

Effect of Agility on the Ability to Dribble in Football Games For Extracurricular Students at SMP Negeri 3 Sirah Pulau Padang

Sutrisno¹, Andi Rahman², Widya Handayani²

¹SMP Negeri 3 Sirah Pulau Padang, South Sumatra, Indonesia, ²Universitas PGRI Palembang, South Sumatra, Indonesia

Corresponding author e-mail: sutrisno.2022152049.students@univpgri-palembang.ac.id

Abstract: The purpose of this study was to determine the effect of agility to ability dribbling in the game of football for students in extracurricular SMP Negeri 3 Sirah Pulau Padang. The exploratory research method used was a one-group design experiment before and after the test. With a one group pre and post-test design. The population in this research was students who participated in football extracurricular activities, the sample in this research was 32 people. The research instrument used was the soccer dribbling test. The treatment in this study took the form of agility training, which was carried out for 6 weeks with a training frequency of 3 times a week. The performance test uses the experimental method with the results of the characteristic "t test" $\alpha = 0.05$, obtained t count = (3.85) while t table = (2.037), so H_a is accepted while H_0 is rejected. According to the results of the study that H_a is acceptable, then agility training affects ability enhancement soccer dribbling the ball.

Keywords: Agility, Dribbling, Extracurricular Work, Football

A. Introduction

Sports and health physical education is a learning process with physical activity aimed at improving physical fitness, developing motor skills, knowledge and an active lifestyle, sportsmanship and emotional intelligence. The learning environment is carefully arranged to encourage the growth and development of all areas, physical, psychomotor, cognitive and emotional for each student. The subject of physical education includes: games and sports, development activities, gymnastic self-testing, rhythmic activities, water activities and outdoor education, and the scope of physical education subjects is games and sports, which includes games with a big ball, games with a small ball, athletics, and martial arts, skills.

In order to reach expected goals in education physically fix that quality and quality learning. Allocation of a certain time for the eye lesson education figure in high school is once in one Sunday with a duration of 3 x 40 minutes. For this Furthermore activity intra-subject, also foresees the curriculum time outside school hours, i.e in activity extracurricular.

Extracurricular it is city coaching as good as development sport like part from business improvement performance in the field sport. They are also an extracurricular real dish for to divide talents, interests and potential academics of participants educated with Meaning network competent students from early, that is you can Done coaching more the beginning to use formation character, discipline, sportsmanship and development achievement sport.

Sports soccer is the most phenomenal sport in advance earth of the clan men nor a woman many know it. Sports this too often A lot highlighted by the media when Here is an interesting thing like sport other in this world many want to become an actor football and defense their countries World Cup winner. Football is one sport play already played a long time ago in different countries though use different expressions. Everything the game this own the same goal, ie a game played by two people teams and players from everyone the team give it a try play with the ball and prevent the ball from falling taken over by team to struggle and try insert the ball in network or goal against. At the match *modern* and competitive football, the game it played for 90 minutes divided in two round Each half played for 45 minutes and if scoring team goal more A lot from the team another in period 90 minutes of time the it is 3 game winners that if circumstances Still drawing in progress half supplement time for 2 x 15 minutes, and if position Still to prepare therefore took place fight punishment. The game Football is played by 22 divided players in 2 teams, each the team contains 11 persons, of which there is 1 guard goal, 4 players back, 4 midfielders and 2 forwards. However, if the game is played for sport recreation, number an actor You can custom, for example You can play with 8 players, 6 players forehead with 4 players. football already to become something part in our country and a lot loved by connoisseurs' different layer society in general and the students of SMP Negeri 3 Sirah Pulau Padang in particular people are not likes watch but he also liked to work sport. This sport needs work the same team, that is to increase Ghost compete and grow the feature community.

Football is the game invasion that allows everyone an actor in A the team or competition team attack to enter an area defense opponent, and each an actor in A the team give it a try insert the ball goal his opponent for to do goal or also result guard goal from attack against. Naked counts if the ball has crossed the finish line perfectly. Everyone, an actor gives it a try by putting the ball with a method to do operand (*pass*), herd (*dribble*), shooting. In addition to ways there is such an otherwise you can players who do not carries the ball, as move 4 search room empty, help and protect moderate player bring the ball and actors from the team opponents who do not trying to control the ball for take the ball out of an actor against with method to do fight the body (*body charge*), *tackling*, shadowing an actor opponent who do not carries the ball, close room empty and closes room shoot to direction goal. Opportunity can happen if an actor has agility and speed. According to Ismaryati & Muhyi, (2014) agility is one component of freshness very physically necessary for all required activity speed to

change position the body and its parts. However, sport he also needs good leadership ability as expressed by Timo Scheunemann Aptitude dribble in the game football is one technique basic. In the game football is mandatory mastered by all actors as expressed in Tim Scheunemann 's book. dribbling is movement and action for in the game football in it they contain element art because it exists using the foot that touches the ball and is capable to change direction and speed drive the ball suddenly with method roll the ball to land meanwhile run.

One common base technique used in soccer is dribbling. Driving the ball is one necessary skill mastered with real players football the ball, of course in dribbling with Good you can with easy transition against, therefore very much important for increase ability shepherding in to play football. Ability is the only thing you can improve if a student has their own condition supporting body.

Based on the results of observation researchers at the time extracurricular football, obviously ruler technique based to play football for students with relatively currently low exercise during extracurricular hours, researchers see a student Still often to do error techniques and movements at this moment to maintain goal or attack goal against. error including when to do technique moving with the ball, for example at this moment shepherding Profit visit against. You can dribble explain like something technique dribbling. For increasing Skills dribbling, a necessary component is qualified, such as: strength, speed, flexibility, agility, etc (Danny, 2007). He got *the dribble* qualified in a way together, right with a ball or without the ball. Number method exercise for improvement ability *dribbling* honey other: to run back and forth (*shuttle run*), squat thrust, run obstacles and zigzag runs. Different training methods to determine improvement ability of dribbling actors (Danny, 2007).

Based on the results of the researchers' previous observations that the dribbling *ability* of students who participate in extracurricular activities is not very good, it can be seen that when students who participate in extracurricular activities at SMP Negeri 3 Sirah Pulau Padang practice *dribbling*, there is also there is always a lot of visible lack of good foot coordination when handling the ball and there are also those who collide with each other in practice football games. Training methods to improve *dribbling* are less varied and tend to be monotonous for students. In soccer, good dribbling technique is necessary to avoid opponents while passing the ball, but in practice it is not possible to demonstrate it optimally on the field. One of the causes is the lack of variety in the exercises provided by the teacher and coach to increase agility, speed and also the ability to develop exercises from the students themselves that are not optimal. Based on the above description and the need for research on the effect of speed and agility training on dribbling ability in soccer matches for extracurricular participants at SMP Negeri 3 Sirah Pulau Padang, the researchers wanted to conduct a study titled: "the effect of agility and speed on dribbling ability (dribble) in a football game for extracurricular students at SMP Negeri 3 Sirah Pulau Padang".

According to Al-Hadiqie & Zidane, (2013), football is the most phenomenal sport. There is no other sport in this world that surpasses football in any way. Students, workers, teachers, lecturers, artists, officials and all walks of life. Football is played in big cities and in remote villages. With great public interest in football, football is gradually developing rapidly. However, the public's interest in the game of football is so great that it does not match the achievements of Indonesians on the international football stage. According to Luthfiah & Suherman, (2018) Game soccer is the game team, that means all members of the team must contribute with Good For to create victory, skill individual new will have big benefits if used for interest of the team. According to Kurniawan et al., (2011) understanding soccer is a very popular ball game played by two teams, each of which consists of 11 people.

According to Ismaryati & Muhyi, (2014) agility is one component of freshness very physically necessary for all required activity speed to change position the body and its parts. Agility is the ability for someone to change position in a certain (Afridawati, 2013), Agility explains ability for change direction or position the body with done quickly together with moving others (Widiastuti, 2011).

Basically, dribbling is to do moving kick the ball separate and done in a way slowly. Because according to Luxbacher, (2012) "dribbling in soccer has same function with basketball, i.e maybe you for defend the ball when to run against or to continue to room open. According to Zidane, (2013), dribbling is one Skills the most important football you the need for mastered. Feet used for dribbling the same with the legs used for to kick it is with using the legs and use the leg part outside as good as instep.

Sumadi Suryabrata, (2006) suggests definition operative is, the definition of, on which it is based on properties defined thing that can be noticed. Arikunto, (2013) suggests "Variables are object study or how to point attention to something research". Definition operative variable intended for to give description how variable study will be measured, that is no mistake misunderstanding the problem we are studying. Regarding the definition like the following:

Agility

Agility training is exercise with a method to run winding (*lifting*) with past existing cones arranged distance for a student extracurricular activity at SMP Negeri 3 Sirah Pulau Padang with as soon as possible until the finish line is completed for 16 meetings.

There are other factors that can influence agility according to reports Ministry of National (Education, 2000), namely:

The species the body

There are more people who belong to the ideal body weight (mesomorph). agile as a lean body (ectomorph) and body fat (endomorph).

Old age

Agility increases until approximately 12 years old at the time the beginning to enter growth fast (rapid growth). After transition growth quick agility increase Again until a child to achieve age mature Then reduction Again brings closer age continue

Gender

Agility child men more like a child a woman before puberty After puberty The difference his agility more visible.

Weight

A very factor influential to agility you can reduce ability a child for to move with quick it is factor excess body weight (*overweight*).

Fatigue

It can also reduce fatigue. Therefore, very much important guard Power stand heart therefore fatigue no it happened.

Dribbling

Dribbling is ability a student extracurricular activity at SMP Negeri 3 Sirah Pulau Padang running the ball fast and efficient, all the time to run with speed full Skills dribbling is measured with to adopt test Skills dribbling (Nurhasan, 2008).

According to Komarudin, (2011) purpose dribbling is for transition opponent, directing the ball to room empty, leave ourselves from herd counter, open room for friends, as well to create opportunity for shooting at goal the adversary within dribbling player you can use side of leg v, lateral part of leg also instep. How to do it *dribbling* 1) focus to the ball and the situation around in to determine which way are they going target; 2) when in pressure against there must be contact with the ball with the foot close and protected by parts of another body. Touch the ball must approximately or A lot controls the ball for the opponent difficulty to grab it; 3) agility factor in transition against very much required here; 4) when it's free from pressure opponent, player they have a lot time For see condition around and decide what should Done Usually touch with more balls a little; 5) when dribbling fast without

control, actors only throw the ball in front measurably, that is to run so fast Possible towards the ball, then push the ball back until to city purpose.

Test practice it is a systematic process that is carried out in a way again and again with more day more to add the amount burden exercise given test. What is meant with exercise test it is a systematic process from something work physical and finished in a way again and again everyone day with burden added work or with increase burden works (Sukirno, 2017).

The main goal from exercise test in sport it is for help sportsman in increase skills and achievements maximum maybe According to Kurniawan, (2015) purpose exercise test in a way general it is help coaches, trainers, sports teachers get report and have ability conceptually as good as Skills in help reveal power sportsman to achieve achievement.

B. Methods

This study uses experimental method. According to Kusumawati, (2015) it is conducted to provide treatment with *one group pretest-posttest design*. Population used in study is a student extracurricular football numbered 32 students. Whole population is done like sample study so that you can call it a study population. According to Sugiyono, (2012) population is the field of generalization that it encompasses on an object or subject, which has quantity and properties determined by the researcher for studied and then concluded. According to Arikunto, (2013), exemplar it is part or a representative of the studied population. If we research the whole form of the population, that is study the called study population.

According to Sugiyono, (2012), technique data collection is the most important step in research, because objective the main one from study is get data, without knowing technique data collection, that is study no will obtain relevant data established data standards. Based on opinion above, that is technique data collection used in study this it is technique test.

Test *dribbling* game football

Objective take measurements of dexterity, agility and speed in play with a ball. Tools used the ball, stopwatch, 6 pieces obstacles (stick/javelin), flag pole, chalk.

Instruction implementation 1) at the "Ready" sign, the tester stands behind the starting line with the ball inside mastery of his legs; 2) at the "Yes" command, the test starts dribbling in the direction to the left transition an obstacle first and next goes to an obstacle The next one in accordance with direction arrows that have been set until He crosses the finish line; 3) wrong direction in dribbling, he must fix it without use where the limbs, except the feet, are performing error and between her is also a

stopwatch still the road; 4) driving the ball is done with the right and left foot alternating or at least one leg touches the ball with one touch.

Movement stated to fail if 1) test subject just dribbling with use only one leg; 2) test subject dribbling is not in accordance with the direction of an arrow; 3) test subject use limbs except the feet at this time dribbling. How to achieve the result, the time taken by the test taker from the cue " da " to He crossed the finish line. Recorded time until the tenth seconds.

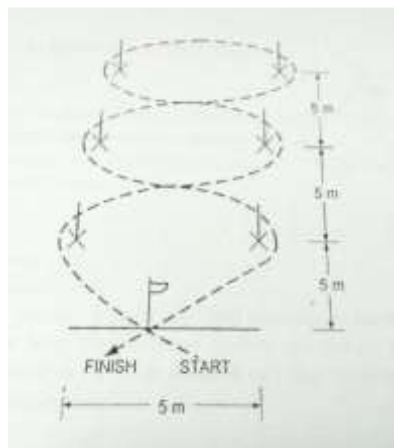


Figure 1. A Field Test Dribbling (Nurhasan, 2008)

C. Results and Discussion

The intended description of the research variables consists of *mean* and standard deviation as in the following table:

Table 1. Mean and Standard Deviation of Dribbling Ability

Statistics	Group	
	<i>Preliminary Test</i>	<i>Posttest</i>
It means	17.09	14.54
Standard Deflection (s)	3.92	3.44
The most	29,73	27,23
The smallest	11,35	10.59

Based on table 1 (one) above can be explained this:

1. Average ball handling ability in the sample group before treatment (*pretest*) = 17.09 seconds, with standard deviation = 3.92

2. Average ball handling ability in the sample group after treatment (*post-test*) = 14.54 seconds with standard deviation = 3.44.
3. The maximum capability before the test is 29.73 seconds and the minimum value is 11.34 seconds.
4. Maximum ability *according to the test* 27, 23 seconds and the minimum value is 10.59 seconds.

Table 2. Homogeneity Test

Statistical Results	S1	S2	F- count
Preliminary test	3.92	1.98	1.06
Posttest	3.44	1.86	

Because This means that $F\text{-Count} = 1.06 < F\text{-table} (30:30) = 1.84$, then the data between pretest and posttest are homogeneous so that to fulfill the condition for proceed with the t test.

Table 3. Test Series During Pre-Test and Post-Test

Implementation	Test results t	T-table
<i>Pre-testing and post-testing</i>	3.85	2,037

Based on table 3 above $t\text{-count} < t\text{-table}$, then H_0 and H_a are rejected. If $t\text{-count} > t\text{-table}$, then H_0 is rejected and H_a is accepted.

In this summary, the t-test shows that t counts $3.85 > t\text{ table} (32:0.05) = 2.037$ and the distribution of the t-test value, namely the significant level of $0.05-2.037$, proved that there is a significant effect of the results of the agility training effect on dribbling ability in soccer matches for the students of SMP Negeri 3 Sirah Pulau Padang.

The purpose of this study is to determine the effect of agility training on ball handling ability. A one-group pretest-posttest design was used to conduct the research. Based on the t *pre-test* and *post-test results*, it shows that there is an effect of agility training on dribbling ability in soccer games, where $t\text{ count} = 3.85 > t\text{ table} (32:0.05) = 2.037$. These results show that there was an increase in dribbling in soccer matches between the pretest and the posttest.

Based on the hypothesis testing results, it shows that agility training is effective and can significantly influence the increase in dribbling in the sample group that received treatment for 6 weeks with a frequency of 3 times per week. The movement of dribbling the ball is a dynamic and varied movement, therefore, by performing agility exercises, the ability to dribble the ball is also improved.

Agility training by running, dodging, running through obstacles with models and different difficulty levels are intended to improve driving skills. Increasing skill ability using agility training by *avoiding running to run* done right, as what will be tested

because there is an obstacle in front of the players to overcome during practice. According to Ismaryati & Muhyi, (2014) agility is the ability to change direction and quickly and accurately position the body or its parts. By performing agility exercises, students can properly improve their body position, maintain balance and have the ability to perform various dribbles. Based on the above explanation, this research was conducted in a structured manner, systematically according to the planned training program and will ultimately improve the dribbling ability of the students of SMP Negeri 3 Sirah Pulau Padang.

D. Conclusion

Based on the results data analysis, this study concluded there is significant influence exercise agility to ability dribbling. The agility training affects ability enhancement soccer dribbling the ball.

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