

ANALYSIS OF DRIBBLING ABILITY TO PLAY SOCCER IN PLAYERS AGED 10-12 YEARS AT SSB BAJO

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ABSTRACT

This research is a quantitative descriptive study that aims to determine the level of dribbling ability to play soccer at the age of 10-12 years at SSB Bajo. The variable in this study is a single variable, namely the level of dribbling ability to play soccer at the age of 10-12 years at SSB Bajo. The population in this study were all soccer players aged 10-12 years at SSB Bajo totaling 30 people, the sampling technique was purposive sampling, namely certain considerations by the researcher. The sample in this study was 20 people. The results showed that the level of dribbling ability to play soccer at the age of 10-12 years at SSB Bajo was in the "excellent" category with a percentage of 5% (1 person), in the "good" category with a percentage of 30% (6 people), in the "sufficient" category with a percentage of 40% (8 people), in the "less" category with a percentage of 15% (3 people), and in the "very less" category with a percentage of 10% (2 people). It can be concluded that the level of dribbling ability to play soccer at the age of 10-12 years at SSB Bajo is in the 40% category.

Keywords: Ability, Dribbling, Football, SSB

ABSTRAK

Penelitian ini merupakan penelitian deskriptif kuantitatif yang bertujuan untuk mengetahui tingkat kemampuan dribbling bermain sepakbola pada usia 10-12 tahun pada SSB Bajo. Variabel dalam penelitian ini adalah variabel tunggal yaitu tingkat kemampuan dribbling bermain sepakbola pada usia 10-12 tahun pada SSB Bajo. Populasi dalam penelitian ini adalah seluruh pemain sepak bola umur 10-12 tahun yang ada di SSB Bajo yang berjumlah 30 orang, teknik pengambilan sampel adalah purposive sampling yaitu pertimbangan tertentu oleh peneliti. Adapun sampel dalam penelitian ini sebanyak 20 orang. Hasil penelitian menunjukkan bahwa bahwa tingkat kemampuan dribbling bermain sepakbola pada usia 10-12 tahun pada SSB Bajo berada kategori "baik sekali" dengan persentase sebesar 5% (1 orang), masuk dalam kategori "baik" dengan persentase sebesar 30% (6 orang), masuk dalam kategori "cukup" dengan persentase sebesar 40% (8 orang), masuk dalam kategori "kurang" dengan persentase sebesar 15% (3 orang), dan masuk dalam kategori "kurang sekali" dengan persentase sebesar 10% (2 orang). Dapat disimpulkan bahwa tingkat kemampuan dribbling bermain sepakbola pada usia 10-12 tahun pada SSB Bajo berada pada kategori cukup sebesar 40%.

Kata Kunci: Kemampuan, Dribbling, Sepakbola, SSB.

A. Introduction

Sport is a form of activity carried out by humans to lead a healthier life. Sports are physical training activities, namely physical activities to enrich and improve capacity capabilities and basic skills and movement skills. (Jamudin et al., 2021). Sport is a means of physical and mental development which is very useful for the younger generation. (Surohmat & Yudi, 2020).. Sport is an integral part of the insight of human culture, it is favored by many people both as actors and as fans. (I. Irawan et al., 2018).. Sports are one of the main sources of entertainment, therefore there are sports supporters who are generally divided into a large number of people and can be broadcast more widely through sports broadcasts. (Kuntjoro, 2020).

Playing soccer is very easy but not everyone understands how to play soccer with basic techniques, rules, tactics and the right strategy. Mastery of basic techniques, rules, as well as tactics and strategies is very important, in addition to showing an interesting game but also can minimize the risk of injury due to mistakes in kicking the ball or

mistakes made against playing opponents. (Kahar et al., 2022).

Football is a type of sports game that is widely favored by people in all circles. (Suryadi & Rubiyatno, 2022).. Football is a team sport played by 2 opposing teams with predetermined rules, each team consists of 11 players including 1 goalkeeper. (Sanggita & Nurhidayat, 2022).. Football is a sport that consists of many and varied complex energy kinesiology activities consisting of a large number of cyclic and acyclic maneuvers. (Trianda et al., 2020). Football is a sport in the form of a game and in it there are several kinds of basic skills to play soccer. In a good basic skill soccer game, it will be able to create cooperation and cohesiveness and improve the quality of the game so that it will result in victory. (Kuswoyo, 2019). Soccer is the most famous sport in the world ". In addition, soccer is a sport played by two groups in opposite directions each struggling to put the ball into the opponent's goal. Each group consists of eleven players, and therefore the group is also called a team. (Nusufi, 2016). Football is a team sport based on technique, ball processing, and

understanding of each player's game. (Mubarok et al., 2019).

Football always offers beauty in every corner both in terms of training and matches, football must also be required to have good technical, physical, mental and strategic skills. (Atiq & Budiyanto, 2020). Football is a game that is almost entirely played using the feet, except for a goalkeeper who is allowed to use his arm in the penalty kick area. (Mesnan et al., 2019). football is the foundation that must be owned by a player, because without a good physical condition, a soccer player will quickly experience fatigue. (Lufisanto, 2015). Football is also a sport that is favored by all levels of society, both young and old. The sport is included in the compulsory subject matter in physical education at school, which starts to be taught in elementary schools to high schools. (Effendi, 2016). A soccer athlete must be able to manage well all the psychological reactions that arise during the match, it will greatly impact the match situation (Kumbara et al., 2016). (Kumbara et al., 2018)..

SSB bajo is a soccer school in kec.bajo which is located kab. Luwu This soccer school was formed in 2020 by Akmal Annas, as the founder.

Luwu membership covers children aged 9-17 years in kec.bajo and outside kec.bajo. The structure of this football school is Mr. Akmal as chairman and coach and Mr. Hussein as vice chairman and coach. With the passage of time this soccer school has many participants and often participates in tournaments within and outside the district and not infrequently this soccer school gets champions. Several achievements have also been recorded by this soccer school since its establishment.

Dribbling ability is needed by a football player in dealing with situations and conditions of the match that require an element of agility in moving to control the ball to be able to defend to avoid collisions that may occur. Dribbling can be seen together, both with the ball and without the ball. Some training methods for improving dribbling skills include: running back and forth, running obstacles, running Zig-zags, and running backwards. (Fitri, 2021)Dribbling is a basic technique that is most dominantly used in attacking defense and transition. The function of dribbling is to maintain the ball when running across opponents or advancing into open space. (Marta & Oktarifaldi,

2020). Dribbling is an important skill for players. It helps improve offense, maintain position, and give the team a tactical advantage. (Noviantoro et al., 2023).. Dribbling is a very important technique for soccer players to master. To reveal that dribbling is a kick with a short-short touch that can be done with the inside, outside or top foot, an observation must be made. (Anugrah, 2016). Dribbling is the movement of carrying the ball using the foot towards the opponent's defense area with the aim of breaking through the opponent's defense. (Akhmad & Suriatno, 2018).. Dribbling is only done when it is self-favorable, that is, free from opponents. (Hidayat et al., 2021).

Based on the results of observations made of SSB Bajo players, the mastery of dribbling techniques is not good. This can be seen from the position of the body and legs when dribbling poorly. In addition, some players also do poor dribbling and hold or carry the ball too long so that the ball is easily captured by opposing players. So the formulation of the problem is about how important dribbling ability is for soccer players at SSB Bajo in supporting their skills in the

match. Previous research (Jud et al., 2022) dribbling ability is an ability that is needed by a soccer player in moving to control the ball from the opponent. So the purpose of this study is to determine how high the level of dribbling ability of soccer players at SSB Bajo.

B. Research Methods

The methods used are surveys and tests to obtain objective data. In order for data collection to be as planned, it is necessary to arrange systematic and clear steps. This needs to be done to avoid errors during the implementation of the test and the tool is in the form of indicators of the assessment of dribbling skills in soccer. This type of research is descriptive research using quantitative methods (Hasanuddin, 2018).

The population in this study were all soccer players aged 10-12 years at SSB Bajo, totaling 30 people, the sampling technique was purposive sampling, namely certain considerations by the researcher. (Issn et al., 2020). The sample in this study was 20 people. The study used research instruments in the form of tests and measurements. The test carried out is a test of students' ball

dribbling ability with a 2-test mechanism, namely the initial test and the final test. The initial test was carried out by means of each student being asked to carry out dribbling activities through prepared obstacles using the strongest foot. The data analysis technique in this study used quantitative descriptive data analysis techniques.

C. Research Results and Discussion

This study aims to determine the level of dribbling ability to play soccer at the age of 10-12 years at SSB Bajo. The method used in this research is survey, with data collection techniques using tests and measurements. The following is a description of the results of research on the level of dribbling ability to play soccer at the age of 10-12 years at

SSB Bajo.

Table 1. Results of descriptive analysis of dribbling ability

N	20
Mean	23,6795
Median	24,7750
Mode	17,25
Std. Deviation	3,45844
Variance	11,961
Range	11,82
Minimum	17,25
Maximum	29,07
Sum	473,59

The results of the data calculation of the level of dribbling ability to play soccer at the age of 10-12 years at SSB Bajo resulted in an average value of 23.6795, a median value of 24.7750, a mode of 17.25, a standard deviation of 3.45844. The variance value is 11.961, the range value is 11.82, the minimum value is 17.25, the maximum value is 29.07 and the total value is 473.59.

Table 2: Distribution of Dribbling Ability Levels

Interval	Frequency	Percentage	Category
$x > 28,87$	1	5%	Excellent
25.42 to 28.86	6	30%	Good
21.96 to 25.41	8	40%	Simply
18.49 to 21.95	3	15%	Less
$x < 18,49$	2	10%	Less than Once
Total	20	100	

Based on the table above, it can be seen that the level of dribbling ability to play football at the age of 10-12 years at SSB Bajo is in the

"excellent" category with a percentage of 5% (1 person), in the "good" category with a percentage of 30% (6 people), in the "sufficient"

category with a percentage of 40% (8 people), in the "less" category with a percentage of 15% (3 people), and in the "very less" category with a percentage of 10% (2 people). While based on the average value, which is 23.6795, the level of dribbling ability to play football at the age of 10-12 years at SSB Bajo is in the "sufficient" category.

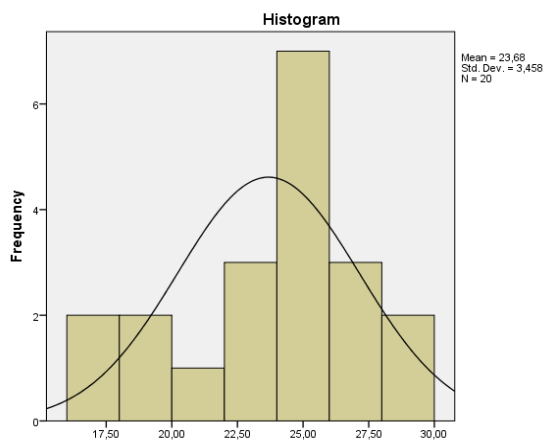


Figure 1. Histogram of Dribbling Ability

DISCUSSION

Based on the results of the analysis, it shows that the level of dribbling ability to play soccer at the age of 10-12 years at SSB Bajo is in the "enough" category. It is necessary to practice continuously, so that the ability to dribble playing football has improved even better, this exercise can be done alone or with friends, but it would be better to do it with friends because they can improve their abilities better and evaluate each

other. To achieve success dribbling the ball in an effort to get out of the opponent's control, the player must be able to make a winding dribbling movement or a sudden change of direction quickly, because with movements like this it will make it easier to pass the opponent so that it easily scores goals against the opponent to get the maximum. (Rahmat et al., 2023).

The level of dribbling ability in soccer players aged 10-12 years at the Bajo Football School (SSB) is very important because this period is a period of basic skill development. At this age, children are at an ideal cognitive and physical stage to learn basic football techniques, including dribbling. Dribbling is a skill that allows players to control the ball while running and trick opponents. In training at SSB Bajo, children are taught various dribbling techniques, such as dribbling with the inside and outside of the foot, as well as making feints to get past opponents. This learning is often done through small games and drills designed to develop coordination, balance and ball control. At the age of 10-12, dribbling ability starts to show significant variation between players, depending on how

often they practice and how well they understand the basic techniques. Children who regularly train at SSB Bajo tend to have quite good dribbling skills compared to those who train less. In addition to the frequency of training, the quality of training also has a big influence. Experienced coaches at SSB will usually emphasize the importance of consistency in dribbling practice, provide constructive feedback, and encourage players to keep trying new techniques.

The use of a variety of dribbling exercises can have an influence in improving dribbling skills in soccer games. The form of exercise variation is zig-zag training, players dribble by turning with bollards or cones installed at a certain distance, players are required to change the direction of dribbling quickly and be able to control the ball well. The player starts dribbling at the first cone then dribbles in and out of the cone until he reaches the last cone, then turns direction and dribbles back to the starting position. (Hadari et al., 2021).

The results of previous studies say that the majority of research participants have an adequate level of skill in the basic techniques of soccer games, especially dribbling at the age

of 14 years. This study provides a fairly clear picture of the skill level of basic soccer techniques among 14-year-old players at SSB Tebing Tinggi District. The implications of these findings can be used as a basis for the development of better training programs in the future, as well as to improve the achievement and quality of football games at the local level. (Djulianda et al., 2024).. Furthermore, research that says that the level of dribbling skills of Al-Irsyad Surakarta Junior High School students, the majority have not fully mastered the basic techniques in soccer games, one of which is the dribbling technique, to be able to understand in depth, students are required to practice soccer dribbling techniques by increasing their own study hours such as independent training, extracurricular activities, and also soccer schools (SSB). (Lukman et al., 2019). Furthermore, research that emphasizes that the ability of dribbling techniques of Arema Ngunut Tulungagung Academy players is in the "enough" category. The things that affect the basic ability of dribbling in 17-year-old players of Arema Ngunut Tulungagung Academy are (1) lack of mastery of basic soccer techniques in

terms of dribbling, (2) lack of concentration of players when conducting tests, (3) during the test, some players are in a hurry, the ball comes out of the dribbling test track, so players have difficulty controlling the ball. (Putra & Hariyanto, 2022).

The results of previous research show that the agility of a player affects his ability to dribble, this indicates that agility has a good contribution to dribbling in Langsat Permai FC Club players in Siak Regency. good agility will maximize the ability of a player when dribbling without losing control of the ball being dribbled. (Kurniawan, 2020). In line with other previous research, it is said that the level of basic soccer technical skills in extracurricular activities at MTs Ma'arif Sempor data totaling 28 students concluded that students who have a level of basic technical skills playing soccer in the good category are 4 students (21.0%) of the 28 total sample, while those who have a level of basic technical skills playing soccer in the sufficient category are 18 students (43.0%) of the 28 total sample, and those who have a level of basic soccer skills in the poor category are 6 students (36.0%), so the basic technical skills of soccer in

extracurricular at MTs Ma'arif Sempor in 2022 are classified in the category "enough" (Irawan et al., 2022). (Irawan et al., 2022).

D. Conclusion

Based on the results of the analysis and discussion, it can be concluded that the results showed that the level of dribbling ability to play football at the age of 10-12 years at SSB Bajo was in the "excellent" category with a percentage of 5% (1 person), in the "good" category with a percentage of 30% (6 people), in the "sufficient" category with a percentage of 40% (8 people), in the "less" category with a percentage of 15% (3 people), and in the "very less" category with a percentage of 10% (2 people). It can be concluded that the level of dribbling ability to play soccer at the age of 10-12 years at SSB Bajo is in the 40% category.

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