



THE RELATIONSHIP BETWEEN BALANCE AND FOOT-EYE COORDINATION ON DRIBBLING RESULTS USING THE INNER FOOT OF ELEMENTARY SCHOOL STUDENTS

M. Imran Hasanuddin¹, Muhammad Qasash Hasyim²

¹ Fakultas Ilmu Keolahragaan, Indonesia

² Fakultas Ilmu Keolahragaan, Indonesia

* Corresponding Author. E-mail: m.imran.hasanuddin@unm.ac.id

Abstract

This study aims to determine the relationship between balance and foot-eye coordination on dribbling results using the inner foot of SDN 21 Tangnga-Tangnga students in Bantaeng Regency. The research method uses the correlation method. The population used was all male students of class V SDN 21 Tangnga-Tangnga Bantaeng Regency and the sample taken was 20 students. The technique of determining the sample is by selecting total sampling. The results showed that: (1) There is a relationship between balance and the results of dribbling using the inside foot by 37.8% with an R value of 0.615; (2) There is a relationship between foot-eye coordination on the results of dribbling using the inside foot by 43.1% with an R value of 0.656; and (3) There is a relationship between balance and foot-eye coordination together on the results of dribbling using the inside foot by 51.8% with an R value of 0.720; and the Fcount value of 9.133. Thus it can be concluded that there is a significant relationship between balance and ankle coordination on the results of dribbling using the inner foot of students of SDN 21 Tangnga-Tangnga, Bantaeng Regency.

Key words:

Keseimbangan, Dribbling, Sepakbola.

KING article with open access under a license CC BY-4.0



INTRODUCTION

Football is a team game played by eleven players each including the goalkeeper. Unlike volleyball or basketball games, where players always use both hands when playing, soccer almost entirely uses foot skills, except for goalkeepers who are free to use any limbs. For this reason, in the game of soccer, a player is required to have good mastery of basic techniques, because this is the main requirement to become a quality player and have high skills in the game of soccer.

Football is a team game played by eleven players each including the goalkeeper. Unlike volleyball or basketball games, where players always use both hands when playing, soccer almost entirely uses foot skills, except for goalkeepers who are free to use any limbs. For this reason, in a soccer game, a player is required to have good mastery of basic techniques, because this is the main requirement to become a quality player and have high skills in the game of soccer. This is like the opinion (Jeff, 2002) states that in the sport of football the factor that determines the success of a team is the mastery of basic techniques. The basic techniques in the game of football according to (Sucipto, et al., 2000) are as follows: 1) Kick the ball, 2) Receiving the ball, 3) head the ball, 4) Dribbling, 5)

Deceptive movement with the ball, 6) Grabbing the ball, 7) Throwing the ball, 8) Goalkeeper technique".

One of the basic techniques that has not been maximally mastered by students is the dribbling technique. This is evident in games, training, and in matches, the players lose the ball a lot, because the ball received is not fully controlled by the student. The ball that can actually be dribbled to get closer to the target, because it does not have dribbling skills, because the ball is hastily kicked directly to a friend so that the ball is captured by the opponent. According to (Mielke, 2007) says "When starting to prepare for a match, the main skill that will first make you motivated and feel satisfied is the ability to dribble (dribbling)".

Mastery of basic techniques in soccer games is the initial provision to improve the ability of players to carry out various tactics applied in the game, and is a factor that greatly determines the success of a team (Hanispi et al., 2021), as well as a factor that affects the high and low achievement of a soccer player is mastery of good and correct basic soccer techniques (Ahmad Yani, 2020). According to (Andres Budiman, 2019) in doing dribbling there are 3 phases that must be passed starting from the preparation phase, the implementation phase, and the last is the follow through phase. The preparation phase is where the body is upright, the ball is near the feet, and the head is straight to pay attention to the field properly. In the demonstration phase is done on the ball, kick the ball fully, push the ball forward several times. And in the last phase where the body position of the head when pushing the ball.

METHODS

This research is a type of quantitative descriptive research that aims to determine whether there is a relationship between balance and eye-foot coordination on the ability to dribble using the inside leg in the soccer game of students of SDN 21 Tangnga-tangnga Bantaeng Regency. Thus the research design model used in a simple way can be seen in the picture below:

The population in this study were all fifth grade students of SDN 21 Tangnga-tangnga Bantaeng Regency, with the sample used in this study being male fifth grade students totaling 20 people. Researchers carried out research activities on Monday, April 29, 2024 and Friday, May 03, 2024. Researchers conducted research activities accompanied and assisted by a peer who acted as an observer or observer of the process of implementing research activities.

Data collection methods carried out by researchers during this study are in accordance with the variables involved, namely balance data, eye-foot coordination, and dribbling ability data in soccer games, which include; Measurement of eye-foot coordination data obtained from Soccer Wall Volley; Balance Data with Dynamic Balance Test (Modified Bass Test Of Dynamic Balance); and Measurement of dribbling in soccer with a dribbling ability test.

RESULT AND DISCUSSION

The table below shows that the results of testing the normality of the data using the Shapiro-Wilk test show the following results: The relationship between balance and the results of dribbling using the inner foot in students of SDN 21 Tangnga- tangnga Bantaeng Regency.

Based on the table above, it can be seen that the results of the calculation of the person correlation, the calculated correlation value is obtained, meaning that there is a significant relationship between balance and the results of dribbling using the inner foot, namely $(r) = -0.615$ ($P = 0.004 < \alpha 0.05$).

b. The relationship between ankle coordination on the results of dribbling using the inside of the foot in students of SDN 21 Tangnga- tangnga Bantaeng Regency.

Based on the table above, it can be seen that the results of the calculation of the person correlation, the calculated correlation value is obtained, meaning that there is a significant relationship between the coordination of the ankles on the results of dribbling using the inside of the foot in students of SDN 21 Tangnga-tangnga Bantaeng Regency, namely $(r) = -0.656$ ($P = 0.002 < \alpha 0.05$).

c. The relationship between balance and toe coordination together on the results of dribbling using the inner foot in students of SDN 21 Tangnga-tangnga Bantaeng Regency

Based on the table above, it can be seen that the results of multiple regression calculations, the calculated correlation value is obtained, meaning that there is a significant relationship between balance and ankle coordination together on the results of dribbling using the inside of the foot in students of SDN 21 Tangnga-tangnga, namely ($R = 0.720$ ($P < \alpha 0.05$) with a coefficient of determination ($R^2 = 0.518$ or 51.8%), after a significant test using the F test obtained $F_{hitung} = 9.133$ ($Pvalue = 0.002 < \alpha 0.05$).

a. The results of the first hypothesis test; Judging from the results of data analysis obtained $R = -0.615$ and there is a significant relationship of 37.8%. A student who has good balance will have a positive impact on dribbling. Analysis of balance ability is very visible when a student is dribbling which can be done quickly and the body position remains stable both when dribbling past opponents.

b. The results of the second hypothesis test; Judging from the results of data analysis obtained $R = 0.656$ and there is a significant correlation of 431%. A student who has good foot-eye coordination will have a positive impact on dribbling. Analysis of toe coordination is very evident when a student when dribbling both at high speed can still control well so that it is very good at dribbling using the inside of the foot.

c. The results of the third hypothesis test; Judging from the results of data analysis obtained $R = 0.720$ and there is a significant correlation of 51.8%. A student who has good balance and toe coordination will have a positive impact when dribbling the ball using the inside of the foot. Analysis of the role of balance and ankle coordination when utilized together has a very positive impact where when dribbling the ball using the inside foot quickly, agile and still able to control the ball well and good balance when passing opponents while dribbling the ball. The components of balance and ankle coordination play a significant role in the success of students dribbling using the inside of the foot in soccer games.

CONCLUSION

Berdasarkan hasil penelitian yang telah peneliti lakukan, maka dapat disimpulkan bahwa (1) Terdapat hubungan yang signifikan antara keseimbangan terhadap hasil dribbling menggunakan kaki bagian dalam pada murid SDN 21 Tangnga- tangnga Kabupaten Bantaeng, sebesar 37,8% dengan nilai R yaitu 0,615. (2) Terdapat hubungan yang signifikan antara koordinasi mata kaki terhadap hasil dribbling menggunakan kaki bagian dalam pada murid SDN 21 Tangnga- tangnga Kabupaten Bantaeng, sebesar 43,1% dengan nilai R yaitu 0,656, (3)

Terdapat hubungan yang signifikan antara keseimbangan dan koordinasi mata kaki secaara bersama-sama terhadap hasil dribbling menggunakan kaki bagian dalam pada murid SDN 21 Tangnga-tangnga Kabupaten Bantaeng, sebesar 51,8% dengan nilai R yaitu 0,720; dan nilai F_{hitung} sebesar 9,133.

REFERENCES

Ahmad Yani, A. (2020). Pengaruh Latihan Kelincahan Lari Zig Zag terhadap Kemampuan Menggiring Bola dalam Permainan Sepak Bola. *XX(X)*, 1-10.

Andres Budiman, T. (2019). Pengaruh Latihan Kecepatan dan Latihan Kelincahan Terhadap Keterampilan Dribbling Pemain Sepakbola SSB Putra Wijaya. *Jurnal Pendidikan Dan Olahraga*, 2(1), 177-181.

KING : Knowledge Integrated Networking for Global Sport and Health

Hanispi, A.Y., Syah,H., & Ahmad, N. (2021). Pengaruh Variasi Latihan Dribbling With Zig Zag Trajectory Terhadap Peningkatan Keterampilan Dribbling Sepak Bola. *Spotify Journal*, 1(1), 9-18.

Harsono. (1988). *Coaching dan Aspek Aspek Psikologi Dalam Choacing*. Jakarta: CV.Kesuma.

Ismaryati. (2011). *Tes Dan Pengukuran Olahraga*. Surakarta: Universitas Sebelas Maret. Kahle, Nicole & Tevald, Michel A. (2014). Core Muscle Strengthenings Improvment of Balance Performance in Community-Dwellling Older Adults: a pilot study. *Journal Of Aging And Physical Activity*, 22(1), 65-73. Luxbacher, J. A. (2004). *Sepakbola*. Jakarta: Raja Grafindo.

Mielke, D. (2003). *Dasar-Dasar Sepakbola*. Jakarta: Human Kinetics.

Sucipto,dkk. (2000). *Sepak Bola*. Depedikbud Dirjen Dikti.

Sukardi. (2015). *Metodologi Penelitian Pendidikan*. Jakarta: PT Bumi AKsara.