

Efforts to Improve Dribbling Skills Through Agility Training in Futsal Games SMA Negeri 2 Wonogiri

Rizky Giri Prayoga¹, Gatot Jariono², Pungki Indarto³

A810210094@student.ums.ac.id

ABSTRACT

The purpose of this study is to determine the effect of agility training on dribbling skills in the futsal extracurricular of SMA Negeri 2 Wonogiri. The research design used was an experiment and the instrument in this study used a dribbling test, with a research sample of 20 extracurricular futsal children of SMA Negeri 2 Wonogiri. From the results of the research that has been carried out, the results of data analysis and data processing, it was found that there is an effect of agility training on dribbling skills in futsal games carried out by SMA Negeri 2 Wonogiri students, especially male students. This can be seen from the results of the average score obtained when conducting the initial test as many as 65% of students have not met the criteria for passing the agility test. And after giving *Treatment* There is a significant increase in results that can be seen from the results *Post-Tests* The results obtained were that 95% of the children met the time criteria specified when conducting the agility test.

So it can be concluded that there is a significant influence of agility training on dribbling skills in the futsal extracurricular of SMA Negeri 2 Wonogiri.

Keywords: Dribbling, Agility, Futsal

INTRODUCTION

Dribbling It is one of the techniques in the game of futsal that is useful for mastering the game in futsal. Simultaneous contribution of speed and agility to the ability *dribbling* (Wicaksono et al., 2021). This technique is able as a way to be able to pass the opponent's defense as a result can be more to build chances and enter the opponent's goal (goal). Dribbling or what can also be considered with *Dribbling*, is a technique to understand the ball well when the ball is at his feet. Dribbling is a method that can be tried to be able to pass the opposing player and be able to score successfully into the opponent's goal (Hidayat et al., 2024). Dribbling is divided into 4, namely dribbling using the inside, outer, lower, and back legs (Wibowo, 2019). Method *dribbling* is an important and absolute skill that every futsal player must be able to understand, *Dribbling* is the skill that a player has in understanding the ball before giving it to his friend to build chances in scoring successfully. (Hidayat et al., 2024)

Therefore, based on the above problems that have been described by the researcher, the researcher wants to conduct a research using the title Efforts to Improve Dribbling Ability through Agility Training in Futsal Games of SMA Negeri 2 Wonogiri with the Class Action Research Method.

From the results of this research, it is hoped that it will be able to provide good benefits. Benefits for students can be used to improve dribbling skills in futsal games. In addition, this research is also expected to contribute to the development of effective agility training methods to improve dribbling skills in futsal games. For teachers, the application of the Exercise method is carried out to analyze existing problems and be able to find solutions. For schools, it can be used for learning materials and comparison materials on the same problem.

Exercise *Zig-zag running* is a form of agility exercise that is carried out with a rotating movement by passing a pre-prepared milestone or cone, where this exercise aims to practice the ability to change direction quickly without losing balance. In its implementation, players must run and spin through some existing milestones or bets without forgetting the principle of dribbling ability. This form of training is very much in line with the purpose of dribbling in football which requires players to be able to move quickly (Firmansah et al., 2019).

The research procedure is a step that must be taken by the researcher in applying the methods used in the research. In this class action research, it will be carried out in each cycle. Each cycle contains four main activities, namely 1) planning, 2) implementation, 3) observation, 4) reflection. At the planning stage, assessment and observation sheets are prepared and time and place allocation is determined. At the implementation stage, the material was delivered and the implementation of *the zig-zag run test* was carried out. At the observation stage, observations were made on *the zig-zag run training method*. At the reflection stage, it is carried out by analyzing the results of observation and interpretation so that conclusions are drawn on what needs to be improved and what needs to be maintained. This stage presents the findings of the implementation of action 1 that need improvement in the next cycle. In the design of cycle II, actions are associated with the results that have been achieved during the implementation of cycle I as an improvement of the cycle with learning materials in accordance with what is being researched.

Based on the description above, it is necessary to use teaching materials that are more varied, interesting, and interactive so that teachers and students can be helped in the learning process, namely by making electronic modules or E-Modules. E-Modules are able to encourage students to study independently and can display material not only in the form of text, but also animation, video and audio.

The following are the reasons for the researcher and elaboration of the framework of thinking in the application of the agility training method as follows:

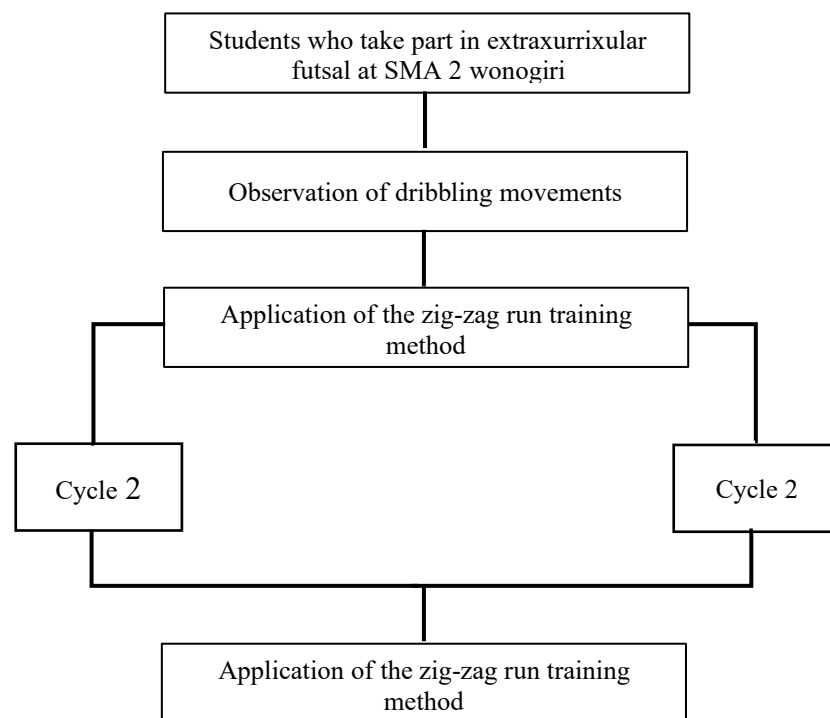


Table Charts/Flow Mind Chart

METHOD

For this reason, the research method used by the researcher in this study is a first-class action research method. This research will be carried out for one month, in December the training will be carried out 4 times in one month. There are 20 students of SMA Negeri 2

Wonogiri who are members of the school's futsal team. Meanwhile, the object of this study is a *zig-zag run* exercise to improve dribbling skills in students who are members of the futsal team of SMA Negeri 2 Wonogiri

The research design according to Nurslam (Sopyan, 2018) "is a strategy to achieve the research objectives applied, and acts as a research guideline throughout the research process". The research design is very important because it will simplify the steps taken in the research. In this study, the researcher used a design of one pretest-posttest group.

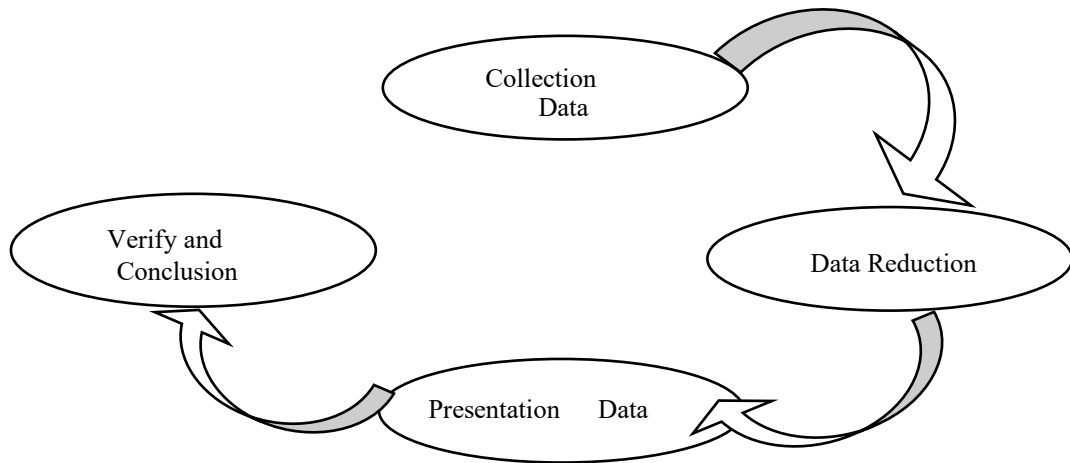


Figure 1. Data Analysis Flow Chart

Table 1. Assessment indicators

Score Limit	Time	Value	Group
13,86	15,81	E	Less than once
13,86	14,51	D	Less
13,86	13,21	C	Enough
13,86	11,91	B	Good
13,86	11,91	A	Very good

RESULT

Table 2. Pre-test results

Not	Group	Presented
1	Less than once	10%
2	Less	55%
3	Enough	25%
4	Good	10%
5	Very good	0%

Table 3. Post-test results

Not	Group	Presented
1	Less than once	0%
2	Less	5%
3	Enough	45%
4	Good	35%
5	Very good	15%

DISCUSSION

Agility training is provided *zig-zag rundan zig-zag running with the ball* Everything is aimed at increasing the player's agility. Because when dribbling, you also have to have good agility. So that students or players are required to have good agility in order to be able to dribble well. When the forms of agility training were given, all of them gave positive results to improve futsal dribbling, concluding that agility training can improve dribbling skills in futsal games. From the results of the research that has been carried out, the results of data analysis and data processing, it was found that there is an effect of agility training on dribbling skills in futsal games carried out by SMA Negeri 2 Wonogiri students, especially male students. This can be seen from the results of the average score obtained when conducting the initial test as many as 65% of students have not met the criteria for passing the agility test. And after giving *Treatment* There is a significant increase in results that can be seen from the results *Post-Tests* The results obtained were that 95% of the children met the time criteria specified when conducting the agility test.

CONCLUSIONS AND SUGGESTIONS

Based on the results of data analysis and discussion, the conclusions of this study are:

1. Agility training is very influential in improving futsal dribbling techniques.
2. In the game of futsal, dribbling skills are essential for every player to have.

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