

The Techniques of Football Dribbling in Learning Physical Education, Sports, and Health

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A. Conception and design of the study; **B.** Acquisition of data; **C.** Analysis and interpretation of data;
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ABSTRACT

This research is a type of descriptive research. This study aims to determine the level of football dribbling techniques in physical education, sports, and health learning. The population is all grade IV, V, and VI students of SD Negeri Mamajang 2. Researchers selected samples using random samples (Probability Sampling), the selected sample was 15 students of grade VI A. The data analysis technique used was descriptive statistical analysis. Football dribbling techniques in physical education learning sports and health are in the category of less once by 0% (0 students), the category of less, by 13.33% (2 students). The medium category is 20% (3 students), the good category is 6.7% (1 student) and the very good is 60% (9 students). Based on an average score of 24.92. Football dribbling techniques in physical education, sports, and health learning are included in the very good category.

Keywords: Dribbling; Football; Education; Penjasorkes.

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INTRODUCTION

Physical education, sports, and health are an integral part of the national education system that plays an important role in the education of society as a whole (Arifin, 2017). Sports and health physical education aims to develop and improve individual abilities through physical activities, both organically, neuro-muscular, intellectually, and emotionally and systematically planned to achieve national educational goals (Kusuma & Winarno, 2018). The definition of Physical Education according to the Ministry of National Education is the educational process of utilizing physical activities that are planned systematically, planned, and directed and aim to develop and improve individuals organically, neuromuscularly, perceptually, cognitively, and emotionally within the framework of the national education system (Taqwim et al., 2020). Physical Education is plural, not only developing physical

aspects but includes comprehensive development including aspects of physical, intellectual, emotional, social, and moral (Yuniartik et al., 2017). Every individual who plays a role in physical education, health, and sports, will experience physical, intellectual, mental, and emotional development (Suganda et al., 2021) if a well-designed learning and learning process is carried out, physical education, sports, and health will make a significant contribution to the achievement of overall educational goals (Tumaloto, 2022).

The implementation of the learning process and learning physical education, sports, and health, there are several strategies used to achieve learning objectives; (Rozi et al., 2021). One of these strategies is utilizing or modifying material that is closely related to the core material in the ongoing learning process (Taufan et al., 2018). The selection of this material is not the best but rather accuracy or suitability in its use (Herlina & Suherman, 2020), the more appropriate the application of game materials used in the learning and learning process, the more effective it will be towards the goals to be achieved (Saitya, 2022).

Football is one of the most popular sports in the world (Dany et al., 2016). In this sport, matches are played by two opposing groups who each fight to put the ball into the goal of the opposing group and each group consists of eleven players (Hadi et al., 2016). The game of football is an attractive and interesting game to watch. With a game duration of 2 times 45 minutes, the players showed a lot of their technical skills on the field (Mulya & Millah, 2019). The game of football is one of the most popular sports in the world today. Football has undergone changes and developments from simple and primitive forms to become a modern football game that is very popular and loved by many young parents, children, and even women. In addition, through the game of football, we expect that children will grow and develop the spirit of competition, cooperation, social interaction, and education. To achieve good football performance in addition to regular, directed, and continuous coaching efforts, the coaching should be directed at physical, technical, tactical, and mental conditions because these four factors are capital in achieving achievements. In achievement coaching, four main factors determine the skills of athletes, including (1) Physical condition, (2) technique, (3) tactics or strategies, and (4) mental (Hammado et al., 2020). The relationship of the four components is a unity that is interrelated with each other and cannot be separated (Sahabuddin, 2017).

Basic technique is one of the foundations for a person to be able to play football (Sudirman et al., 2022). The understanding of basic techniques is all the underlying activities so that with such capital you can already play football (S. & Yulifri, 2019). All activities in playing are carried out with movements, both movements carried out without the ball and with the ball (Alfi et al., 2019). Basic techniques in the game of football have a very important position because basic techniques greatly support the game to be better, both individually and as a team (Aziz & Adityatama, 2020). In addition, mastery of basic techniques can also compare the quality of each player and the role in team play (Jumaking, 2020). As is already known above playing football well, especially basic techniques using the ball (Yulianto & Haprabu, 2021). Some basic techniques using the ball include: kicking the ball (passing and shooting), holding the ball (control and stopping), heading the ball (heading), dribbling, throw in, and catching the ball for a goalkeeper (Samosir & Aditya, 2022).

Dribbling plays an important role in the game of football. Dribbling skills absolutely must be learned and mastered by all football players without exception (Asfanza et al., 2019). Those skills are acquired through a long and continuous process of practice. Football players must have good dribbling techniques to increase the effectiveness of attacks (Udam, 2017). Dribbling is not only used to avoid the opponent's ambush but dribbling is also used to squeeze into the opponent's defense zone in the hope that the chance of scoring is greater (Ihsan et al., 2021). To obtain good achievements in the game of football, of course, must

be supported by mastery of basic football techniques. Physical education at SD Inprs Mamajang 2 school in football learning, especially in basic dribbling techniques, students have difficulty in carrying out basic dribbling techniques, problems that are often experienced by students when dribbling include the placement of the position of the foot on the foot that dribbles and the imposition of the foot with the ball. To be able to do good dribbling, the right technique is needed because dribbling is one way to pass the opponent.

METHODS

In this study, the author used a quantitative approach with a type of descriptive research that uses one variable without making comparisons with other variables. Descriptive research is research that is not intended to test a particular hypothesis but to describe or explain systematically, factually and accurately the facts and nature of a particular population. In other words, in descriptive research, researchers want to describe a phenomenon (phenomenon), or certain properties not to find or explain the relationship between variables (Sanjaya, 2013). Research design is a plan or design made by researchers, as a design of activities, which will be implemented (Arikunto 2013). The research method used in this study is Descriptive research. This research is quantitative descriptive research on the ability of students to dribble football games in physical education, sports, and health learning. In this study, what is meant by dribbling is the ability of students to dribble.

According to Sugiyono (2017), population is a generalized area consisting of objects/subjects that have qualities and characteristics set by researchers to study and then draw conclusions. So, the population is not only people but also other objects and objects of nature. Population is also not just the number that exists in the object/subject studied but includes all characteristics/characteristics possessed by the subject or object. The population in this study was grade IV, V, and VI students of SD Inpres Mamajang 2 totaling 76 students. For this reason, samples taken from the population must be truly representative (representative). The sample of this study included Class VI. Students totaling 20 male students. Data retrieval techniques are carried out using dribbling technique test research instruments. First students pray according to their respective beliefs, then conduct a training led by the researcher, then the researcher directs the procedures for conducting the test, then the implementation of the dribbling test. Test results are presented in the form of assessment sheets following applicable norms to reveal football dribbling techniques in physical education, sports, and health learning. Then use descriptive analysis so that the data obtained can be presented concisely, simply, and more easily understood to get a picture of the existing data. Data analysis technique is a method or way to process data into information so that the characteristics of the data become easy to understand and also useful for finding solutions to problems, which are mainly problems that are a study, with that data obtained from schools will be managed and analyzed with presentation techniques. The data obtained are then analyzed and expressed in qualitative form with percentages. The value is then applied to the table of category value norms according to Anas Sudijono, (2009).

Table 1.
 Category Value Norms

Category	Formula
Very Good	$M + 1.5 SD \leq X$
Good	$M + 0.5 SD \leq X < M + 1.5 SD$
Enough	$M - 0.5 SD \leq X < M + 0.5 SD$
Less	$M - 1.5 SD \leq X < M - 0.5 SD$
Less Than Once	$X < M - 1.5 SD$

Furthermore, it can be interpreted as a discussion of the problems posed by referring to the basic football ability standards that have been determined.

$$P = \frac{F}{N} \times 100\%$$

RESULTS AND DISCUSSION

Result

This study aims to determine football dribbling techniques in physical education, sports and health learning. The results of the study are intended to describe the data, namely the analysis of the level of football dribbling techniques in physical education learning, sports and health. Analysis of the level of football dribbling techniques in physical education, sports and health learning was measured using dribbling tests. Analysis of research data using quantitative descriptive analysis techniques with percentages in the form of frequency stimulation using the SPSS computer program version 20.0 for Windows and presented in the form of histograms.

The results of descriptive statistical analysis of football dribbling techniques in physical education learning sports and health, descriptive data Football dribbling techniques can be seen the lowest score (minimum) 20.17, highest score (maximum) 35.45 average (mean) 24.92, middle value (median 22.19, frequently appearing value (mode) 22.19 Standard Deviation (SD) 5.153. Full results can be seen in **Table 2** below:

Table 2.
Descriptive data results

Statistics	Football Dribbling Techniques
N	15
Mean	24.92
median	22.19
mode	22.19
Std. Deviation	5.153
minimum	20.17
maximum	35.46

When displayed in the form of frequency distribution, analysis of football dribbling techniques in sports and health physical education learning can be presented in the following table:

Table 3.

Frequency distribution of analysis of football dribbling techniques in physical education, sports and health learning

No	Interval	Frequency	Category	Percentage
1	20.17 - 23.30	9	Very Good	60%
2	23.31 - 26.44	1	Good	6.7%
3	26.45 - 29.58	3	Keep	20%
4	29.59 - 32,72	2	Less	13.33%
5	> 32.73	0	Less Than Once	0
Sum		15	-	100%

Based on **Table 3** above, it shows that football dribbling techniques in physical education learning sports and health are in the category of less once by 0% (0 students), the category of less, by 13.33% (2 students). The medium category is 20% (3 students), the good category is 6.7% (1 student) and the very good is 60% (9 students). Based on an average score of 24.92. Football dribbling techniques in physical education, sports, and health learning are included in the very good category.

Discussion

This study aims to analyze the level of football dribbling techniques in sports and health physical education learning, based on the results of the study show that the analysis of football dribbling techniques in sports and health physical education learning is in the very good category. From the results of research on football dribbling techniques in physical education, sports, and health learning using dribbling tests using test instruments from Nurhasan (2001), research data was obtained that showed that the level of football dribbling techniques of students between one student and another student was certainly different. The data from the research on Football dribbling techniques were then converted according to the dribbling test classification norms known as:

1. 9 students are categorized as very good. This is because students who are in the very good category show that football dribbling techniques in following physical education, sports, and health learning take lessons seriously and the level of psychological readiness of these students. In addition, these students know and understand football dribbling techniques well and correctly, especially in the initial stance, imposition, and advanced movements. When dribbling the body is slightly inclined forward with the hands at the side of the body as a body balancer. Final Attitude After the foot hits the ball, immediately place the foot on the ground close to the ball, the body still leans forward and the gaze remains fixed on the direction of the ball and the target.
2. There is 1 student who is in good category. This is because football dribbling techniques in physical education, sports, and health learning follow lessons seriously and the level of psychic readiness of these students. In addition, these students know and understand football dribbling techniques well and correctly, especially in the initial stance, imposition, and advanced movements. In his initial posture, his body position was inclined. Place the ball in front of the inner left foot in line with the right foot. The ball is kicked using the outside right foot slowly so that the ball rolls slowly forward.
3. There are 3 students in the medium category, this is because football dribbling techniques in learning physical education, sports, and health follow lessons seriously and the level of psychological readiness of these students. In addition, these students know and understand football dribbling techniques well and correctly, especially in the initial stance, wear, and advanced movements When dribbling the body is slightly inclined forward with the hands next to the body as a body balancer. Final Attitude After the foot hits the ball, immediately place the foot on the ground close to the ball, the body still leans forward and the gaze remains fixed on the direction of the ball and the target.
4. There are 2 students who are categorized less, this is because students who are categorized less show that dribbling techniques are less following the football learning process seen from lack of confidence for students, and also the low dribbling technique of students in playing football is seen every time there is a dribbling opportunity, students fail. The failure of students to dribble the ball in the game of football is caused by players not being able to dribble the ball properly. The ball tends to slip out of possession and is easily usurped. Players cannot dribble while running agilely past opponents or obstacles. This is also because the measure of reading the material provided so that knowledge about the stages of dribbling is less mastered.
5. There are no students who are categorized as bad at all. This is because the students who are the research sample have shown that the average dribbling

technique is quite good in following the learning process of physical education, sports, and the health of dribbling material. The level of seriousness and motivation of students is also illustrated in the learning process of physical education, sports, and health.

The influential factor when students test dribbling techniques with very good results is because students who are categorized very well show that football dribbling techniques in following physical education, sports, and health learning follow lessons seriously and the level of psychological readiness of these students. In addition, these students know and understand football dribbling techniques well and correctly, especially in the initial stance, imposition, and advanced movements. When dribbling the body is slightly inclined forward with the hands at the side of the body as a body balancer. Final Attitude After the foot hits the ball, immediately place the foot on the ground close to the ball, the body still leans forward and the gaze remains fixed on the direction of the ball and the target. Dribbling the ball aims, among other things, to get close to the target, pass the opponent, and hinder the game. How to do dribbling quoted from Herwin (2004) is as follows: (1) Dribbling facing the opponent's pressure, the ball must be close to the swinging foot or foot that will do dribbling, meaning touch the ball as often as possible or many touches. (2) Meanwhile, if in a free area without any pressure from the opponent, then touch the ball slightly followed by a fast running movement.

Things to consider when dribbling include: (1) The ball must always be controlled, close to the foot, (2) The ball must be in protection (with the right foot according to the circumstances and position of the opponent), (3) Wide view, meaning that the eyes are not only glued to the ball and (4) Familiarized with the right and left feet. The ability to master basic dribbling techniques is necessary for a good player because dribble or dribbling includes individual skills that must be mastered by each player. When in the game you don't have a friend who can be passed, you have to dribble or dribble the ball. Likewise, if you give a pass that will cause offside, you may have to dribble it yourself. Dribbling in a football game is one of the basic techniques and must be mastered by every football player. The skill of football players in dribbling is very much needed because they can avoid the opponent's obstacles and even avoid the opponent's intentions that will injure him and can result in fatal injuries for players. According to Luxbacher (2011), the implementation of dribbling consists of (1) preparation, upright posture, the ball near the feet, head upright to see the field well, (2) implementation, focus attention on the ball, kicking the ball with the surface in step or out step completely, push the ball forward several feet, and (3) follow through, head upright to see the field well, Move closer to the ball, push the ball forward.

CONCLUSION

Based on the results of research and discussion, it can be concluded that the level of football dribbling techniques in learning physical education, sports, and health is in the very good category. Based on research on the level of football dribbling techniques in physical education learning, sports, and health provide some suggestions as follows:

1. Teaching teachers in football dribbling learning materials should choose the use of modification tools and utilize learning media to increase student participation and attitudes in following the PJOK learning process.
2. For students to pay attention to dribbling techniques both exemplified by the teacher and from other sources such as learning videos, YouTube or other media displayed by the teaching teacher the most important thing is to follow the teacher's instructions during the learning process.

3. Other researchers are expected to use this research as a reference in carrying out similar research in future studies and can maximize the improvement of learning football dribbling techniques.

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