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Analysis of Dribbling Skills in Football Sports in SSB Gasak FC Club

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ABSTRACTS

Purpose: This research aims to determine the level of dribbling ability of Gasak FC Bangkalan players.

Materials and Methods: Dribbling skills are one of the basic skills that are very important in the game of football, which involve the player's ability to control the ball while moving on the field. The research method used is descriptive quantitative with a survey approach. Data was collected through direct observation and measurement of dribbling skills using validated standard tests. Participants in this research were 15 football players from SSB GASAK FC.

Result: The research results show that the dribbling skills of Gasak FC players are included in the Fair category with an average of 20.42 seconds. Factors such as training frequency, training quality, and intrinsic motivation also have a significant influence on a player's dribbling skills.

Conclusion: These findings provide insight for coaches and club managers about the importance of developing training programs that focus on improving dribbling skills, as well as the importance of paying special attention to young players to develop strong basic skills from an early age.

Keywords: Dribbling; Football; Exercise.

INTRODUCTION

Sport is an activity that plays an important role in maintaining and improving the quality of health both physically and psychologically. It is important for every individual to do regular and structured repetitive exercise and improve physical fitness (Abidin & Yuliastrid, 2022). Physical fitness is an optimal body condition that includes strength, endurance, flexibility and good coordination (Suryadi, 2022). It includes a combination of cardiovascular exercise, strength training, and flexibility training to ensure the body is in tip-top shape. There are many components that influence the body's ability to support exercise for an athlete, one of which is physical ability, technique, tactics, strategy and mental (Sungkawa et al., 2019). One of the sports with a combination of the above abilities is football. Strong physical abilities will increase opportunities for achievement and coordination in playing. The role of basic techniques and other components is one of the main assets in winning a football match (Akhmad & Suriatno, 2018).

Football is a team game consisting of 11 people, including the goalkeeper, whose goal is to put as many balls as possible into the opponent's goal and try to protect their own goal. In the game of football itself, there are several basic techniques that everyone must master, such as: passing, dribbling, control, shooting (Irfan & Yenes, 2020). Passing technique is passing the ball to a friend to create an attack pattern against the opponent to score a goal. Control techniques are

Techniques for stopping the ball. There are two types of ways to control the ball, the first is to stop the ball with the inside of the foot, the second is to stop the ball using the outside of the foot. Shooting technique is the basic technique of kicking the ball towards the opponent's goal with the aim of scoring a goal. To kick the ball there are two ways to use it, the first, kicking the ball using the inside of the foot, the second, kicking using the instep. The technique of dribbling or dribbling the ball is the movement of carrying the ball using the feet towards the opponent's defense area, with the aim of scoring a goal. Dribbling has 3 main goals in football, namely defeating the opponent, ball control and speed in carrying the ball (Aji & Tuasikal, 2020). The ability to dribble the ball is absolutely necessary for every good football player because dribbling is an individual skill that every player must master.

Dribbling or dribbling the ball is one of the basic techniques in football whose aim is to break through the opponent's defense. Agility, speed and strength are needed to produce good dribbling skills. Apart from mastering the basic techniques of playing football well, to become a reliable player, a football player must also have good physical condition (Saputra & Argantos, 2019). To carry out dribbling movements well, you need elements of physical condition consisting of speed, agility, coordination, balance, strength. Dribbling the ball requires a high level of movement technique which aims to trick the opponent, so that in dribbling the ball requires a high level of agility in every football player. (Kusuma & Irawan, 2022). Good dribbling not only keeps the team in possession of the ball, but also creates opportunities to score goals. Players with skilled dribbling can disrupt the opponent's defense, open up space for teammates, and increase the dynamics of the game. Therefore, intensive and targeted dribbling training is very necessary to improve individual abilities and overall team performance. In the context of increasingly tight competition, having a reliable dribbler can be the difference between victory and defeat (Williams & Hodges, 2005).

Mastery of ball dribbling technical skills in the game of soccer is very important. A team's success in winning a match is greatly influenced by the quality of the ball's dribbling. This technique is useful when passing an opponent, both to defend against an opponent's attack and to build a team attack (Khurairah, 2021). Previous research shows that dribbling skills are the main component in playing football and are the main aspect in creating a goal. Apart from that, dribbling can also function as a space opener to move into the opponent's defense.

METHODS

Study Participants: Researchers apply a descriptive quantitative approach using survey methods involving tests and measurements. The population studied was all Gasak FC players, with a sample of 15 players.

Study Organization: The method applied in this research is descriptive research with a quantitative approach. A descriptive approach is a research method that focuses on one variable in one group without comparing it with other variables or other groups. This research uses a form of survey research, which is a type of quantitative research that involves using tests on many respondents. All answers collected by researchers will be recorded, processed and analyzed (Rozaki, 2022).

Statistical Analysis: In data analysis, researchers adopted a descriptive analysis model with a quantitative approach because the data collected was in the form of numerical values. At the

survey data collection stage, the researcher carried out a test in the form of dribbling a ball through an obstacle (cone)(Aldino et al., 2021).

RESULT

From the data presented above, it was found that the average player has sufficient dribbling abilities. This can be seen from the 15 Gasak FC players, who fall into the very good category, there is 1 player with a speed of 16.32 seconds.

Table 1. Dribble skill ability

N	Average (s)	Category
1	16,32	Very good
2	19,01	Good
3	20,31	Enough
4	22,68	Not enough
5	0	Very less

Furthermore, those included in the good category were 3 players with an average speed of 19.01 seconds. In the sufficient category, there were 7 Gasak FC players who dribbling at a speed of 20.31 seconds. In the poor category there were 4 Gasak FC players who got an average result of 22.58. So it can be concluded that the average ability of the Gasak FC football club players is included in the sufficient category with an average of 20.42 seconds.

DISCUSSION

Movement skills are very important abilities in everyday life as well as in physical education. One of the goals of physical education programs for students is for them to become skilled in performing physical activities. Physical skills obtained through physical education are not only useful for mastering certain sports or becoming an outstanding athlete, but are also useful in carrying out tasks that require physical movement in everyday life. (Lubans et al., 2010). Someone who has movement skills is an individual who can perform movements efficiently and mechanically. For example, someone who is skilled at playing soccer is able to kick, dribble, or stop the ball with the right movements and do it efficiently. This ability shows that they not only master the basic techniques of the game, but are also able to optimize energy and timing in each movement, resulting in effective performance and minimizing the risk of injury. (Williams & Hodges, 2005). This skill is not only important in the context of sports, but also in various other physical activities in everyday life (Schmidt & Lee, 2019).

Dribbling in football is a very important basic skill where a player carries the ball past opposing players with control and speed. Dribbling allows players to advance the ball towards the opponent's goal, create goal-scoring opportunities, and maintain possession of the ball under pressure (Folgado et al., 2019). There are several important aspects of the role of football dribbling, namely: controlling the ball, keeping the ball from the opponent, regulating speed and changing the direction of movement, and creating opportunities, as well as drawing a foul from the opponent.

In Bangkalan City, many football clubs have been established so that they can be used as a forum for competing to improve their achievements. To achieve good performance, a football club must have players who are proficient in various basic techniques of playing football. This allows coaches to implement diverse strategies in each match, which in turn can help the club win

matches. The basic techniques for playing soccer include all the movements without the ball and movements with the ball that are needed to play soccer, such as kicking, stopping, heading, dribbling and shooting. Mastery of these basic techniques is important for every soccer player, not only to improve individual performance but also to improve the quality of the team's play as a whole. When every player on the team is able to master basic techniques well, the team has the ability to play more organized and effectively on the field. Apart from that, mastering basic techniques also allows players to focus more on the game strategy set by the coach, thereby increasing the chances of scoring goals and achieving victory. (Travassos et al., 2011). By implementing targeted and consistent practice in developing basic techniques, a player can increase his confidence in facing different game situations. Mastering basic techniques also helps players to be more creative in creating opportunities and dealing with pressure from opponents (Sularno et al., 2022). Thus, players who have good mastery of basic techniques can make a significant contribution to the team's success in each match.

By implementing targeted and consistent practice in developing basic techniques, a player can increase his confidence in facing different game situations. Mastering basic techniques also helps players to be more creative in creating opportunities and dealing with pressure from opponents. Thus, good mastery of basic techniques not only improves individual performance, but also has a positive impact on the quality of the team's play as a whole. Players who have solid basic technical skills can make a significant contribution to the team's success in achieving their goals in each match.

CONCLUSION

In conclusion, the dribbling skills of Gasak FC Bangkalan players fall into the Fair category with an average time of 20.42 seconds, highlighting the need to develop training programs focused on improving basic skills and giving special attention to young players to optimize team performance.

CONFLICT OF INTEREST

The authors declare that there is no conflict of interest in the publication of this research.

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