Journal Management of Sport
Volume 3 Number 2 (2025)
E-ISSN: 2963 – 8003
available online at https://jurnal.stokbinaguna.ac.id/index.php/JSSB

ANALYSIS OF THE CONTRIBUTION OF CONVENTIONAL REACTION TRAINING MANAGEMENT TO THE DRIBBLING SPEED OF SOCCER ATHLETES

Abdul Quddus [1], Lalu Hulfian [2 *]

[1] Institut Pendidikan Nusantara Global, West Nusa Tenggara, Indonesia
[2] Universitas Pendidikan Mandalika, West Nusa Tenggara, Indonesia
[*] Corresponding Author: laluhulfian@undikma.ac.id

Information

History:
Submitted; January 2025
Revised; February 2025
Accepted; March 2025

Keywords:
Training;
Management;
Dribbling;
Soccer;
Athletes.

Abstract

Soccer is a sport that requires mastery of various basic skills, one of which is dribbling. Fast and accurate dribbling skills are crucial, especially when under pressure or during counter-attacks. Observations indicate that PS Sakra players have weaknesses in dribbling, particularly in speed and precision when handling the ball against opponents. To address this issue, this study aims to determine the effect of conventional reaction training on improving the dribbling speed of PS Sakra players. The research method used is experimental with a "one-group pretest-posttest" design. The population consisted of all 15 players from PS Sakra, who were included as samples. The results showed a significant improvement in dribbling ability after the conventional reaction training. The t-test results indicated a significant value of 0.000 < 0.05, suggesting a positive and significant effect of this training on enhancing dribbling speed.

INTRODUCTION

The game of soccer is one of the most popular and widely played sports in the world. In soccer, mastery of basic techniques is the main factor that determines the success of a player, one of which is the ability to dribble. Fast and accurate dribbling techniques are needed to pass opponents, maintain possession of the ball, and create scoring opportunities (Danny Mielke, 2007; Justinus Lhaksana, 2011). Speed in dribbling is not only an added value, but also key in game situations that require quick decisions and appropriate responses to opponent pressure (Agus Susworo et al., 2009).

Dribbling speed is a major concern for coaches and players because with good speed, players can save energy and increase the effectiveness of attacks, especially when counterattacking (Harsono, 2001). At the regional level such as in East Lombok Regency, the existence of Soccer clubs such as PS Sakra which actively participates in competitions such as the Askab Lotim League and Copa Lotim demands an increase in the quality of the basic techniques of its players, especially in the aspects of speed and accuracy in dribbling. Initial observations show that PS Sakra players still experience problems in the dribbling aspect, especially speed and accuracy when facing opponents directly.

Various training methods have been developed to improve dribbling speed, one of which is conventional reaction training. This exercise focuses on increasing the player's reaction speed in dribbling the ball quickly according to the signal given (Rama, 2011). Conventional reaction training is believed to be able to train speed, agility, and ball control skills at the same time, so it is very potential to improve the weaknesses possessed by PS Sakra players. However, not many studies have specifically examined the effect of this exercise in the context of a regional Soccer club such as PS Sakra.

Previous research has shown a positive relationship between agility and speed training on dribbling ability. For example, Sopyan's (2018) study found that agility training had a significant effect on improving dribbling skills in junior high school futsal players. In addition, Suardi (2011) and Marzuki (2009) also stated that there is a positive relationship between running speed and zigzag running with dribbling achievement in Soccer. However, most of these studies have not specifically tested conventional reaction training as a method of increasing dribbling speed, especially in the context of local clubs that have special needs and characteristics.

Therefore, this study aims to empirically examine the effect of conventional reaction training on the dribbling speed of PS Sakra players in 2024. The novelty of this research lies in its focus on directly measuring the impact of conventional reaction training on aspects of dribbling speed in the context of a regional Soccer club, which has not previously been widely studied. The results of this study are expected to be taken into consideration for coaches in designing more effective training programs, as well as enriching scientific studies in the field of Soccer sports training.

Thus, this research is expected to contribute both theoretically and practically. Theoretically, this research adds to the treasure of knowledge related to training methods to improve dribbling skills in Soccer. Practically, the results of the study can be used as a reference for PS Sakra coaches and players in improving the quality of training and match performance.

On the other hand, the research design used was a one group pretest-posttest design, as stated by Maksum (2009), which is very suitable for evaluating changes in performance after being given treatment to one group of subjects. Although this design does not involve a control group, it is still valid for directly measuring the effectiveness of an intervention if external factors can be strictly controlled (Margono, 2004).

METHODS

This study used an experimental method with a One-Group Pretest-Posttest Design to determine the effect of conventional reaction training on the dribbling speed of PS Sakra players

in 2024. This quantitative approach was chosen because it allows researchers to measure systematically and objectively before and after the training treatment (Wiratna Sujarweni, 2014).

Participants in this study were all members of PS Sakra as many as 15 active soccer players who regularly attend training at the club. The characteristics of the participants were male, aged between 18-25 years, with a minimum of two years of soccer playing experience. Participants were selected based on their willingness to follow the full training program during the study period.

Sampling was carried out using the total sampling technique, because the population was relatively small, which was only 15 people. Hulfian, L (2014) states that if the population is less than 100, then it is better for all members of the population to be sampled so that the data obtained is more accurate. Thus, this research is a population study, where all 15 players who are members of PS Sakra are used as research subjects. This is also supported by the opinion of Margono (2004) that taking all members of the population in experimental research is very appropriate if the subject is not too large and easy to control.

RESULTS & DISCUSSIONS

Results

The results of the paired t-test analysis showed a significant difference between the pretest and posttest scores with a t-count of 9.037 and a significance value of 0.000 ($p < 0.05$). This indicates that there is a significant change in dribbling speed after participants follow the training program. The average dribbling time score decreased from 25.06 seconds in the pretest to 21.42 seconds in the posttest, indicating an increase in dribbling speed. This increase indicates that the training provided has a significant positive impact on the participants' ability to dribble faster.

This decrease in dribbling time indicates that conventional reaction training has a positive effect on improving dribbling speed. Reaction training aims to improve athletes' motor reaction speed, which in turn can improve ball control ability. Increased dribbling speed indicates that players can control the ball more efficiently, allowing them to respond more quickly to rapidly changing game situations. This also means that players can deal with opponent pressure more effectively, as they have less time to react to the opponent's movements.

This finding is in line with the theory that reaction training can improve motor reaction speed and ball control. Higher reaction speed allows players to make faster and more accurate decisions when dealing with opponents on the field. With better ball control and the ability to respond faster, players can cope with pressure from opponents more effectively. Therefore, a training program that focuses on improving motor reactions, such as the one conducted in this study, can provide significant benefits in improving a player's dribbling skills and overall ability in the game.

Discussions

This study aims to determine the effect of conventional reaction training on dribbling speed of PS Sakra players in 2024. The results of data analysis showed a significant increase in dribbling ability after being given conventional reaction training for one month. The t-count value of 9.037 with a p-value of 0.000 (<0.05) proves that the alternative hypothesis is accepted, namely conventional reaction training has a positive and significant effect on increasing dribbling speed.

Conventional reaction training focuses on developing the player's ability to respond to stimuli quickly and precisely in a moving condition while dribbling. This increases neuromuscular reaction speed and motor coordination which play an important role in ball control (Harsono, 2001; Rama, 2011). With increased reaction speed, players can perform dribbling movements more quickly and effectively despite being under pressure from opponents, which ultimately improves dribbling travel time.

The results of this study are in line with the findings of Sopyan (2018) which shows that agility training has a significant effect on dribbling skills in futsal players. In addition, research by Suardi (2011) and Marzuki (2009) also confirmed the positive relationship between running

speed and agility on dribbling ability in Soccer. This study adds novelty value by emphasizing conventional reaction training methods as a specific and measurable training strategy, especially in the context of regional Soccer clubs.

Physiologically, the improvement of dribbling speed depends not only on muscle strength or running speed, but also on reaction time involving the central and peripheral nervous systems in processing visual and kinesthetic stimuli (Harsono, 1988). Repeated conventional reaction training can accelerate the process of neuromuscular adaptation, so that motion responses can be performed more quickly and precisely. This is reflected in the decrease in the average dribbling time of PS Sakra players in the posttest.

However, keep in mind that dribbling speed is also influenced by other factors such as basic dribbling techniques, physical condition, experience, and player motivation. Therefore, conventional reaction training needs to be combined with comprehensive technical and fitness training for optimal results (Nala, 2011).

Furthermore, coaches should provide a variety of exercises and pay attention to the principles of overload and progressivity so that players do not experience saturation or injury due to monotonous training (Sukadiyanto, 2011). This study also underlines the importance of periodic evaluation during the training process to adjust the training load according to the player's ability.

Practically, the results of this study can serve as a basis for PS Sakra coaches to develop a more structured training program that focuses on improving dribbling reactions and speed. With better dribbling skills, the team is expected to increase its competitiveness in regional and wider competitions.

Finally, this study has limitations in the form of a sample that only comes from one club with a relatively small number of participants. Therefore, it is recommended that further research be conducted with a larger and more diverse sample, as well as testing other variables related to Soccer performance such as passing, shooting, or stamina.

CONCLUSION (5%)

Based on the results of research and data analysis, it can be concluded that there is a significant effect of conventional reaction training on increasing the dribbling speed of PS Sakra players in 2024. The implementation of training for one month with a frequency of three times a week was able to significantly increase the speed and accuracy of dribbling. This finding provides empirical evidence that the conventional reaction training method can be used as an alternative training strategy to improve the ability of basic soccer techniques, especially in the aspect of dribbling. Coaches are expected to integrate this exercise in routine training programs to optimally improve player performance. As a recommendation, it is recommended to vary the form of reaction training so that players do not experience boredom and the training results can be maximized. Further research is also recommended to examine the effect of conventional reaction training on other aspects of Soccer skills such as passing or shooting.

REFERENCES

Agus Susworo D.M, Saryono, & Yudanto. (2009). *Tes Futsal FIK Jogja.* Jurnal Iptek dan Olahraga, VOL. 11, No 2. Yogyakarta: FIK UNY

Arikunto, Suharsimi. 2013. *Prosedur Penelitian Suatu Pendekatan.* Jakarta : PT. Rineka Cipta.

Arsil, & Adnan, Aryadie. (2010). *Evaluasi Pendidikan Jasmani Dan Olahraga*. Padang: Sukabina.

Dany Mielke. 2007. *Dasar-dasar Sepakbola*. Human Kinetics: PT. Intan Sejati.

Harsono.(2001). *Latihan Kondisi Fisik*. Bandung.

Harsono.(2004). *Perencanaan Program Latihan.* Universitas Pendidikan Indinesia.

Hayashi, C. T. (2016). *Foundations of Sport and Exercise Psychology. Journal of Sport and Exercise Psychology*, 20(3), 336–338. https://doi.org/10.1123/jsep.20.3.336.

Hulfian L. (2015). *Statistik Penelitian Untuk Pendidikan Jasmani dan Olahraga*. Selong: Garuda Ilmu

Hulfian, L. (2014). *Penelitain Dikjas*. Selong: Garuda Ilmu.

John D. Tenang, 2008. *Mahir Bermain Futsal*. Bandung: Dar Mirzan.

Jusran S. dkk 2020. *Kontribusi kecepatan, kelincahan dan keseimbangan dengan kemampuan menggirng dalam permainan futsal siswa smpn 8 mantewe.* journal Vol.3, No.1, Juni 2020, Hal.37-43 E. ISSN 2614-8781.

Komarudin. 2011. *Dasar Gerak Sepakbola.* Diktat Pembelajaran. Yogyakarta: FIK UNY.

Lhaksana, Justinus. 2011. *Taktik dan Strategi Futsal Modern*. Jakarta: Be Champion.

Maksum, A. (2009). *Metodologi Penelitian dalam Olahraga*. Surabaya: Unesa University Press.

McInnes, K. A., Younger, A. S. E., & Oxland, T. R. (2014). Khilliyatuz Zahrina (2021). *Pengaruh Latihan Kelincahan Dribble Bentuk T-Drill Langsung dan Tidak Langsung terhadap Peningkatan Kemampuan Keterampilan Dribble Peserta Kegiatan Ekstrakurikuler Bolabasket SMP.*

Muhamad Sopyan (2018). *Pengaruh Latihan Kelincahan Terhadap Keterampilan Menggring Bola Pada Ekstrakurikuler Smp Almasthuriyah Kecamatan Cisaat Kabupaten Sukabumi.* Seminar Nasional Pendidikan Jasmani UMMI ke-1 Tahun 2018. ISBN: 978-602-52968-0-2.

Nala, I.G.N. 2011. *Prinsip Pelatihan Fisik Olahraga*. Bali: Udayana.

Nova Aulia Rahman, 2019. *Model latihan untuk mengembangkan biomotor endurance pesilat remaja.* Vol. 1 no.2/musamus Journal of physical education and sport tahun 2019.

Nurhasan (2007). *Tes dan Pengukuran Dalam Pendidikan Jasmani*. Jakarta: Depdiknas.

Sugiardo, Tjaliek. 2009. *Ilmu Faal*. Depdikbud Dirjen Pendidikan Tinggi Proyek Pembinaan Tenaga Kependidikan.

Sugiyono. 2016. *Metodologi Penelitian Kuantitatif, Kualitatif, dan R&D.* Bandung: CV Alfabeta.

Sukadiyanto (2011). *Pengantar teori dan metodologi melatih fisik*. Bandung : CV. Lubuk Agung.

Widyastuti. (2011). *Tes dan Pengukuran Olahraga.* Jakarta Timur: PT. Bumi Timur Jaya.