



Dribbling Skill Level in Football Game

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Abstract: This research was carried out with the aim of knowing the level of dribbling skills in the soccer game of class X students of SMK Negeri 1 Siatas Barita Kab. North Tapanuli Academic Year 2020/2021. The subjects in this study were students of class X, amounting to 27 people. This research is a quantitative descriptive study that is about students' dribbling skills, meaning that in this study researchers only wanted to know the level of dribbling skills of class X students at SMK Negeri 1 Siatas Barita Kab. North Tapanuli for the 2020/2021 Academic Year, where the data is in the form of numbers in seconds. The results showed that the level of dribbling skills of class X SMK Negeri 1 Siatas Barita Kab. North Tapanuli for the 2020/2021 Academic Year are as follows: there are no students (0%) who are included in the "very high" dribbling skill category, there are 8 students (29.63%) who are included in the "high" dribbling skill category, while 12 students (44.44%) were included in the "adequate" dribbling skill category, there were 4 students (14.82%) included in the "low" dribbling skill category, and the sis there were 3 students (11.11%) included in the category of "very low" dribbling skills. The mean value of 17.84 lies in the interval 20.97 16.78, The conclusion that can be drawn is the level of dribbling skills of class X SMK Negeri 1 Siatas Barita Kab. North Tapanuli for the 2020/2021 Academic Year is included in the "enough" category, which is 12 students (44.44%) of the total 27 students.

Keywords: Dribbling Skills; Soccer Game

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INTRODUCTION

The game of soccer is a team game, where each team consists of eleven players, one of whom is the goalkeeper (Lubis et al., 2020). This game is almost entirely played using all parts of the body except the hands (the goalkeeper may use both hands, but in the goal area) (Wijaya, 2021). The sport of football is one of the most popular sports throughout the world (Zarone et al., 2022). This sport is known internationally as football or soccer and seems to have become the language of unity of various nations throughout the world with various historical and cultural backgrounds and has become a tool to unify the nation that is able to transcend the boundaries of political, ethnic and religious differences (Karim & Jahrir, 2022).

Football is a sport that is very popular among Indonesian people, because it can be played by children and adults, both men and women, and can be played on open or closed fields (Lubis & Syahputra, 2017). The game of soccer is known as an attractive and dynamic game, because it demands a combination of physical ability and quality technical skills (Wicaksana et al., 2021). Judging from the characteristics of the game, soccer is a

type of sport that requires players to master techniques and have good physical condition without ignoring tactical and mental aspects (Pamungkas, 2021).

The game of soccer is a game that demands speed, flexibility and agility as well as instinct for every soccer player (Saputra et al., 2021). In a game, a player is required to be observant in reading the game situation, the movements of friends and to be able to create space and opportunities in order to provide feedback to friends or create or score goals against opponents (Lubis & Nugroho, 2020). To play soccer, you need to master the basic techniques in playing soccer, namely dribbling, passing, shooting the ball towards the target or goal (shooting), heading the ball and special techniques for goalkeepers (D. Setiawan, 2022).

One of the techniques that must be mastered in playing soccer is the ability to dribble the ball (F. E. Setiawan et al., 2022). In the game of soccer, if we observe, dribbling the ball is one of the movements often carried out by soccer players when they are deadlocked in a game (Rahmat & Isnawati, 2022). Dribbling also functions to look for opportunities to provide feedback to friends and to keep the ball in possession (Ilham et al., 2021). So what makes dribbling important in a soccer game is that dribbling can be an important element if a game is deadlocked in terms of dismantling the opponent's defense (Iqroni, 2022). By dribbling, a player can dribble the ball past an opponent, opening up space for a teammate or opening up space for the opponent's defense, thereby creating space to pass the ball to a friend or shoot the ball towards the opponent's goal to create a goal (Fernando, 2022).

Based on the researcher's observations during football lessons carried out in class X of SMK Negeri 1 Siatas Barita Kab. North Tapanuli for the 2020/2021 academic year has not shown maximum results, students are able to play football but do not yet understand the basic techniques of playing football. Students are only able to send the ball to a friend, close space or try to snatch the ball from an opponent without knowing in which direction or what action they will take once the ball is in their possession. Apart from that, when learning, the teacher only lays the foundation for students' understanding that soccer is only played with games, without directing learning and improving skills in basic techniques in playing soccer.

In the researchers' observations, there were still several students whose dribbling skill level was still relatively low. When dribbling, the contact with the ball is not directly on the inside of the foot or the outside of the foot, but most of the contact is on the toe, this causes the ball to move irregularly and be difficult to control. Apart from that, there were also some students who dribbled the ball using the outside of the tortoise with their foot, but the distance between the ball and their foot was still too far. So the opponent uses this to take the ball. There are also students when dribbling the ball their heads are still looking down at the ball, so they cannot see the game situation optimally in terms of the position of their opponents and friends. This makes it difficult for students to develop good game cooperation patterns.

Basic dribbling technical skills in the game of soccer that are not good will have an impact on the low quality of the game. The supporting facilities and infrastructure for football learning activities are also not yet optimally met, the uneven and wavy conditions of the field make it difficult to control the ball so that the direction of the ball is irregular when dribbling and passing. This condition, which is still far from expectations, means something that must be immediately sought for a solution, which in the end is expected to achieve improvement in ball dribbling skills and mastery of other basic techniques that support the game of football. Until now, teachers have never assessed their students' basic football technical abilities, especially dribbling. Based on the problem above

regarding dribbling skills, the researcher intends to conduct research entitled "Level of dribbling skills in soccer games for class X students of SMK Negeri 1 Siatas Barita Kab. North Tapanuli 2020/2021 Academic Year."

METHOD

This research is a descriptive research non-hypothetical research so that the research steps do not formulate a hypothesis. The method used in this research is a quantitative method because the research data is in the form of numbers and analysis uses statistics (Sugiyono. 2009: 7). This research is a quantitative descriptive research, namely regarding students' dribbling skills, meaning that in this research the researcher only wants to know the level of dribbling skills of class X students at SMK Negeri 1 Siatas Barita Kab. North Tapanuli for the 2020/2021 Academic Year, where the data is in the form of numbers in seconds.

The sampling technique for research subjects was carried out using purposive sampling. This is done by taking subjects not based on strata, random or area but based on certain objectives. Almost all of these matters are dominated by female students, only the accounting department is dominated by male students. For this reason, the author took the subjects used in this research, namely students of class X A3 (accounting) at SMK Negeri 1 Siatas Barita Kab. North Tapanuli for the 2020/2021 academic year, totaling 27 students.

The research instrument used to collect data in this research was a test. The tool used to measure dribbling speed is to use a stopwatch. The instrument used in this research was an instrument created by Bobby Charlton. Below is a picture of Bobby Charlton's dribbling instrument which was developed to measure dribbling speed (Danny Mielke, 2007: 8). The results of research using Bobby Charlton's dribbling instrument show validity and reliability of 0.973 and 0.864, using SPSS 29.0 calculations. Data collection in this research used a test instrument created by Bobby Charlton, namely slalom dribble in Danny Mielke (2007: 8). Each testee will be given the opportunity to try 2 times, where the best results will be used as research data. The test results obtained are in units of seconds.

This research is a descriptive study which aims to provide an overview of the level of dribbling skills of class X students at SMK Negeri 1 Siatas Barita Kab. North Tapanuli 2020/2021 Academic Year. The following is the sequence for analyzing the data: Collect rough results or raw scores for dribbling skills based on the instrument created by Bobby Charlton in Danny Mielke (2007: 8). The results of the dribbling skills that have been obtained are then converted into assessment norms.

To clarify the research results, the data obtained was searched for the frequency value of the data obtained. Then the results are expressed in the form of categorization based on the average value (mean) and standard deviation (SD) to determine the assessment scale.

Table 1. Category Raw Score

No	Raw	Category
1	$X \leq \text{Mean} - 1,5 \text{ SD}$	Lofty
2	$\text{Mean} - 1,5 \text{ SD} < X \leq \text{Mean} - 1,5 \text{ SD}$	Tall
3	$\text{Mean} - 0,5 \text{ SD} < X \leq \text{Mean} + 1,5 \text{ SD}$	Enough
4	$\text{Mean} + 0,5 \text{ SD} < X \leq \text{Mean} + 1,5 \text{ SD}$	Low
5	$\text{Mean} + 1,5 \text{ SD} < X$	Very low

(Source: Anas Sudjiono, 2006: 43)

After the data is obtained, the next step is to analyze the data to draw conclusions from the research conducted. Analysis of the data used in this research uses quantitative descriptive analysis techniques with percentages.

RESULT AND DISCUSSION

Result

Data collection in this research used a test instrument created by Bobby Charlton in Danny Mielke (2007: 8), namely slalom dribble to determine the level of dribbling skills of class X students at SMK Negeri 1 Siatas Barita Kab. North Tapanuli 2020/2021 Academic Year. Each testee will be given the opportunity to try 2 times, where the best results will be used as research data. The test results obtained are in units of seconds. Overall, the research results obtained a maximum value of 22.83 seconds and a minimum value of 14.61 seconds. The mean obtained was 17.84 seconds, and the standard deviation was 2.21. Next, the data is categorized according to existing levels, namely Very High, High, Fair, Low, Very Low. The categorization uses mean and standard deviation (SD). The following is the frequency distribution of dribbling skill levels of class X students at SMK Negeri 1 Siatas Barita Kab. North Tapanuli 2020/2021 Academic Year.

Table 2. Distribution of Students' Dribbling Skill Levels

No	Interval Class	Category	Frequenci	Percentage
1	$X \leq 14,56$	Lofty	0	0 %
2	$16,76 < X < 14,57$	Tall	8	29,63 %
3	$18,96 < X < 16,77$	Enough	12	44,44 %
4	$21,17 < X < 18,97$	Low	4	14,82 %
5	$21,18 < X$	Very low	3	11,11 %
Amount			27	100 %

From the table above, the results of the dribbling skill level for class X of SMK Negeri 1 Siatas Barita Kab. North Tapanuli for the 2020/2021 Academic Year is as follows: there are no students (0%) who are included in the category of "very high" dribbling skills, there are 8 students (29.63%) who are included in the category of having "high" dribbling skills, while 12 students (44.44%) are included in the "sufficient" dribbling skills category, there are 4 students (14.82%) who are included in the "low" dribbling skills category, and the remaining 3 students (11.11%) are included in the "low" dribbling skills category. dribbling skill category "very low". The average value of 17.84 is located in the interval $20.97 \leq 16.78$, so the dribbling skill level of class X SMK Negeri 1 Siatas Barita Kab. North Tapanuli for the 2020/2021 academic year is included in the "sufficient" category.

Discussion

Dribbling the ball is one of the basic techniques that has an important role in the game of football. Football observers in particular say that a player's skill can be seen from the level of skill a player has in dribbling the ball. To improve dribbling skills, techniques must be trained, such as: speed, agility and strength. Dribbling skills have a higher level of difficulty than passing, stopping and heading, because dribbling requires flexible foot and body movements to deceive opponents. Dribbling skills of students at SMK Negeri 1 Siatas Barita Kab. North Tapanuli, especially class

The application in this game causes the dribbling skills of class X students of SMK Negeri 1 Siatas Barita Kab. North Tapanuli is in the fair category, because dribbling

techniques are not practiced enough. Basically, it is true that the game will be beautiful if there is a lot of passing, shooting and stopping between players, but occasionally there must be good and beautiful dribbling skills to get past the opponent, so that the game becomes more varied and will make the game more interesting. Based on the research results, it shows that the level of dribbling skills of class X students at SMK Negeri 1 Siatas Barita Kab. North Tapanuli for the 2020/2021 Academic Year as a whole is in the "sufficient" category, meaning that the abilities of students who take football lessons at SMK Negeri 1 Siatas Barita Kab. North Tapanuli is still not optimal. This is because students are only limited to the knowledge and practice of learning about dribbling skills during learning activities at school, it is not a necessity like in extracurricular activities at school or in football clubs.

The implementation of this research was carried out as closely as possible in accordance with the aims and objectives of conducting the research. However, it is still felt that there are limitations and weaknesses that cannot be avoided, including: Researchers cannot know whether the test participants' physical condition is healthy or not. The surface of the field used for data collection was not very flat, making it quite difficult to control the ball. Students have never been involved in carrying out research, so students do not focus on carrying out soccer dribbling.

CONCLUSION

Based on the results of research regarding the level of dribbling skills of class X students at SMK Negeri 1 Siatas Barita Kab. North Tapanuli for the 2020/2021 Academic Year as a whole is in the fair category.

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CONFLICT OF INTEREST

Clearly explain whether there are any conflicts of interest related to the reported research.

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