

## RELATIONSHIP BETWEEN SPEED AND AGILITY TO DRIBBLE RESULTS IN FUTSAL GAMES

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### **Abstract**

*This study aims to determine the relationship between speed and agility in the dribbling ability of students at the extracurricular activities of SMA Negeri 21 Palembang. This type of research is descriptive and uses a correlation design. The population of this research is the extracurricular students of SMA Negeri 21 Palembang totaling 40 students. The sample in this study was taken as a whole or a total sampling of 40 students. The instrument in this study was to test speed using a 40-meter run test, agility using a zig-zag run test, and dribbling using a dribbling or dribbling test. The data analysis technique is processed by percentages and hypothesis testing using computer-assisted correlation in the Excel and SPSS 22 programs. Based on the percentage analysis of the data obtained, namely for speed results, a percentage of 100% is received, totaling 40 students have an average speed result with an excellent category. Agility results obtained a ratio of 100%, totaling 40 students who have an average agility result with a good variety. And for the results of the dribbling ability, the percentage of 100% obtained is that 40 students have an average dribbling ability, resulting in a suitable category. The results of the correlation analysis technique were obtained, showing that the normality test of the variables X1, X2, and Y was obtained, which was normally distributed. The correlation value between X1 and Y=0.60, the value of X2 and Y=0.70, and the importance of X1, X2, and Y=0.65 showed a moderate level of correlation. The application of this research is that speed and agility have a relationship with the results of dribbling ability.*

**Keywords:** *Speed, Agility, and Dribble Ability in Futsal*

### **Introduction**

Futsal is one of the most favorite sports in the world, and almost everyone plays it. One indicator is the public's interest in this sport, as players, administrators, and spectators. The physical and mental challenges faced by players are genuinely extraordinary. The success of teams and individuals in playing, in the end, depends entirely on the ability of players to meet the challenges that exist. Such skills certainly need to be developed (Sakti, 2017). At first glance, it seems that playing futsal is straightforward, even almost everyone agrees to play futsal, but in reality, it is not as easy as imagined because playing

futsal should not be passive or stand-alone but must actively move to find space; ideally, a futsal player must have good condition, good basic technical skills, and good mental readiness. According to Pratama in Noprinasyah et al. (2020) stated that good physical condition and good mastery of technique can have a significant enough influence on having skills in playing. Today's modern futsal game has experienced a lot of progress, changes, and rapid development both in terms of physical, technical, tactical, and the last is the mental match that can be seen directly in the Pro Futsal League (PFL) match. This is what students who are members of the futsal extracurricular at SMA N 21 Palembang should emulate.

Knowing the basic techniques of playing futsal, according to Lhaksana (2011), are passing, holding the ball (control), giving the stomach (chipping), dribbling, and shooting the ball, while according to Rahmad (2016), mastery of basic playing techniques is a significant component of the game. Thus, students can master the ball well, meaning they can play it well. Many important factors that must be possessed to support his ability in the field include excellent physical condition, speed, accuracy, strength, agility, and balance.

According to Lhaksana (2011), dribbling technique is an important skill and absolutely must be possessed by every futsal player. The ability to dribble or dribble is needed by a player in dealing with specific situations and conditions that require an element of agility or agility in moving to control the ball and pass the opponent and avoid collisions that may occur when the opponent wants to grab the ball. In addition, dribbling is used to pass players and can open up space to create opportunities to score goals. According to Rinaldi & Rohaedi (2020), dribbling is to keep the ball on the feet and stay in control when passing opponents, use both sides of the feet to carry the ball or slow down the ball using shoe soles. Dribbling is not just a matter of speed because it must be able to change its speed and direction.

Based on initial observations of the results of questions and answers to the Futsal extracurricular coach of SMA N 21 Palembang, Ahmad Afrizal S.Pd on November 3, 2020, the observations that I made of this extracurricular still have several weaknesses, one of which is the low ability to dribble, for example when doing dribble the ball the distance of the ball with the feet is still too far so the ball can easily be snatched by the opponent, then when dribbling the ball, the bodies of some futsal players here are still very stiff. However, not all of the students who take this extracurricular have qualified basic skills, especially dribbling skills, the level of dribbling skills of students at SMA N 21 Palembang is still relatively stable, or it can be said that not all of them have mastered it, it can be seen when they play it is still difficult to play. Bring the ball to the nearest point of the goal.

The students at the futsal extracurricular at SMA N 21 Palembang also don't know much about what is needed to have a good basic technique of dribbling. Therefore, to achieve this target, maximum effort is needed to develop students' dribbling skills by providing an understanding of what is needed to dribble well. According to Yulianto (2016), dribbling is a basic skill in playing because all players must be able to control the ball while it is moving, standing, or preparing to pass or shoot. It can be concluded that dribbling or dribbling is one of the basic techniques that must be mastered by every player as initial capital to playing futsal. Dribbling is not only influenced by one factor, but there are many factors in dribbling, such as speed and agility. For this, the first thing to do is measure the extent to which students have speed and agility. ) then connect it to find out what things improve so that students can dribble well.

According to Widiastuti (2011: 114), speed is the ability to perform similar movements in a row in the shortest possible time or the ability to cover a distance in the shortest possible time. Agility is the ability to change the direction or position of the body quickly, which is done together with other movements. Meanwhile, according to Rudiyanto in Nopriyansha et al. (2020) argue that agility is an important function in improving achievement in sports directly; agility is used to coordinate multiple or simultaneous movements and facilitate orientation towards opponents and the environment. There are so many supporting factors to have a good basic dribble technique, including speed and agility. However, this study does not discuss the forms of training from the three variables because this research is correlational, which only measures the level of speed and agility relationship in futsal players at Futsal extracurricular at SMA Negeri 21 Palembang, then relates it to the dribble results. Therefore, the researcher wants to raise this problem by conducting in-depth research on the ability of players in the Futsal extracurricular of SMA Negeri 21 Palembang in performing dribble techniques in futsal games which are then associated with speed and agility factors, and then describe this research with the title "The Relationship Between Speed And Agility Towards Dribble Ability Of Students In Futsal Extracurricular at SMA N 21 Palembang".

## **Method**

This research is a correlation study because, in this study, the aim is to find out whether there is a relationship between speed and agility in the ability to dribble. The test used for speed is a 40-meter sprint test, agility using a zig-zag running test, and a dribbling test using a ball dribbling test. The data analysis technique is a method taken to obtain or analyze the data obtained. The results of the data obtained in the form of test data for arm muscle power, wrist flexibility, and volleyball dribbling results were processed with correlations. The development of

the data processing was further processed using Excel and the help of the SPSS 26 computer program.

## Result and Discussion

The results of the study show that simultaneously speed and agility are significantly related to dribbling results, as evidenced by the results of the analysis that obtains the price  $F_{count}=18,53 \geq F_{able} 5,26$ . The double correlation  $r$  between the exercise-independent variables and the bound exercise has a moderate correlation; this can be seen from the calculation results of 0.60, which is included in the category of moderate relationship level. It means that there is a relationship between speed and agility with the ability to dribble results in the futsal game for extracurricular students of SMA Negeri 21 Palembang. According to Siswandi et al. (2018), one of the basic exercises that must be mastered by futsal players is one of the basic exercises for dribbling because dribbling or dribbling is very vital. In speed and agility, there is a significant relationship between dribbling ability for futsal games because the better the speed and agility, the dribbling abilities for each futsal game are very useful in helping the team when defending, attacking, scoring goals, and can support team achievement.

According to Akbari et al. (2019), it is necessary to be a great dribbler, namely good dribble control, agility, and speed the futsal player. With this, every player is required to practice so that they can become reliable players and have good dribbling practice. Based on research conducted by Noprinasyah et al. (2020) said there was a relationship between speed and agility in the dribbling ability of futsal extracurricular students at MAN 2 Palembang. Also agree with the results of research conducted by Purnomo & Irawan (2021) that speed and agility greatly affect the results of dribbling on the futsal team. Thus it is clear that speed and agility have a close relationship and have an important role in supporting the successful implementation of dribbling in futsal games.

## Conclusion

Based on the results of the study, it can be concluded that there are results of speed and agility research on dribble results in the futsal game for extracurricular futsal students at SMA 21 Palembang.

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