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The Contribution of Agility, Balance, and Foot-Eye Coordination to the Ability to Dribble the Ball in Football Games for Students at SMA Negeri 3 Pinrang

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ABSTRACT

This research aims to determine: the contribution of agility, balance, and eye-foot coordination to students' ability to dribble the ball in football games. This research is a type of regression research. The population of this study were all students of SMA Negeri 3 Pinrang with a total research sample of 30 students selected by random sampling. The data analysis techniques used are descriptive, data normality, and regression using the SPSS Version 21.00 system at a significance level of 95% or α0.05. Based on the results of data analysis, this research concludes that: (1) Agility has a significant contribution to the ability to dribble the ball in football games among students at SMA Negeri 3 Pinrang, amounting to 45.8%; (2) Balance has a significant contribution to the ability to dribble the ball in the game of football among students at SMA Negeri 3 Pinrang, amounting to 63%; (3) Eye-foot coordination has a significant contribution to the ability to dribble the ball in a football game among students at SMA Negeri 3 Pinrang, amounting to 58.4%; and (4) Agility, balance and eye-foot coordination have a significant contribution to the ability to dribble the ball in the game of football among students at SMA Negeri 3 Pinrang, amounting to 79.6%.

Keywords: Agility, Balance, Foot Eye Coordination, Dribbling, Football

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INTRODUCTION

Football is a sport that is familiar to Indonesian people, especially in South Sulawesi. This sport is known from the upper classes to the lower classes and does not recognize the strata in society (Utomo & Indarto, 2010). So that this sport can bring unity and brotherhood between individuals (Hendrayana, 2011). The development of the sport of football in South Sulawesi can be said to have shown encouraging and satisfying results as evidenced by the achievements that have been achieved in several national championships that have been held, which have been able to raise the level and bring glory to the name of the region, so it can be said that the performance of our players can compete at this level. national (Erfan, 2020).

Talking about football, there are several techniques which are basic techniques that a football player must master to play well (Udam, 2017), such as kicking the ball, heading the ball, dribbling the ball, and so on (Daryanto & Hidayat, 2015). However, this research only focuses on one technique, namely the dribbling technique (Agussalim et al., 2018). Dribbling or dribbling is a basic element that every football player must have (Lestari, 2018) because this technique is a supporting technique in mastering other techniques including the physical elements involved in it (Bangkit Gala Persada, 2019). The dribbling technique is a very important factor in the game of football because it can support the creation of goals in a match (Asfanza et al., 2019). Just as a player who is successful in dribbling the ball to get out of the opponent's control while in front of the goal will provide a great opportunity to score a goal because of his success in dribbling the ball past the opponent who is blocking him into an empty area makes his position free and easy to kick at. goal (Sudirman et al., 2022).

Movement analysis in dribbling the ball is a basic ability that a football player must have (Saleh, 2020), application when playing, for example when trying to get out of control of an opponent, the player must be able to carry out dribbling movements in a winding or moving manner. changing direction suddenly and quickly (Wahyudi et al., 2020), because movements like this will make it easier to pass the opponent who is blocking you (Hasan et al., 2020). It should be noted that the ability to dribble the ball as described above cannot occur without being supported by several elements that can support it (Rachmat Hidayat, A. Heri Riswanto, 2021), and one of the most dominant is the element of physical ability (Sudirman, 2022). This is because, without adequate physical abilities, it is difficult to develop good herding techniques (Nugraha & Syafi'i, 2022). Likewise, with good physical abilities, the implementation of the herding movement technique will be performed perfectly (Ihsan et al., 2021).

The physical abilities in question are mainly emphasized on parts of the body that play an important role in dribbling the ball, such as the physical elements of agility, balance and ankle coordination, which are very important to be able to carry out winding dribbling movements or sudden changes in direction. several sides to get past the opponent (Hadi et al., 2016). Football players who have good eye-foot coordination will make maximum contributions in dribbling the ball in the game of football. Ankle coordination is a person's ability to combine the eyes with the feet and the eyes with the ball in contact with the ball and the feet. Therefore, dribbling the ball in a football game requires contact with the foot of the ball so that the dribbling is not too stiff and the ball is not too far from the foot making it easier to pass the opponent. If there is a lack of coordination when dribbling the ball, it will be difficult and the ball being dribbled will easily run wild and be easily taken by the opponent. Another physical ability that is needed in the ability to dribble the ball is agility because in dribbling the ball there are times when you encounter obstacles or opponents who are trying to take the ball, this means that agility or the ability to change direction or stop suddenly to change body position is needed even though high eye-foot coordination, so in this case agility will provide the ability to carry out these movements. Another physical element that is no less important in supporting the ability to dribble the ball is balance. What is meant by balance is a person's ability to maintain body position and stability, especially when dribbling the ball. This is important because with good balance we can dribble the ball well, and the ball is not easily seized by the opponent.

The problem that arises is that athletes or students of SMA Negeri 3 Pinrang, from the results of observations made by researchers, the basic technique of dribbling the ball is not yet mastered by students of SMA Negeri 3 Pinrang, resulting in the football game being guaranteed not being very good. So the researchers analyzed the physical components that support the basic technique of dribbling the ball, namely agility, balance, and eye-foot coordination.

METHODS

There are two variables involved in this research, namely the independent variable and the dependent variable. These two variables will be identified in this research as follows: the independent variable is agility, balance, and ankle coordination, while the dependent variable is: the ability to dribble the ball. The population in the study were all male students of SMA Negeri 3 Pinrang with a population of 350 people. The sample used in this research was 30 male students of SMA Negeri 3 Pinrang, taken from 10% of the total student population of SMA Negeri 3 Pinrang with the sampling technique being random sampling or a random system. To obtain correct data to test the hypothesis, data was collected from variables including agility, balance, ankle coordination, and ball dribbling ability. The collected data needs to be analyzed descriptively and inferentially to test research hypotheses. The descriptions used in this research are as follows: (1) Descriptive data analysis is intended to get a general picture of the data which includes the average and standard deviation, and (2) Inferential analysis is used to test research hypotheses by using correlation and regression tests. So the overall statistical data analysis used generally uses computer analysis in the SPSS version 16.00 program with a significance level of 95% or α = 0.05.

RESULTS AND DISCUSSION

Descriptive analysis

Descriptive data analysis is intended to obtain a general overview of the research data. Descriptive analysis was carried out on agility, balance, eye-foot coordination, and ability to dribble in football games among Pinrang 3 Public High School students. Descriptive analysis includes; total value, average, standard deviation, range, maximum, and minimum. It is hoped that these statistical values can provide a general idea about the state of agility, balance, eye-foot coordination, and ability to dribble the ball in the game of football. The results of descriptive analysis for each research variable can be seen in **Table 1.**

Table 1.
Results of descriptive analysis for each variable

	N	Sum	Mean	Stdv	Range	Min.	Max.
Agility	30	255,86	8,5287	0,57779	2,48	7,35	9,83
Balance	30	2423,00	80,7667	3,22366	13,00	74,00	87,00
Foot eye coordination	30	461,00	15,3667	1,77110	8,00	11,00	19,00
Dribbling ability	30	465,22	15,5073	0,619688	2,52	14,31	16,83

The results from **Table 1** above which is a description of agility, balance, eye-foot coordination and ball dribbling ability in the game of football can be stated as follows:

a. For agility in SMA Negeri 3 Pinrang students, from 30 samples, a total score of 255.86 seconds was obtained and the average obtained was 8.5287 seconds with a standard deviation of 0.57779 from a data range of 2.48 seconds between a minimum value of 7.35. seconds and 9.83 seconds for the maximum value.
b. For balance data on Pinrang 3 Public High School students, from 30 samples, a total score of 2423.00 was obtained and the average obtained was 80.7667 with a standard deviation of 3.22366 from a data range of 13.00 between minimum scores of 74.00 and 87. .00 for maximum value.
c. For data on ankle coordination for students at SMA Negeri 3 Pinrang, from 30 samples, a total score of 461.00 was obtained and the average obtained was

15.3667 with a standard deviation of 1.77110 from a data range of 8.00 between a minimum value of 11.00. and 19.00 for the maximum value.

d. For data on the ability to dribble the ball in a football game for students at SMA Negeri 3 Pinrang, from 30 samples, a total score of 465.22 seconds was obtained and the average obtained was 15.5073 seconds with a standard deviation of 0.61968 from a data range of 2.52 seconds. between the minimum value of 14.31 seconds and 16.83 seconds for the maximum value.

Data normality test

One of the assumptions that must be met so that parametric statistics can be used in research is that the data must follow a normal distribution. To determine the distribution of agility, balance, ankle coordination and ball dribbling ability in the game of football among Pinrang 3 Public High School students, a data normality test was carried out using the Kolmogorov Smirnov Test (KS-Z). The results of the data normality analysis can be seen in the following summary in **Table 2**.

Table 2.
Normality test results for each variable

Variable	K – SZ	P	α	Ket.
Agility	0,098	0,200	0,05	Normal
Balance	0,075	0,200	0,05	Normal
Foot eye coordination	0,151	0,078	0,05	Normal
Dribbling ability	0,093	0,200	0,05	Normal

Based on **Table 2** above, shows that the results of testing the normality of agility, balance, eye-foot coordination and ball dribbling ability in football games using the Kolmogorov Smirnov Test show the following results:

a. a. In testing the normality of agility in students at SMA Negeri 3 Pinrang, the Kolmogorov-Smirnov Test value was obtained at 0.093 with a probability level (P) of 0.200 which was greater than the value of α0.05. Thus, the agility obtained by SMA Negeri 3 Pinrang students follows a normal distribution or normal distribution.

b. b. In testing the normality of balance data for students at SMA Negeri 3 Pinrang, the Kolmogorov-Smirnov Test value was obtained at 0.075 with a probability level (P) of 0.200 which was greater than the value of α0.05. Thus, the balance data obtained for SMA Negeri 3 Pinrang students follows a normal distribution or normal distribution.

c. c. In testing the normality of eye-foot coordination data for Pinrang 3 Public High School students, the Kolmogorov-Smirnov Test value was obtained at 0.151 with a probability level (P) of 0.078 which was greater than the value of α0.05. Thus, the eye-foot coordination data obtained for SMA Negeri 3 Pinrang students follows a normal distribution or normal distribution.

d. d. In testing the normality of data on dribbling ability in football games for Pinrang 3 Public High School students, the Kolmogorov-Smirnov Test value was obtained at 0.093 with a probability level (P) of 0.200 which was greater than the value of α0.05. Thus, the data obtained on the ability to dribble the ball in the game of football for SMA Negeri 3 Pinrang students follows a normal distribution or normal distribution.

Linearity Test

A hypothesis proposed in this research needs to be tested and proven through empirical data obtained in the field through tests and measurements of all the variables

studied. Because this research data follows a normal distribution, to test the research hypothesis parametric statistical analysis was used using linearity analysis. Linearity analysis aims to determine whether two variables have a significant linear or non-linear relationship. One of the requirements for data is that it is said to be linear if the P-value is greater than 0.05 (P-value>0.05). The results of linearity between variables in this study can be seen in **Table 3**.

Table 3.
Linearity test results

	Definition From Linearity (F)	Significant	Conclusion
X_1 with Y	4,521	0,197	Linear
X_2 with Y	0,524	0,869	Linear
X_3 with Y	1,029	0,440	Linear

Based on the linearity test results data in **Table 3** above:

a. The value of F (definition from linearity) between agility (X1) and the ability to dribble in a football game (Y) is 4.521 with a significance of 0.197 > α0.05. So, the agility and ability to dribble the ball in the game of football in SMA Negeri 3 Pinrang students obtained a linear relationship.
b. The value of F (definition from linearity) between balance (X2) and the ability to dribble in a football game (Y) is 0.524 with a significance of 0.869 > α0.05. So, the balance between the ability to dribble the ball in the game of football for students at SMA Negeri 3 Pinrang obtained has a linear relationship.
c. The value of F (definition from linearity) between eye-foot coordination (X3) and the ability to dribble in a football game (Y) is 1.029 with a significance of 0.440 > α0.05. So, the eye-foot coordination on the ability to dribble the ball in the game of football in Pinrang 3 Public High School students was found to have a linear relationship.

Hypothesis Testing

The hypothesis proposed in this research needs to be tested and proven through empirical data obtained in the field through tests and measurements of the variables studied, and then the data will be processed statistically. Because the research data follows a normal distribution, to test the research hypothesis, parametric statistical analysis was used.

To test this hypothesis, a regression test of agility, balance, and eye-foot coordination was carried out on the ability to dribble the ball in a football game among students at SMA Negeri 3 Pinrang.

There is a contribution of agility to the ability to dribble the ball in the game of football among students at SMA Negeri 3 Pinrang.

Regression analysis was carried out to determine the contribution of the independent variable to the dependent variable. The regression analysis used is simple regression analysis at 95% or α0.05. The complete results of the regression analysis can be seen in the attachment. This is intended to determine the contribution of agility to the ability to dribble the ball in football games among students at SMA Negeri 3 Pinrang, obtained according to the summary in **Table 4**.

Table 4.
Regression analysis results for the first hypothesis

VARIABLE	N	Koef. Regresi	R^2	F	t	P	α
Agility (X1) Dribbling ability (Y)	30	0,726	0,458	23,649	4,863	0,000	0,05

Based on the test results as shown in **Table 4**. the regression equation is:

Y = a + bX1

Y = 9.318 + 0.726 X1

So what is contained in the regression equation can be explained as follows:

a. The constant of 9.318 states that if agility does not change, then the ability to dribble the ball in a football game for SMA Negeri 3 Pinrang students is 9.318.
b. The regression coefficient for the agility variable of 0.726 states that every additional one percent (1%) of the agility variable will cause an increase in dribbling ability in football games by 0.726 students at SMA Negeri 3 Pinrang.

There is a contribution of agility to the ability to dribble the ball in the game of football among students at SMA Negeri 3 Pinrang. Based on the results of regression analysis testing of agility data on ball dribbling ability in football games in **Table 4**, a regression value of 0.677 was obtained with a significance level of 0.000 < α0.05, for a coefficient of determination of 0.458. This means that 45.8% of the influence of agility on the ability to dribble in a football game among students at SMA Negeri 3 Pinrang.

Based on the results of this analysis, it can be seen that the t-count value obtained is 4.863 which can be seen in the table above with a significance level of 0.000 < α0.05. So Ho is rejected and H1 is accepted or the regression coefficient is significant, or agility has a significant influence on the ability to dribble the ball in football games among students at SMA Negeri 3 Pinrang. Thus, there is a contribution of agility to the ability to dribble the ball in the game of football for SMA Negeri 3 Pinrang students 45.8%. Testing of the regression model shows an F value of 23.649 with a significant level of 0.000 < α0.05. This means that the ability to dribble in a football game can be explained significantly by the agility of students at SMA Negeri 3 Pinrang.

There is a balance contribution to the ability to dribble the ball in the game of football among students at SMA Negeri 3 Pinrang.

Regression analysis was carried out to determine the contribution of the independent variable to the dependent variable. The regression analysis used is simple regression analysis at 95% or α0.05. The complete results of the regression analysis can be seen in the attachment. This is intended to determine the contribution of balance to the ability to dribble the ball in the game of football among Pinrang 3 Public High School students, obtained according to the summary in **Table 5.**

Table 5.

Regression analysis results for the second hypothesis

VARIABLE	N	Koef. Regresi	R^2	F	t	P	α
Balance (X2) Dribbling ability (Y)	30	-0,153	0,630	47,716	-6,908	0,000	0,05

Based on the test results as shown in **Table 5**, the regression equation is:

Y = a + bX2

Y = 27.832 + -0.153 X2

So what is contained in the regression equation can be explained as follows:

a. The constant of 27.832 states that if the balance does not change, then the ability to dribble the ball in a football game for SMA Negeri 3 Pinrang students will be 27.832.
b. The balance variable regression coefficient of -0.153 states that every addition of one percent (1%) of the balance variable will cause an increase in dribbling ability in football games by -0.153 for students at SMA Negeri 3 Pinrang.

There is a balance contribution to the ability to dribble the ball in the game of football among students at SMA Negeri 3 Pinrang. Based on the results of regression analysis testing of balance data on dribbling ability in football games in **Table 5**, a regression value of -0.794 was obtained with a significance level of 0.000 < α0.05, for a coefficient of determination of 0.630. This means 63% of the influence of balance on the ability to dribble the ball in a football game among students at SMA Negeri 3 Pinrang.

Based on the results of this analysis, it can be seen that the t-count value obtained is -6.908 which can be seen in **Table 5** above with a significance level of 0.000 < α0.05. So Ho is rejected and H1 is accepted or the regression coefficient is significant, or balance has a significant influence on the ability to dribble the ball in football games among students at SMA Negeri 3 Pinrang. Thus, there is a balanced contribution to the ability to dribble the ball in the game of football for SMA Negeri 3 Pinrang students 63%. Testing of the regression model shows an F value of 47.716 with a significant level of 0.000 < α0.05. This means that the ability to dribble the ball in a football game can be explained significantly by the balance of SMA Negeri 3 Pinrang students.

There is a contribution of eye-foot coordination to the ability to dribble the ball in the game of football among Pinrang 3 Public High School students.

Regression analysis was carried out to determine the contribution of the independent variable to the dependent variable. The regression analysis used is simple regression analysis at 95% or α0.05. The complete results of the regression analysis can be seen in the attachment. This is intended to determine the contribution of eye-foot coordination to the ability to dribble the ball in football games among students at SMA Negeri 3 Pinrang, obtained according to the summary in **Table 6.**

Table 6

Regression analysis results for the third hypothesis

VARIABLE	N	Koef. Regresi	R^2	F	t	P	α
Foot eye coordination (X3) Dribbling ability (Y)	30	-0,267	0,584	39,370	-6,275	0,000	0,05

Based on the test results as shown in **Table 6**, the regression equation is:

Y = a + bX2

Y = 19.617 + -0.267 X3

So what is contained in the regression equation can be explained as follows:

a. The constant of 19.617 states that if eye-foot coordination does not change, then the ability to dribble the ball in a football game for SMA Negeri 3 Pinrang students will be 19.617.
b. The regression coefficient for the balance variable is -0.267, indicating that every additional one percent (1%) of the eye-foot coordination variable will cause an increase in dribbling ability in football games by -0.267 for students at SMA Negeri 3 Pinrang.

There is a contribution of eye-foot coordination to the ability to dribble the ball in the game of football among Pinrang 3 Public High School students. Based on the results of regression analysis testing of ankle coordination data on ball dribbling ability in football games in **Table 6**, a regression value of -0.764 was obtained with a significance level of 0.000 < α0.05, for a coefficient of determination of 0.584. This means 58.4% of the

influence of eye-foot coordination on the ability to dribble the ball in football games among students at SMA Negeri 3 Pinrang.

Based on the results of this analysis, it can be seen that the tcount value obtained is -6.275 which can be seen in the table above with a significance level of 0.000 < α0.05. So Ho is rejected and H1 is accepted or the regression coefficient is significant, or eye-foot coordination has a significant influence on the ability to dribble the ball in football games among students at SMA Negeri 3 Pinrang. Thus, there is a contribution of eye-foot coordination to the ability to dribble the ball in football games for students at SMA Negeri 3 Pinrang of 58.4%. Testing of the regression model shows an F value of 39.370 with a significant level of 0.000 < α0.05. This means that the ability to dribble the ball in a football game can be explained significantly by the eye-foot coordination of students at SMA Negeri 3 Pinrang.

There is a contribution of agility, balance, and eye-foot coordination to the ability to dribble the ball in football games among Pinrang 3 Public High School students.

Regression analysis was carried out to determine the contribution of the independent variable to the dependent variable. The regression analysis used is simple regression analysis at 95% or α0.05. The complete results of the regression analysis can be seen in the attachment. This is intended to determine the contribution of agility, balance and ankle coordination to the ability to dribble the ball in football games among students at SMA Negeri 3 Pinrang obtained according to the summary in **Table 7**.

Table 7.
Regression analysis results for hypothesis four

Variable	N	R	R^2	F	P	α
Agility (X1), balance (X2) and eye-foot coordination (X3) Dribbling ability (Y)	30	0,892	0,796	33,833	0,000	0,05

Based on the test results as shown in **Table 7**, the regression equation is:

Y = a + bX1 + bX2 + bX3

Y = 22.423 + 0.231 X1 + -0.083 X2 + -0.140 X3

There is contribution of agility, balance and eye-foot coordination together to the ability to dribble the ball in the game of football among students at SMA Negeri 3 Pinrang. Based on the results of regression analysis testing of data on agility, balance and ankle coordination on the ability to dribble the ball in football games among students at SMA Negeri 3 Pinrang in **Table 7**, a regression value (Ro) of 0.892 was obtained with a significance level in the sig column, equal to (0.000) < α 0 .05 for an R Square value (coefficient of determination) 0.796. This means 79.6% of the contribution of agility, balance and eye-foot coordination together to the ability to dribble the ball in the game of football for SMA Negeri 3 Pinrang students. Meanwhile, the remainder (100% - 79.6% = 20.4%) was caused by other factors not included in the research.

From the ANOVA test or F test, the F count was 33.833 with a significance level of 0.000. Because the significance (0.000) is much smaller than α 0.05, the regression model can be used to predict agility, balance and ankle coordination on the ability to dribble the ball in a football game among students at SMA Negeri 3 Pinrang (can be applied to the population where the sample was taken).

Discussion

There is a contribution of agility to the ability to dribble the ball in the game of football among students at SMA Negeri 3 Pinrang.

The results of statistical analysis show that there is a significant contribution of agility to the ability to dribble the ball in the game of football among students at SMA Negeri 3 Pinrang. If the research results are linked to the underlying theory and framework, then basically the results of this research support and strengthen existing theories and previous research results. This proves that the ability to dribble the ball in the game of football is greatly influenced by agility. The results obtained were that students at SMA Negeri 3 Pinrang had good agility in achieving the ability to dribble the ball in the game of football. It can be understood that agility is a person's ability to change direction quickly without losing balance. Dribbling the ball is one of the basic techniques of playing football that every player needs to master. Improving your ability to dribble in a football game requires agility because agility plays a very important role in getting past the opponent in front. If a player does not have agility in dribbling the ball in a football game, he will have difficulty passing the opponent. Thus, agility has a significant contribution to the ability to dribble the ball in the game of football among students at SMA Negeri 3 Pinrang.

There is a balance contribution to the ability to dribble the ball in the game of football among students at SMA Negeri 3 Pinrang

The results of statistical analysis show that there is a significant contribution of balance to the ability to dribble the ball in the game of football among students at SMA Negeri 3 Pinrang. If the results of this research are linked to the underlying theory and framework of thought, then basically the research results support and strengthen existing theories and previous research results. This proves that balance is very supportive in carrying out dribbling skills in the game of football. However, students at SMA Negeri 3 Pinrang have a good balance to support their ability to dribble in football games. Balance is one of the factors that supports the achievement of dribbling ability in the game of football. Balance is a person's ability to maintain a balanced body position regardless of disturbances. So, the function of balance when dribbling the ball in a football game is that when dribbling the ball in a football game there is usually interference from the opponent which results in loss of balance when dribbling the ball so that the opponent will easily seize the ball at their feet. In this way, for a football player or athlete to learn basic dribbling techniques, the physical component of balance is needed. Thus, balance has a significant contribution to the ability to dribble the ball in the game of football among students at SMA Negeri 3 Pinrang.

There is a contribution of eye-foot coordination to the ability to dribble the ball in the game of football among students SMA Negeri 3 Pinrang.

The results of statistical analysis show that there is a significant contribution of eye-foot coordination to the ability to dribble the ball in the game of football among students at SMA Negeri 3 Pinrang. If the results of this research are linked to the underlying theory and framework of thought, then basically the research results support and strengthen existing theories and previous research results. This proves that eye-foot coordination is very supportive in carrying out dribbling skills in the game of football. However, students at SMA Negeri 3 Pinrang have good eye-foot coordination to support their dribbling ability in football games. Foot-eye coordination is one of the factors that supports the achievement of dribbling ability in the game of football. Ankle coordination is a person's ability to coordinate the eyes with the feet and the eyes with the ball when dribbling the ball. So, the function

of eye-foot coordination in carrying out dribbling movements in the game of football is that when carrying out the dribbling movement, the contact of the foot with the ball must be perfect so that the results of the dribbling are not wild. In contrast, players who have controlled eye-foot coordination will make it easier to dribble the ball. Thus, eye-foot coordination has a significant contribution to the ability to dribble the ball in football games among students at SMA Negeri 3 Pinrang.

There is a contribution of agility, balance, and eye-foot coordination to the ability to dribble the ball in the game of football among students SMA Negeri 3 Pinrang.

The results of statistical analysis show that there is a significant contribution of agility, balance and ankle coordination to the ability to dribble the ball in football games among students at SMA Negeri 3 Pinrang. If the results of this research are linked to the underlying theory and framework, basically the results of this research support and strengthen existing theories. This proves that these three factors, namely agility, balance, and eye-foot coordination, contribute to each other in achieving and improving the ability to dribble the ball in the game of football. Students at SMA Negeri 3 Pinrang have agility, balance, and poise which are categorized as good to support the achievement of dribbling skills in football games. It has been stated that agility is very necessary for a football player. Good agility will provide an effective and efficient impact in carrying out dribbling movements in the game of football. Agility is also very necessary because passing an opponent requires perfect agility. Apart from that, maximum results can be obtained in the ability to dribble the ball in the game of football if the player can master eye-foot coordination because having good eye-foot coordination will make it easier for a player to touch the ball with his feet. Apart from the two components above, balance is also very necessary because if your balance sways when dribbling the ball, it will make it easier for your opponent to grab the ball. Thus, a player who can dribble the ball in a football game is good if he has three physical components, namely agility, balance, and eye-foot coordination. However, these three physical components are not the only ones that are used as benchmarks or measurements to produce the ability to dribble the ball in the game of football. Thus, agility, balance, and eye-foot coordination have a significant contribution to the ability to dribble the ball in football games among students SMA Negeri 3 Pinrang.

CONCLUSION

Based on the research results and discussions that have been presented, the following conclusions can be drawn:

1. Agility has a significant contribution to the ability to dribble the ball in football games among students at SMA Negeri 3 Pinrang.
2. Balance has a significant contribution to the ability to dribble the ball in the game of football among students at SMA Negeri 3 Pinrang.
3. Foot-eye coordination has a significant contribution to the ability to dribble the ball in football games among Pinrang 3 Public High School students.
4. Agility, balance, and eye-foot coordination have a significant contribution to the ability to dribble the ball in football games among Pinrang 3 Public High School students.

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