages and can be seen from the enthusiasm when watching football, therefore I took the title about football. When I pay attention to football matches, many players lack dribbling so that the ball can be easily taken by opponents, and feelings of insensitivity to the direction of the ball, in research I conducted using comparisons with the number of 4 football clubs or schools. During the implementation of 2-3 hours with training programs such as juggling, tapping the ball using the soles of the feet, sole roll, with a time of 3 minutes x 3 repetitions, the reason I use this ball feeling exercise is to make players understand and master the characteristics of ball motion so that they will easily perform techniques with the ball and develop new movements in playing football, which is expected to use this ball feeling exercise by the purpose of the research that I will do

In addition to basic football techniques, strategies in football games also need to be mastered. Football game strategy includes: attacking strategy, which consists of movement without the ball, movement with the ball, wall pass or one-two operands, throws into corner kicks, and free kicks, as well as defensive strategies, consisting of man-to-man marking, zone marking, union marking, and defense strategy according to the game system (three-player back system, four-player back system, and defense system with libero) (Gidu et al., 2022). To produce a beautiful and interesting football game, these various elements must be combined when playing football. Although modern football prioritizes collectivity in playing football, players who have skills in playing football are needed to damage the opponent's defense. (Naldi & Irawan, 2020)

In engineering training, Dribbling Many find teaching always mentioned so that it causes boredom for the players. In the end, boredom that occurs can interfere with the goals and objectives of the exercise to be achieved. Until finally many found in the field are still low quality mastery of basic skills in every soccer player (Sunaryo et al., 2022). Sourced from the above opinion regarding the importance of dribbling training for football players, a coach needs to choose which method or form of exercise to use or apply to increase agility in technique Dribbling. The obstacle that is often experienced by every coach on the field is that players feel reluctant to do training Dribbling with boring forms of exercise (Pebrima et al., 2021).

Exercise ball feeling is a simple form of exercise that is done directly using the ball. In the training stage ball feeling Each player emphasizes more on understanding the motion or reflection produced by the pattern. The impact of the ball on the part of the body desired by each player must be felt and understood in full (Indri Susilawai and Balqis Ratu NL Esser, 2022).

Exercise ball feeling It should be done from an early age and the exercise requires thousands of touches so that with that part of the body must be done properly and

correctly. Exercise ball feeling is a simple form of exercise performed directly with the ball (Latihan et al., n.d.). In the learning stage ball feeling Each player is emphasized on understanding the motion or bounce of the ball. Ball feeling is the feeling of all parts of the body except the hands in controlling the ball. Ball feeling Good is the basis for having good technique (Sulistiyono et al., 2021). The more often or many touches the ball will increase the feeling towards the ball. Ball feeling contains elements of coordination movement of the foot with the ball. At the time of practice ball feeling Players will use their coordination well. Players will begin to be trained in moving using the ball, so that coordination will be formed well (Herwin, 2004).

Indri Susilawai and Balqis Ratu NL Esser (2022) explain that the various exercises ball feeling among them trampling the ball using shoe soles, ball feeling between the two inner legs, ball feeling pulling the ball with the sole of the shoe and pushing the ball with the instep, ball feeling with the sole of the shoe moving bringing the ball forward and backwards back to its original place, ball feeling Between the two feet with the inner foot moving to carry the ball forward and back to its original place, the player's body tilts or faces sideways then pulls the ball sideways. (Septianingrum et al., 2022).

METHODS

This research is using experiments, with one group pre-tets post-test design. According to Arikunto (2010), experimental research is research intended to determine the consequences or not of the subject subject subjected to treatment. Exercise program planning ball feeling As a treatment arranged according to training rules to increase the influence of ability Dribbling. Before the treatment begins, an initial test is carried out/Pretest, then a final test is carried out/posttest after treatment. If the final test results are significantly improved from the initial test, there is an effect. The design used is "one groups pre-test-post-test design" (Saputra & Agus, 2021).

Pretest	Bound Variables	Posttest
Y1	X	Y2

Figure 1.

One groups pre-test-post-test design

The sample of this study was football students aged 11-12 years in the Sumedang area, namely SSB Bina Putra Pamekar. The number of samples of this study was 16 participants in football training, this research test consisted of 1 type of instrument, namely the zig-zag ball feeling test where the ball must remain controlled at a distance of feet, the speed test is the same as the zigzag test but there are some additional variations with a distance of 5 meters, until used by 16 footballers.

At this stage the data obtained in this step is quantitative data from the results of the initial test and the final test from, which is then processed before conclusions are drawn from the processed data, which is based on research. Data analysis can be said to be quantitative analysis, statistical analysis and test statistic. In this study, the data

analysis used by researchers is a statistical test. In this study, the data analysis of the statistical test consisted of normality tests, homogeneity tests and hypothesis tests. Researchers in this study analyzed data that had been processed using SPSS to obtain answers to researchers' problems (Ardiansyah et al., 2023).

This research instrument uses skill tests in football games. In quantitative research will collect data for researchers to conduct tests and experiments (Article, 2022). The test instruments used are Dribbling zig-zag (Subagyo Irianto, dkk (2010: 3)). Below is a picture of a zigzag dribbling test instrument developed to measure dribbling agility (Muhammad Ihsan Shabih et al., 2021).

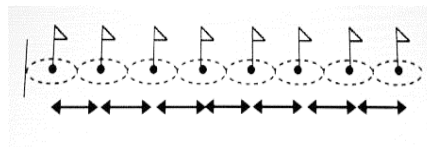


Figure 1.

Test instruments used are Dribbling zig-zag

Tabel 1.

Assessment category

Category	Time (Seconds)
Very Good	< 12,93
Good	12,94 – 14,50
Keep	14,51 – 15,70
Less	15,70 – 16,65
Less Than Once	>16,65

RESULTS AND DISCUSSION

The results of the calculation of the Paired Sample T-Test in the study of the Implementation of Ball Feeling on Dribbling Agility in Football Games with a sample of 16 people.

Tabel 2.

Paired Sample T-Test

	t	df	Sig. (2-tailed)
Pair 1 pre test - post test	2.692	15	.017

Based on **Table 2** it can be concluded that the Value Sig (0.02) < (0.05), it can be concluded that H1 accepted and rejected H0, which means that in this study there is an influence of ball feeling implementation on the results of dribbling agility in football games. Furthermore, a normality test is carried out to see the data obtained is distributed Normal or Abnormal.

Tabel 3.

Test of Normality

	Zscore: for test	Zscore: post test
N	16	16
Asymp. Sig. (2-tailed)	0.988	0.930

Based on the normality test conducted using Kolmogorov-Smirnov, the normality test result at the time of the pre-test was 0.99, while at the time of the post-test it was 0.93. It can be concluded that the pre-test and post-test data are Normal distributed because the significance value is obtained $> \alpha$ (0.05) so that H_0 is accepted. After conducting the normality test, continue to calculate the homogeneity test which aims to find out that the data obtained is Homogeneous or Inhomogeneous.

Tabel 4.
Test of Homogeneity

Levene Statistic	df1	df2	Sig.
.899	1	30	.351

Based on the homogeneity test results on pre-test and post-test data, the sig value (0.35) $> \alpha$ (0.05) so that the data is Homogeneous.

Based on the processing of the data above, it can be concluded that the implementation of ball feeling can have a good effect on dribbling agility in football games, and the magnitude of the influence is (0.02) $<$ (0.05) which means H_1 Accepted and H_0 Rejected.

As conveyed in the study Febrian (2021) The ball feeling training movement pushes the ball zigzagging with the outside and inner feet by keeping the ball right and left alternately, the purpose of this exercise is used so that the player's sensitivity to the ball is better so that when dribbling, players can easily feel the bouncing motion of the ball so that it is always in possession. Purpose of the exercise ball feeling It can be said to be an exercise for sensitivity or recognition of the characteristic sense of the ball. The purpose of the ball recognition exercise with body parts (ball feeling) to start learning and practicing soccer, starting with learning and practicing ball recognition with all parts of the body properly and correctly (Herwin, 2004). So when players have good mastery, then players are able to keep the ball not far from the reach of their feet when dribbling, making it easier for players to control the ball so as not to often experience losing the ball when dribbling or possession. By having ball feeling, someone quickly blends with the ball so that possession is much better.

CONCLUSION

The conclusion of the research taken is that the implementation of ball feeling affects dribbling in soccer games. From the results of pre-test and post-test data, it can be seen that there is a significant increase during the post-test or final test.

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