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Analysis Of Dribbling Skills Of Extracurricular Soccer Participants In Senior High School Students 17 Gowa

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Abstract. This research is a type of descriptive research that uses a "Survey" research plan. This study aims to determine; How are the dribbling skills of football extracurricular participants at SMA Negeri 17 Gowa. The population is all 30 football extracurricular participants at SMA Negeri 17 Gowa. The sample used was a sample population of 30 people. The sampling technique is total sampling. The data analysis technique used is descriptive analysis with percentages. The results showed that students in the "Good" category were 17% (5 students), in the "fair" category were 77% (23 students), in the "poor" category were 6% (2 students), while there were none in the "Very Good" category. and the category "Very Less". So it can be concluded that the level of ball dribbling skills of football extracurricular participants at SMA Negeri 17 Gowa is in the sufficient category with a percentage of 77%.

Keywords: Dribbling Skills, Extracurriculars, Football

1 Introduction

Physical education is a systematic process of interaction between students and the environment managed through effective and efficient physical development towards the formation of a complete human being (M. I. Hasanuddin, 2018). Nowadays, sport has become the focus of quite a lot of attention, both as a way to improve the quality of human physical well-being and to achieve higher achievements. One of the places where students carry out sports activities is at school, where they study, and carry out sports activities outside school hours, namely by carrying out extracurricular activities. Extracurricular is a forum or place for developing students in an educational institution or school, one of the aims of which is to create a young generation who loves sports and appreciates the importance of sports and of course their physical and spiritual health. Extracurricular activities are activities carried out by school or university students, outside standard curriculum study hours. These activities exist at every level of education from elementary school to university. Extracurricular activities are intended

so that students can develop their personality, talents and abilities in various fields outside of academics. These extracurricular activities themselves can take the form of activities in the arts, sports, personality development, and other activities that have positive aims for the progress of the students themselves. Extracurricular activities are activities carried out outside class hours (face to face) both at school and outside school with the aim of further enriching and broadening the knowledge and abilities that one already has from various fields of study.

In implementing extracurricular activities, students are directed to choose various types of extracurricular activities carried out by the school. One of the extracurricular activities carried out at school is extracurricular sports, students are directed to choose one of the extracurricular sports according to the student's interests, talents and abilities. Elementary school students are potential human resources who need to be nurtured and developed continuously. This is where there are seeds of athletes that will not run out if the sports program in the school as a whole can be implemented well. Because elementary school students are the basis for early childhood sports development. Self-development activities are facilitated or guided by teachers or educational staff which can be carried out in the form of extracurricular activities.

State High School 17 Gowa is an elementary school that organizes extracurricular sports which aims to improve students' abilities and skills. Extracurricular sports games, in this case football, are a means of forming students' personalities, improving students' physical fitness, as well as a forum for channeling students' talents and interests to achieve achievements. The extracurricular activities held at SMA Negeri 17 Gowa are a forum for coaching. With continuous coaching, it is not impossible for a student's hidden talents to be discovered in extracurricular activities.

In essence, the game of football is a team game that uses a soccer ball. Football is played on a grass field by two teams facing each other, with each team consisting of eleven players. The aim of this game is to put as many balls into the opponent's goal as possible and try to defend your own goal from the opponent's attacks. There is also a characteristic that characterizes this game, namely playing the ball using all parts of the body except the arms. Football is a sport that is very popular throughout the world. In almost every region there is a football field, not only adults play football, young and old, big and small, rich and poor, employees, traders, farmers, even women also play football. Millions of people are fascinated by the game of football (Iskandar & Pradana, 2017).

The game of football is a team sport or team game, so a good, strong, tough team is a team consisting of players who are able to play a cohesive game, meaning they have good teamwork (D. Hasanuddin, 2022). A simple definition of football describes that football is a sport game played by many people. The games played certainly have clear objectives, as is the case with football. Football as the most popular sport in the world will be more meaningful if it has a goal that can be understood by many people (Bahtra, 2022). In the game of soccer, all parts of the body must move actively and require a series of abilities to do it well. According to (Hasyim, et al., 2023) football is a team game that involves many elements, such as physical, technical, tactical and mental, played by each team consisting of eleven players with the aim of putting as many balls into the opponent's goal as possible and defending the goal from being conceded by referring to predetermined regulations.

Football is a sport that has many fans (Samsudin, 2019). In the sport of football, there are actually three movements that need to be developed into dominant movement patterns, namely running, jumping and kicking. For running movements that vary both speed and

direction in the game of football, such as forward, backward, to the side, ultimately leads to the development of agility. Agility is very important in playing football, such as guarding or releasing opponents, and dribbling past opponents. Kicking the ball is the most important dominant movement pattern in the game of football. Basically playing soccer is nothing other than kicking the ball, while other basic techniques boil down to dribbling techniques.

Dribbling the ball is one of the basic techniques that requires agility. By having good agility, students are expected to be able to dribble the ball quickly and well. For this purpose, agility factors must be included in a training program. Forms of agility training can be done by: running back and forth, zig-zag running and obstacle running (M. I. Hasanuddin, 2018).

In general, agility ability is known as one of the components needed in various sports, but agility ability itself is not the only determining element in carrying out sports activities so that they appear skilled in achieving peak performance, but rather support each other from various potential elements. existing physical. Most sports contain an element of agility, because agility is a combination of agility and explosive power which plays an important role in carrying out explosive movements and supporting acceleration movements when jumping, sprinting, punching, kicking, lifting, throwing, and so on.

From the various opinions mentioned above, it can be concluded that an agile person is a person who has the ability to change direction and body position quickly and precisely when moving, without losing balance and awareness of body posture. So agility not only requires speed, but also body flexibility.

Looking at the statement above, it can be used as a reference for researching the level of dribbling and kicking skills of students participating in extracurricular activities at SMA Negeri 17 Gowa. Based on observations and interviews with extracurricular teachers, there are still many students who cannot play football well, especially in their dribbling and kicking skills. Apart from that, there are various obstacles that do not support extracurricular activities at SMA Negeri 17 Gowa. One of them is the lack of tools and facilities to support the success of extracurricular football at SMA Negeri 17 Gowa, for example there are only a few balls used and some are damaged. Tools and facilities are things that also need attention from the school. Currently the tools we have are 4 soccer balls and 6 cones. The availability of sufficient tools and facilities as well as the good condition of the tools and facilities will make learning more effective. Such as providing soccer vests, adding soccer balls, cones, and so on, will support extracurricular soccer activities at SMA Negeri 17 Gowa.

Gowa State High School 17 is still not proud of its football achievements, because it rarely wins. This is due to a lack of training schedules and not being supported by adequate conditions of facilities and infrastructure, both in quantity and quality. Apart from that, technique in playing football is the main asset for being able to play football well. Each individual has a different level of technique in playing football, dribbling techniques are still lacking, the students' dribbling techniques are still not flexible enough, so that when dribbling the ball it will be easily snatched by the opponent. The students' kicking techniques are also still very poor, for example the techniques used to kick the ball are not yet mastered by the students, so the direction of the kicking ball is still weak and the accuracy is not correct.

Extracurricular activities at SMA Negeri 17 Gowa are very diverse, one of which is football. There are 30 students who take part in extracurricular football. The Gowa 17 State High School football extracurricular is held on the school field, and is held once a week, namely

on Mondays, starting at 14.00 and finishing at 16.00 WIB. There are still many students who do not come to practice, among them there are also those who have good spirits.

During extracurricular activities, the coach does not provide enough variety in training, each practice the coach only provides a warm-up, followed by technical training briefly, then a game. Each individual has a different level of technique, some are good, some are not so good. To be able to play soccer well, students must master the basic soccer techniques correctly. Seeing the reality above, researchers still see problems in the implementation of coaching extracurricular football activities at SMA Negeri 17 Gowa, especially dribbling skills. Therefore, research was conducted to determine the level of ball dribbling skills of football extracurricular participants at SMA Negeri 17 Gowa. It is hoped that with this research a program can be created to further improve the dribbling skills of students who take part in extracurricular football activities, so that they can also improve their achievements, especially in the field of football.

Skills are the degree of success, which is the degree of consistent success in achieving a goal effectively and efficiently. A skill is a necessity for carrying out tasks that is free from the elements of chance and chance. According to Amung Ma'mun and Yudha M. Saputra (2000), namely: Skilled is also defined as an action or task and as an indicator of a level of proficiency. As an indicator of the level of proficiency, skills are defined as the competence demonstrated by a person in carrying out a task related to achieving a certain goal. To achieve good skills requires the following things: (1) the existence of individual abilities, in the form of motivation to be able to master the skills being taught, (2) the existence of a learning process that is supported by good learning conditions and environments, (3) the existence of principles - training principles developed to strengthen the response that occurs (Djoko Pekik Irianto, 2002: 22).

According to Sukadiyanto (2005), the training principles that serve as guidelines so that training goals can be achieved include: (1) readiness principle, (2) individual, (3) adaptation, (4) overload, (5) progressive, (6)) specific, (7) variation, (8) warm-up and cool-down, (9) long-term training, (10) principle of opposites, (11) moderation, and (12) systematic. Amung Ma'mun and Yudha (2000: 67) state that, "based on the body's involvement in movement patterns, skills are divided into two, namely: gross motor skills and fine motor skills".

2 Method

This research is descriptive research. According to (Purba et al., 2023) descriptive research is a research method that describes the characteristics of the population or phenomenon being studied. The method used in this research is the documentation method with data collection techniques obtained from the learning outcomes scores that have been summarized by the teacher concerned. According to Arikunto (2006: 158), in the documentation method researchers investigate written objects such as books, magazines, documents, regulations, meeting minutes, diaries and so on. The variable in this research is ball dribbling skills. Test to determine the ability and skills of test participants in dribbling the ball from Daral Fauzi Football Skills Test for Ages 16 – 18 Years (2009).

According to Sugiyono (2007) in (Lubiyanti, 2020) population is a generalized area consisting of objects or subjects that have certain quantities and characteristics determined by researchers to be studied and then concluded. According to (Kamaruddin 2020) the population

is the entire research subject. The population in this study is male students of extracurricular soccer at SMA Negeri 17 Gowa who will be used in the 16-18 year old class who take part in routine activities as many as 30 people. According to (Arikunto, 2013) states that, "a sample is a part of the population (a part or representative of the population studied). The research sample is a portion of the population taken as a data source and can represent the entire population." The sampling technique in this research is total sampling, this technique is based on certain objectives. So the sample in this study was 30 students.

3 Result

Based on the description of the results of data analysis and the conversion of the assessment of dribbling skills in soccer games that has been carried out, the results of the analysis of the dribbling skills of football extracurricular participants at SMA Negeri 17 Gowa can be explained. That of the 30 research samples, each of them obtained a score through the results of descriptive analysis which was converted into a category percentage scale assessment table using an interpretation consisting of:

a. The good category was obtained by 5 (17.00%) people who had a T-score of 53 to 65. Based on an assessment of the implementation of dribbling skills by extracurricular football participants at SMA Negeri 17 Gowa, the sample had an average dribbling movement of 13.65 seconds. or 56 dribbling skill conversion scores. Meanwhile, from the aspect of observing the movement patterns carried out by each sample, it shows that the dribbling movement has good control, namely starting from the initial starting point of dribbling the ball, to passing through the basket or obstacle and returning to the star position, even during dribbling the ball on average. On average, extracurricular participants show good foot contact with the ball and each contact with the ball with the foot is not far so that it is easy to control it to pass through obstacles when moving to the ball using the inside and outside of the foot. It can also be said that extracurricular participants who are in the good category have almost perfect dribbling skills in terms of movement through dribbling and control as well as switching from the inside of the foot to the outside or vice versa, even though they do not yet have maximum speed.

b. The sufficient category was obtained by 23 (77.00%) people who had a T-score of 41 to 52. Based on an assessment of the implementation of ball dribbling skills of football extracurricular participants at SMA Negeri 17 Gowa. the samples had dribbling movements which on average were not good at controlling when dribbling the ball, in fact most of the balls moved away from the baskets or obstacles after controlling, namely after being hit by the ball, so the ball was difficult to dribble through the baskets or obstacles, so if you look The average time for dribbling the ball is above 15.29 seconds or less than the 51 scores achieved. Apart from that, the sample does not seem to have good balance, so that when switching the foot to control the ball or switching from the inside foot to the outside foot, sometimes the balance is lost which causes the ball not to be controlled properly, and the ball can even move away from the ball. a row of kuns or obstacles.

c. The poor category was obtained by 2 (6.00%) people who had a T-score of 28 to 40. Based on an assessment of the implementation of ball dribbling skills of football extracurricular participants at SMA Negeri 17 Gowa. The samples had dribbling movements which on average were not good in controlling or achieving time when dribbling the ball, in fact most of the ball passed through the keys and picked up the ball to return to dribbling in the order of the keys that had to be passed, so that the time achieved in dribbling the ball more than 19 seconds or less

than 39 scores. Apart from that, the sample seemed to lack good ball control and had poor balance, so that when switching the foot to control the ball or switching from the inside foot to the outside foot, the ball went out of control of the foot and caused the ball to move away from the ball or obstacles, so that to continue dribbling the ball, it is done with the help of the hand to place the ball on the ball that will be passed.

d. There were no people in the very good category who had a T-score greater than 66, nor in the very poor category who had a T-score smaller than 27. Overall, the basic dribbling skills of football extracurricular participants at SMA Negeri 17 Gowa were in the fair category which was interpreted as from the category conversion, the average value is obtained or the more dominant sample has the sufficient category. Another thing that causes his dominance to be categorized as moderate is his dribbling skills, due to poor ball control, poor balance and not achieving optimal timing. Apart from that, he is not used to alternating the inside of his right foot and the outside of his right foot when dribbling the ball. This can be seen when passing through kuns or obstacles which are used as a tool in measuring ball dribbling skills, where when switching between the inside foot and the outside foot the ball loses control which causes the ball to run wild and far from the path of kuns or obstacles that must be passed and other causes are Ineffective use of time in dribbling the ball.

4 Conclusion

Based on the results of the research and discussion presented above, a conclusion can be drawn that the ball dribbling skills of the football extracurricular participants at SMA Negeri 17 Gowa are in the sufficient category, with a percentage of 77.00%. There are several suggestions that can be conveyed, including: for trainers, it is hoped that they can strengthen and maintain ball dribbling skills, so that they can improve the ball dribbling skills of football extracurricular participants at SMA Negeri 17 Gowa and for future researchers to discuss, expand, add indicators or research variables for development. in-depth research on the game of football.

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