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The Relationship of Agility and Eye Coordination Feet on Dribbling Skills In Football Game Class XI Students of SMAN 2 Kampar

Jufrianis^{1B-D}, Desliangga^{2A-E*}, Mohammad Fauziddin^{3B-D}

^{1,2,3}Program Study of Health and Recreation Physical Education, Faculty of Teacher Training and Education, Pahlawan Tuanku Tambusai University, Kampar Regency, Riau, Indonesia

jufrianis@univesitaspahlawan.ac.id^{1*}, desliangga3@gmail.com², fauziddin@universitaspahlawan.ac.id³

ABSTRACT

This research aims to determine the relationship between agility and eye-foot coordination on dribbling ability in class XI football at SMAN 2 Kampar. This type of research is correlational. The population in this study were class XI students of SMAN 2 Kampar, sampling with a total sampling of 60 students. The instruments used in this research were agility tests using base stick agility, eye-foot coordination using the football wall volleyball test, and dribbling using the ball dribbling test. Data were analyzed using product moment correlation and continued with multiple correlation coefficients. Based on the results of data analysis, it shows that: There is a significant relationship between agility and eye-foot coordination on dribbling the ball in class. The coefficient of determination (R^2) in the multiple regression analysis of two predictors is 17.54. This means that it has a relationship of 17.54%.

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- Conception and design of the study;
- Acquisition of data;
- Analysis and interpretation of data;
- Manuscript preparation;
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INTRODUCTION

Sport is an activity related to competitive physical activity to improve a person's physical abilities (Subandi & Sin, 2018) and skills while providing entertainment for players and spectators. Sport is a physical activity that is deliberate and planned to start from the direction, goal, time, and location (Zulwandi & Irawan, 2018) (Irawan et al., 2019) (Tria & Sepdanius, 2019) (Prakarsa, 2020).

The most popular sport in the world, including in Indonesia, is football (Yulianto & Budiyo, 2021). Indonesian people, both men and women, have a strong desire to enjoy this sport (Avivudin et al., 2021). The large number of people who attended the field illustrates how enthusiastic the community is about the sport of football, although for



different reasons (Agussalim et al., 2018). Football is a big ball game that is a team sport with 11 participants in each team, and one of them is a goalkeeper (Junaidi et al., 2018) (Asfanza et al., 2019). Almost all football games are played using the legs, except for the goalkeeper who is allowed to use his arms in the penalty area (Afrizal. S, 2018). A football game is played in two halves (2x45 minutes) with a break (15 minutes) between the two halves (Firmana, 2017).

The principle in the sport of football is to try to put as many balls into the opponent's goal as possible to win and defend and prevent the opponent from scoring goals into their goal (Erfan, 2020). There are several supporting factors that can influence athletes in carrying out sports activities in order to achieve achievements, such as: physical, technical, tactical and mental conditions (Saleh, 2020).

In the sport of football, apart from having good physical condition, athletes also need good technical mastery, because without good technical mastery an athlete cannot achieve their achievements (Ihsan et al., 2021). Football is a game that requires a lot of energy, intelligence on the field stimulates enthusiasm, as well as providing joy through togetherness in a team (Rachmat Hidayat, A. Heri Riswanto, 2021). In football there are various basic techniques for playing football. Basic techniques are fundamentals that all athletes must master in order to play skillful football based on multilateral movement skills (Sudirman et al., 2022).

In football, a player is required to have good mastery of basic techniques, because this is the main requirement for becoming a quality player and has high skills in the game of football. This is based on the opinion of Sudrajat in Usli Lingling, Entang Hermanu, and Iman Imanudin (2008) that basic techniques are the main skills that must be mastered in order to achieve high achievement (Mulya & Millah, 2019). Explains that basic techniques are all the movements that underlie the game, and with these capital a person can play well or practice purposefully. One of the basic techniques that players must master is dribbling the ball (Sudirman, 2022).

When you start preparing for a match, the first main skill that will make you motivated and feel satisfied is the ability to dribble the ball (*dribbling*) (Jumaking, 2020) (Nugraha & Syafi'i, 2022). That dribbling the ball is a basic skill in the game of football for all players (Alfi et al., 2019) (Allsabab & Harmono, 2022).

To have good dribbling skills, players must have good motor skills (S. & Yulifri, 2019). Motor processes are movements that directly involve muscles to move and process requirements that make a person able to move body parts (hands, feet and body parts) (Aziz & Adityatama, 2020). When kicking, a player must have a complex series of movements and be supported by components of physical condition and body posture (Putra, 2021). One of the biological aspects that determines achievement in sports is structure and body posture (Meidiansya et al., 2021).

In football, there are several physical components that every football player must have, such as strength, endurance, power, speed, and flexibility, Eye-foot coordination is the body's ability to combine two or more movement patterns to achieve a goal (Foran, 2001). Eye-foot coordination includes a range of activities which is quite

complex. More clearly, eye-foot coordination movements are a reaction to a stimulus, learning skills from processing the right program and the ultimate goal is to carry out the right action. From this explanation, it can be said that eye-foot coordination is a technical ability whose movements combine two or more movement patterns to achieve a goal. The eye-foot coordination movement in its implementation is complicated, while a movement that requires complex movements requires an incoming stimulus process so that it is processed into a good movement skill. Coordination in the game of football plays a very big role. Eye-foot coordination is the synchronization of foot and eye movements quickly and correctly (Sakti, 2017).

Football is a team sport that is popular in the world. "Good and controlled player movements express their quality in the game of football, speed, stamina, strength, skills and knowledge of tactics are important aspects in supporting the game" (Luxbacher, 2012) in Pratomo, C., & Gumantan, A. (2020). Sucipto et al (2000) explain the meaning of football as follows: Football is a team game, each team consists of eleven players and one of them is a goalkeeper. This game is almost entirely played using the legs, except for the goalkeeper who is allowed to use his arms in the penalty kick area. In the game of football, a player is required to have good mastery of basic techniques.

According to Muhajir, (2007) in Taufik, M. S. (2019) Football is a game played by kicking, which aims to enter the ball into the opponent's goal by defending the goal so that the ball does not enter. According to Sodikin and Achmad (2010) in Taufik, M. S. (2019) football is a game played by two squads/teams. Each team consists of 11 players. The game of football requires compact teamwork. Apart from that, variations and combinations of basic techniques are also needed in this game.

In playing football, a player must master several basic football playing techniques such as kicking the ball (shooting), controlling the ball (controlling), heading the ball (heading), dribbling, throwing the ball (throwing in), grabbing the ball (feinting), and goalkeeping techniques (Saputra, 2016).

METHODS

The type of research used in this research is correlation. In this case the Independent Variable (*Independent*) namely Agility and eye-foot coordination and Variables *They depend* namely Engineering Dribbling (Dribble).

Sampling in this research was carried out using sampling techniques total *sampling* namely a sampling technique where the number of samples is the same as the population. The reason for taking total sampling was because the population was less than 100. The entire population was used as the research sample. (Masturoh & Anggita, 2018). The number of samples in this study was 60 people.

The sample is part of the existing population to be studied (Sugiyono, 2013). A sample is also defined as taking selected members of the population to be used as research. Usually, samples are used to draw conclusions that will be generalized to the

population. Based on the explanation above, the samples from this research were all class XI students at SMA Negeri 2 Kampar, namely 60 people.

RESULTS AND DISCUSSION

Table 1.

The results of descriptive statistical analysis for the ball dribbling

N	Valid	60
	Missing	0
Mean		18.9745
Std. Error of Mean		.21478
Median		19.2100
Mode		16.20 ^a
Std. Deviation		1.66371
Variance		2.768
Range		6.31
Minimum		15.59
Maximum		21.90
Sum		1138.47

The results of descriptive statistical analysis for the ball dribbling variable obtained Mean = 18.9745, Median = 19.2100, Variance = 2.768 Maximum = 21.90, Minimum = 15.59, and Standard Deviation = 1.66371, Sum = 1138.47.

Table 2.

Test of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Dribbling	.100	60	.200*	.933	60	.003
Agility	.089	60	.200*	.975	60	.264
Coordination Eyes-Feet	.125	60	.021	.954	60	.025

In this research, the data normality test used is the test lilliefors with the help of Statistic Product Service Solution (SPSS) 24.0 at a significance level (α) of 0.05. The decision-making criteria for this test is if the significance value is more than α (0.05), then the subject is normally distributed, whereas if the significance value is less than α (0.05), then the subject is not normally distributed.

Table 3.

The multiple correlation coefficient

Fregression	Significance ei	Equality Regression	Donaten
44.073	0.000	Y = 17,500 -0.060X1 + 0,101X2	17,54%

Based on the table, the significance is $0.000 < 0.05$, so H1 is accepted and H0 is rejected. This means that both independent variables (foot-eye coordination and agility) have a significant relationship with skill dribbling.

The meaning or significance of the multiple correlation coefficient is carried out using the value of F. From the multiple correlation analysis, F is obtained count amounting to 44,073, then consulted with Ftable. It turns out the price of Fcount <

Fsubject, means the multiple correlation is not significant.

The value of the coefficient of determination (R^2) in the multiple regression analysis of two predictors is 17.54. This means that it has a 17.54% relationship with dribbling skills and 82.46% is influenced by other factors not studied.

CONCLUSION

Based on data analysis and discussion in the previous chapter, the following conclusions can be drawn:

There is a significant relationship between agility and skill dribbling students of SMA Negeri 2Kampar. This is known based on the rxy value of 0.428 and the significance value of $0.001 < 0.05$, so H_1 is accepted and H_0 is rejected.

There is a significant relationship between eye-foot coordination and skill dribbling students atSMA Negeri 2 Kampar. This is known based on the rxy value of 0.733 and the significance value of $0.000 < 0.05$, so H_0 is rejected and H_1 is accepted.

From the results of this research, those who provide physical education subject matter should pay attention to factors other than eye-foot coordination and agility. It is hoped that future researchers will be able to conduct research on dribbling ability by considering factorsother than eye-foot coordination and agility.

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