



The Effect of Speed on The Ability To Drive The Ball In Students Who Follow The Football Extracurricular Activity At State Elementary School 112322 Padang Nabidang

Ervin Mangaraja Daulae¹, Liliana Puspa Sari²

^{1,2}Sekolah Tinggi Olahraga dan Kesehatan Bina Guna, Medan, Indonesia

Received: 10-03-2025

Revised: 29-03-2025

Accepted: 31-03-2025

Abstract: Students at Public Elementary School 112322 Padang Nabidang Not yet too understand that with exercise techniques base the can influence in a game Football. Goal study This For know Influence speed, flexibility and agility to ability dribbling the ball at SD Negeri 112322 Padang Nabidang. Research This is study correlation that is research that aims For investigate to what extent does variation occur in one variable related with variation on one or more from other variables based on coefficient correlation. Instrument in study This in the form of test measurement speed and dribbling the ball. Subject research used is students of Padang Nabidang 112322 State Elementary School who participated extracurricular football consisting of 30 students. The data analysis technique used For test hypothesis analysis correlation prochict moment at the level significance 5%

Keywords: Flexibility; Speed; Agility; Ability Dribble

Correspondence author

Email: lili.binaguna79@gmail.com

Copyright © 2025 Ervin Mangaraja Daulae¹, Liliana Puspa Sari²



INTRODUCTION

Sport football including in a branch a very popular sport and loved by everyone layer society. Indonesian football began with the establishment unity Football All Indonesia (PSSI) in Yogyakarta on April 19, 1930, led by Soeratin Sosro Soegondo (Atizen, 2014). But in PSSI congress in Solo organization the experience change Name become Unity Football All over Indonesia. Since moment That activity football the more often held by PSSI and many people also play on the streets or the town square place competition I association the held. As form support the rise of " football" nationality " Pakubuwono X also founded stadium Sriwedari who made Indonesian football is getting better intense.

Indonesia once reach a proud achievement in his career in world football, for example the team team Indonesia as an Asian country First as a representative in the 1938 World Cup and participated as well as in Melbourne Olympics 1956. Lately This performance football in Indonesia is experiencing decline, thing This can seen from achievements at the ASEAN level, Indonesia always lost compete with other countries such as Thailand, Singapore, Vietnam and Malaysia. Even though in the 90s Indonesia always triumphed at ASEAN level, such as in the Sea Games and Tiger Cup. This requires a player to have the ability to dribble the ball well (Atizen, 2014).

In addition to the basic techniques that must be considered, there are still other elements that are no less important that affect the game of football, namely the element of physical ability consisting of strength (power), endurance, speed, flexibility, agility and balance (Arwih, 2019). To achieve all that, it is necessary to carry out a continuous training process by carrying out a related scientific approach.

Extracurricular is one of the method increase performance specifically in the field sports (Abba, 2019) In schools base moment This Already start stage extracurricular Good extracurricular sport or extracurricular activities. Extracurricular activities is activities carried out outside school hours that aim to channeling talent students to develop skills they can channeled so that No do negative things outside school hours.

Based on results observations that have been conducted at State Elementary School 112322 Padang Nabidang in the month of February, activities This trained directly by education teachers physical education at school said. In One Sunday extracurricular football implemented one time meeting namely on the day Saturday. Although Not yet use equipment / facilities standard infrastructure However extracurricular This followed by many students at school The facilities provided by the school For support activity extracurricular football the is field football, shirt team, some balls and Game football need cooperation good team between player good at the moment attack, at the time defending, passing the ball, receiving the ball or dribble the ball to support player team. Many mistakes were made student participant extracurricular activities at State Elementary School 112322 Padang Nabidang moment player dribbling the ball, like a loose ball Far from control, so the ball is easy seized by the player opponent. With own condition good physical so will support ability play well too.

Football is game Teams played by both each team team consists of of 11 people, including guard goal. Game This aiming For to win match with method put in as many balls as possible to goal fight and defend goal yourself so as not to conceded the ball. In game football is needed good cooperation between players to create Good attack and defense too. Game This almost all in all played with use legs, except guard allowed goal use his arm in the area kick the punishment.

Football is sport team, based on on technique, ball handling, and understanding each Players. In increase performance football A team must own quality players, as well as own condition physical, and ability good foundation. Basic techniques develop with a number of come on Children who follow extracurricular This is child who wants explore and develop skills in play football.

Then at the time activity extracurricular students at State Elementary School 112322 Padang Nabidang more like For direct play without moreover formerly Study techniques basics of the game football. Like exercise passing, dribbling, stopping the ball (stopwag), heading the ball (heading), and other techniques another basis. However, games football at Padang Nabidang 112322 Public Elementary School which is generally has done with good by students Still there is a number of shortcomings. Disadvantages the is in do movement run For pass against student have difficulty in turn the body to outwit opponent. Beside that, from results observations that have been done show that agility in do still dribbling the ball seen not enough maximum demonstrated by students when do dribbling the ball. Speed run students also do not maximum in dribbling the ball, so that the ball is controlled tend easy seized by the opponent.

Students at Public Elementary School 112322 Padang Nabidang Not yet too understand that with exercise techniques base the can influence in a game football. No surprising If Still Lots happen mistakes base like error at the time make a pass, error at the time stop the ball, error at the time heading the ball, especially Lots mistakes made at

the time dribbling the ball. Because dribbling the ball is not only influenced by one factor just However Lots technique base in game football is as the following: 1) Kicking the ball, 2) Receiving the ball, 3) Heading the ball, 4) Dribbling the ball, 5) Moving cheat with the ball, 6) Stealing the ball, 7) Throwing the ball, 8) Guarding techniques goal." (Scheunemann, 2014).

METHOD

Study This including type study correlation. Research correlation is research that aims For investigate to what extent does variation occur in one variable related with variation on one or more from other variables based on coefficient correlation (Gunawan et al., 2016). Research This aiming For know Influence velocity (X) against ability dribbling the ball (Y).

Design study This made for researchers capable answer question study validly, objectively and economically maybe. Design study compiled and implemented with full calculation in order to be able to produce instruction strong empirical the relationship with problem research. As for design in research This are X and Y.



Figure 1. Design Influence Variable X Against Y

Information:

X = Speed

Y = Ability dribble

- The influence of X on Y in general partial Study This aiming For know the magnitude Influence element speed to ability dribble

Study This held in April 2022. Place study was held at Padang Nabidang 112322 Public Elementary School, located at Bangun Rejo, District. Na. IX-X, Labuhan Regency North Batu, North Sumatra Province. Study This held in April 2022. Place study was held at State Elementary School 112322 Padang Nabidang which is located at Bangun Rejo, District. Na. IX-X, Labuhan Regency North Batu, North Sumatra Province.3.3 Population and Sample Population in the study This is all over students of SDN 112323 Padang Nabidang Sample study is participant extracurricular football team consisting of 30 students. As for variable in study This is speed (X) is variable free, while variable bound is dribbling the ball (Y). There are some the test used For measure variable speed among them 30 meter sprint, 40 meter sprint, 50 meter sprint, 60 meter sprint freshness Indonesian physical education in 2010: 3). In study This researcher choose 50 meter sprint Because subject in study This is students whose average age is 13-15 years. So very appropriate For use test 50 meter run. Test This own validity 0.720 and reliability 0.711 (Test Freshness Physical Indonesia For Teenager Age 13-15, Year 2010: 3). The goal For measure speed run. Implementation run 50 meters is testee stand as close as possible maybe behind starting line, then run as soon as possible 50 meters (to the line).

RESULT AND DISCUSSION

Result

Variables in study This consists of above: (1) speed and (2) ability dribbling the ball. In order for the research more easy the workmanship, then from second variable the symbolized in XI for speed and Y for ability dribbling the ball. To make it more clear about description of research data, as follows will described data from each variables. Data description will be explain mark maximum, minimum, average, standard deviation, median and mode which are then arranged in distribution frequency along with picture histogram.

Speed data calculation results students of SDN 112322 Padang Nabidang obtained mark maximum = 10.32 minimum value = 0.78 average (mean) = 8.23, median = 8.16, mode = 7.56, standard foreign exchange = 0.78, description results study the served in distribution frequency with formula look for Lots class = $1 + 3.3 \text{ Log } N$, range = value maximum- minimum value, and length class with formula = range / quantity class.

Table 1. Distribution of speed data in the table

NO	Interval	Frequency	%
1	7.12-7.76	7	23.3
2	7.77-8.40	15	50
3	8.41-9.04	3	10
4	9.05-9.68	3	10
5	9.89-10.32	2	6.7
Amount		30	100

Results of calculating capability data dribbling the ball is obtained minimum value = 11.10, value maximum = 15.81, average (mean) = 13.41, median = 12.81, mode = 12.35, standard deviation = 1.60, description results study the served in distribution frequency with formula look for Lots class = $1 + 3.3 \text{ Log } N$, range = value maximum- minimum value, and length class with formula = range / quantity class (Sugiyono, 2006:29). Table ability data distribution herding ball.

Table 2. Distribution frequency ability dribble

No	Interval	Frequency	%
1	11,, 10-12,04	6	20
2	12.04-12-98	10	33.3
3	12.99-13.92	1	3.4
4	13.93-14.86	7	23.3
5	14.87-15.80	6	20
Amount		30	100

Research result show coefficient correlation $r_{x,y} = 0.674 > r_{(0.05)}(29) = 0.306$ means coefficient correlation the significant. It means There is significant relationship between speed with ability dribbling the ball. Influence speed to ability dribbling the ball by 12.62%.

Connection between Speed and Ability dribbling the ball The first hypothesis test reads "There is a relationship between speed with ability dribbling the ball". Based on results analysis mentioned above obtained coefficient correlation speed with ability dribbling the ball is worth positive. It means the more Good mark speed so will the more good ability too dribble.

Significance test coefficient correlation the done with method to consult price raty = $0.674 > 0.05$ (29) 0.306, result the means coefficient correlation the significant. With

thus can concluded that there is influence between speed and ability dribbling the ball in the game football. After it was known connection between variable said, then done analysis For know the magnitude Influence from variable free to variable bound. The size Influence speed with ability dribbling the ball is known with method R value = ($r^2 \times 100\%$). The r value is 0.750, so the magnitude Influence speed with ability dribbling the ball by 12%, while the rest influenced by factors other.

Study This aiming For know Influence between speed to ability dribbling the ball. Dribbling the ball is one of the technique the important basics in football, dribbling is move the ball with your feet so that it doesn't seized by the player the opponent who aims For approach distance targets and opportunities For pass the ball or shoot the ball directly to goal

Discussion

Based on the description above shows that element technique dribbling the ball very well required in game football, while ability dribbling the ball requires support element such as: speed, flexibility, and agility. Based on the above considerations so researcher need prove with stage research entitled " The Influence of speed to oh One technique the basis that has not been maximum controlled by the player is technique dribbling the ball. This is looks in games, exercises and in match, players Lots lost the ball, because the ball was received No fully controlled by the player (Rinaldi Aditya, Fili Azandi, & M, B. A, 2020; M Rangga Ade Kurnia, dkk, 2023). The real ball can led to be more near to target, because No own skills dribbling the ball, because the ball is in a way in a hurry kicked straight away to Friend so the ball is taken can controlled by the opponent. According to (Danny, 2007): " When start prepare self For compete, skill the first main thing will be make you motivated and feel satisfied is ability dribbling the ball".

Almost all technique the used during match although sometimes technique without ball/ movement without ball giving sufficient contribution big For attack or help defense. Dribbling skills are required every players, for example at the time player front that came off to precede against alone, position This very profitable, if He proficient dribble the ball to front with fast For direct shoot to goal opponent (Karo, A. A. P. K., Sari, I. E. P., Sihombing, H., & Sari, L. P., 2020; Lisenchuk, G., et all, 2025)). Dribbling the ball is not only carry the ball straight to front, but face opponent whose distance Enough near.

Football is branch a sport that uses a ball that is played by two people each team consists of 11 people. Entering 21st century, sports This has been played by more of 250 million people in 200 countries, which makes it the most popular sport in the world. Football aiming For print goal as much as possible with using the ball to goal opponent. Football is played in a field that is shaped like a rectangle long, above grass or grass synthetic (Ardianta & Hariadi, 2017).

CONCLUSION

Based on data analysis and discussion in chapter before, then conclusion in study This is significant relationship between speed with ability dribbling the ball. Influence speed to ability dribbling the ball by 12.62% and on the ability dribbling the ball is speed of one form physical must owned a athlete football to have ability dribbling the ball with good and fast.

Game football at Padang Nabidang 112322 Public Elementary School which is generally has done with both by students. Then at the time activity extracurricular students at State Elementary School 112322 Padang Nabidang more like For direct play without moreover formerly Study techniques basics of the game football. Like exercise

passing, dribbling, stopping the ball (stopwag), heading the ball (heading), and other techniques other basis.

ACKNOWLEDGEMENTS

Acknowledgments to SD Negeri 112322 Padang Nabidang helped conduct research.

CONFLICT OF INTEREST

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

REFERENCES

- Abba, L. O. (2019). Hubungan kekuatan Otot Tungkai dan Kelincahan dengan kemampuan Menggiring Bola Peserta Ekstrakurikuler Futsal SMPN 2 Telaga. Universitas Negeri Gorontalo, 1-4.
- Ardianta, & Hariadi, 1. (2017). Pengembangan Model Latihan Passing dan Control pada Atlet Sepak Bola Usia Dini. *Indonesia Performance Journal*, 1(2), 112-118. <http://journal2.um.ac.id/index.php/jko>
- Arwih, M. Z. (2019). Hubungan Kelincahan Dengan Kemampuan Menggiring Pada Permainan Bolabasket Mahasiswa Jurusan Ilmu Keolahragaan Angkatan 2017 FKIP UHO. *Jurnal Ilmu Keolahragaan, Fakultas Ilmu Keolahragaan, UNiversitas Negeri Medan*, 18(1), 63-71. <https://doi.org/10.24114/jik.v18i1.14313>
- Atizen, N. (2014). Analisis kemampuan teknik dasar bermain sepak bola atlet sepak bola kaur perciaguna fe (gunung agung kaur utara). Skripsi.
- Danny, M. (2007). *Dasar-Dasar Sepak Bola. Caru Yang Lebih Baik Untuk Mempelajarinya.* Pakar Raya.
- Gunawan, Y. R., Suherman, A., & Sudirjo, E. (2016). Hubungan Kecepatan Dan Kelincahan Terhadap Kemampuan Dribbling Bola Futsal Pada Atlet O2Sn Kecamatan Sumedang Utara. *SpoRTIVE*, 1(1), 1-12.
- Karo, A. A. P. K., Sari, I. E. P., Sihombing, H., & Sari, L. P. (2020). Effect of playing methods on the Dribble Ability of the Football Game. *Kinestetik: Jurnal Ilmiah Pendidikan Jasmani*, 4(2), 158-163.
- Lisenchuk, G., Khmel'nitska, I., Bogatyrev, K., Kokarev, B., Kokareva, S., Derkach, V., ... & Cieślicka, M. (2025). The effects of fitness training on physical preparedness of highly qualified football players. *Health, sport, rehabilitation*, 11(1), 29-42.
- M Rangga Ade Kurnia, Dzihan Khilmi Ayu Firdausi, Agung Prayoga Budiargo, Febry Framuliya, Irhas Mahmudi, & Eza Junianda Pratama. (2023). Tunas Depati Amir Athletes Concentration Levels During Training. *Jurnal Pendidikan Jasmani (JPJ)*, 4(2), 180-186. <https://doi.org/10.55081/jpj.v4i2.1119>
- Rinaldi Aditya, Filli Azandi, & M, B. A. (2020). Effect of Play Approach Against Learning Outcomes in Soccer Games. *Jurnal Pendidikan Jasmani (JPJ)*, 1(1), 1-7. <https://doi.org/10.55081/jpj.v1i1.104>