

The Relationship of Balance, Agility, and Speed to Dribbling Ability in a Football Games

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ABSTRACT

This study aims to find out: the relationship of balance, agility, and speed to the ability to grip the ball in a football game. This study belongs to the type of correlation research. The population of this study was all students of Madrasah Aliyah DDI Pattojo, Soppeng Regency class X and XI with a total research sample of 30 students selected by random sampling. The data analysis techniques used are descriptive, data normality, correlation, and regression using the SPSS system Version 21.00 at a significant level of 95% or $\alpha 0.05$. Based on the results of data analysis, this study concluded that: (1) Balance has a significant relationship with the ability to grasp the ball in football games obtained a correlation value (r) -0.855 with a probability level (0.000) $< \alpha 0.05$; (2) Agility has a significant relationship with the ability to grip the ball in a football game obtained a correlation value (r) 0.792 with a probability level (0.000) $< \alpha 0.05$; (3) Speed has a significant relationship with the ability to grip the ball in a football game, obtained a correlation value (r) 0.720 with a probability level (0.000) < 0.05 ; and (4) Balance, agility and speed have a significant relationship with the ability to grip the ball in a football game, obtained regression value (R) 0.923 with a probability level (0.000) $< 0.05 \alpha$.

Keyword: Balance; Agility; Speed; dribbling; Football

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INTRODUCTION

Sports achievement is a phenomenon that has always been a challenge, and the phenomenon is inexhaustible to be a problem for all time (Ishak et al., 2022). In line with the development of science and technology, the efforts made are essentially based on studies and science (Primary, 2019). Science is an effort obtained based on the scientific method, which is a procedure to know something with steps systematically, methodologically and procedurally through research (Sudirman et al., 2022).

Football is one of the sports that involves many players and is usually called a team (Hadi et al., 2016). The number of players is large enough and a fairly large field in the game of football (Dany et al., 2016) that if viewed from a sociocultural perspective, football can be used as a medium to access information quickly and accurately (Putra, 2021), a medium to gather strength, and as a medium to strengthen brotherhood in building

sportsmanship values (Aini, 2017). With the dynamics of a sports society like this, it will be easy to give birth to achievements for a nation (Mulya & Millah, 2019).

The results of observations in recent years, sports achievements in the branch of football in Madrasah Aliyah DDI Pattojo students are declining due to a lack of mastery in basic techniques in football, such as kicking the ball, heading the ball, dribbling, and so on. But in conjunction with this study only focused on one technique, namely dribbling techniques. Therefore, researchers are interested in conducting research on football games entitled "The Relationship of Balance, Agility, and Speed to Dribbling Ability in Football Games in Madrasah Aliyah DDI Pattojo Students, Soppeng Regency".

In the game of football, several techniques are the basis that must be mastered by a player to play well (Yulianto & Haprabu, 2021) To increase achievement, such as kicking the ball, heading the ball, dribbling, and so on (Aziz & Adityatama, 2020). However in conjunction with this research only focused on one technique, namely dribbling techniques (Jumaking, 2020). The dribbling technique is very important in the game of football because it can support the creation of goals in a match (Erfayliana & Wati, 2020). Just like a player who successfully dribbles the ball in his effort to get out of the opponent's control when in front of the goal (Fatikhhatun, 2020) will provide a great opportunity to create goals (Sari & Nurrochmah, 2021) Because his success in dribbling the ball by passing the opponent who is blocking to the empty area makes his position free and free in making shots on goal (Sari & Nurrochmah, 2021). To achieve dribbling success in an attempt to get out of the opponent's control (Agussalim et al., 2018), the player must be able to dribble the ball in a winding manner or the movement of changing direction suddenly quickly, because movements like this will make it easier to pass the opponent who is in the way. Please note that the ability to dribble the ball as described above, cannot occur without being supported by several elements that can support, and one of the most dominant is the element of physical ability. This is because, without adequate physical ability, it is difficult to develop good herding techniques. Vice versa with good physical ability, the implementation of herding movement techniques will be displayed perfectly.

The physical component of balance plays an important role in the implementation of dribbling. What is meant by balance is the ability of a person to maintain the position and stability of the body, especially when making movements that change direction quickly. This is important because with good balance a person can coordinate speed and agility when dribbling in an attempt to pass an opponent. In addition to balance, another physical element that supports dribbling skills is agility, because in dribbling there are times when faced with obstacles or opponents who try to grab the ball, this means that agility or the ability to change direction or stop suddenly to change body position even at high speed, so, in this case, agility will provide the ability to perform these movements.

In addition to the two physical components above, the most important component is speed. Football players who have high speed will easily make fast movements even in a narrow space. If the speed is owned by a football player, it will be able to carry out dribbling movements quickly. All of these support improving good dribbling ability. The physical ability in question is especially emphasized in the elements of speed, agility, and balance are very important to be able to dribble the ball in a winding manner or change direction quickly in an attempt to pass the opponent.

Balance is one of the important components in mastering the basic technique of dribbling in the game of football. According to Harsono (1988): "Balance is related to self-coordination, and in some skills, also with agility". Thus, to maintain balance in carrying out physical activities, the movements carried out need to be well coordinated to control all movements. According to Mochamad Sajoto (1988) about the ability to master the location

of the weight point known as balance: "Balance or balance is the ability of a person to control his muscle nerve organs during rapid movements with rapid changes in the location of the weight point both in static conditions and especially in dynamic motion states. The ability to maintain body position in various situations requires the person's abilities." So, balance is a person's ability to maintain a balanced body position both moving and stationary. Analysis of dribbling movements is that a person must carry the ball quickly while passing the opponent in front of him. So, the function of balance in dribbling is that in dribbling, usually the person has unstable balance resulting in the ball being easily anticipated by the opponent or seized by the opponent. Therefore, balance is needed in the implementation of dribbling in football games. Thus, balance has a relationship to the ability to dribble in the game of football.

Agility is one of the important components in mastering basic dribbling techniques in the game of football (Alfi et al., 2019). Agility is a person's ability to be able to change direction quickly and precisely at moving times without losing balance. The body fills the body in a state of agility, namely: (a) changing enzymatic activity producing certain energy pathways; (b) increasing the amount of energy stored in the muscles; and (c) increasing the ability of muscles to cope with accumulated fatigue and stimulate metabolism (Asfanza et al., 2019). Based on the above opinion, it can be concluded that agility is the ability to change direction quickly and flexibly when moving. An athlete or player who has good agility will be able to perform movements more effectively and efficiently (Daryanto & Hidayat, 2015). So, agility is a person's ability to change direction quickly without losing balance (Ihsan et al., 2021). Analysis of dribbling movements is that a person must carry the ball quickly while passing the opponent in front of him. So, the function of agility in dribbling is that in dribbling, players must agilely pass the opponent in front of them to make it easier to score goals or ride with friends (Saleh, 2020). If a player does not have good agility, it will be difficult to pass the obstacles in front of him. Therefore, agility is needed in the implementation of dribbling in football games. Thus, agility has a relationship to the ability to dribble in the game of football.

Agility is one of the important components in mastering the basic technique of dribbling in a football game. Speed is the ability to perform similar movements consecutively in the shortest possible time or the ability to travel a distance in the shortest time. Speed is a person's ability to perform continuous movements in the same form in the shortest possible time. Speed is a person's ability to run quickly without significant fatigue. An athlete or player who has good speed will be able to perform movements more effectively and efficiently. So, agility is a person's ability to run quickly in the shortest time. Analysis of dribbling movements is that a person must carry the ball quickly while passing the opponent in front of him. So, the function of speed in dribbling is in dribbling, players must have good speed so that in dribbling, the opponent will be difficult to catch up and it will also be easier to score goals. If a player does not have good speed, it will be difficult to pass the obstacles in front of him. Therefore, speed is needed in the implementation of dribbling in football games. Thus, speed has a relationship to the ability to dribble the ball in a football game.

Balance, agility and speed are important components in mastering the basic technique of dribbling in the game of football. Balance is related to self-coordination, and in some skills, also to agility. Thus, to maintain balance in carrying out physical activities, the movements carried out need to be well coordinated to control all movements. Agility is a person's ability to be able to change direction quickly and precisely at moving times without losing balance. Agility is the ability to change direction and be quick and flexible when moving. Speed is the ability to perform similar movements consecutively in the shortest possible time or the ability to travel a distance in the shortest time. From the above opinion,

it can be concluded that speed is a person's ability to move quickly in a very short time. Analysis of dribbling movements is that a person must carry the ball quickly while passing the opponent in front of him. Balance plays a role in maintaining body position to remain balanced, if the balance is labile, the opponent will easily anticipate the results of dribbling. Agility is also very important because players must be shrewd or easily pass opponents in front to make it easier to score goals and also players must have good speed to quickly get to the opponent's area. If a player does not have good balance, agility and speed, it will be difficult to pass the obstacles in front of him. Therefore, balance, agility and speed are needed in the implementation of dribbling in a football game. Thus, balance, agility and speed have a relationship to dribbling ability in the game of football.

METHODS

Research design is a design or description that is used as a reference in conducting a study. This research is a type of descriptive research that aims to determine whether there is a relationship between balance, agility and speed with the ability to dribble the ball in a football game. Thus the research design model used is descriptive correlational. The population in the study was all Madrasah Aliyah DDI Pattojo students, Soppeng Regency. A sample is a portion of a population member taken using a specific technique called a sampling technique. Given that the population in this study is quite large, it is necessary to select samples according to the needs of the sample in this study. The selection/determination of the sample is carried out in three stages, namely determining/choosing the gender to be used as a sample, namely male students. This is done intentionally (*purposive*) with the consideration that his ability to dribble the ball is on average the same or almost the same before doing the exercise. Determine the classes that will be used as sample selection, namely class X and XI Students of Madrasah Aliyah DDI Pattojo, Soppeng Regency. This is also done intentionally (*purposive*) with the consideration that the average age is relatively the same. Selecting samples to be studied using *purposive random sampling* techniques (random) by lottery for all class X and class XI boys, so that the number of samples was obtained as many as 30 students of Madrasah Aliyah DDI Pattojo, Soppeng Regency. To obtain the correct data to test the hypothesis, data were collected from variables including balance, agility, speed, and dribbling ability. The collected data needs to be analyzed statistically, descriptively, or inferentially to test research hypotheses. So the overall statistical data analysis used generally uses the SPSS program version 21.00 with a significant level of 95% or $\alpha = 0.05$.

RESULTS AND DISCUSSION

Descriptive data analysis is intended to get an overview of research data. Descriptive analysis was conducted on balance, agility, speed and dribbling ability in football games in Madrasah Aliyah DDI Pattoto students, Soppeng Regency. The results of descriptive analysis of each research variable can be seen in **Table 1.**

Table 1.

The results of descriptive analysis of each variable.

| Variable | N | Sum | Mean | Stdv | Range | Min. | Max. |
|----------|----|---------|---------|---------|-------|-------|-------|
| Balance | 30 | 2545,00 | 84,8333 | 3,11928 | 12,00 | 79,00 | 91,00 |
| Agility | 30 | 336,36 | 11,2120 | 0,45636 | 1,83 | 10,13 | 11,95 |
| Speed | 30 | 248,01 | 8,2670 | 0,31157 | 1,10 | 7,75 | 8,85 |
| Dribble | 30 | 550,71 | 18,3570 | 0,42832 | 1,43 | 17,72 | 19,15 |

Data normality testing

One assumption that must be met for parametric statistics to be used in research is that the data must follow a normal distribution. To determine the distribution of balance, agility, speed and dribbling ability in football games in Madrasah Aliyah DDI Pattoto students, Soppeng Regency, 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 of **Table 2**:

Table 2.
 The normality test results of each variable

| Variable | K – SZ | P | α | Information |
|----------|--------|-------|----------|-------------|
| Balance | 0,122 | 0,200 | 0,05 | Usual |
| Agility | 0,100 | 0,200 | 0,05 | Usual |
| Speed | 0,112 | 0,200 | 0,05 | Usual |
| Dribble | 0,077 | 0,200 | 0,05 | Usual |

There is a balanced relationship to dribbling ability in the game of football

The results of the data obtained from the study aim to find out between independent variables and dependent variables and prove existing hypotheses. Therefore, the results of hypothesis testing based on data processing through correlation and regression analysis from the SPSS program on the relationship between balance and dribbling ability in football games in Madrasah Aliyah DDI Pattoto students of Soppeng Regency were obtained according to the following **Table 3** summary:

Table 3.
 Results of correlation and regression analysis for the first hypothesis

| VARIABLE | r/R | Rs | F | T | P | α |
|-----------------------------|--------|-------|--------|--------|-------|----------|
| Balance (X1) Dribble (Y) | -0,855 | 0,731 | 76,233 | -8,731 | 0,000 | 0,05 |

There is a relationship of agility to dribbling ability in the game of football

The results of the data obtained from the study aim to find out between independent variables and dependent variables and prove existing hypotheses. Therefore, the results of hypothesis testing based on data processing through correlation and regression analysis from the SPSS program on the relationship between agility and dribbling ability in football games in Madrasah Aliyah DDI Pattoto students of Soppeng Regency were obtained according to the following **Table 4** summary:

Table 4.
 Results of correlation and regression analysis for the second hypothesis

| VARIABLE | r/R | Rs | F | T | P | α |
|-----------------------------|-------|-------|--------|-------|-------|----------|
| Agility (X2) Dribble (Y) | 0,792 | 0,627 | 46,989 | 6,855 | 0,000 | 0,05 |

There is a relationship of speed to dribbling ability in the game of football

The results of the data obtained from the study aim to find out between independent variables and dependent variables and prove existing hypotheses. Therefore, the results of hypothesis testing based on data processing through correlation and regression analysis from the SPSS program on the relationship between speed and dribbling ability in football games in Madrasah Aliyah DDI Pattoto students of Soppeng Regency were obtained according to the following **Table 5** summary:

Table 5.

Results of correlation and regression analysis for the third hypothesis

| VARIABLE | r/R | Rs | F | T | P | α |
|---------------------------|-------|-------|--------|-------|-------|----------|
| Speed (X3) Dribble (Y) | 0,720 | 0,518 | 30,120 | 5,488 | 0,000 | 0,05 |

There is a relationship of balance, agility, and speed with dribbling ability

The results of the data obtained from the study aim to find out between independent variables and dependent variables and prove existing hypotheses. Therefore, the results of hypothesis testing based on data processing through regression analysis from the SPSS program on the relationship between balance, agility, and speed with the ability to dribble in football games in Madrasah Aliyah DDI Pattoto students of Soppeng Regency were obtained according to the following summary of **Table 6:**

Table 6.

Regression analysis results for the fourth hypothesis

| VARIABLE | r/R | Rs | F | P | α |
|---------------------------------------------------------|-------|-------|--------|-------|----------|
| Balance (X1), agility (X2) and speed (X3) Dribble(Y) | 0,923 | 0,852 | 49,793 | 0,000 | 0,05 |

Discussion

There is a balanced relationship with dribbling ability in the game of football

The results of statistical analysis showed that there was a balanced relationship with the ability to dribble in football games in Madrasah Aliyah DDI Pattoto students, Soppeng Regency. If the results of this research are associated with the underlying theory and framework, then basically the results of this research support and strengthen the theory and results of previous research that already exist. This proves that balance greatly affects the ability to dribble the ball in the game of football. Balance is a person's ability to maintain a balanced body position both moving and stationary. So, the function of balance in the implementation of dribbling ability in football games is when dribbling, players usually who do not have good balance will be unstable and also the opponent will easily anticipate the results of the dribbling done. If the player or student is not supported by the physical component of balance, the resulting dribbling will not be perfect. So, balance is very supportive of the ability to dribble the ball in a football game. Thus, balance has a significant relationship with the ability to dribble in football games in Madrasah Aliyah DDI Pattoto students, Soppeng Regency.

There is a relationship between agility with dribbling ability in a football game

The results of statistical analysis showed that there was a significant relationship between agility and dribbling ability in football games in Madrasah Aliyah DDI Pattoto students, Soppeng Regency. If the results of this research are associated with the underlying theory and framework, then basically the research results support and strengthen existing theories and research results. This proves that agility greatly affects the maximum ability to dribble in the game of football. Agility is a person's ability to change direction quickly without losing balance. So, the function of agility in the implementation of dribbling ability in football games is that when dribbling, players must pass obstacles or opponents in front of them, so that players easily pass opponents must have good agility. If players or students do not have good agility, the results of dribbling ability in football games will not be perfect. Thus, agility has a relationship to the ability to dribble the ball in football games in Madrasah Aliyah DDI Pattoto Students, Soppeng Regency.



There is a relationship between speed and dribbling ability in the game of football

The results of statistical analysis showed that there was a relationship between speed and dribbling ability in football games in Madrasah Aliyah DDI Pattoto students, Soppeng Regency. If the results of this research are associated with the underlying theory and framework, then basically the results of this research support and strengthen the theory and results of previous research that already exist. This proves that balance greatly affects the ability to dribble the ball in the game of football. Speed is a person's ability to run as fast as possible from the starting line to the finish line. So, the function of speed in the implementation of dribbling ability in a football game is that when dribbling, players must run fast while doing dribbling movements. If students are not supported by the physical component of speed, the results of dribbling in a football game will not be quickly implemented. So, speed is very supportive of the ability to dribble the ball in the game of football. Thus, balance has a significant relationship with the ability to dribble in football games in Madrasah Aliyah DDI Pattoto students, Soppeng Regency.

There is a relationship between balance, agility, and speed with dribbling ability in the game of football

The results of statistical analysis showed that there was a significant relationship between balance, agility, and speed to the ability to dribble in football games in Madrasah Aliyah DDI Pattoto students, Soppeng Regency. If the results of this research are associated with the underlying theory and framework, basically the results of this research support and strengthen existing theories. This proves that balance, agility, and speed greatly affect the dribbling ability in the game of football. To be a football player needs to be supported by physical abilities balance, agility, and speed, then the results obtained will be more optimal in carrying out the ability to dribble the ball in a football game. It has been discussed above that in doing the ability to dribble the ball in a football game well, needs to be supported by balance, then the results of the dribbling ability that is done will be better because usually players who dribble, the body will be labile so the opponent easily anticipates the results of the dribbling done. Speed also greatly affects the results of dribbling because dribbling must be fast. Maximum results if the player or student has good agility, because, with good agility, the player will easily pass the opponent in front of him. So, balance, agility, and speed are closely related to carrying out the ability to dribble in the game of football. However, not only three factors can support the ability to dribble the ball in a football game. Thus, balance, agility, and speed have a relationship to the ability to dribble in football games in Madrasah Aliyah DDI Pattoto Students, Soppeng Regency.

CONCLUSION

Based on the results of research and discussion that has been presented, a conclusion can be drawn as follows:

1. Balance has a significant relationship with the ability to dribble in the game of football.
2. Agility has a significant relationship with dribbling ability in the game of football.
3. Speed has a significant relationship with dribbling ability in a football game.
4. Balance, agility, and speed have a significant relationship with dribbling ability in the game of football.

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