

The Agility Analysis of the Ability to Accompany the Ball in Student Football Games

Muhammad Nur ^{1A-E*}, Asri Awal ^{2B-D}, Erwan Hafid ^{3B-D}

^{1,2,3} Study Program of Physical Education Health and Recreation, Faculty of Sports and Health Sciences, Makassar State University, Makassar City, South Sulawesi, Indonesia, 90222

¹m.nur@unm.ac.id, ²asriawal1992@gmail.com, ³erwankhafidhd@gmail.com

Authors' contribution:

A. Conception and design of the study; **B.** Acquisition of data; **C.** Analysis and interpretation of data; **D.** Manuscript preparation; **E.** Obtaining funding

Received: September 08, 2023

Accepted: September 12, 2023

Published: September 21, 2023

ABSTRACT

This study aims to determine the Agility Analysis of the Ability to Accompany the Ball in the Football Game of Students of SMK Negeri 4 Jeneponto. This research is a quantitative descriptive research using observation. The method in this study uses descriptive statistics with observation techniques and tests. The population in this study was all students of SMK Negeri 4 Jeneponto as many as 365 students. The sampling technique uses random sampling, so the number of samples in this study was 30 students of SMK Negeri 4 Jeneponto. The test instruments used in this study were agility test instruments and dribbling ability tests in football games. Data analysis uses quantitative description with percentages. The overall data of this study shows that there is a relationship between agility to the ability to accompany the ball in the football game of SMK Negeri 4 Jeneponto students.

Keyword: Agility; Dribbling; Football.

How to Cite : **Nur, Muhammad; Awal, Asri; Hafid, Erwan.** (2023). The Agility Analysis of the Ability to Accompany the Ball in Student Football Games. **Journal of Sport Education, Coaching, and Health (JOCCA)**. 4(3), pp.224-230

INTRODUCTION

The role of sports to improve performance, health, physical and spiritual, now and in the future plays an important role. Through sports activities, the name of the nation can be known in the eyes of the world. All countries have tried to improve their sports achievements, to raise the good name and dignity of their nation and country through sports, one of the most popular types of sports around the world is the game of football (Saputra & Mairman, 2007). In South Sulawesi, football is a very popular and very popular sport that is in great demand by students, students, and among the community. This proves that there are many football fields in South Sulawesi.

Seeing this reality, efforts are made to improve football performance must be done early to achieve good performance in the game of football, in addition to the factor of mastering basic techniques in the process of coaching early-age football. In the game of



football, there are many factors that we must know not only basic techniques but physical abilities also need to be considered in each player (Hutajulu, 2016). Physical ability must be considered because the role of physical ability is very important to achieve, so important for football players.

In Jeneponto in general and particular students of SMK Negeri 4 Jeneponto have not mastered the basic techniques of the game of football, there may be several factors, namely poor physical condition and basic dribbling techniques that are less supportive. The goal of the football game is for each team or team, which is to try to control the ball, put the ball into the opponent's goal as much as possible (Sudirman et al., 2022), and try to break the opponent's attack to protect or keep his goal from conceding the ball (Jumaking, 2020). The game of football is a team game that requires the basis of cooperation between team members, as one of the characteristics of the game of football (Aziz & Adityatama, 2020). To be able to play football properly and correctly the players master the Techniques of Basic Football (Son, 2021).

To play ball well, players are equipped with good basic techniques (Komarudin, 2021), and players who have good basic techniques tend to be able to play football well as well (D. N. Pratama & Nurrochmah, 2022). Techniques The basics in the game of football are of several kinds, such as stopping the ball, Shooting (kicking the ball into the goal), passing, Heading, and dribbling (Azharullah, 2021). Specialized in engineering dribbling players must master the technique well because the technique of dribbling is Very influential on the game of football players (Meidiansya et al., 2021). However, the fact that I saw that the students of SMK Negeri 4 Jeneponto when participating in each tournament were not able to compete with other participants.

The game of football is a game that requires excellent physical condition (Hadi et al., 2016). The fact on the field the players are only able to play one round because the players do not have good physical condition (Akhmad & Suriatno, 2018). Improving the skill of playing ball in the game of football requires physical ability (Erfayliana & Wati, 2020) good for performing basic techniques and dribbling movements etc. (R. R. Pratama, 2019). The physical conditions referred to in this case are strength, endurance, explosive speed, flexibility, agility, coordination, reaction, balance, accuracy or accuracy, and body composition (Sari & Nurrochmah, 2021).

Dribbling in the game of football is very important and needs to be considered (Mulya & Millah, 2019). Dribbling is defined by ball possession and good physical condition (Mulya & Millah, 2019), dribbling must have a very important technique to give passes to friends accurately or score well (Alfi et al., 2019). To be able to improve the ability to dribble in the game, special treatment must be given early so that this problem can be resolved (Yulianto & Haprabu, 2021), the reality that occurs on the field when a player has not been able to dribble the ball in a short time and is very easy to grab by the opponent (Hadi et al., 2016) So it is very unlikely that they will be able to put the ball into the opponent's goal (S. & Yulifri, 2019), this is what happened to the students of SMK Negeri 4 Jeneponto. All this is due to their lack of physical condition i.e. agility on the dribble (Alfi et al., 2019). Football requires relevant physical conditions in dribbling movements (Hadi et al., 2016). Therefore, it is necessary how a player can master and perform herding skills well (Hammad et al., 2020). Thus, researchers are interested in researching students of SMK Negeri Jeneponto.

METHODS

This research is a quantitative descriptive research using observation. The data collection technique uses observation and tests to determine the agility of the ability to

accompany the ball in the football game of SMK Negeri 4 Jeneponto students. Descriptive research is research that describes the circumstances that exist according to reality. The score obtained from the test results is then analyzed by descriptive analysis which is expressed in the form of percentages. This research is a type of quantitative descriptive research that intends to reveal agility to dribbling ability in the football game of SMK Negeri 4 Jeneponto students. The population in this study was all students of SMK Negeri 4 Jeneponto as many as 365 students. The sample in this study was 30 students of SMK Negeri 4 Jeneponto. This sampling uses random sampling techniques or randomly.

The collected data needs to be analyzed statistically, descriptively, or inferentially to test research hypotheses. The description used in this research is as follows: Descriptive data analysis is intended to get a general idea of the data which includes the mean, standard deviation, minimum value, and maximum value. So the overall statistical data analysis used generally uses computer analysis in the SPSS program version 15.00 with a significant level of 95% or $\alpha = 0.05$.

According to Sugiyono (2011) Suggesting using 5 categories to facilitate the distribution of data as follows:

Table 1.
 Category default score

No.	Formula	Category
1	$X < M - 1.5 \text{ SD}$	Excellent
2	$M - 1.5 \text{ SD} \leq X < M - 0.5 \text{ SD}$	Good
3	$M - 0.5 \text{ SD} \leq X < M + 0.5 \text{ SD}$	Enough
4	$M + 0.5 \text{ SD} \leq X < M + 1.5 \text{ SD}$	Less
5	$X \geq M + 1.5 \text{ SD}$	Very Less

RESULTS AND DISCUSSION

Result

Descriptive analysis

Descriptive data analysis is intended to get an overview of research data. Data descriptions are intended to be able to interpret and give meaning to the data.

Table 2.

The results of the agility analysis of the ability to accompany the ball in football games.

Statistical value	N	Mean	Minimum	Maximum	Range	SD	Variance
Agility	30	12.0410	9.89	14.50	4.61	1.34350	1.805
Dribbling ability	30	16.3480	14.56	18.19	3.63	0.86960	0.756

Table 2. The above is an illustration of the agility analysis of the ability to accompany the ball in the football game of SMK Negeri 4 Jeneponto students can be stated as follows: (1) Agility obtained an average value (*mean*) of 12.0410, range 4.61, minimum data 9.89, maximum data 14.50, standard deviation 1.34350, and variance 1.805; and (2) The ability to dribble the ball obtained an average value (*mean*) of 16.3480, range 3.63, minimum data 14.56, maximum data 18.19, standard deviation 0.86960, and the variance is 0.756.

Data Normality Test

One assumption that must be met for parametric statistics to be used is that the data follows a normal distribution. If the test turns out to be normally distributed data, it means that parametric statistical analysis has been fulfilled. For this reason, knowing that the data of this study is distributed normally, testing was carried out using the Kolmogorov-Smimov test. The results of the data normality test can be seen in **Table 3** below:

Table 3.

The results of the normality test of agility data on the ability to accompany the ball in a football game.

Variable	Asymp	Ket
Agility	0.200	Usual
Dribbling Ability	0.138	Usual

Table 3 above shows that the results of data normality testing using the *Kolmogorov Smirnov* test show the following results: (1) Agility obtained value, *Asymp. Sig* 0.200 ($P > 0.05$), then it can be said that the agility data follow a normal spread or normal distribution; and (2) dribbling ability obtained value, *Asymp. Sig* 0.138 ($P > 0.05$), then it can be said that the dribbling ability data follows a normal spread or normal distribution.

Categorization of agility

Table 4.

Categorization for agility

Interval	Category	Frequency	Percentage (%)
$X \leq 10.02$	Excellent	1	3.33 %
$11.36 \geq X > 10.02$	good	9	30 %
$12.71 \text{ PM} \geq X > 11.36 \text{ AM}$	Good enough	11	36.67 %
$2:05 \text{ PM} > X > 12.71 \text{ PM}$	Not good	7	23.33 %
$X > 14.05$	Very unfavourable	2	6.67 %
Total		30	100%

Based on **Table 4** above, it can be seen that as many as 1 student (3.33%) has excellent agility, 9 students (30%) is in the category of good agility, 11 students (36.67%) is in the category of good enough agility, 7 students (23.33%) is in the category of poor agility, and 2 students (6.67%) is in the category of very poor agility. When viewed from the frequency that appears in each category, it can be seen that the agility of SMK Negeri 4 Jeneponto students is quite good.

Categorization of dribbling ability

Table 5.

Categorization for dribbling skills

Interval	Category	Frequency	Percentage (%)
$X \leq 15.04$	Excellent	1	3.33 %
$4:05 \text{ PM} > X > 3:04 \text{ PM}$	good	11	36.67 %
$5:07 \text{ PM} > X > 4:05 \text{ PM}$	Good enough	12	40 %
$6:07 \text{ PM} > X > 5:07 \text{ PM}$	Not good	5	16.67 %
$X > 18.07$	Very unfavourable	1	3.33 %
Total		30	100%

Based on **Table 5** above, it can be seen that as many as 1 students (3.33%) have excellent dribbling skills, 11 students (36.67%) are in the category of good dribbling skills, 12 students (40%) are in the category of good enough dribbling skills, 5 students (16.67%) are in the category of poor dribbling skills, and 1 student (3.33%) is in the category of very poor dribbling skills. When viewed from the frequency that appears in each category, it can be seen that the dribbling skills of students at SMK Negeri 4 Jeneponto are quite good.

The correlation of agility to the ability to accompany the ball in the football game of students.

Table 6.

Test results The correlation of agility to the ability to dribble the ball in the football game

Variable	Pearson correlation	Sig.	Information
Agility- dribbling ability	0.825	0.000	There is a correlation



Based on the table above, it can be seen that the results of the correlation calculation, obtained sig value = **0.000** ($P < 0.05$) then H_0 is rejected and H_1 is accepted, meaning that there is a correlation of agility to the ability to dribble the ball in the football game of SMK Negeri 4 Jeneponto students.

Discussion

The results of data analysis in hypothesis testing need to be studied further by providing an interpretation of the relationship between the results of the analysis achieved with the theories underlying this assessment. This explanation is needed to know the suitability of the theories put forward with the results of the research obtained.

The agility level of SMK Negeri 4 Jeneponto students is in the fairly good category.

Based on the results of the category for the agility of SMK Negeri 4 Jeneponto students, obtained from 30 students there are 11 students (36.67) who are in the good enough category, meaning that the agility of SMK Negeri 4 Jeneponto students are in the good enough category.

The level of dribbling ability of SMK Negeri 4 Jeneponto students is in the fairly good category.

Based on the results of the category for the dribbling ability of SMK Negeri 4 Jeneponto students, obtained from 30 students there are 12 students (40%) are in the good enough category, meaning that the dribbling ability of SMK Negeri 4 Jeneponto students are in the good enough category.

There is a connection between agility to the ability to accompany the ball in the football game of SMK Negeri 4 Jeneponto students.

Based on the table above, it can be seen that the results of the correlation calculation, obtained sig value = **0.000** ($P < 0.05$) then H_0 is rejected and H_1 is accepted, meaning that there is a relationship between agility to the ability to accompany the ball in the football game of SMK Negeri 4 Jeneponto students.

This conclusion is also reinforced by the results of a previous study conducted by Efendi A.R, R. Pahliwandari, Z Arifin in 2018 entitled The Effect of Agility Training on Dribbling Ability in Football Student Football Games of Skip PGRI Pontianak Football SMEs. Based on testing, the first hypothesis shows that there is a correlation between agility and dribbling ability in the Football Game of IKIP PGRI Pontianak Football UKM Students.

Agility in the game of football can improve dribbling ability. As is well known that one of the factors that affect the success of dribbling in a football game is agility itself, although it is known that one's technical ability will affect the effectiveness and results obtained in a business such as shooting, passing, and dribbling. This shows that agility has a major role in grabbing the ball. This situation is because the ability to dribble is expected to have agility in dribbling so that the pace when going the ball can be better and easily pass various controls or obstacles from opposing players.

According to M. Sajoto (2002), aspects of physical components are a complete unity of components that cannot be separated just like that both in improving and maintaining physical conditions. Physical ability is a motor component that is needed in every sport. According to Harsono (2015: 155-223), the elements of the physical condition include endurance, stamina, flexibility, agility, strength, power, muscular endurance, speed and balance. Meanwhile, according to Suharto (2000: 108), the components of physical condition consist of Strength, Speed, Endurance, Flexibility, Coordination, Agility, and Balance.

CONCLUSION

The conclusion is an answer to the results of research whose data has been analyzed after the implementation of the study.

1. The agility level of SMK Negeri 4 Jeneponto students is in the fairly good category.
2. The level of dribbling ability of SMK Negeri 4 Jeneponto students is in the fairly good category.
3. There is a connection between agility to the ability to accompany the ball in the football game of SMK Negeri 4 Jeneponto students.

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