



The Effect of The Zig-Zag Dribbling Training Method To Improve The Dribbling Skills of Players In The 13-15 Year Age Group At SSB Buazh FC Magetan

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Abstract

One of the many sports, a sport that is very popular in Indonesia is football, which is very popular among the Indonesian people. Football is a very popular team game where each team consists of eleven people and plays against each other with the aim of scoring as many goals as possible into the opponent's goal to win the match, thus it can be concluded that the main goal of playing football is to score goals to win. In playing soccer, players are required to be able to master the basic techniques of playing soccer, one of which is the technique of dribbling the ball, as well as understanding how to dribble the ball, players who are able to master the basic techniques of dribbling well will easily penetrate the opponent's area, thus creating opportunities to score goals, if players are able to master good basic techniques and are supported by good physical condition, they can be said to be good soccer players, because they can improve their performance and play well. At SSB Buazh FC Magetan, there are still many students who are not very good at mastering basic techniques, especially dribbling skills, when doing dribbling movements. The research design used a one group pre-test and post-test design, with an experimental method. The population used in this study was 30 SSB Buazh FC players. The sample of this study as a whole was SSB Buazh FC players aged 13-15 years, totaling 25 people. Data analysis began with prerequisite testing using the one-sample Kolmogorov-Smirnov and Shapiro-Wilk test before conducting the paired sample t-test. This study uses a t-test to evaluate the influence, the data is evaluated as an independent variable: zig-zag dribbling training method (X) and a dependent variable: dribbling skills (Y). The Kolmogorov-Smirnov test has a Sig. value of 0.190 and the Shapiro-Wilk test has a Sig. value of 0.106, which means it is above the threshold of 0.05. The significance value (Sig.) for each normality test method for both pretest and posttest data is all above 0.05. Since both Sig. values are greater than 0.05, it can be concluded that the pretest and posttest data are normally distributed. The test results show that there is an average difference of 4.640, with a standard error of the mean of 0.244 and a t-value of 19.006. The Sig value (2-tailed) is 0.000, which indicates that the difference between the pretest and posttest is statistically significant. The zig-zag dribbling training method has a significant influence on improving the dribbling skills of players in the 13-15 year age group at SSB Buazh FC Magetan.

Keywords: *Zigzag, Dribbling, Football*

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INTRODUCTION

Sport is a type of bodily or physical activity that involves body movement and aims to improve a person's physical fitness, can burn calories, increase endurance, improve heart health, prevent obesity, and reduce stress (Ati Safitri, Imroatul Maghfiroh, Ahmad Khafis,

2021). In Indonesia, many people are accustomed to exercising, both in groups and individually. One of the many sports, a sport that is very popular in Indonesia is football, which is very popular among the Indonesian people. A very popular team game where each team consists of eleven people and plays against each other with the aim of scoring as many goals as possible into the opponent's goal to win the match, thus it can be concluded that the main goal of playing soccer is to score goals to win (Darmansyah, 2023).

In playing soccer, players are required to be able to master the basic techniques of playing soccer, one of which is the technique of dribbling the ball, as well as understanding how to dribble the ball, players who are able to master the basic dribbling techniques well will easily penetrate the opponent's area, thus creating opportunities to score goals. Based on the results of interviews with coaches at SSB Buazh FC, many of his students are still not very good at mastering basic techniques, especially dribbling skills. Zig-zag dribbling training method, the zig-zag dribbling training method involves the movement of dribbling the ball in a winding manner past cones with the aim of changing the direction of the ball's movement quickly. Dribbling or dribbling the ball is one of several other basic techniques that a player must have. He believes that dribbling the ball is a technique for processing the ball which is moved using the feet to move or change its direction (Hasanuddin, 2018). Dribbling is an important attribute in playing soccer which involves coordinating the eyes, feet and body to control and move the ball while maintaining control. Dribbling can also be used to control the ball to change the direction of attack and create space to avoid or pass opponents. In addition, dribbling is also an attacking strategy to create shooting space to score goals (Pamungkas, 2022).

Previous research conducted by M. Dahlan (2010), the results of the study showed that students at SMP Negeri 2 Kalasan experienced improvements through zig-zag dribbling training. Another study conducted by Andi Setyawan's (2010), Tunas Muda club soccer players who participated in the zig-zag training program showed better dribbling skills.

METHOD

The research design used a one group pre-test and post-test design to asses whether the zig-zag dribbling training method has a significant impact on dribbling skills. The population used in this study was 30 SSB Buazh FC players. The sample of this study as a whole was SSB Buazh FC players aged 13-15 years, totaling 25 people. Data analysis began with prerequisite testing using the one-sample Kolmogorov-Smirnov and Shaphiro-Wilk test before conducting the paired sample t-test. This study uses a t-test to evaluate the influence, the data is evaluated

as an independent variable: zig-zag dribbling training method (X) and a dependent variable: dribbling skills (Y). The instrument used in this study was a dribbling skills test, the reliability value of the herding ability test was 0.93 and the validity value was 0.83.

Table. 1. Dribbling Skills Assessment Scale

No.	Interval	Nilai	Keterangan
1.	<19,46	9	Sangat Baik
2.	19,46 - 22,37	8	Baik
3.	22,38 - 24,82	7	Cukup
4.	24,83 - 27,24	6	Kurang
5.	> 27,24	5	Kurang Sekali

RESULTS AND DISCUSSION

Result

Table. 2. Descriptive Quantitative

Test	N	Min	Max	Mean	Std. Deviation
Pretest	25	19	27	22,92	2,532
Posttest	25	16	22	18,28	1,696

Based on the results of the descriptive analysis, There were changes in the results of the pretest and post-test, as seen in the fastest (minimum) and slowest (maximum) scores, where the time scale decreased. The fastest score in the pretest assessment was 19 seconds and in the post-test it was 16 seconds. Likewise, the slowest score, which was previously 27 seconds, decreased to 22 seconds. This decrease in the time scale is able to show that the special treatment was able to positively influence the pretest and post-test scores, which means there was an increase in the agility aspect, the time spent dribbling the ball was shorter, meaning participants were able to manage time efficiently, and also an increase in dribbling skills. Therefore, the author needed to conduct a paired sample t-test to determine whether there was a significant difference between the pretest and posttest scores, as explained below.

Table. 3. Normality test

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pretest	,145	25	,185	,940	25	,149
Posttest	,144	25	,190	,934	25	,106

Based on the results of the Kolmogorov-Smirnov normality test, it can be seen that the Sig. value for the pretest is Sig. 0,185 and 0,149, for the posttest is Sig. 0,190 and 0,106. Since both Sig. values are greater than 0.05, it can be concluded that the pretest and posttest data are normally distributed. Thus, the normality assumption for conducting the paired sample T-test has been met, so that parametric tests can be conducted to analyze the differences between the pretest and posttest.

Table. 4. Paired Sample T Test

Paired Samples Test									
Test		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Pretest - Posttest	4,640	1,221	,244	4,136	5,144	19,006	24	,000

The test results showed a mean difference of 4.640, with a standard error of 0.244 and a t-value of 19.006. The significance value obtained was 0.000, well below the 0.05 threshold. This indicates that the difference is not simply coincidental but statistically significant.

Discussion

Based on the results of the paired sample t-test, it can be seen that the average difference between the pretest and posttest is showed a mean difference of 4.640, with a standard error of 0.244 and a t-value of 19.006. The significance value obtained was 0.000, well below the 0.05 threshold. This indicates that the difference is not simply coincidental but statistically significant.

Based on research results, zigzag training has been proven to train players to utilize all three parts of the foot (inside, outside, and back) when dribbling the ball. This combination of using various parts of the foot helps players become more agile in defending the ball and creating effective attacking opportunities (Dinata, 2007:10). The findings of this study reinforce previous studies on the effectiveness of zigzag training. Research by M. Dahlan (2010) demonstrated improved dribbling skills after zigzag training was given to junior high school students. Similar results were also found by Setyawan (2010), who found the zigzag method to be more effective than the shuttle run method in improving dribbling skills. This

effectiveness primarily lies in the aspects of ball control in limited space and the ability to change direction.

CONCLUSION

Based on the results of the paired sample t-test, it can be seen that the average difference between the pretest and posttest is showed a mean difference of 4.640, with a standard error of 0.244 and a t-value of 19.006. The significance value obtained was 0.000, well below the 0.05 threshold. This indicates that the difference is not simply coincidental but statistically significant. The zig-zag dribbling training method has a significant influence on improving the dribbling skills of players in the 13–15 year age group at SSB Buazh FC Magetan. Zig-zag training directly contributes to improving physical aspects such as speed, agility, and body coordination which support dribbling skills.

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