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Pengaruh Latihan Kelincahan Pada Kemampuan Menggiring Dalam Permainan Sepakbola Mahasiswa UKM Sepakbola STOK Bina Guna

The Effect Of Agility Training On The Ability To Drift In Football Games Of Students Of UKM Soccer STOK Bina Guna

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Abstract. This study aims to determine the effect of agility training on dribbling skills in football games of STOK BINA GUNA football UKM students. This type of research is an Experimental study with a one group pretest posttest design. The population in this study were students who were STOK BINA GUNA football athletes. The sampling technique used was total sampling with a sample size of 34 people. The data collection technique used was the test and measurement technique. The research instrument used was the dribbling instrument. The conclusions generated from this study are: 1) the average pretest time value before being given agility training obtained a time taken of 24.7407 seconds. 2) the average posttest time value after being given agility training obtained a time taken of 22.3193 seconds. 3) There was an increase in the speed of travel time of STOK BINA GUNA football UKM students in dribbling the ball from the pretest and posttest data of 2.4214 seconds so that it can be concluded that agility training has a significant effect on dribbling skills.

Keywords: Agility training, dribbling

1 Introduction

Football is a game sport that is quite popular in almost all countries in the world including Indonesia. Scheunemann (2005: 15) argues, "football is currently the most popular sport in the world, much more popular than other popular sports such as basketball, volleyball, and tennis". Nowadays, football is not only played for recreational purposes and to fill free time but also demands optimal achievement. In relation to football achievements, the benchmark is the achievement itself. To achieve optimal achievement, athlete development is needed from an early age. According to Sukatamsi (2001: 11) it is explained that to create and achieve high achievement in football, a player must have 4 aspects, namely: 1) technical development (skills), 2) physical development (physical fitness), 3) tactical development (mental and intelligence), 4) champion maturity. Learning and practicing basic football techniques is an action that has a positive value in efforts to improve football achievements. Therefore, in order to achieve good performance, the coach must teach how to play football well and correctly by emphasizing the mastery of basic football techniques, with various basic technical movements. Mastering the basic techniques of playing football is an important factor in order to have football playing skills.

One of the basic techniques in football that is quite important is the dribbling technique or what we are more familiar with dribbling. Sucipto (1999:28) stated that dribbling is kicking the ball intermittently or slowly. The basic dribbling technique must be mastered well because in certain situations dribbling is very decisive. For example, having to pass through several opposing players to be able to break through the opponent's defense. In addition, dribbling is also a rescue strategy when the ball cannot be passed as soon as possible. Sukatamsi (1984:158) argues that, "dribbling techniques are divided into three types, namely: 1). Dribbling technique with the inside of the foot, 2). Dribbling technique with a full foot (instep) and, 3). Dribbling technique with the outside of the foot". In addition, dribbling agility is needed to support the technique. To achieve achievements in agility, dribbling results must be supported by good physical condition, mastery of technique and psychology. By having good physical condition, a player will find it easier to achieve maximum performance. This is in line with Sajoto's opinion (1988:3), "one of the determining factors in achieving sports achievement is the fulfillment of physical condition components, these components consist of strength, speed, agility, coordination, power, muscle endurance, heart and lung power, flexibility, balance, determination and sports health." The elements of physical condition that need to be trained and improved must be in accordance with each sport or according to their needs in the game or match. In the sport of football, the physical conditions needed are very complex, including: endurance, speed, agility, strength, flexibility, balance, explosive power, and coordination. Agility is one of the elements of physical condition that is very important to be able to participate in various sports activities, especially football. Soekarman (1987:71) said that agility is the ability to change direction quickly when moving at high speed. A player who has good agility will be able to adjust to the movement of the ball that is always changing when the player loses the ball, then with his ability and agility, it is more possible for him to get the ball back, of course with hard work and training. Because of the importance of the agility element in the game of football, especially in dribbling the ball, it needs to get a special portion and attention from the coach or coach of the football team.

STOK BINA GUNA is one of the fairly well-known campuses in North Sumatra. This campus has 4 study programs and several Student Activity Units. This UKM was formed with the aim of providing a forum for students to explore their potential according to their talents and interests. One of the UKMs that is quite popular is the Football Sports UKM.

Football UKM often participates in official and unofficial championships or competitions in North Sumatra. In recent years, the football achievements of the STOK BINA GUNA TEAM have been seen to decline, usually for inter-university or general purposes, this TEAM always occupies the top 3 positions, but in recent years there have been no achievements, according to observations and direct interviews with the coach, it is indeed recognized that currently the STOK BINA GUNA football team is experiencing a decline in achievement, this is due to the wear and tear of technique and also physical which is still not optimal. From several observations, the ability of athletes to dribble or dribble the ball is still very lacking, seen in matches with poor dribbling control, agility that is not yet optimal, making it easy for opposing players to grab the ball. This is certainly a very serious problem so that a solution or problem solving must be provided quickly. Seeing this, the researcher felt moved to conduct a study with the title; "The effect of agility training on the dribbling ability of students of the STOK BINA GUNA soccer UKM."

2 Method

The method used in this study is an experimental method with a one group pretest posttest design, namely a study that tries to see whether there is a difference between two variables by carrying out treatment or treatment on the variable. Data collection techniques use test and measurement techniques. The research instrument used for data collection is the dribbling test instrument from Nurhasan (2001:14). The population and sample in this study were 34 STOK BINA GUNA soccer athletes. Data analysis used in this study uses quantitative descriptive analysis techniques. As for calculating the data using several tests, namely Data Normality Test, Data Homogeneity Test and Hypothesis Test, namely with the t-test.

3 Result

Result Description

From the research results, an improvement in the average time (mean) between the pretest and posttest in the experimental group was obtained, namely from the pretest 24.7407 seconds to the posttest 22.3193 seconds, so it can be concluded that there was an increase in dribbling speed.

Normality Test

The calculation of normality aims to determine whether the sample comes from a normally distributed population. The normality test of the variables is carried out using the Kolmogorov-Smirnov test using SPSS series 21. The rule used to determine whether a distribution is normal is if $p > 0.05$ (5%) the distribution is declared normal and if $p < 0.05$ (5%) the distribution is said to be abnormal. The results of the normality test of this study can be seen in the following table

Table 1. Results of Normality Test (Kolmogorov-Smirnov)

	Test	P	Information
Data	<i>Pretest</i>	0,567	Normal
Eksperimen	<i>posttest</i>	0,810	Normal

table above shows that the p values are > 0.05 . So it can be concluded that the pretest and posttest data are normally distributed.

Homogeneity Test

To find out that the two groups are not different, a homogeneity test is carried out. The homogeneity test is useful for testing the similarity of samples, namely whether or not the sample variants taken from the population are uniform. In the homogeneity test, the rule used to determine whether a test is homogeneous is if $p > 0.05$ and $F_{\text{levene}} < F_{\text{table}}$ the test is declared homogeneous and if $p < 0.05$ and $F_{\text{levene}} > F_{\text{table}}$ the test is said to be inhomogeneous.

Table 2. Homogeneity Test Results

No	Test	F table	F levene	p	Keterangan
1	<i>Pretest</i>	4,67	0,516	0,485	Homogen
2	<i>Posttest</i>	4,67	0.065	0,802	Homogen

From the table data above, the pretest results p value (0.485) > 0.05 and F hit (2.620) $< F_{\text{table}}$ (4.67), and the posttest results (0.802) > 0.05 and F hit (0.834) $< F_{\text{table}}$ (4.67). So it can be concluded that the variance is homogeneous.

Hypothesis Testing

Hypothesis testing is carried out to determine the acceptance and rejection of the proposed hypothesis after the analysis requirements are met, the hypothesis test uses the t-test, the results of the t-test can be seen in the following table:

Table 3. Hypothesis Test Results (t-Test)

Pretest – Posttest	T table	T count	P	Information
Experimental Group	1.761	4.853	0,000	Ho = rejected Ha = accepted

rom the results of the t-test above in the experimental group, the calculated t value (4.853) > t table (1.761) was obtained, and the p value <0.05, this shows that Ho is rejected and Ha is accepted, which means that there is a difference and increase in dribbling skills in STOK BINA GUNA football UKM students after being given agility training.

4 Discussion

Based on the results of the study, it shows that there is a significant influence between agility variation training on soccer dribbling skills in STOK BINA GUNA soccer UKM players. Agility training variables have an influence on soccer dribbling skills in STOK BINA GUNA soccer UKM players. This provides an illustration that agility variation training can be used as a training method to improve dribbling skills. Agility is a movement ability that must be possessed by a soccer player because with high agility players can save energy in a game. With good agility, a player will find it easier to master basic techniques in soccer, because most of the basic techniques in soccer can be done well if the player has a good level of agility. In addition, having good agility will minimize injuries. Dribbling while running past opponents who block where events on the field do not rule out the possibility that a player can be blocked by two or even three players. All types of good dribbling consist of several components. These components include sudden changes in speed and direction, body and foot feints, and tight ball control Luxbacher (2001: 48). The effect of agility variation training has been proven to have a positive effect on efforts to improve dribbling skills. Shuttle run training is one form of agility training by changing direction quickly. In field games, dribbling the ball by changing direction quickly is very important, it also functions as a deception for opponents who will block our dribbling speed. In shuttle run training, players are accustomed to changing direction in the opposite direction so that players will get used to dribbling by changing direction when there are opposing players blocking from the front. Improving skill abilities by using zig-zag run training has a significant effect on players' dribbling abilities, because zig-zag run training is done correctly and requires maximum energy, such as what will be tested because in front of the player there is an obstacle that must be passed when practicing. The form of zig-zag run training is very supportive in soccer games to develop individual skill abilities. This can be proven by the form of zig-zag run training activities that are widely applied in soccer games, for example turning, rotating and turning the body so that it is easier for players to control the ball from the opponent's block. In soccer games, opposing players will block from all directions, so to be able to dribble by changing direction quickly, players must have good agility. By having good agility, players will find it easy to dribble by changing direction in various directions. While the form of three corner drill training is by changing the diagonal direction quickly. If players are accustomed to changing the diagonal direction quickly, it will affect the player when he is dribbling, so that players will get used to dribbling by changing direction when there are opposing players blocking from all directions. In real games, dribbling the ball does not only go in one direction, it also functions as a deception for opponents who will block our dribbling progress. In three corner drill training, players are not only accustomed to heading in one direction, so that the possibility of controlling the ball when changing to another direction will not experience obstacles, be it the risk of losing the ball or other things. Thus, the three corner drill training method is very effective in improving soccer dribbling skills.

Of the three forms of agility training given, all aim to improve player agility. Because to be able to do good dribbling, players must also have good agility. So players are required to have good agility in order to be able to dribbling well. The three forms of training given, all gave positive results on improving dribbling skills.

The results of the data analysis showed that there was a significant simultaneous influence between agility and the dribbling skills of players in the STOK BINA GUNA soccer UKM players. Referring to this fact, in an effort to improve dribbling skills, it can be done by increasing agility because it has been proven to have a positive influence on their ability to do soccer dribbling.

5 Conclusion

Based on the results of data analysis, hypothesis testing and discussion that have been presented in the previous chapter, the conclusions in this study are as follows: 1). Based on research data obtained from pretest data shows that the average pretest time value before being given agility training obtained a time taken of 24.7407 seconds. 2). Based on research data obtained from posttest data shows that the average posttest time value after being given agility training obtained a time taken of 22.3193 seconds. 3). There is an increase in the speed of travel time of STOK BINA GUNA soccer UKM students in dribbling the ball from pretest and posttest data of 2.4214 seconds so it can be concluded that agility training has a significant effect on dribbling skills.

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