

Effect of Zig-Zag Training and Dribbling Variations Towards The Rabbit of Ball Dribbling on Football Soccer Players 9 Kerinci

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Abstract. The game of football is a sport that is very popular in the world in general, especially in Kerinci 9 High School. Sepakbola is physical activity or physical training, consisting of running, jumping, kicking, stamping and catching the ball for the goalkeeper. The purpose of this study was to determine the Influence of exercise zig-zag and variations of dribbling towards agility dribbling ball soccer player SMA Negeri 9 Kerinci. The research method used was an experimental method with a sample of 20 players from a portion of the total population of 20 players. Samples obtained by total sampling technique of this study begins with pre-test and treatment ends with post-test . The instrument in this study was to use the dribbling ability test results of data analysis using the t test where the initial test obtained an average of 19.59 seconds and the final test averaged 17.83 seconds amounted to 3.084 when compared with 1.72913 with this already there is clearly an increase due to the initial test and the final test having different results. Thus the conclusion of this study is the results of the research conducted, it can be concluded that zig-zag training and dribbling variations have been proven to have a significant effect on the agility of dribbling balls in football players in Kerinci 9 High School.

Keywords : Zig-zag Training, Dribbling Variation, Dribbling Agility

1. Introduction

Sports games and development is a conscious effort carried out systematically to achieve sports goals, this is in accordance with the National Sports System Law No. 3 of 2005 article 4 on the basis, functions, and objectives of sport, namely : "sports aimed at maintaining and improving health and fitness, achievement, human quality, instilling moral values and noble morals, sportsmanship, discipline, strengthening and fostering national unity, strengthen national resilience and raise the dignity, dignity and respect of the nation ".

Football is the most popular team game in the world and has even become a national game for every country in Europe, South America, Asia, Africa and even now, through the not-so-long period, this game is popular in the United States. Selaian because ciri-characteristics that provide case empatan for players to demonstrate skills freely, accompanied by rules and elements, the

sport of football, especially in America or Europe develops because of a highly advanced organization management. But this popular sport in Indonesia is still unable to compete with other countries, even at the Asian level.

Barriers for per football late in Indonesia seemed to be more influenced in the learning process and mop atihan since the beginning of starting to learn. Traditional learning models are still applied in Indonesia, whereas in reality the most important issue is how to apply technical mastery to the game situation. We call these skills tactical skills which apply a game of renewal to teach the concept of renewal.

A soccer game is a game that requires good and neat cooperation. Football is a team game, so teamwork is a requirement game of football that must be met by each to see a dozen who menginginkan victory. Kemenangan in the game of football will be achieved through the cooperation of the team. Victory cannot be achieved individually in a team game, because soccer is a team game then everything must be done in a team game, besides that every individual or player must have good physical conditions, good basic techniques and a good mental match as well.

The basic goal game of soccer is aiming to enter the ball into the opponent's goal using the standard rules, and objectives tersebut too much influenced oleh didactic and methodical factors, so that sungguh teaching methods and strategies needed renewal in Indonesia. In the game of football, the skills possessed by the player can not be separated from one team as a team and he never did it himself. (Tarigan, 2001: 2)

And more clearly according to Batty (2008: 9) that the development of constructive and ingenious approaches is the essence of the game of football in the modern way, and although in this case it seems important not to forget that the main goal of the game is to score as many goals maybe.

Besides the soccer ball also involves all the techniques in the game of football such as: lead ball (dribbling), kicking a ball (short, long, passing, shooting), the ball (heading), control, throw in, feinting, seizing the ball, technique catch and dismiss the ball for the keeper of the goal. (Entang, 2008: 36).

If we look at European professional players, they don't play football practice, they start from an early age with their soccer academy. If we look at our country, Indonesia, it can be said that the majority of football players are not football academy dropouts, but orthodox players who are used to being called natural talent. It can be concluded that each success begins with a good process.

A football player must possess and master good playing techniques, especially with the ball, which is needed when attacking and controlling the ball. For the technique that is needed is the technique of dribbling (dribbling). Those who need to be trained with sufficient position, besides that to avoid and make deceptive moves to outwit the opponent when controlling the ball need to have agility to avoid ambushes the opponent. Speed and agility are needed for a footballer in dealing with certain situations and match conditions that require an element of agility in moving to control the ball and in defense to avoid any collisions that might occur.

That in fact the ability of lead balls for each person is different, it is dikarenakan by several factors, one factor to menggring ball is harmony muscle as pengerak with body balance and muscle endurance, because the absence of harmony and muscular endurance are well, the ability to drive a soccer player will not produce quality and optimal speed. So the muscles that influence the football game are leg muscles.

Dribbling can be trained together, both with the ball and without the ball. For a soccer player different situations are always encountered in every match. Techniques in football games include two types of techniques, namely: techniques with the ball and without the ball.

This requires a player to have the ability to dribble properly. Dribbling is carrying the ball with your feet for the purpose of dribbling to get past your opponent, looking for opportunities to feed your friends to keep the ball in control.

Based on the author's observations, there is one very basic factor that influences the Kerinci 9 High School football team, which is that the players have not been maximized in terms of dribbling the ball. Every dribbling is done the distance of the ball with both legs too far, often losing the ball when attacking the opponent's area so that the ball is easily captured and controlled by the opposing player. M aka in this case the author is interested in examining the extent of the Effect of Zig-zag Training and Dribbling Variations on the Agility of Dribbling Ball in Soccer Players.

2. Research methods

2.1. Research Research Designers

This study uses an experimental method, in this study there is an experimental group that is deliberately given treatment. The design of this study uses the design of One Group Pretest-Posttest Design, which is one group that is given treatment, but before the treatment is given, firstly do a pretest, and then at the end of the treatment again the final test (posttest)

The population in this study are students BC A State 9 kerinci belonging to the football team BC A State 9 Kerinci current exercise amounted to 20 people. Asdiekemukan, Sugiyono (2014:117) states that the population is generalisasi region consisting of the objects / subjects that have certain qualities and characteristics applied by researchers to learn and then withdrawn kesimpulan it.

The sample is a portion or several representatives of the population to be studied, and if the subject is less than 100, it is better to take all of it so that the research is a population study. If the number of subjects is more than 100 can be taken between 10-15% or 20-25% or more. (Arikunto, 2006).

Due to the total population of less than 100, the researchers took samples in this study as many as 20 students of Kerinci 9 High School aged 16-17 years, the research sample was taken by means of Total Sampling.

2.2. Research Data Sources

The data needed in this study is primary data that is data taken directly from test data and secondary data that is data taken directly, such as documentation and so forth. Primary data obtained from the dribbling skill in soccer committed team player soccer BC A State 9 Kerinci selected as samples. Data collection on samples that have been given treatment with zig-zag training and dribbling variations is done after the sample is given 16 sessions of training.

To obtain this data, a test was conducted on Kerinci 9 High School students with age groups of 15-16 years, who were sampled according to the research needs of the initial and final tests. Initial

tests are carried out before treatment is given which aims to see the students' initial abilities. While the final test is a test conducted after being given treatment, then between the initial test and the final test compared to the results.

The test instrument to measure dribbling ability is used dribbling test. The instructions for carrying out the test are as follows:

Implementation: students stand at the start line, after the sound of the whistle the students dribble at the same time the stopwatch is run. With the rules students have to dribble through stakes that are embedded with a distance of 2-3 meters. The stopwatch is turned off when the ball and the player cross the finish line.

2.3. Data Collection Techniques

First of all, a preliminary test is carried out, to see the results of the dribbling ability by observing the best time of three repetitions. Then do the dribbling variations mimicking the leader's movements, dribbling home base variations, dribbling variations of three players fighting for the ball, dribbling variations counting the coach's fingers, dribbling variations running zigzagging through cones, dribbling variations of donkey tails, variations of dribbling moving goal. The seven groups received the same treatment as many as 16 meetings with a frequency of 3 times a week with a length of treatment time of 60-90 minutes. After the treatment is done, then the test is again called the final test. Preliminary test data and final test are processed, so that the results of this processing can provide an overview of the proposed hypothesis is accepted or not.

2.4. Data Analysis Techniques

Data analysis was performed to test the formulated Hypothesis. The Hypothesis Test used was the t-test. To conduct a t-test the population must be normally distributed and Homogeneously Varied. (Sudjana, 2005: 238). First, the normality test aims to see whether the data is normally distributed or not, the Liliefors test used by Sudjana (2005: 467). Second, test homogeneity of variance aims to see whether the two groups and having variances homogeneous or walking (Sudjana 2005:239). Third, According to Arikunto (2006: 306) To test the hypothesis statistical tests are used. The similarity of the two averages that aims to determine whether the results obtained from agility exercises using pretest and post-test one ground design, then testing the hypothesis is used t test. Hypothesis testing used the t test at a 95% confidence level or $\alpha = 0.05$.

3. Discussion

Based on the description that has been collected previously, in this chapter an analysis of the discussion obtained in this study will be presented. The results of this study will be described in accordance with the objectives and hypotheses that will be proposed earlier.

3.1. Initial Test Using Dribbling Abilities

Initial tests in this study using the ability of dribbling with the samples do dribbling, so in this initial test is no treatment on player soccer team BC A State 9 Kerinci it. In this initial test found the number value of the overall ability of dribbling player soccer team BC A State 9 Kerinci is 391.87

seconds, thus can be averaged ability dribbling player soccer team BC A State 9 Kerinci is 19.59 seconds.

3.2. Tests Finish Using The Capabilities Dribbling

The ultimate test of this research that tests conducted after the player's football team BC A State 9 Kerinci are treated, so that at the end of the test is a test after exercise variations dribbling the team player soccer BC A State 9 Kerinci . At the end of the test is obtained amount ability dribbling player soccer team BC A State 9 Kerinci is 3 56.78 seconds, thus the average ability of dribbling player soccer team BC A State 9 Kerinci is 17, 83 seconds.

When viewed from the soccer team player dribbling ability BC A State 9 Kerinci on preliminary tests amounted to 391 , 87 seconds compared with the result of the ability of dribbling player soccer team BC A State 9 Kerinci at the end of the test amounted to 3 56.78 seconds in sight was the difference between both results are 35.09 seconds. This can be done by comparing the final test and initial test against t arithmetic in the level of 0.05. If t arithmetic is greater than t this table means that there are significant differences and vice versa if t arithmetic is smaller than t table this means there is no meaningful difference.

Table 1. Test Dribbling

NO	Bentuk Tes	Sampel	S	T _{hitung}	T _{tabel}	Keterangan
1	Tes awal (Pretest)	20	1,19	3,048	1,72913	Ditemua pada tingkat kepercayaan 95%
2	Tes akhir (Posttest)	20	1,38			

3.3. Data Analysis

Data analysis aims to see the average results of zig-zag exercises and dribbling variations based on the initial test and the final test, therefore before the test is performed first, the Normality Test and Homogeneity Test of the data are held.

3.4. Normality Test

To test normality is done by Liliefors test . From the results of the initial test calculation on the sample obtained L count = 0.1877 L table 0.190 then the final test sample obtained L count = 0 , 1872 L table = 0.190. Because (L count < L table), it can be concluded that the initial data and the final sample data are normally distributed.

Table 2. Dribbling Ability Normality Test Results

NO	Bentuk Tes	Sampel	Lhitung	Ltabel	Keterangan
1	Tes awal (Pretest)	20	0,1877	0,190	Normal
2	Tes akhir (Posttest)	20	0,1872	0,190	Normal

3.5. Homogeneity Test

To determine whether the sample variant is homogeneous or not, then homogeneity testing is used using the formula:

$$F = \frac{S_1^2}{S_2^2} = \frac{1,38}{1,19} = 1,159 \quad (1)$$

From the above calculation, F count = 1.59 Which is then consulted with F table = 2, 15 At the significance level $\alpha = 0.5$ so that from the significance level obtained F count (0.80) < F table (2, 15) , and it can be concluded that the sample comes from a homogeneous population.

3.6. Homogeneity Results Table Dribbling ability tests

Hypothesis testing

To test the hypothesis a comparison between t arithmetic with the present value of the distribution for the real level $\alpha = 0.05$ and degrees of freedom dk = N-1 = 1 9 obtained t arithmetic = 3.084 and t table = 1.7 2913 (t arithmetic t table) in this study concluded that "no exercise influence zig-zag and variations of dribbling towards to lincahan dribbling on player soccer BC A State 9 Kerinci.

3.7. Results of hypothesis tests the ability of dribbling

Table 3. Result of hypothesis

NO	Bentuk Tes	Sampel	S	Fhitung	Ftabel	Keterangan
1	Tes awal (Pretest)	20	1,19	1,59	2,15	Homogen
2	Tes akhir (Posttest)	20	1,38			

The results of the hypothesis data T arithmetic 3.048 > T table 1.7 2913 then accepted at the 95% confidence level. Based on data analysis and hypothesis testing using t-test in this study, it is expected to lead to conclusions that can and are in accordance with the data obtained. Thus the conclusions drawn later will show a direct picture of the data expected during this experiment. For this reason, it is necessary to study the methodology and theoretical study of the research. Knowledge is obtained through a scientific approach and is based on theories systematically and is carried out with the right steps or procedures, so the knowledge obtained is certainly true too, thus the results of research can be accepted as correct.

In the implementation of the researcher's researchers investigated the increase in samples that initially soccer player BC A State 9 Kerinci the agility dribblingnya still below the average with their treatment then to lincahan dribbling on the sample into meningkat. This training to improve the dribbling agility requires a process that is not easy because the sample must always be fit and ready when given the training program, starting from taking the initial test (Pretest) ie the initial ability of the sample before being given the training program, from this initial test to the most dribbling agility high or fast dribbling by 18.03 seconds and the smallest or the longest by 22.45 seconds with an average of the entire initial test of seconds, then at the treatment stage (Treatment) on the sample using zig-zag exercises and dribbling variations which is divided into ten forms of exercise.

From this treatment process it appears that the ability of dribbling of these samples from week to week has increased which in the initial stages of training some of the samples still do not understand how to dribbling the ball correctly, with zig-zag training and dribbling variations, SM soccer players A Negeri 9 Kerinci can understand how to do dribbling correctly and improve the dribbling ability of course with programmed training. And after the stage of treatment (Treatment) is next on the last stage is a final test (Posttest) procedures for implementing the final test day after completion of the treatment (Treatment) we conducted a final test to measure the results of treatment (Treatment), here will be seen kemampuan agility dribbling soccer player BC A State 9 Kerinci whether an increase or otherwise not at all increased. And the results of dribbling ability after treatment are the fastest 16,03 seconds and the smallest or the longest is 21.13 seconds and the average of the final test is increasing with the amount of 1.30 seconds.

Based on data analysis and hypothesis testing using the t test formula in this study, it is hoped that conclusions can be drawn right in accordance with the data obtained. The conclusions obtained refer to and do not run from the data obtained. By thus will show a direct illustration of the data obtained during the research experiment is performed.

Based on the results of the analysis from the initial test to the final test, the value of t arithmetic is 3.084 compared to t table 1.72913. This shows that there is a significant increase. This is caused by the implementation of treatment in an exercise as many as 16 meetings with a frequency of 3 times a week. This shows that it is clear the results obtained at the final test and initial test, because the sample has been treated, the better the results obtained.

From the data analysis, it turns out that the alternative hypothesis (H_a) proposed in this study was accepted by showing the initial test and the final test differing, in other words there was an increase between the initial test and the final test, and it can be concluded that there was an influence of zig-zag and variations of dribbling towards agility dribbling the ball in soccer BC A State 9 Kerinci.

4. Conclusion

Based on the above data analysis, there is the influence of exercise zig-zag and variations of dribbling towards to lincahan dribbling the ball in player soccer BC A State 9 Kerinci after being treated as many as 16 sessions, thus it can be said that the hypothesis expressed in this research can be accepted the truth. Between the initial test and final tests have different results, it can be

concluded that there are significant exercise zig-zag and variations of dribbling towards to lincahan dribbling the ball in player soccer BC A State 9 Kerinci.

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