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THE EFFECT OF ZIG-ZAG TRAINING ON DRIBBLING ABILITIES

[1] Rada Prayois, [2] Iyakrus, [3] Herri Yusfi

Correspondence: [1] Universitas Sriwijaya, Palembang, South Sumatera, Indonesia

Email: [1]rada123oke@gmail.com, [2] iyakrus@fkip.unsri.ac.id, [3]herriyusfi@fkip.unsri.ac.id

ABSTRACT

This study aims to determine the effect of zig-zag run training on the results of ball dribbling agility of the Academy Women Bigreds Palembang futsal club players. The method used in this research is a quasi-experimental method. The research design used was a one group pretest-posttest design. Sampling used a total population sampling technique with a sample of 35 people. The research instrument is a dribbling zig-zag. The results of data processing and analysis using the data normality test and hypothesis testing with the t-test formula, that the zig-zag exercise affects the results of futsal players' dribbling agility. This can be seen from the results of data analysis through the calculation of the t test formula with the t count criteria greater than t table (21, 136 > 1,699) with a confidence level of 0.95 (α = 0.05) and the number of samples (N = 30), The proposed hypothesis is accepted. The zig-zag exercise really has an effect on the results of futsal players' ball dribbing agility. The implication of this research is that the zig-zag exercise has a significant effect on the ball dribbling agility results.

Keywords: *zig-zag run, agility, ball dribbling, futsal player.*

Introduction

Giriwijoyo & Sidik (2013) argues that sport is a series of regular and planned exercise to maintain life, improve the quality of life, and achieve a level of physical ability that is in accordance with the goals. Futsal is a type of sport that is very popular with many people around the world today. Futsal game is played by five people in each team. The field used is also smaller and with fewer players, futsal games tend to be more dynamic and require good fitness from the players (Lhaksana, 2011). In the game of futsal, every player must have elements of fitness, which include speed, explosive power, muscle strength, endurance, flexibility, balance, accuracy, coordination, power and agility. Among these elements, researchers will discuss more deeply about agility in dribbling, because agility in dribbling is a very important component for futsal players.

Club Academy Women Bigreds Palembang is one of the futsal teams in Palembang. Club Women Bigreds routinely conducts routine training every week, which is 2 times a week, namely on Tuesdays and Fridays. Based on the results of observations made at the Bigreds Palembang Women's Futsal Club, when they saw the players carrying out the exercises, the researchers found a problem in the training, namely the lack of agility of the players in dribbling the ball in futsal practice. According to Luxbacher (2012) *dribbling is a dribbling skill that is used in the right situations can damage the opponent's defense and two dribbling techniques dribbling tightly in a limited space and dribbling quickly to enter open space is important in the game. According to* Al-Hadiqie (2013) that dribbling is one of the most important skills that must always be done well, that way when we know how the enemy dribbles, we will also know

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how to play soccer. If the player has effectively carried out the ball playing technique, the player's role in the soccer match will be very good. Meanwhile according to Luxbacher (2013) *dribbling* is dribbling skills that are used in the right situations can damage the opponent's defense and two dribbling techniques dribbling tightly in a limited space and dribbling quickly to enter open space is important in the game According to Siswanto in (Zain, 2010).

Zig-zag running is a type of running sport that follows a zig-zag runway and is often used as a way to increase agility because the element of movement is contained in zig-zag running. Zig-zag running is part of agility because it moves the body by changing position and direction quickly and in balance. According to Fasha et al., (2021) zig-zag is a method of running using obstacles or obstacles that must be passed by running around avoiding obstacles or running in turns. Zig-zag training is very useful for increasing agility in dribbling in futsal games, because agility in dribbling can be used as an individual player's tactic to get past opponents. There is previous research that examines the effect of zig-zag training on dribbling agility in futsal games for students of SMP Negeri 10 Makassar, which was carried out by (Hasan, Nurul Musfira, Nadwi Syam 2020). The results showed that there was an influence in the zig-zag exercise on the agility of dribbling in the futsal game of SMP Negeri 10 Makassar students. Therefore the need for zig-zag training to improve the agility of dribbling in futsal games.

Based on observations that have been made at the Bigreds Palembang Women Academy Club which exercises 2 times a week, namely on Tuesdays and Fridays with an average athlete age of 17-21 years, there are still many deficiencies, especially when dribbling. This can be seen when the exercise is carried out, the athlete dribbling only runs straight ahead which in the end the ball can be seized by the opposing player. Marlina Wati as assistant coach confirmed that this is the main problem experienced by these athletes. So the researchers used the zig-zag training method to increase the agility of dribbling the player. Based on the problems on the field, agility is needed in futsal games, therefore agility can be improved through zig-zag exercises. On the basis of this, the researcher is interested in conducting research entitled "The Effect of Zig-zag Training on Dribbling Agility at Club Academy Women Bigreds Palembang".

Method

This study uses a type of research that is experimental and uses a pretest and posttest one group research design. The purpose of this study is to determine whether there is an influence of the independent variables on the related variables (Sugiyono, 2019). The variables in this study consisted of the independent variable zig-zag training and the dependent variable was the result of the agility of the athletes at Academu Women Bigreds Palembang. The population in this study was 30 athletes and the sample used for this study was 30 athletes or using the total population sampling technique. The instrument for collecting this data is to measure agility in dribbling both from the pretest and posttest. The analysis technique used in this study is the T test using the data normality test and hypothesis testing.

Discussion

The data obtained from the normality test results of the pretest and posttest distributions show that the pretest data results are normally distributed with a significance value of 0.200 > 0.05, while the posttest data values are 0.200 > 0.05 and are normally distributed because the value exceeds 0.05. Data from statistical calculations "t test" results obtained 21.136 while Ttable is 1.699 obtained from the results of the T distribution table with dk (30-1) = 29 and 95% confidence level ($\alpha = 0.05$), listed in the table. The criteria for testing the hypothesis are accepted by Ha if Tcount > Ttable (1-a), and rejected H0 if Tcount <Ttable (1-a), because Tcount (21.136) > Ttable (1.699). Then there is a significant difference between the pre-test

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and post-test, thus the hypothesis H0 is rejected and the hypothesis Ha is accepted. Ha's statement is "There is an effect of zig-zag training on dribbling agility in futsal games at Club Academy Women Bigreds Palembang".

Tabel 1. Uji *Paired T-Test*

Variabel	t-hitung	Sig.	Level of Significant
Pre-test & Post-Test	21,136	0	0,05
N: 30			

The experimental group is a group that is given treatment in the form of circuit training. Prior to the exercise, the experimental group sample first conducted a pre-test (pre-test) to find out the magnitude of the results of the exercise performed. Sugiyono inside Hartati et al., (2019) valid research results if there are similarities between the data that has been collected with the actual data that occurs on the object under study. The purpose of training is to help an athlete to help improve skills and maximum performance. To achieve all of these things, there are four aspects of training that need to be considered by the athlete, namely physical training, technical training, tactical training, and mental training (Purnomo, 2019). Based on the results of the pre-test that has been done, the highest speed is 16.21 and the lowest speed is 22.45 with a mean of 19.1247. After the initial test (pre-test) was carried out, then the zig-zag exercise was carried out by the experimental group for 6 weeks. Zig-zag running exercises are carried out to improve dribbling skills in futsal games and zig-zag exercises in direct practice using dribbling techniques. After the zig-zag exercise was completed for 6 weeks, then the sample did a final test (post-test). In the post-test results, the highest speed was 14.54 and the lowest speed was 20.59 with a mean of 17.7500. Based on the description that has been mentioned, there is an increase in dribbling ability that is obtained after the players are given zig-zag running training for 6 weeks.

Based on the exercises used to improve dribbling skills using zig-zag running exercises, this research was conducted on 30 futsal players at the Club Academy Women Bigreds Palembang. This study included population research, the study population was 30 people, the sample for this study, the researcher took the entire population. According to Sugiyono (2017) the sample is part of the overall characteristics possessed by the population, this sampling is based on the opinions expressed Arikunto (2019) which states that if the subject is less than 100 it is better to take all of them so that the research is population research, but if the number of subjects is large it can be taken between 10% - 15% or 20% - 25% or more. The population in this study amounted to 30 people.

Based on the results of statistical calculations "t test" results obtained 21.136, while Ttable is 1.699 obtained from the T distribution table with dk (30-1) = 29 and 95% confidence level ($\alpha = 0.05$), listed in the table. Hypothesis testing criteria accept Ha if Tcount > Ttable (1-α), and reject H0 if Tcount < Ttable (1- α), because Tcount (21.136) > Ttable (1.699), then there is a significant difference between post-test and pre -test, thus the hypothesis H0 is rejected and the hypothesis Ha is accepted. Ha's statement is "There is an Effect of Zig-Zag Training on the Agility of Dribbling the Ball at the Bigreds Palembang Women's Club Academy". To achieve an achievement in the world of sports requires practice. According to Bompa Dalam Octavia & Iyakrus (2021) Exercise is a systematic sporting activity over a long period of time and is increased gradually and individually, aimed at forming physiological and psychological

functions to meet the demands of the task. Mylsidayu (2014) the purpose of the exercise is to help coaches, coaches, teachers, sports so that they can apply and have conceptual abilities and skills to help reveal the potential of athletes to reach peak performance. While the specific target of the training is to improve the ability and self-readiness of an athlete to reach peak performance with a training frequency of 3 times a week Syamsuramel et al., (2019)

The principle of training itself is something that must be obeyed by an athlete so that the training objectives can be achieved in accordance with what is expected by a coach. The principles of training play an important role in several aspects, namely the physiological aspects and psychological aspects of athletes. By understanding the principles of these exercises, it will support the coach's efforts to improve the quality of training for athletes. In addition, it can prevent athletes from getting injured during the exercises provided (Rintangan & Rajeski, 2017).

Based on the opinions of the experts above and the results of the hypothesis received, it can be concluded that zig-zag training affects the ability to dribble (dribbling). The increase occurred after being given treatment for 4-6 weeks according to the increased intensity. The advantage of this zig-zag exercise is that it is very effective when used as an exercise to improve dribbling skills because the elements contained in this exercise are a combination of many components of speed, strength, balance and movement coordination. There are almost no drawbacks because after conducting this research, zig-zag training is very effective for improving dribbling skills. But inseparable from the results obtained in this study, factors related to the training process also greatly affect the results achieved, such as intensity, duration, volume, frequency and intervals in the exercise itself. Because each of these factors contributes to the continuity of programmed training. The implication of this study is that zig-zag exercises can be used as a type of exercise to improve dribbling skills.

Conclusion

Based on the research results and data analysis that has been obtained, it can be concluded that zig-zag running exercises can have an impact on dribbling skills in futsal games at Club Academy Women Bigreds Palembang. The results of this study indicate that zig-zag running exercises can be used as a training method to improve dribbling skills in futsal games.

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