Journal of Sport Education, Coaching, and Health (JOCCA)
ISSN (E): 2797-3565 ‖ ISSN (P): 2797-4197
Volume 5 Number 1, Year 2024 ‖ pp.012-025
Email: journal.jocca@gmail.com ‖ Website: http://sainsglobal.com/jk

Contribution of Eye-Foot Coordination, Agility, and Leg Length to Dribbling Ability in Football Games

Syahruddin[1A-E*], **Muhammad Syahrul Saleh**[2B-D], **M. Sahib Saleh**[3B-D]

[1,2]Study Program of Elementary School Physical Education, Health and Recreation, Faculty of Sports and Health Sciences, Makassar State University, Makassar City, Indonesia
[3]Study Program of Physical Education, Health and Recreation, Faculty of Sports and Health Sciences, Makassar State University, Makassar City, Indonesia

syahruddin@unm.ac.id[1]*, muh.syahrul.saleh@unm.ac.id[2], m.sahib.saleh@unm.ac.id[3]

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: 2024-02-13 **Accepted**: 2024-02-19 **Published**: 2024-03-21

ABSTRACT

This research is a type of descriptive research that uses a "determination" research design. This study aims to determine; whether (1) if Is there a contribution of eye-foot coordination to the ability to dribble the ball in a soccer game; (2) Is there a contribution of agility to the ability to dribble the ball in football games; (3) Is there a contribution of leg length to the ability to dribble the ball in a soccer game; (4) Is there a joint contribution of eye-foot coordination, agility and leg length to the ability to dribble the ball in the game of football? The population is all students of SSB Syekh Yusuf Kab. Gowa. The sample used was 30 students. The sampling technique is random selection by lottery (Simple Random Sampling). The data analysis techniques used are descriptive analysis, regression analysis (r), and multiple regression analysis (R) at the significance level α = 0.05. research results show that; (1) There is a contribution of eye-foot coordination to the ability to dribble the ball in football games, with a contribution value of 38.4% (P value < 0.05); (2) There is a contribution of agility to the ability to dribble the ball in the game of football, with a contribution value of 51.1% (P value < 0.05); (3) There is a contribution of leg length to the ability to dribble the ball in the game of football, with a contribution value of 21.6% (P value < 0.05); (4) There is a contribution of eye-foot coordination, agility and leg length to the ability to dribble the ball in the game of football, with a contribution value of 53.3% (P value < 0.05); and the calculated F value (F) is 9.896.

Keywords : Eye-Foot Coordination; Agility; Leg Length; Dribble; Football.

INTRODUCTION

Sport is a physical activity carried out to get a healthy and strong body, the activity itself tends to be fun and entertaining (Raharjo et al., 2018). The word sport comes from the original Indonesian language. Sport means cultivating or perfecting the physical body (Rizki et al., 2021). Looking at the objectives, sports are divided into three, namely educational sports, achievement sports, and recreational sports (Misi, 2016). Educational sports are carried out in schools, achievement sports are carried out in sports clubs through parent sports, and recreational sports are carried out only to fill free time (Avivudin et al., 2021).

Sport is one of the activities to live a healthy and fit life (Prakarsa, 2020). In exercising, not only is health achieved, but with sporting activities, a person will be able to receive awards for the sports achievements achieved (Mustofa & Adnan, 2019). For this reason, someone will provide more training portions, to be able to compete with others (Syamsudar & Firmansyah, 2019). Exercising can create a spirit of sportsmanship, which means being willing to accept defeat and fair play, and fostering a spirit that never gives up to continue practicing to improve physical condition (Saputra & Maidarman, 2007). Of the many sports that exist, one of them that can support achievement is football (Irawan et al., 2019).

The sport of football is popular and is very popular among people throughout Indonesia (Quddus et al., 2018). Sports success can be increased and directed towards achieving achievements (. et al., 2018). Increasing sports performance is something that is endlessly discussed in efforts to explore and study increasing achievements in the field of sports (Utomo & Indarto, 2010), all of these activities prove that efforts are made based on scientific methods, namely procedures for finding out something using steps. systematic and directed through research (Sudirman et al., 2022).

Football is a team game, therefore teamwork is a requirement for the game of football that must be met by every team that wants to win (Hammado et al., 2020). Victory in a football game will only be achieved through the cooperation of the team (Supriyanto et al., 2016). A football player in defense or attack sometimes faces players who are physically strong and agile (Akhmad & Suriatno, 2018), or have to run at maximum speed or accelerate to avoid opponents (R. R. Pratama, 2019), stopping suddenly to control the ball. -arrive. A football player overcoming things like that must be nurtured and trained from the start (D. N. Pratama & Nurrochmah, 2022).

In the game of football, several basic techniques must be mastered by a player or student to play well to increase physical fitness and mastery of basic football techniques, such as kicking the ball, heading the ball, dribbling the ball, and so on. With research on SSB Syekh Yusuf students, Gowa district. The research only focused on one technique, namely the dribbling technique. The technique of dribbling or dribbling is a basic element that must be possessed by every player or student, especially in football, because this technique is a supporting technique in the game of football. Achievements in the sport of football, especially for SSB Syekh Yusuf Gowa Regency students, are still not able to compete with other SSB, this is proven by every championship they participate in, they are not able to achieve maximum performance. This fact is believed to be a lack of integrated coaching in the development of this sport, even though it has the potential to be coached and developed.

Dribbling or dribbling is a basic element that must be possessed by every player, especially in football, because this technique is a supporting technique in mastering other techniques including the physical elements involved in it (Aziz & Adityatama, 2020). The dribbling technique is a very important factor in the game of football (Hadi et al., 2016) because it can support the creation of goals in a match (Alfi et al., 2019). It should be noted that dribbling skills cannot occur without being supported by several supporting elements, and one of the most dominant is the element of physical ability. This is because, without adequate physical abilities, it is difficult to develop good dribbling techniques (Mulya & Millah, 2019). The physical abilities in question are mainly emphasized on parts of the body that play an important role in dribbling the ball such as physical elements, the contribution of the ankles, agility and leg length which are very important to be able to carry out movements or skills in dribbling the ball in a winding manner or movements to

change direction smoothly. suddenly on several sides in an attempt to get past the opponent (Rachmat Hidayat, A. Heri Riswanto, 2021).

Foot coordination is one of the physical components to support achievement in general, especially in the game of football. Where dribbling movements always use the feet, so the ability to analyze the feet with the help of vision determines the effectiveness of dribbling results. Lack of analyzing the ankles when dribbling the ball will result in stiff movements (Jumaking, 2020). The ability to coordinate foot movements with the help of vision towards the target determines the effectiveness of the results of your dribbling ability (Yulianto & Haprabu, 2021).

Agility plays an equally important role in dribbling ability (Udam, 2017). because when dribbling the ball there are times when you encounter obstacles or opponents who try to take the ball, this means that you need agility (Saleh, 2020) or the ability to change the direction of your body position or stop suddenly even at high speed (Agussalim et al., 2018), then in this case agility will provide the ability to carry out these movements (Hendrayana, 2011). To achieve success in dribbling the ball to get out of the opponent's control, the player must be able to make winding dribbling movements or movements to change direction suddenly and quickly (Asfanza et al., 2019), because these movements will make it easier to pass opponents who are blocking you (Ihsan et al., 2021).

Likewise, leg length is very important. Someone who has long legs will have a wider angle of movement compared to someone who has short legs, of course when carrying out sports activities the angle of movement will be smaller. Thus, long legs will be stronger than short legs, because long legs will have long muscles.

METHODS

This research is a type of descriptive research that aims to determine whether there is a contribution between ankle coordination, agility leg length, and the ability to dribble the ball in the game of football. The population is a very important source of data because, without the presence of a population, research will be meaningless and impossible to carry out. Suharsimi Arikunto (2006:173) states that the population is the entire research subject. The population is individuals who have the same characteristics even though the percentage of similarities is small, or in other words, all individuals who will be used as research objects. The research population was students of SSB Syekh Yusuf Kab. Gowa. The definition of sample quoted by Sugiyono (2013: 81) is "part of the number and characteristics of the population". So a conclusion can be drawn that the sample is a part of the population or the entire population that matches the character to be studied. The sampling in this study used simple saturation. So 30 samples were taken. After the data for this research was collected, namely data from ankle coordination tests, agility tests, leg length measurement tests and ball dribbling ability tests, to test the truth of the proposed hypothesis, then This data needs to be analyzed using computer-assisted statistical analysis via the SPSS program.

RESULTS AND DISCUSSION

Result

The description of the data from the research results aims to provide a general description of the distribution of data on eye-foot coordination, agility, and leg length on the ability to dribble the ball in the game of football, both in the form of

measurements of the location of the frequency distribution. The prices are presented after being processed from raw data using descriptive statistics, namely average price, standard deviation, mode, median, and frequency distribution. A summary of the results of the descriptive statistical calculations is presented as follows:

Table 1.
Research result

Statistic	Variable			
	Eye-Foot Coordination	Agility	Leg Length	Dribble
Sample (n)	30	30	30	30
Rata-Rata	16.20	7.96	82.88	15.41
Median	15.00	7.99	82.50	15.51
Simpangan Baku (s)	3.03	.52	4.24	.94
Variants	9.20	.277	18.02	.89
Rentang	12	1.72	15.0	4.37
Minimum	12	7.20	76.0	12.75
Maximum	24	8.92	91.0	17.12

To see whether the data obtained from each research variable is normal or not, the test determines the significance of each group of data, by looking at the significance of the data being greater than 0.05, so the data is said to be normally distributed. The results of data normality testing using the Kolmogorov-Smirnov (KS-Z) test show the following results:

The description of the Kolmogorov-Smirnov normality test for each group of data can be summarized in **Table 2** below:

Table 2.
Kolmogorov Smirnov Normality Test Results

	Eye-Foot Coordination	Agility	Leg Length	Dribble
N	30	30	30	30
Kolmogorov-Smirnov Z	.187	.184	.115	.114
Asymp. Sig. (2-tailed)	.109	.111	.077	.200

Contribution of eye-foot coordination to dribbling ability in soccer games

The first hypothesis tested in this research is that there is a contribution of eye-foot coordination to the ability to dribble the ball in soccer games. Statistically, the hypothesis can be formulated as follows:

$H_O : \beta_{Y1} = 0$

$H_1 : \beta_{Y1} \neq 0$

Based on the results of simple linear regression analysis between pairs of eye-foot coordination research data on ball dribbling ability, it produces a constant (a) of 17,587 with a regression direction coefficient (b) = -0.134. Thus, the contribution of eye-foot coordination to the ability to dribble the ball is obtained by the regression equation $\hat{Y}$ = 17.587 + -0.134X1. The results of the significance and linearity test calculations for the regression equation are presented in the ANOVA table as shown in **Table 3** below.

Table 3.
ANOVA Test of Significance and Linearity of Regression Y on X1
$\hat{Y} = 17{,}587 + -0{,}134X_1$

			Sum of Squares	df	Mean Square	F	Sig.
Between Groups	(Combined)		13.608	11	1.237	1.793	.131
	Linear Term	Weighted	4.778	1	4.778	6.924	.017
		Deviation	8.830	10	.883	1.280	.311
Within Groups			12.421	18	.690		
Total			**26.029**	**29**			

From **Table 3** above, to test the linearity of the regression of dribbling ability (Y) on the eye-foot coordination variable (X1), Fcount (Tc) 1.280 with p-value = 0.311 > 0.05, this means Ho is accepted. Thus it can be concluded that the form of the regression equation $\hat{Y}$ = 17.587 + -0.134X1 is linear. Meanwhile, the regression significance test obtained an F-value of 6.295, and p-value = 0.018 < 0.05. This means that Ho is rejected, thus indicating that the form of the regression equation $\hat{Y}$ = 17.587 + -0.134X1 is significant.

The constant value of 17.587 in the regression equation above is a fixed value, which means that if the eye-foot coordination variable has a value of 0, then the ability to dribble the ball has a value of 17.587. Furthermore, the regression coefficient which is -0.134 means that there is a directly proportional influence between eye-foot coordination on the ability to dribble the ball. This means that every increase in eye-foot coordination score will be followed by an increase in dribbling ability score of -0.134 at a constant of 17.587.

The magnitude of the contribution of eye-foot coordination to the ability to dribble the ball can be seen from the magnitude of the coefficient of determination obtained. A summary of the results of calculating the coefficient of determination and F test can be seen in **Table 4.**

Table 4.

Test of the Significance of the Coefficient of Determination between Foot-eye Coordination and Dribbling Ability in the game of football

Number of Observations (n)	Coefficient of Determination (r_{y1})	F_{hit}	t_{tab} α=0,05
30	0.384	6,295**	4.08

Information:
** = Coefficient of Determination is significant (Fh=6.295 > Ft=4.08 at α=0.05)

From the results of the calculation of the significance test of the coefficient of determination, it is known that Fcount = 6.295 is greater than Ftable = 4.08 at α = 0.05. Based on these results, it can be concluded that the coefficient of determination of eye-foot coordination on dribbling ability in soccer games is significant. Thus, the first hypothesis which states that there is a contribution of eye-foot coordination to the ability to dribble the ball in the game of football is accepted. In other words, the higher the eye-foot coordination, the better the ability to dribble the ball.

The coefficient of determination obtained for the contribution of eye-foot coordination to dribbling ability is = 0.384. This result means that 38.4% of the variation in dribbling ability can be explained by eye-foot coordination.

Contribution of Agility to Dribbling Ability in the game of football

The second hypothesis tested in this research is "there is a contribution of agility to the ability to dribble the ball in soccer games." Statistically, the hypothesis can be formulated as follows:

$H_O : \beta_{Y2} = 0$

$H_1 : \beta_{Y2} \neq 0$

Based on the results of a simple linear regression analysis between pairs of research data on agility and dribbling ability, it produces a constant (a) of 5.172 and a regression direction coefficient (b) of 1.286. Thus, the contribution between agility and dribbling ability is obtained by the regression equation $\hat{Y}$ = 5.172 + 1.286X2. The

results of the significance and linearity test calculations for the regression equation are presented in the ANOVA table as shown in **Table 5** below.

Table 5.

ANOVA Test of Significance and Linearity of Regression Y on X2

$\hat{Y} = 5{,}172 + 1{,}286X_2$

			Sum of Squares	df	Mean Square	F	Sig.
Between Groups	(Combined)		22.874	20	1.144	3.263	.036
	Linear Term	Weighted	13.296	1	13.296	37.929	.000
		Deviation	9.579	19	.504	1.438	.295
Within Groups			3.155	9	.351		
Total			**26.029**	**29**			

From **Table 5** above, to test the linearity of the regression of dribbling ability (Y) on the agility variable (X2), Fcount (Tc) is 1.438 with p-value = 0.295 > 0.05, which means Ho is accepted. Thus it can be concluded that the form of the regression equation $\hat{Y}$ = 5.172 + 1.286X2 is linear. Meanwhile, the regression significance test obtained an F-value of 29.236, and p-value = 0.000 < 0.05. This means that Ho is rejected, thus indicating that the form of the regression equation $\hat{Y}$ = 5.172 + 1.286X2 is significant.

The constant value of 5.172 in the regression equation above is a fixed value, which means that if the agility variable has a value of 0, then the ability to dribble the ball has a value of 5.172. Furthermore, the regression coefficient of 1.286 means that there is a directly proportional influence between agility and ball dribbling ability. This means that every increase in one agility score will be followed by an increase in the dribbling ability score of 1.286 at a constant of 5.172.

The magnitude of the contribution of agility to the ability to dribble the ball can be seen from the magnitude of the coefficient of determination obtained. A summary of the results of calculating the coefficient of determination and F test can be seen in **Table 6**.

Table 6.

Test of the Significance of the Determination Coefficient of Agility on the Ability to Dribble the Ball in a Football Game

Number of Observations (n)	Coefficient of Determination (r_{y1})	F_{hit}	F_{tab} α=0,05
30	0.511	29,236**	4.08

Information:
** = Coefficient of Determination is significant (Fh=29.236 > Ft=4.08 at α=0.05)

From the results of the calculation of the significance test of the coefficient of determination, it is known that Fcount = 29.236 is greater than Ftable = 4.08 at α = 0.05. These results mean that the coefficient of determination of agility on the ability to dribble the ball in football games is significant. This means that the hypothesis which states that there is a contribution of agility to the ability to dribble the ball in soccer is accepted. In other words, the higher the agility, the better the ability to dribble the ball.

The coefficient of determination obtained as a contribution of agility to the ability to dribble the ball in a soccer game is = 0.511. This means that 51.1% of the variation in dribbling ability can be explained by agility.

Contribution of leg length to dribbling ability in soccer games

The third hypothesis tested in this study was "there is a contribution of leg length to the ability to dribble the ball in soccer games." Statistically, the hypothesis can be formulated as follows:

$H_O : \beta_{Y3} = 0$

$H_1 : \beta_{Y3} \neq 0$

Based on the results of a simple linear regression analysis between pairs of research data, leg length on ball dribbling ability produces a constant (a) of 24.023 and a regression direction coefficient (b) of -0.104. Thus, the contribution of leg length to the ability to dribble the ball is obtained by the regression equation $\hat{Y}$ = 24.023 + -0.104X3. The results of the significance and linearity test calculations for the regression equation are presented in the ANOVA table as shown in **Table 7** below.

Table 7.
ANOVA Test of Significance and Linearity of Regression Y on X3
$\hat{Y}$ = 24,023 + -0,104X_3

			Sum of Squares	df	Mean Square	F	Sig.
Between Groups	(Combined)		14.501	15	.967	1.174	.384
	Linear Term	Weighted	5.635	1	5.635	6.844	.020
		Deviation	8.866	14	.633	.769	.685
Within Groups			11.527	14	.823		
Total			**26.029**	**29**			

From **Table 7** above, to test the linearity of the regression of dribbling ability (Y) on the leg length variable (X3), the Fcount (Tc) was obtained 0.769 with p-value = 0.685 > 0.05, this means Ho is accepted. Thus it can be concluded that the form of the regression equation $\hat{Y}$ = 24.023 + -0.104X3 is linear. Meanwhile, the regression significance test obtained an F-value of 7.736, and p-value = 0.010 < 0.05. This means that Ho is rejected, thus indicating that the form of the regression equation $\hat{Y}$ = 24.023 + -0.104X3 is significant.

The constant value of 24.023 in the regression equation above is a fixed value, which means that if the leg length variable has a value of 0, then the ability to dribble the ball has a value of 24.023. Furthermore, the regression coefficient which is -0.104 means that there is a directly proportional influence on leg length on the ability to dribble the ball. This means that every increase in leg length score will be followed by an increase in dribbling ability score of -0.104 at a constant of 24.023.

The magnitude of the contribution of leg length to the ability to dribble the ball can be seen from the magnitude of the coefficient of determination obtained. A summary of the results of calculating the coefficient of determination and F test can be seen in **Table 8**.

Table 8.
Test of the Significance of the Determination Coefficient between Leg Length and Ability to Dribble the Ball in a Football Game

Number of Observations (n)	Coefficient of Determination (r_{y1})	F_{hit}	F_{tab} α=0,05
30	0.216	7,736**	4.08

Information:
** = Coefficient of Determination is significant (Fh=42.317 > Ft=4.08 at α=0.05)

From the results of the calculation of the significance test of the coefficient of determination, it is known that Fcount = 7.736 is greater than Ftable = 4.08 at α =

0.05. These results mean that the coefficient of determination of leg length on dribbling ability in soccer is significant. This means that the hypothesis which states that there is a contribution of leg length to the ability to dribble the ball in soccer is accepted. In other words, the longer the legs, the better the ability to dribble the ball.

The coefficient of determination obtained as a contribution of leg length to the ability to dribble the ball in a soccer game is = 0.216. This means that 21.6% of the variation in dribbling ability can be explained by leg length.

Contribution of Foot-eye Coordination, Agility, and Leg Length Together to the Ability to Dribble the Ball in the Game of Football

The fourth hypothesis tested in this study was "there is a contribution of eye-foot coordination, agility, and leg length together to the ability to dribble the ball in soccer games." Statistically, this hypothesis can be formulated as follows:

H_O: $R_{Y.123} = 0$

H_1: $R_{Y.123} \neq 0$

Based on the results of multiple regression analysis between pairs of research data on eye-foot coordination (X1), agility (X2), and leg length (X3) on ball dribbling ability (Y), it produces a constant (a) of 9.866 and a regression direction coefficient for eye-foot coordination. feet (b1) = -0.013, for agility (b3) = 1.104, and leg length (b2) = -0.037. Thus, the contribution of eye-foot coordination, agility, and leg length together to the ability to dribble the ball is obtained by the regression equation $\hat{Y}$ = 9.866 + -0.013X1 + 1.104X2 + -0.037X3. The results of the calculation of the significance test of the regression equation are presented in the ANOVA table as shown in **Table 9** below.

Table 9.

ANOVA Test of Significance and Linearity of Multiple Regression

$\hat{Y} = 9{,}866 + -0{,}013X_1 + 1{,}104X_2 + -0{,}037X_3$

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	13.876	3	4.625	9.896	.000[b]
	Residual	12.153	26	.467		
	Total	26.029	29			

From **Table 9**, testing the significance of the regression equation above, it can be concluded that the multiple regression equation $\hat{Y}$ = 9.866 + -0.013X1 + 1.104X2 + -0.037X3 is significant. This conclusion is based on the Fcount = 9.896 and p-value = 0.000 < 0.05. This means Ho is rejected.

The results of calculating the coefficient of determination which shows the strength of the contribution of eye-foot coordination, agility, and leg length together to the ability to dribble the ball is shown by Ry.123 = 0.533. The significance test of the multiple determination coefficient can be seen in **Table 10**.

Table 10.

Significance Test of the Coefficient of Determination between eye-foot coordination, agility, and leg length together on the ability to dribble the ball in the game of football

Number of Observations (n)	Coefficient of Determination (r_{y123})	F_{hit}	F_{tab} α=0,05
30	0.533	9,896**	4.08

Information:

** = Significant coefficient of determination (Fh=9.896 > Ft=4.08 at α=0.05)

The Fcount value obtained is 9.896 and the Ftable value at α = 0.05 is 4.08. The value of Fcount > Ftable so that it can be concluded that the coefficient of determination of eye-foot coordination, agility, and leg length together on the ability to dribble the ball which has a coefficient of determination (Ry.123) = 0.533 is significant. This means that 53.3% of the variation in dribbling ability can be explained by eye-foot coordination, agility, and leg length.

Discussion

Based on the description of the results of data analysis and research hypothesis testing that has been carried out, it can be explained the contribution of eye-foot coordination, agility, and leg length together with the ability to dribble the ball in the game of football.

Contribution of eye-foot coordination to dribbling ability

The results of testing the first hypothesis found that eye-foot coordination has a significant contribution to dribbling ability in soccer games. Based on the calculation results, the coefficient of determination value is 0.384 (38.4%) which is explained through the regression equation $\hat{Y}$ = 17.587 + -0.134X1. This finding means that the better the eye-foot coordination, the better the ball dribbling ability, conversely the lower the eye-foot coordination, the worse the ball dribbling ability.

Eye-foot coordination is the quality of simultaneous movement which includes a system of muscle, energy, and nerve contractions at various levels of difficulty precisely and efficiently. This coordination occurs because an object causes the integration of the eyes and feet into one nervous and muscular system, which can influence the movement process, especially in controlling, jumping, running, and dribbling the ball. Based on eye-foot coordination, it can produce effective movements, including the ability to dribble the ball. If you have eye-foot coordination when dribbling the ball, it will certainly contribute to providing optimal results in dribbling the ball.

If eye-foot coordination is taken into consideration when dribbling the ball, physiologically it will increase your dribbling ability. Eye-foot coordination is a movement ability that has a close contribution to speed, strength, endurance, and flexibility which supports physical work, including the performance of dribbling the ball. What has been produced in this research, which shows the contribution of eye-foot coordination to dribbling ability in the game of football, is a reference for improving ball dribbling ability.

Contribution of Agility to Dribbling Ability in the game of football

The results of testing the first hypothesis found that agility has a significant contribution to the ability to dribble the ball in soccer games. Based on the calculation results, the coefficient of determination value is 0.511 (51.1%) which is explained through the regression equation $\hat{Y}$ = 5.172 + 1.286X2. This finding means that the higher the agility, the better the ball dribbling ability, conversely the lower the agility, the worse the ball dribbling ability.

Agility is the ability to change direction or body position quickly in conjunction with other movements, so that movement tasks can be made effective, through the ability to dribble. Agility means bodily readiness and a person's ability to change body direction and position quickly without any interference with leg length or awareness

of body position. If you have agility when dribbling the ball, it will certainly contribute to providing optimal results.

If agility is paid attention to every time you dribble the ball, then physiologically it will encourage more effective movements in playing the ball than before or more than the people around you. Agility is a component of physical fitness that must be possessed, including in dribbling performance. These results show that to increase agility in dribbling ability, you must have a speed indicator that can support your dribbling ability. What has been produced in this research, which shows the contribution of agility to the ability to dribble the ball in the game of football, has become a reference for improving the ability to dribble the ball.

Contribution of Leg Length to Dribbling Ability in the game of football

From the results of testing the second hypothesis, it was found that leg length has a significant contribution to the ability to dribble the ball in soccer games. Based on the calculation results, the coefficient of determination value is 0.216 (21.6%) which is explained by the regression equation $\hat{Y}$ = 24.023 + -0.104X3. This finding means that the higher the leg length, the better the ball dribbling ability, conversely the lower the leg length, the worse the ball dribbling ability.

Leg length is the lower limb that forms the upper and lower limbs, which can influence the movement process, especially in dribbling the ball. Based on the length of the legs, it can produce a long range of steps, including dribbling the ball. If you have long legs when dribbling the ball, it will certainly contribute to providing optimal results in dribbling the ball.

So, to improve the ability to dribble the ball, the length of the legs as a supporting component must be considered, because if the length of the legs is not paid attention to, then it is certain that it will not be able to help the movement process in improving the ability to dribble the ball. Therefore, with the importance of leg length, it can be understood that leg length contributes to the ability to dribble the ball in the game of football.

Contribution of eye-foot coordination, agility, and leg length together to dribbling ability in soccer games

The results of testing the fourth hypothesis, show that there is a simultaneous contribution between eye-foot coordination, agility, and leg length on the ability to dribble the ball. Based on the calculation results, the coefficient of determination value is 0.533 (53.3%) which is explained by the regression equation $\hat{Y}$ = 9.866 + -0.013X1 + 1.104X2 + -0.037X3. These results further strengthen the results of testing the first, second, and third hypotheses. Thus eye-foot coordination, agility, and leg length can be good predictors of ball dribbling ability. This means that if eye-foot coordination, agility, and leg length are in a good category, then you can be sure that your dribbling ability will be better.

Apart from the factors of eye-foot coordination, agility, and leg length which have a positive contribution to the ability to dribble the ball, there are still other factors that influence it. This is proven by the coefficient of determination of the contribution of eye-foot coordination, agility, and leg length together with the ability to dribble the ball only reaching 53.3%.

CONCLUSION

Based on the research results that have been described, the following conclusions can be established

1. There is a contribution of eye-foot coordination to the ability to dribble the ball in the game of football
2. There is a contribution of agility to the ability to dribble the ball in the game of football.
3. There is a contribution of leg length to the ability to dribble the ball in the game of football.
4. There is a contribution of eye-foot coordination, agility, and leg length together to the ability to dribble the ball in the game of football.

Based on the research conclusions that have been described, the following suggestions can be made.

1. Teachers are expected to be able to pay attention to and optimize eye-foot coordination, agility, and leg length by organizing movement tasks to support the ability to dribble the ball.
2. Sports coaches should pay attention to eye-foot coordination, agility, and leg length in improving their dribbling ability.
3. This research discusses the contribution of eye-foot coordination, agility, and leg length to the ability to dribble the ball. For this reason, it is recommended that future researchers discuss, expand, or add research variables to develop research in the sport of football.

REFERENCES

Agussalim, Suwardi, & Syahruddin. (2018). Pengaruh Latihan Boomerang Run, Latihan Zig-Zag Run Dan Motivasi Berprestasi Terhadap Kemampuan Menggiring Bola Dalam Permainan Sepakbola Pada Siswa SMK Negeri 2 Bantaeng. *E-Prints Universitas Negeri Makassar*. http://eprints.unm.ac.id/10617/

Akhmad, N., & Suriatno, A. (2018). Analisis Keterampilan Dasar Sepakbola Pemain Klub Bima Sakti. *JUPE, Jurnal Pendidikan Mandala*, *3*(3), 10–27. http://ejournal.mandalanursa.org/index.php/JUPE/article/view/517

Alfi, M. R., Kurniawan, A. W., & Amiq, F. (2019). Pengaruh Latihan Skipping dan Zig-Zag Run terhadap Peningkatan Kelincahan dalam Permainan Sepakbola. *Sport Science and Health*, *1*(2), 116–125. http://journal2.um.ac.id/index.php/jfik/index http://fik.um.ac.id/%0APengaruh

Asfanza, Putranto, D., & Oktarina. (2019). Pengaruh Latihan Kelincahan terhadap Kemampuan Menggiring Bola pada Siswa. *SPARTA, Jurnal Ilmu Pendidikan Jasmani Olahraga, Kesehatan dan Rekreasi Sport, 2*(1), 5–8. https://www.neliti.com/publications/315883/pengaruh-latihan-kelincahan-terhadap-kemampuan-menggiring-bola-pada-siswa-ekstra

Avivudin, M. A., Andajani, S. J., & Murtadlo. (2021). Media Audible Ball Elektrik Untuk Meningkatkan Efektifitas Dalam Bermain Sepakbola Pada Siswa Tunanetra. *Jurnal GRAB KIDS*, *1*(1), 1–8. https://journal.unesa.ac.id/index.php/grabkids/article/view/12136

Aziz, O. A., & Adityatama, F. (2020). Penerapan Model Taktis dalam Permainan Sepak Bola

Guna Meningkatkan Keterampilan Bermain. *Journal of Physical Education and Sport Science*, *2*(3), 24–28. http://jurnal.upmk.ac.id/index.php/jpess/article/view/1308

Hadi, F. soffan, Eko, H., & Amiq, F. (2016). Pengaruh Latihan Ladder Drills Terhadap Peningkatan Kelincahan Siswa U-17 Di Persatuan Sepakbola Jajag Kabupaten Banyuwangi. *Jurnal Pendidikan Jasmani*, *26*(1), 213–228. http://journal.um.ac.id/index.php/pendidikan-jasmani/article/view/7748

Hammado, N., Sahabuddin, Mahyuddin, R., & Jalil, R. R. (2020). Emotional Aspects and Dribbling Motor Skills in Football Players. *Atlantis Press, 3rd International Conference on Education, Science, and Technology (ICEST 2019)*, *481*(Icest 2019), 268–273. https://doi.org/10.2991/assehr.k.201027.056

Hendrayana, Y. (2011). Keterampilan Sepakbola Studi Korelasional Antara Persepsi Kinestetik, Adaptasi Dan Kelincahan Dengan Keterampilan Sepakbola Siswa Siswa Sekolah Sepakbola Di Kota Bandung. *KETERAMPILAN SEPAKBOLA Studi Korelasional Antara Persepsi Kinestetik, Adaptasi Dan Kelincahan Dengan Keterampilan Sepakbola Siswa-siswa Sekolah Sepakbola Di Kota Bandung*, *416*(18), 17–30. https://ejournal.upi.edu/index.php/manajerial/article/view/1809

Ihsan, H. R., Syamsuramel, & Victorian, A. R. (2021). Pengaruh Latihan Sirkuit Terhadap Kemampuan Dribble Dalam Permainan Sepakbola Pada SSB Putera Sukma U-15 Palembang. *Dribble Dalam Permainan Sepak Bola Pada Ssb Putera Sukma U-15 Palembang*, *4*(2), 1–9. https://ojs.uniska-bjm.ac.id/index.php/riyadhohjurnal/article/view/5605

Irawan, G., Sugiarto, T., & Kurniawan, A. W. (2019). Upaya meningkatkan akurasi teknik passing menggunakan metode drill pada kegiatan ekstrakurikuler sepakbola. *Jurnal Penjakora*, *6*(2), 92–101. https://ejournal.undiksha.ac.id/index.php/PENJAKORA/article/view/19976

Jumaking, J. (2020). Pengaruh Daya Ledak Tungkai, Koordinasi Mata Kaki Dan Percaya Diri Terhadap Kemampuan Shooting Ke Gawang Dalam Permainan Sepakbola Pada Siswa Sman 2 Kolaka. *Kinestetik*, *4*(1), 122–131. https://doi.org/10.33369/jk.v4i1.10526

Misi, M. (2016). Pelatihan Passing ke Dinding Empat Repetisi Lima Set Passing Berpasangan Empat Repetisi Lima Set Selama Enam Minggu Dalam Meningkaykan Ketepanan Tempabakan Bola Pada Siswa Putra SDN 3 Gerimax Indah Lombok Barat. *Jurnal Pendidikan Olahraga dan Kesehatan*, *3*(2), 470–486.

Mulya, G., & Millah, H. (2019). Pengaruh Latihan Ladder Drill Terhadap Peningkatan Kelincahan Pemain Sepakbola. *Jurnal Segar*, *8*(1), 1–10. https://doi.org/doi.org/10.21009/segar/0801.01

Mustofa, H., & Adnan, A. (2019). Penyebab Kurangnya Akurasi Shooting Ditinjau dari Pelaksanaan Gerak. *Jurnal Patriot*, *1*(3), 1064–1076. http://patriot.ppj.unp.ac.id/index.php/patriot/article/view/390

Prakarsa, A. A. (2020). Pengaruh Variasi Latihan Plyometric Terhadap Akurasi Shooting pemain Akademi PSP Padang. *Jurnal Patriot*, *2*(1), 193–205. https://media.neliti.com/media/publications/320966-pengaruh-variasi-latihan-plyometric-terh-26209b1d.pdf

Pratama, D. N., & Nurrochmah, S. (2022). Survei Keterampilan Gerak Dasar Lokomotor, Nonlokomotor dan Manipulatif pada Siswa Kelas VII Sekolah Menengah Pertama. *Sport Science and Health*, *2*(9), 430–439. https://doi.org/10.17977/um062v2i92020p430-439

Pratama, R. R. (2019). Tingkat Keterampilan Tehnik Dasar Sepakbola Tim LPI Mahasiswa UNSRI Tahun 2012. *Altius : Jurnal Ilmu Olahraga dan Kesehatan*, *6*(2), 156–159. https://doi.org/https://doi.org/10.36706/altius.v6i2.8094

Quddus, A., Dinata, K., & Daniyantara, D. (2018). Pengaruh Latihan Terhadap Peningkatan Keterampilan Bermain Sepakbola Pada Club Putra Baja FC Tahun 2017. *Journal Pendidikan Jasmani Kesehatan & Rekreasi (PORKES)*, *1*(1), 14–19. https://scholar.archive.org/work/t7osptubgnb5terghbfg6tssna/access/wayback/http://e-journal.hamzanwadi.ac.id/index.php/porkes/article/download/1097/pdf

Rachmat Hidayat, A. Heri Riswanto, M. I. H. (2021). The Effect of Shuttle Run and Zig-Zag Run Training On Dribbling Skills. *Jp.jok (Jurnal Pendidikan Jasmani, Olahraga dan Kesehatan)*, *5*(1), 113–125. https://doi.org/doi.org/10.33503/jp.jok.v5i1.1694

Raharjo, K., Syafrial, S., Sugiyanto, S., & Defliyanto, D. (2018). Upaya Meningkatkan Hasil Akurasi Shooting Olahraga Sepakbola Melalui Media Lingkaran Karet Ban Pada Siswa Kelas XI IPS 2 SMA Negeri 03 Bengkulu Tengah. *Kinestetik*, *2*(2), 233–239. https://doi.org/10.33369/jk.v2i2.8746

Rizki, A., Sepdanius, E., Fajri, H. P., & Gemaini, A. (2021). Latihan Sirkuit Terhadap Akurasi Shooting Sepakbola. *Jurnal Stamina*, *4*(7), 286–294. http://stamina.ppj.unp.ac.id/index.php/JST/article/view/889

Saleh, M. (2020). Pengaruh Latihan Zig-Zag Run Dan Latihan Boomerang Run Terhadap Keterampilan Menggiring Bola Dalam Permainan Sepakbola Pada Siswa Sma Negeri 1 Polut Kab. Takalar. *E-Prints Universitas Negeri Makassar*. http://eprints.unm.ac.id/17235/

Saputra, R., & Maidarman. (2007). Studi Keterampilan Teknik Dasar Sepakbola. *Teknik Dasar Sepakbola*, *c*, 32. https://doi.org/https://doi.org/10.24036/patriot.v1i1.43

Sudirman, Syahruddin, & Sahabuddin. (2022). Tingkat Keterampilan Gerak Dasar Sepakbola Pada Siswa SMA Negeri 2 Majene. *JOKER, Jurnal Olahraga Kebugaran dan Rehabilitasi*, *2*(1), 43–52. https://doi.org/https://doi.org/10.35706/joker.v2i1.6479

Supriyanto, E., Koestoro, B., & Djasmi, S. (2016). Pengaruh Pendekatan Teknis dan Taktis Terhadap Keterampilan Teknik Dasar Permainan Sepakbola Pada Siswa SMPN 1 Kotabumi. *Jurnal Teknologi Informasi Komunikasi Pendidikan*, *4*(2), 1–10. http://jurnal.fkip.unila.ac.id/index.php/JT/article/view/11675

Syamsudar, B., & Firmansyah, R. E. (2019). Pengaruh Modifikasi Permainan Terhadap Passing Sepak Bola Dalam Ekstrakurikuler Di SD Negeri Caibarengkok. *Journal of Chemical Information and Modeling*, *1*(1), 1689–1699. Pengaruh Modifikasi Permainan Terhadap Passing Sepak Bola Dalam Ekstrakurikuler Di SD Negeri Cibarengkok

Udam, M. (2017). Pengaruh Latihan Shuttle Run dan Zig-Zag Run Terhadap Kemampuan Dribbling Bola Pada Siswa Sekolah Sepakbola (SSB) Imanuel Usia 13-15 Di Kabupaten Jayapura. *Jurnal Pendidikan Jasmani Olahraga dan Kesehatan*, *3*(1), 58–71. https://scholar.google.com/scholar?hl=id&as_sdt=0%2C5&q=Pengaruh+Latihan+Shu

ttle+Run+dan+Zig-Zag+Run+Terhadap+Kemampuan+Dribbling+Bola+Pada+Siswa+Sekolah+Sepakbola+%28SSB%29+Imanuel+Usia+13-15+Di+Kabupaten+Jayapura&btnG=

Utomo, N. P., & Indarto, P. (2010). Analisis Keterampilan Teknik Dasar Passing Dalam Sepakbola. *Jurnal Porkes*, *4*(2), 87–94. https://doi.org/doi.org/10.29408/porkes.v4i2.4578

Yulianto, R., & Haprabu, E. S. (2021). Penerapan Pelatihan Power Otot Tungkai dan Koordinasi Mata Kaki Pada Pemain Putra Usia 8-10 Tahun SSB Perseman Karanganyar. *PROFICIO: Jurnal Pengabdian Kepada Masyarakat*, *2*(1), 30–37. https://doi.org/doi.org/10.36728/jpf.v2i01.1308