

## THE EFFECT OF DRIBBLING EXERCISES WITH TOOLS AND DRIBBLING WITH OPPONENT AND THE EYE-FOOT COORDINATION ON INCREASING THE DRIBBLING SKILL OF EXTRACURRICULAR PARTICIPANTS

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### Abstract

*The purpose of this research was to know: (1) the effect between Dribbling Exercises with tools and Dribbling with an opponent on increasing the dribbling skill of extracurricular participants. (2) the effect between the eye-foot coordination (high eye-foot coordination and low eye-foot coordination) on increasing the dribbling skill of extracurricular participants. (3) the interaction between Dribbling Exercises with tools and Dribbling Exercises with the opponent and the eye-foot coordination (high and low) on increasing the dribbling skill of football extracurricular participants of Bima regency. This research used an experimental method with a 2x2 factorial design. The result of data analysis showed that (1) there was a significantly different effect between dribbling exercises with tools and dribbling exercises with an opponent on increasing the dribbling skill of football extracurricular participants, which was proved from  $P= 0.000 \leq 0.05$ . it was indicated that dribbling exercises with tools are better than dribbling exercises with an opponent. (2) there was a significantly different effect between high eye-foot coordination exercise and low eye-foot coordination exercise on increasing the dribbling skill of extracurricular participants, which was proved from  $P= 0.001 \leq 0.05$ . it was indicated that high eye-foot coordination exercise was better than low eye-foot coordination exercise. (3) there was no significant interaction between dribbling exercise with (tooling and opponents) and eye-foot coordination exercise (high and low), it was proved from  $P= 0.000 \leq 0.05$ .*

**Keywords:** Exercises, Dribbling, Coordination, Youth, Soccer.

### Abstrak

*Tujuan penelitian ini adalah untuk mengetahui: (1) pengaruh antara Latihan Menggiring Bola dengan alat dan Menggiring dengan lawan terhadap peningkatan keterampilan menggiring bola peserta ekstrakurikuler. (2) pengaruh koordinasi mata-kaki (koordinasi mata-kaki tinggi dan koordinasi mata-kaki rendah) terhadap peningkatan keterampilan menggiring bola peserta ekstrakurikuler. (3) interaksi antara Latihan Dribbling dengan alat dan Latihan Dribbling dengan lawan dan koordinasi mata-kaki (tinggi dan rendah) terhadap peningkatan keterampilan menggiring bola peserta ekstrakurikuler sepakbola Kabupaten Bima. Penelitian ini menggunakan metode eksperimen dengan desain faktorial 2x2. Hasil analisis data menunjukkan bahwa (1) terdapat perbedaan pengaruh yang signifikan antara latihan menggiring bola dengan alat bantu dan latihan menggiring bola dengan lawan terhadap peningkatan keterampilan menggiring bola peserta ekstrakurikuler sepakbola, dibuktikan dari  $P= 0,000 0,05$ . Hal ini menunjukkan bahwa latihan menggiring bola dengan alat lebih baik daripada latihan menggiring bola dengan lawan. (2) terdapat perbedaan pengaruh yang signifikan antara latihan koordinasi mata-kaki tinggi dan latihan koordinasi mata-kaki rendah terhadap peningkatan keterampilan menggiring bola peserta ekstrakurikuler, dibuktikan dari  $P= 0,001 0,05$ . Hal ini menunjukkan bahwa latihan koordinasi mata-kaki tinggi lebih baik daripada latihan koordinasi mata-kaki rendah. (3) tidak terdapat interaksi yang signifikan antara latihan dribbling dengan (perkakas dan lawan) dan latihan koordinasi mata-kaki (tinggi dan rendah), terbukti dari  $P= 0,000 0,05$ .*

**Kata kunci:** Latihan, Dribbling, Koordinasi, Pemuda, Sepak Bola.

## INTRODUCTION

Nowadays the sport of football is increasingly in demand by the community, be it parents, adolescents, adults and children. In

Indonesia, this sport is very familiar to the general public. Even in every sphere of life of the people. Both in formal and non-formal environments. This is indicated by the number

of competitions held in accordance with their respective levels and levels, as well as in the world of education. Almost certainly all schools in Indonesia compete with each other to win national to international competitions such as O2SN, LPI, and APPSO. Certainly not an easy thing to achieve an achievement. In sports performance there are several factors that influence, including: knowledge of coaches, research, facilities, athletes and matches (Pekik Djoko, 2002:9).

In the school it self, most do intensive training in the form of extracurricular activities, in order to minimize disruption in the academic process. School is a place where children are guided and trained so they have strong physical, mental, skilled and dexterous skills. The subjects discussing these aspects are the subject of Physical Education. At school it was introduced as early as possible about the basic techniques of several sports to get capital and basic as the initial provision to develop skills and achievements in the future, because maximum achievement requires perfection of the techniques obtained from the right basic techniques. In Indonesian, sport in society is not only for education importance, recreation, and psycal fitness but also as an achhievement field it's the same as describing in Indonesian constitution No. 3, 2005 about the national sportsmanship system clausa 4.

is describe as fellow: National sportsmanship is aim to maintanance and increase health and fitness, achievement, human quality, sportivitas, decipline, tighten, and develop assosiation and unity of the nation, stranghten, national resilianc, dignity and honor of the nation. Its also applies to soccer.

The young generation is a potential energy that becomes the successor and continuation of the ideals of nation- building. Soccer is a performance sport that is competed at various levels National, Regional, and International. In the game of football it takes technique and

tactics. Alert players in making decisions should be tested continuously because the players are required to have a high sensitivity to changes in situations that occur very often along the game.

### **1.Exercise**

Achieving an achievement is certainly something that is not easy to require some important supporting factors, one of them is training. Here, in Nossek (1982) defines training is the process of perfecting exercise through a scientific approach, especially used the education principles regularly and planned to increase the ability and readiness of sportsmen.

Exercises are the main device in the daily training process to improve the quality of the functions of the human organ system, so that it is easy for sportsmen to perfect their movements (Sukadiyanto, 2010: 8). Exercise is giving regular physical emphasis. systematic, and sustainable in such a way that can improve the ability to do work and improve physical fitness or physical ability (Suharjana 2013: 38). Exercise is the process of preparing physically and mentally train children systematically to achieve the optimal performance quality with given the burden of regular practice, directed, increased, and repeatedly the time (Samsudin, 2017). Exercise is an exercise material designed and developed by a trainer for one practice session or one-on-one in the exercise. It is therefore important that the trainer understands and applies the Individualization principle to the implementation Exercise is the process of preparing physically and mentally train children systematically to achieve the optimal performance quality with given the burden of regular practice, directed, increased, and repeatedly the time (Samsudin, 2017). Exercise is an exercise material designed and developed by a trainer for one practice session or one-on-one in the exercise. It is therefore important that

the trainer understands and applies the Individualization principle to the implementation of the exercise program activity (Radita Dwi Candra, 2015).

## 2. Dribbling

In soccer games there are several basic techniques that are very important to master, namely herding, kicking, heading, holding, passing, and guarding the goal. According to LA84 foundation, sometimes a player has possession of the ball but does not have the immediate option of a shot on goal or a pass to a teammate. In order to maintain possession of the ball, a player must be able to move with the ball until a shooting or passing opportunity appears. This is called dribbling. Dribbling is the most important basic technique mastered in football. The ability to dribble that must be attention to these techniques and physical conditions. Factors that can affect the dribbling skills include speed, agility and ball crunching skills. This is in according to the Mielke D. (2007: 1) opinion that dribbling is the basic ability in football because the pleyers must be able to dominate the ball while moving, standing or preparing to make passes or shots. When the pleyers mastered in dribbling, they can dominate the ball.

As we know, dribbling is a change of direction and change of speed are crucial to successful dribbling. Change of direction is the ability while dribbling to alter course to the left or the right or a 180° turn. Change of speed while dribbling could be from slow to fast or fast to slow, to come to a complete stop or to move from a standing start. To start drbbling, push the ball forward with the instep; each push of the ball should go several yards and then run to catch up with the ball; touch the ball forward in the natural running stride; when touching the ball with the instep look at the ball.

According to Dribbling is the art of using the feet to maintain possession of the ball,

on the ground, under control, while moving. The two primary reasons to use dribbling skill are:

- to move the ball into a better position on the field.
- to retain possession of the ball.



Figure 1: dribbling ball.

### Dribbling Basics :

- Use all major surfaces of the foot.
- Knees should be slightly bent and body leaning slightly over the ball for balance.
- Arms should be relaxed and used for balance and protection.
- Players should play with their head up as much as possible, enabling them to see the field as well as the ball by utilizing peripheral vision as their ability progresses.
- Ball should be kept close. Encourage players to touch the ball softly, keep the ball close, keep the ball under control, touch the ball every step or so, and ball should never be more than one step away.

Dribbling is an activity to control the movement of the ball using the feet. In addition, by dribbling the ball, the player can protect the ball from the attack of the opposing player. Huijgen (2010:1) dribbling in soccer can be categorized into dribble actions while accelerating and dribble actions with quick changes of direction. And then, the ability to dribble and take on opponents is an essential

part of every pleyer's attacking skill set, you must never lose sight of the fact that excessive dribbling in inappropriate situations serves no useful purpose and can actually undermine your team's efforts (Luxbacher, 2014:1). In this research used dribbling exercise with tools and opponent.

There are two dribbling exercise with tools used slalom dribble and two line and exercise with opponent used dogde and the sole of the foot.

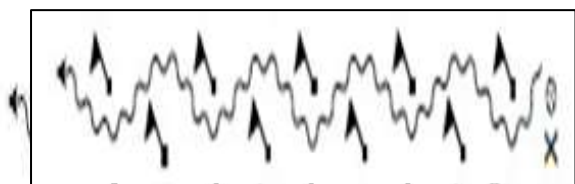


Figure 2: dribbling exercise with tools used slalom dribble

Dribblers race quickly to the start area (cone) without hitting the flag with disignated path.

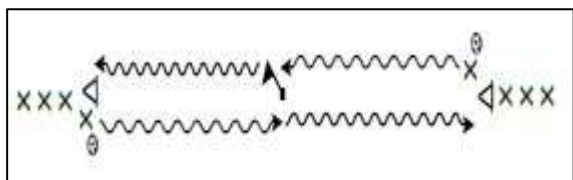


Figure 3: two line

Dribblers carries the ball over the stake with the zig zag path without hitting the flag or cone as marker.



Figure 4: Dribbling exercise with opponent used dogde

The player starts dribbling with his left foot. Approx. 2 meters in front of the opponent (can also be a cone) he makes a dummy, he moves his center of gravity to the left (upper

body goes to the left side/ center of gravity over the left leg). Immediately afterwards he straightens up his upper body again and sprints with the outstep of the other foot past his opponent on the right (Dooley, T. & Titz, C., 2010: 34-35)

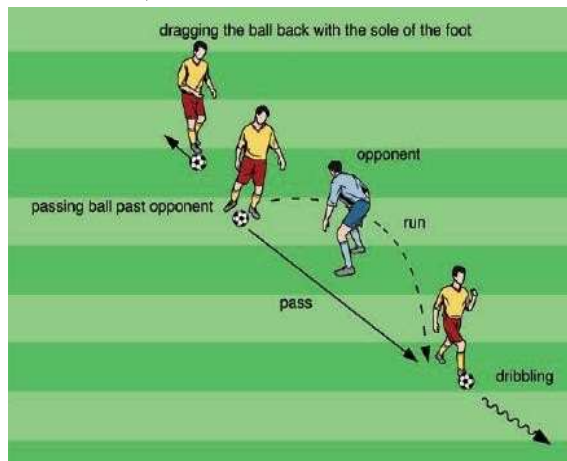


Figure 5: Dragging the Ball Back with the Sole of the Foot

The player dribbles towards his opponent as per the graphic. When he is 2 meters from the player he drags the ball back with the sole of his right foot. He then passes the ball with the instep or the laces of his right foot past his opponent on the right side (on the opponent's left side). He then passes his opponent on the player's right and takes the ball as close behind his opponent as possible. The player's foot is the foot closest to the ball (Dooley, T. & Titz, C., 2010 : 40-41).

### 3. Coordination

There are two coordinations in football game, first is motion coordination between hands, feet, and eyes (M. M. Faruq, 2008). Coordination is required in almost all sports and games. The level of whether or not a person's motion coordination is reflected in his ability to perform a movement smoothly, precisely, quickly, and efficiently. Thus can be said good eye-foot coordination is a requirement in the effort achievement of the maximum achievement for players in the practice of playing soccer skills, in this case, is the ability

to dribble. This is seen when athletes do dribbling, the ball often loses control when the ball is driven to digressing fore and at the time want to change the direction of dribbling ball.

To get a good dribbling ability, another aspect that is needed in dribbling the ball is the coordination aspect, because the coordination is needed once in the activity of gestures, with good coordination will certainly make the dribbling ability becomes more leverage.

In addition, aspects that can support to increase dribbling ability, it's needed a good coordination. According to Bompa (2004: 43), coordination is a complex motor of necessary skills for high performance. Good coordination make the pleyers can change and move quickly from one pattern of motion to another so that the movement becomes effective. Coordination is the ability to get your muscles and your senses to work together to smoothly and efficiently accomplish a task. The right muscles need to contract at the right time with the right amount of force. Coordination can be improved with practice but like strength it is very specific.

Coordination is a very complex biomotoric ability. Coordination is the ability to integrate various kinds of movements into one or more specific patterns of motion (prof. Suharjana 2013: 147). Coordination is the ability to move at various levels of difficulty quickly and precisely efficiently. Almost all sports require coordination. The Basics of Coordination Training. The general character of coordination exercises is to make diverse movements in one unit of time. For example the movements of the lan in the same place by pushing the right hand up and left hand forward (Irianto, D. P. 2002: 77). Coordination is the result of a combination of the performance of the quality of muscles, bones, and joints in producing an effective and efficient movement.(Sukadiyanto, 2010: 223).

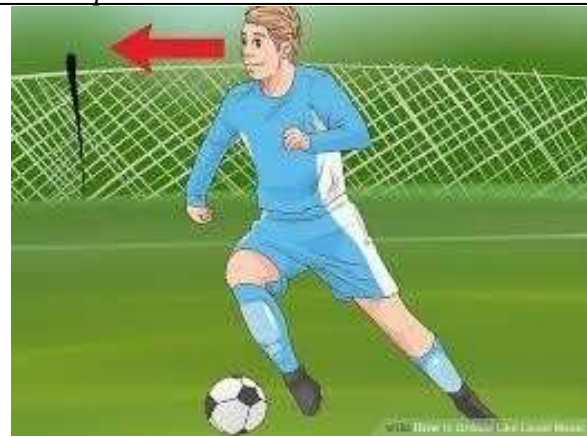


Figure 6: dribbling ball with eye-foot coordination.

#### 4. Soccer

Soccer is one of the most popular sports among children and youth worldwide, with an increasing number of young female players (Vescovi et al., 2012).

The game of soccer is a sports squad. Therefore it takes players who have good engineering skills, have agility, speed and coordination of the body in dribbling.

Based on observations in some schools that have football extracurricular activities in Bima regency, most trainers complain about the ball position by their club players, which is still not good enough, this is seen when the ball is easily captured by the opponent, because the level of dribbling ability is still not good.

The method of dribbling training with tools and dribbling exercises with opponents have influence to each other where both in application and use is requires eye-foot coordination both high eye-foot coordination and low eye-foot coordination. Pleyers with high eye-foot coordination with dribbling training with opponents have better dribbling skills compared to pleyers with high eye-foot coordination who receive treatment with dribbling training methods with tools. Likewise, pleyers who have low eye-foot coordination with the application of forms of training with tools are better than pleyers who have low eye-

foot coordination but are trained by using dribbling exercises with opponents. Thus the effectiveness of using the dribbling skill method is influenced by the eye-foot coordination that each player has.

Based on the description above, the authors are interested in conducting this research on "The effect of dribbling exercises with tools and dribbling with opponents and eye-foot coordination on increasing the dribbling skills of football extracurricular participants in Bima regency." To see how high the influence between dribbling exercises with tools and dribbling with opponents and influence between eye-foot coordination (high eye-foot coordination and low eye-foot coordination) as well as how the interaction between exercise and tooling and dribbling with opponents and eye-foot coordination (high and low) on football extracurricular dribbling skills in Bima regency.

Based on the discussion and looking at the result of this research, the researcher put forward some conclusions as follows: (1) Dribbling with tools have a high influence on improving dribbling skills of football extracurricular participants than Dribbling with opponent. (2) dribbling exercises with high eye-foot coordination have more effective on improving the football extracurricular participant's dribbling skills of Bima regency than the exercises with low eye-foot coordination. (3) there is no interaction between dribbling (tool and opponent) and eye-foot coordination (high and low) on the dribbling skills of Bima extracurricular members of the district as evidenced by the increased ability of participants after doing dribbling exercises with these methods.

## METHOD

This research used experimental method with 2x2 factorial design. The experimental research method is a series of experiments with the aim to investigate something or a problem in

order to obtain results. Experimental methods must have tried factors, in this case the tried and independent or independent variables are dribbling training methods with tools and dribbling with opponents to know the difference in effect with the dependent or dependent variable namely dribbling skills in soccer games, and attribute variables namely eye coordination feet high and low eye-foot coordination.

The reasearch population was extracurricular partisipants of SMP NEGERI 4 BOLO and SMP NEGERI 1 WOHA. This research used probablity sampling to determine the sample. Sample was chosed by simple random sampling include 39 participant. The instrument in this research used dribbling test and Johnson soccer test. The data analysis used ANAVA two-ways at the signifcant level  $\alpha= 0.05$ .

In research use johnson soccer test to measure basic skill with eye-foot coordination soccer for male youth student.

In 39 second. To test the players skill, it used Johnson soccer test field

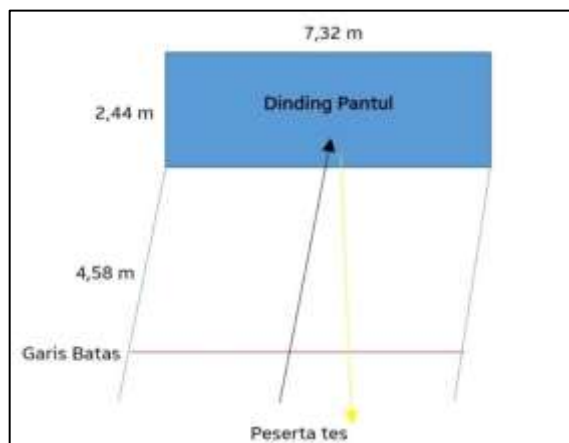


Figure 7: Johnson soccer test field

Data collection techniques carried out in this study was tests and measurements. Before the pretest and posttest measurements were taken, the sample was first measured by eye-foot coordination, to determine high and low eye-foot coordination.

Given the research data analysis was carried out using ANAVA, then before arriving at the use of two-way ANAVA it is necessary to conduct a prerequisite test which includes: (1) normality test and variant homogeneity test and (2) hypothesis testing.

## RESEARCH RESULTS AND DISCUSSION

The results of this research are the form of pretest and posttest data which is a general description of each of the variables involved in this research. The result was from the ANAVA test.

Table 1. The significance of dribbling exercises with tools and dribbling with opponents

Source	Sig
Dribbling with tools	0.047
Dribbling with opponents	0.204

The results of the table above can be seen that the dribbling exercises with the tool did not give effect to extracurricular participants with a significant value of  $P = 0.047$ . Because the significance value of  $p$  is  $0.047 < 0.05$ , it means that  $H_0$  is rejected. Whereas dribbling with opponents has a significant value of  $P = 0.204$ . With the significance value of  $p$  is  $0.204 < 0.05$ , meaning  $H_0$  is accepted.

Table 2. The significance of dribbling exercises with Dribbling exercises with high eye-foot coordination and dribbling exercises with low eye-foot coordination

Source	Sig
Dribbling exercises with high eye-foot coordination	0.132
Dribbling exercises with low eye-foot coordination	0.030

From the results of the table above, it can be seen that dribbling exercises with high eye-foot coordination had high effect on extracurricular participants with a significant value of  $P = 0.132$ . Because the significance value of  $P$  is  $0.132 < 0.05$ , it means that  $H_0$  is accepted. While dribbling exercises with low

eye-foot coordination have a significant value of  $P = 0.030$ . Because the significance value of  $P$  is  $0.030 < 0.05$ , it means that  $H_0$  is rejected.

## CONCLUSION

Based on the discussion and and looking at the result of this research, the researcher put forward some conclusions as follows: (1) Dribbling with tools have a high influence on improving dribbling skills of football extracurricular participants than Dribbling with opponent. (2) dribbling exercises with high eye-foot coordination have more effective on improving the football extracurricular participant's dribbling skills of Bima regency than the exarcises with low eye-foot coordination. (3) there is no interaction between dribbling (tool and opponent) and eye-foot coordination (high and low) on the dribbling skills of Bima extracurricular members of the district as evidenced by the increased ability of participants after doing dribbling exercises with these methods.

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