

## **Dribbling Techniques in Football Games for Students**

**Sudirman** <sup>1A-E\*</sup>, **Ahmad Adil** <sup>2B-D</sup>, **Andi Ridwan** <sup>3B-D</sup>

<sup>1,2</sup>Study Program of Physical Education Health and Recreation, Faculty of Sports and Health Sciences, Makassar State University, Makassar City, South Sulawesi, Indonesia, 90222

<sup>3</sup>Study Program of Physical Education Health and Recreation of For Elementary Schools, Faculty of Sports and Health Sciences, Makassar State University, Makassar City, South Sulawesi, Indonesia, 90222

[sudirman@unm.ac.id](mailto:sudirman@unm.ac.id)<sup>1</sup>, [ahmad.adil@unm.ac.id](mailto:ahmad.adil@unm.ac.id)<sup>2</sup>, [andi.ridwan@unm.ac.id](mailto:andi.ridwan@unm.ac.id)<sup>3</sup>

### **Authors' contribution:**

**A.** Conception and design of the study; **B.** Acquisition of data;  
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### **ABSTRACT**

This research aims to find out the basic techniques for dribbling the ball among students. This research is a type of quantitative descriptive research that aims to reveal the dribbling abilities of students at SMAN 8 Sinjai. The population in this study was 230 students of SMAN 8 Sinjai. The sample in this research was 30 students of SMAN 8 Sinjai. This sample was drawn using a random sampling technique or a random method. The data analysis techniques used were descriptive, data normality, and categorization using the SPSS Version 22.00 system at a significance level of 95%. Based on the results of the research and discussion, the following conclusion can be drawn: The results of the ball dribbling ability test in the football game at UPT SMA Negeri 8 Sinjai can be categorized as good with an average score of 81.67 (descriptive data results).

**Keywords** : Basic Technique; Dribble; Football

## **INTRODUCTION**

Education is a conscious human effort that is structured and planned systematically and is arranged in a series of learning activities carried out both in the classroom and outside the classroom (Komarudin & Prabowo, 2020). The National Education System is an integrated, interrelated educational component to achieve overall National Education goals (Bangun & Yunis, 2016). Educational components are all things related to the course of the educational process. If one of the components is missing, the educational process will not be able to be implemented (Irfan, 2019). In sports and health education subjects, students are introduced to various kinds of movements and various kinds of health knowledge (Saitya, 2022), students carry out various kinds of activities related to motor skills, both fine motor skills and gross motor skills (Ishak et al., 2023).

Physical education needs to be improved in the school environment, with sports activities it is hoped that students' physical fitness will also increase and this will be followed by improvements in the academic field (Tumaloto, 2022). Students need good physical fitness in learning activities, because without good physical fitness, it is difficult to achieve



academic achievements (Harris et al., 2021). With good physical fitness, it is hoped that students will be more enthusiastic and enthusiastic about taking part in lessons at school (Clarita et al., 2021).

Teachers must also be more creative and varied in finding learning resources so that students' curiosity can be easily understood by teachers (Sahabuddin et al., 2020). In reality, learning football at school is still monotonous, therefore by mastering various models, approaches and learning methods that are suitable to be applied to Physical Education learning (Saitya, 2022), especially models, approaches and methods that are suitable to be applied to learning the game football (Hendrayana, 2011). Teachers who are creative and innovative in providing learning, bring positive things to the learning conditions themselves (Ikhsan & Argantos, 2019) so that the learning objectives conveyed are achieved and students' skills improve (Setiawan & Wisnu, 2019).

A sports game can run well if all players have mastered the basic techniques (Kuncoro, 2016). Technique is the basis that every player must have to achieve the maximum possible performance. Technique is a process of movement and proof in practice as best as possible to complete a definite task in a sport. The basic technique is a technique where the movement process is basic, and the movement is simple and easy (Sudirman et al., 2022).

The technical mastery factor can be achieved through regular, programmed, serious and continuous training (Udam, 2017). To achieve maximum performance in sports, all movement techniques are expected to be carried out efficiently with the correct technique, meaning that all movements are carried out with minimal effort but it is hoped that maximum results will be achieved. The game of football uses a lot of physical abilities but cannot be separated from technical factors, because good technique will support efficiency and will increase effectiveness in movements to support performance. In the game of football, skilled players must master several basic techniques for playing football (Rachmat Hidayat, A. Heri Riswanto, 2021). The basic techniques for playing football are kicking the ball, dribbling the ball, controlling the ball, heading the ball, throwing the ball and shooting the ball (Erfan, 2020).

Dribbling the ball can be interpreted as a running movement using the legs to push the ball so that it rolls continuously on the ground (Burhanuddin et al., 2022). Dribbling can only be done at advantageous times, namely free from opponents (Asfanza et al., 2019). The uses of dribbling techniques include passing the opponent (Hasan et al., 2020), turning and changing the direction of the ball, looking for opportunities to pass the ball to friends correctly, keeping the ball in possession, and saving the ball (Daryanto & Hidayat, 2015), if there is no possibility or opportunity to immediately pass the ball to a friend (Saleh, 2020). Things to pay attention to when dribbling the ball:

- a) The ball that is in the player's control must always be close to the feet, the player's body is between the ball so that it is not easily taken by the opponent, and the ball is always controlled.
- b) In front of the player, there is an empty area, free from opponents.
- c) The ball is driven with the right or left foot, every step of the right or left foot pushes the ball forward, not kicked. The rhythm of the foot touching the ball does not change the regular rhythm of the footstep.
- d) When dribbling the ball, your eyes should not always be on the ball alone, but you must pay attention to or observe the field situation or the position of your opponent or friend.
- e) Body position leaning slightly forward, free hand movements like when running.

Based on the results of initial observations carried out by researchers at SMA Negeri 8 Sinjai regarding the process of learning to dribble the ball in soccer games by students, it turns out that there are still many who don't understand and do it wrong. A common mistake students make is when their feet touch the ball. In general, students are not able to place the ball on the right foot, so the results of their dribbling are not good. The results of the researchers' observations showed that more students did not master the basic movements of dribbling the ball, so they got bored quickly. Physical education teachers need to provide further explanation about the nature of dribbling the ball, especially using the inside of the foot so that students understand better.

From the background of the problems described above, the problems in this research can be identified as follows: 1. Lack of student interest in learning physical education, especially in the material of dribbling football with the inside of the foot. 2. There are still many students who do not understand the material of dribbling with the inside of the foot. the inside part. 3. Lack of teacher innovation and creativity in the use of auxiliary media in achieving student learning completeness so that students' dribbling abilities do not meet expectations and are not satisfactory.

## METHODS

Scientific research is an effort to discover, develop and test the truth of science. To find and test the truth, this is done to achieve a goal. In scientific research methods are always based on methods that can be verified for their truth, research methods are also often referred to as methods or steps used to obtain knowledge using reliable and trustworthy procedures. This research is quantitative descriptive research. According to Soehardi Sigit (1999:152), descriptive research is research that describes existing conditions according to reality. Analysis of dribbling abilities in the soccer game of SMAN 8 Sinjai students. Research is usually carried out to draw generalizations from in-depth observations, but the generalizations made can be more accurate if "representative" samples are used. The abilities obtained are then analyzed using descriptive analysis expressed in percentage form.

According to Sugiyono, variables state everything in whatever form that is determined by the researcher to be studied so that information about it can be obtained, then conclusions can be drawn. According to Arikonto, variables are research objects, or what is the point of attention of a study. The variable that wants to be studied is a single variable, namely ball dribbling ability. The variables involved will be studied in the research in a quantitative descriptive manner. By the variables stated above, these variables are measured using appropriate instruments, namely observation sheets.

This research is a type of quantitative descriptive research which aims to reveal the dribbling abilities of students at SMAN 8 Sinjai. The population in this study was 230 students of SMAN 8 Sinjai. The sample in this research was 30 students of SMAN 8 Sinjai. This sample was drawn using a random sampling technique or a random method.

Data Before testing the hypothesis, it is necessary to test the prerequisites. Testing measurement data related to research results aims to help the analysis to be better. For this reason, this research will test the normality and homogeneity of the data. So the overall statistical data analysis used generally uses statistical analysis with the help of the SPSS version 21.0 computer program with a significance level of 95% or  $\alpha = 0.05$ .

## RESULTS AND DISCUSSION

### Result

**Table 1.**

Results of descriptive analysis of ball dribbling ability data in soccer games

Statistical Value	Dribbling the ball
N	30
Mean	81.67
Median	80.00
SD	7.466
Varians	55.747
Range	20
Minimum	70
Maksimum	90

**Table 2.**

Results of normality test data on ball dribbling ability in soccer games

Statistical Value	Dribbling the ball
N	30
Absolute	0,234
Positif	0,222
Negatif	-0,234
KS-Z	1,284
As.Sig	0,074

**Table 3.**

Percentage Frequency Data Results of Tests of Dribbling Ball Skills in Football Games

No.	Score range	Value	Frequency	Percent	Category
1.	3-5	60	0	0%	Not enough
2.	6-8	70	6	20.0%	Enough
3.	9-10	80	13	43.3%	Good
4.	11-12	90	11	36.7%	Very well
<b>Amount</b>			<b>30</b>	<b>100%</b>	

### Discussion

Based on the results of data analysis, it shows that in the test of ball dribbling ability in the football game at UPT SMA Negeri 8 Sinjai, it appears that out of the 30 student samples, 11 people (36.7%) had a very good classification, 13 people (43.3%) had a good classification. ), sufficient classification was 6 people (20%), and insufficient classification was 0 people (0%). Thus, it can be concluded that the results of the ball dribbling ability test in the football game at UPT SMA Negeri 8 Sinjai can be categorized as good with an average score of 81.67 (descriptive data results).

### Very Good Category

The research results showed that 11 or (36.7%) students received the "very good" category. Seeing that the student's ability when dribbling is good and correct, the position of the foot dribbling the ball is the same as the position of kicking the ball, then the foot used to dribble the ball is not pulled back, only swung forward. Every time the student takes a step, the ball is regularly touched/pushed to roll forward, and then the ball must be turned close to the foot so that the ball is still controlled. When dribbling the ball, both knees are slightly bent to make it easier to control the ball. Students touch the ball, look at the ball,



and then look at the field situation. And the position of both arms maintains balance beside the body.

This shows that according to the researchers' opinion, students have good and regular practice so there are students who reach this category. The way to maintain this achievement is that what must be done is for students to carry out routine and continuous training supported by internal motivation to get maximum results.

The excellent category was obtained as a result of the students' abilities being higher than those of their other friends, their abilities were obtained from regular practice, experience and a training model that suited them.

### **Good Category**

The research results showed that there were 13 students (43.3%) who received the "good" category. The position of the foot to dribble the ball is the same as the position to kick the ball, then the foot used to dribble the ball is not pulled back, only swung forward. Every time you take a step, the ball is regularly touched/pushed to roll forward, and then the ball in rotation must be close to the foot so that the ball remains in control. When dribbling the ball, both knees are slightly bent to make it easier to control the ball. touch the ball, look at the ball and then look at the field situation. And secondly, it is still lacking, where the student's arms are sometimes in front, which is where the arms provide balance when dribbling. Students' ability to dribble the ball usually also takes part in training outside of school. High and regular training intensity, as well as motivation and seriousness, will influence the level of ball dribbling ability in soccer games.

Several students obtained the good category as a result of training that was appropriate to the students' conditions so that the student's abilities could improve to the maximum, especially their dribbling abilities.

### **Fair category**

The research results showed that there were 6 students (20%) in the "sufficient" category. Shiva in herding where the foot position is good and correct, but the body is still not leaning forward, where the body has to be bent and the gaze must be forward. A good and correct hand position is next to the body which provides balance. Several students in this category take part in soccer practice activities outside of learning hours, and several others are students who like sports activities. Regular exercise intensity is very influential in this case. Students still need to practice a lot so that their skill levels can improve. Judging from their body posture, most students also have ideal posture, but there are also some students with fat body posture. When taking tests, students can solve problems with strategies to get maximum scores.

If the results obtained are related to the framework of thinking and the underlying theories, basically the results of this research support the theory put forward by (Sucipto, et al. 2000: 28) The ability to dribble the ball is one of the basic techniques in the game of football. Dribbling the ball is kicking intermittently or slowly. Therefore, the part of the foot used in dribbling the ball is the same as the part of the foot used to kick the ball. Dribbling the ball aims, among other things, to approach the target distance, pass the opponent and hinder the game. Players can be famous for having good dribbling skills, such as Lionel Messi from Argentina. With good ball dribbling skills, someone will be able to easily pass opponents, outwit opponents and then be able to provide feedback to friends or try to score goals directly. In line with research conducted by Herianto 2015 entitled, the ball dribbling ability of students participating in extracurricular football at SMP Kartika XII-1 Magelang for



the 2014-2015 academic year was in the good category. This is one of the big assets to be able to play football well. With good ball dribbling skills, if you continue to practice them well, you will get better and you will have good ball-playing skills too. With good ball dribbling skills, and supported by other basic skills such as good passing and shooting, a player will be able to play the ball well too. However, it also requires good teamwork. In this way, a team's football game will look good and the form of play can be enjoyed.

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The sufficient category is obtained because the facilities and infrastructure at the school are still far from adequate, so this affects the training process of some students which results in less than optimal ability improvement, especially in improving dribbling abilities.

Based on the results of the researcher's research, the ability to dribble the ball is also supported by coaches/teachers, students and good methods. This is due to the following:

a. Coach/Teacher

Based on the researcher's observations, having a coach who is capable of acting as a model and role model for his students, especially junior athletes or beginners, means that everything he does is always in the spotlight of athletes and the general public. The students of SMAN 8 Sinjai have good coaches who are not detractors or insults, but often and continuously encourage them with positive words and body language. Apart from that, the task of a coach is to develop athletes' motor skills and achievements, ethical behaviour, good morals and personality as well as respect for others. The coach plays an important role in the athlete's environment and is often the one who decides to begin, continue, or end work with a sports psychologist. The role of the coach in coaching is very decisive because the coach is the one who handles the athletes directly. To be able to carry out their duties and roles well, a trainer must pay attention to the following things:

- 1) Creating good communication between coaches and athletes. No matter how good a coach is, he will not be able to develop athletes well if there is no athlete psychologically willing to listen and accept the instructions from the coach. Educative interactions need to be created by a coach, namely interactions between coaches and athletes, and interactions between athletes that are based on educational values, which include a sense of familiarity, openness, affection, and accepting criticism and suggestions.
- 2) Understand the athlete's character, traits, needs and interests. An athlete's success is determined by how far attention is paid to the interests, needs and abilities that must be developed in the student or athlete.
- 3) The coach must be a motivator. The coach must be a good motivator to raise the athlete's motivation in increase the athlete's self-confidence so that the athlete achieves optimal performance.
- 4) Helping athletes solve the problems they are facing, whether problems in the family, school or work problems. Coaches must have the ability to plan short and long-term programs for a championship and manage their teams, communicate with a wide network from the sports management level to individual athletes, and be able to calculate the income and human resources available in their program. Coaches must also be able to train.

b. Athlete.

Apart from management and coaches, the most important thing in the survey of ball control in football is that athletes, where SMAN 8 Sinjai students have good physical condition, have strong motivation to practice and compete, have good personalities, and all athletes have formal education, meaning they have an understanding. as well as good knowledge.

## CONCLUSION

Based on the results of the research and discussion, the following conclusion can be drawn: The results of the ball dribbling ability test in the football game at UPT SMA Negeri 8 Sinjai can be categorized as good with an average score of 81.67 (descriptive data results).

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