

The Relationship Between Agility and Speed on Futsal Dribbling

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DOI: 10.56773/athena.v1i2.12

Abstracts: The purpose of this study was to obtain data on agility and speed on the ability to dribble futsal extracurricular futsal students at SMP PGRI 12 Cilandak. This research uses a quantitative approach to correlational techniques. The study population was futsal extracurricular students at SMP PGRI 12 Cilandak with a sample of 30 students obtained through random sampling technique. The results showed that there was a positive effect of agility on dribbling, positive effect of speed on dribbling. Agility and speed had a very strong relationship and indicating that it has a significant influence on dribbling. In futsal training, agility and speed can be implemented to enhance dribbling ability.

Keywords: Agility, Futsal ball dribbling ability, Speed.

INTRODUCTION

One form of sport that is popular with the community is futsal. Futsal is a very popular ball game where the game is played by two teams, each consisting of five people. The goal is to get the ball into the opponent's goal, by manipulating the ball with the feet (Rohman, Ismaya, & Syafei, 2021). Apart from the five main players, each team also prepares reserve players so that when the main players are injured, the reserve players can replace the main players.

In the game of futsal there are several basic techniques that every player must master, including dribbling, passing the ball, heading the ball, kicking the ball into the goal (shooting) (Sidik, Kurniawan, & Effendi, 2021; Kenniadi, Paryadi, & Ismawan, 2021). One of the basic techniques in the game of futsal is dribbling or dribbling the ball. Dribbling is a technique or movement of running with the ball by using your feet to push or touch the ball so that it rolls continuously (Saputra et al., 2023).

To do good dribbling, the factors that influence the dribbling results include agility and speed. Agility is a person's ability to change the direction of movement of the body quickly and precisely in a short time without losing balance. Speed is the ability to successively travel a certain distance in time.

Based on the results of observations that have been made by the author of the Extracurricular Futsal Team players at SMP PGRI 12 Cilandak. It can be seen that the players are still lacking in dribbling the ball. Apart from that, the author also saw that the player was not able to change the direction of his body position

quickly and precisely, perhaps this was a lack of coordination of the player's movements. The player's lack of agility and speed in playing futsal can be seen when the player dribbles the ball while running, the player is still stiff and his movements are easily predicted by the opponent. It was also seen that several players had difficulty controlling the ball so that it would not be released when dribbling.

RESEARCH METHOD

This research uses a quantitative correlation study method by examining the relationship between agility and speed on the ability to dribble a futsal ball in extracurricular futsal at SMP PGRI 12 Cilandak to obtain the required data.

Quantitative method is a research method that uses a lot of numbers. Starting from the data collection process to its interpretation. Meanwhile, the research method is an in-depth and careful study of all the facts.

Correlational or correlational research is research to determine the relationship and level of relationship between two or more variables without any attempt to influence these variables so that there are no manipulated variables.

RESULTS AND DISCUSSION

The results showed that agility (X1) had a $t = -17,992$ and $p\text{-value (Sig.)} = 0.000$ which was less than $\alpha = 0.05$. This means that there is a positive effect of agility (X1) on dribbling (Y). Speed (X2) has $t = -4,380$ and $p\text{-value (Sig.)} = 0.000$ which was less than $\alpha = 0.05$. This means that there is a positive effect of speed (X2) on dribbling (Y) and agility (X1) with speed (X2) having a relationship, $r = 0.963$, and indicating a very strong relationship, and $R^2 = 0.928$, indicating the independent variable (X1 and X2) has an influence on the dependent variable (Y) of 92.8% while 7.2% by other factors. This study concluded that there was a positive relationship between agility and speed on the ability to dribble a futsal ball.

Result

According to previous researchers, namely Indra Iman from Tanjungpura University in Pontianak, it can be concluded that there is a significant relationship between agility and speed and the results of dribbling the ball in class VII male students at Kapuas Private Middle School, Pontianak. The detailed conclusions are as follows: (1) There is a significant relationship between agility and the results of dribbling the ball in class VII male students at Kapuas Private Middle School Pontianak, (2) There is a significant relationship between speed and the results of

dribbling the ball in class VII male students at Kapuas Private Middle School Pontianak, (3) There is a significant relationship between agility and speed in class VII male students at Kapuas Private Middle School, Pontianak.

Based on the results of the research the author conducted in the previous chapter, the results are: (1) There is a contribution of agility with the ability to dribble a futsal ball among futsal extracurricular students at SMP PGRI 12 Cilandak because $t = -17.992$ and $p\text{-value (Sig.)} = 0.000$ which was less than $\alpha = 0.05$. This means that there is a positive influence between agility (X1) on dribbling (Y). (2) There is a contribution of speed to the ability to dribble a futsal ball among futsal extracurricular students at SMP PGRI 12 Cilandak. Because $t = -4.380$ and $p\text{-value (Sig.)} = 0.000$ which was less than $\alpha = 0.05$. This means that there is a positive influence between speed (X2) on dribbling (Y). (3) There is a contribution of agility and speed to the ability to dribble a futsal ball in the futsal extracurricular at SMP PGRI 12 Cilandak because it has a relationship, $r = 0.963$, which shows a very strong level of relationship, and $R^2 = 0.928$, it shows that the independent variables (X1 and X2) have an influence on the dependent variable (Y) amounted to 92.8% while 7.2% was caused by other factors.

Zig-Zag Run Test Agility Research Result

Agility is a component of physical fitness that is very necessary in all activities that require speed in changing the position of the body and its parts (Rizhardi, 2017; Erliana, 2017). Agility is an element of movement ability that a futsal player must have, because with high agility the player can save energy during the game. Agility is also needed to free oneself from the opponent's control by dribbling the ball, passing the opponent by attacking to create a goal and win. On the other hand, a player who is less agile in carrying out a movement will find it difficult to control the ball. The distribution of research data is presented in Table 1 and the Histogram is presented in Figure 1.

Table 1. Zig-zag run research results

Intervals	Category	Frequency	%
< 15, 2	Very Good	6	2
15,2 – 16,1	Above Average	8	26,6
16,2 – 18,1	Average	13	43,3
18,2 – 19,3	Below Average	1	03,3
>19,3	Bad	2	06,6

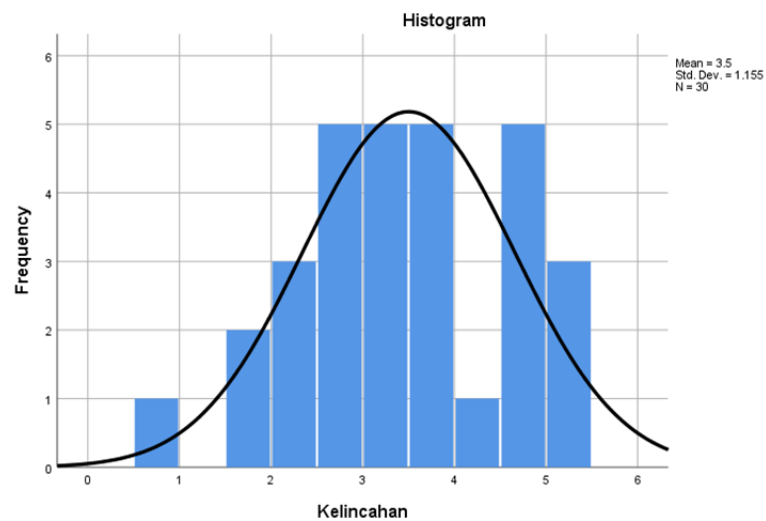


Figure 1. Diagram of agility research results

20m Dash Sprint Speed Test Research Results

Speed is the ability to respond to stimuli with a form of movement as quickly as possible. Speed can also be interpreted as the ability to walk, run or move quickly (Purba, 2017). The distribution of research data is presented in Table 2, and the Histogram is presented in Figure 2.

Table 2. Dash Sprint research result

Intervals	Category	Frequency	%
9 detik	Very Good	4	13,3
10 – 12 detik	Good	14	46,6
13 – 15 detik	Average	11	36,6
> 15 detik	Bad	1	03,3

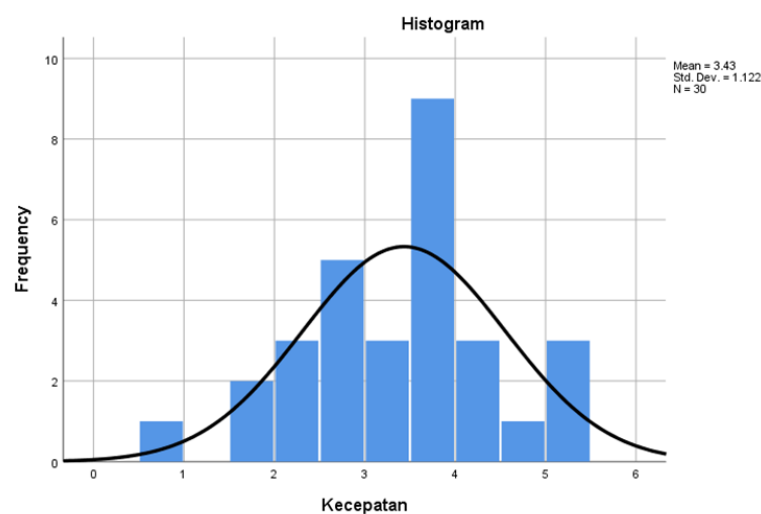


Figure 2. Diagram of speed research result

Zig-Zag Futsal Dribbling Research Result

One of the basic techniques that has the most important position in the game of futsal is the dribbling technique, basically using the feet. Dribbling or dribbling the ball is the same as soccer, namely to control the ball and create opportunities to score goals (Matitaputty, 2019; Rohman et al., 2021). The distribution of research data is presented in Table 3, and the Histogram is presented in Figure 3.

Table 3. Dribbling research result			
Intervals	Category	Frequency	%
< 14,31	Very Good	5	16,6
14,31 – 15,50	Good	11	36,6
15,59 – 16,69	Pretty Good	9	0,3
16,69 – 17,88	Not Enough	5	16,6
> 17,88	Very Less	0	0

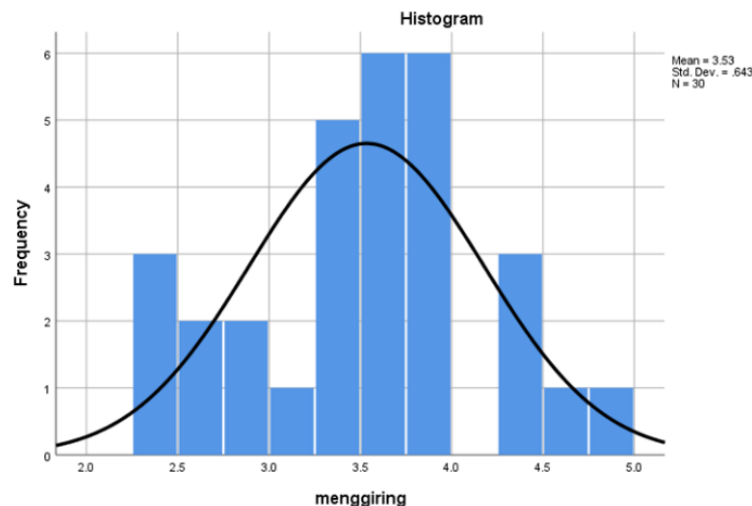


Figure 3. Diagram of dribbling research result

Discussion

The first hypothesis to be tested is between variable. The results of the correlation calculation can be stated that extracurricular futsal students at SMP PGRI 12 Cilandak have a significant relationship. Because $t = -17.992$ and p -value (Sig.) is 0.000 which was less than $\alpha = 0.005$. This means that there is a positive influence between agility (X1) on dribbling (Y). The research results can accept the hypothesis which states that there is a positive influence between agility and dribbling. According to one of the journals that I quoted, dribbling is moving the ball with one foot from one place to another while remaining in possession (Saputra et al., 2023).

The first hypothesis to be tested is between variable The results of the correlation calculation can be stated that extracurricular futsal students at SMP

PGRI 12 Cilandak have a significant relationship. Because $t = -4.380$ and $p\text{-value (Sig.)} = 0.000$ which was less than $\alpha = 0.05$. This means that there is a positive influence between speed (X2) on dribbling (Y). The research results can accept the hypothesis which states that there is a positive influence between speed and dribbling. According to the journal I quoted, the ability to cover a distance in a short time. According to experts, the definition of speed is the ability to carry out the same repetitive activity and continuity in the shortest possible time (Arifin, 2018; Matitaputty, 2019; Fantiro, 2018).

According to previous researchers, Indra Iman from Tanjungpura i Pontianak University, it can be concluded that there is. significant relationship between agility and speed on the results of dribbling the ball in class VII male students at Kapuas Private Middle School, Pontianak. The detailed conclusions are as follows:

- 1) There is a significant relationship between agility and the results of dribbling the ball for male students in class VII of the Kapuas Private Middle School, Pontianak,
- 2) There is a significant relationship between speed and the results of dribbling the ball for male students in class VII of the Kapuas Private Middle School, Pontianak,
- 3) There is a significant relationship between agility and speed in class VII male students at Kapuas Private Middle School, Pontianak.

The results of calculations using SPSS are, it has a relationship of 0.963 which shows a very strong level of relationship and 0.928 shows that the independent variables (X1 and other. This means that research on these two factors, namely agility and speed, can influence the ability to dribble the ball in futsal games. The better the agility and speed, the better it is possible for someone to direct the direction of dribbling the ball with various variations of dribbling without having to lose the ball. The big contribution of agility and speed together with the ability to dribble a futsal ball in extracurricular students at PGRI 12 Middle School.

CONCLUSION

The conclusions of this research are as follows. Firstly, there is a contribution of agility with the ability to dribble a futsal ball among futsal extracurricular students at SMP PGRI 12 Cilandak because $p\text{-value (Sig.)} = 0.000$ which is less than $\alpha = 0.05$. This means that there was a positive influence between agility (X1) on dribbling (Y). Secondly, there is a contribution of speed to the ability to dribble a futsal ball among futsal extracurricular students at SMP PGRI 12 Cilandak. Because $p\text{-value (Sig.)} = 0.000$ which is less than $\alpha = 0.05$. This means that there was a positive influence between speed (X2) on dribbling (Y). Thirdly, there is a contribution of agility and speed to the ability to dribble a futsal ball in the futsal extracurricular at SMP PGRI 12 Cilandak because it has a relationship, $r = 0.963$, it shows a very

strong level of relationship, and $R^2=0.928$ shows that the independent variables (X1 and X2) have an influence on the dependent variable (Y) amounted to 92.8% while 7.2% was caused by other factors.

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