

## THE RELATIONSHIP OF BALANCE, AGILITY AND CONCENTRATION TO DRIBBLING SKILLS IN FOOTBALL PLAYERS

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### Abstract

The problem with this research is that the football dribbling skills of Persiraja Fc football club players are still lacking. The aim of this research is to find out the relationship between balance, agility and concentration on soccer dribbling ability. This research is quantitative correlational, the population and sample in this research are 24 people. The sampling used was total sampling. This research instrument includes a standing stroke test for balance, an agility test using the Illinois agility test, a concentration test using the concentration grid exercise, and a ball dribbling test using the ball dribbling test. The data analysis technique uses the Spearman rho correlation analysis technique and multiple correlation using the  $\alpha = 0.05$  level. The results of the research are 1) There is no significant balance relationship with the dribbling ability of Persiraja Fc club players with the results of data analysis obtained  $t_{\text{count}} 0.51 < t_{\text{table}} 1.71$  2) There is a significant relationship of agility with the dribbling ability of Persiraja Fc club players with the results of the data analysis obtained  $t_{\text{count}} 2.29 > t_{\text{table}} 1.71$  3) There is no significant balance relationship with the dribbling concentration of Persiraja Fc club players with the results of the data analysis obtained  $t_{\text{count}} 1.59 < t_{\text{table}} 1, 71$  4) There is a significant relationship between balance, agility, concentration on the dribbling ability of Persiraja Fc club players and the results of data analysis obtained  $F_{\text{count}} 3.07 > F_{\text{table}} 1.98$ .

**Keywords:** Balance, Agility, Concentration, Dribbling Ability

### INTRODUCTION

Sport is any activity that involves the mind, body, and soul in an integrated and systematic manner to encourage, foster, and develop physical, spiritual, social, and cultural potential (UUKelolahragaan, 2022). Exercise is a physical movement that can have an impact on the body evenly, exercise can also train muscles to be trained and oxygen can train metabolism properly (Pane, 2015). Sports education is also very important in school activities to realize a whole human

being who is healthy and has character. Sports education is a tool to achieve the goals of an education, or an education through the process of adapting students' physical activities, be it physical, social, emotional, and ethical organs (Iyakrus, 2019). For a sports achievement there is a factor that affects from the inside and there is also an influence from the outside so that the results of an athlete are maximized. The factors in it are related to the physical or physical abilities, techniques, tactics and mentality of athletes. Meanwhile, factors that affect from the outside are facilities and infrastructure, nutrition, parental support, motivation and others (Panjang, 2023).

In sports achievement there are several factors that affect to improve sports achievements and also factors that affect each other and are also mutually beneficial, these factors include; (1) athletes, (2) the knowledge and personality of the coaches, (3) sports infrastructure facilities (4) the competition climate and also the science that supports sports achievements (Ashadi, 2014). Sports can be done individually or can also be done in groups, and sports can also be carried out in an open field area or in a closed field and can be carried out indoors or outdoors. Sports can also be a competitive activity, such as in team sports or individual sports including football, *volleyball*, swimming, athletics and others, sports can also be recreational activities. In a sports activity that aims to improve health, fitness, or in improving a person's physique in an effort to improve it can be done in various sports, both sports on the field and indoors, including sports that are carried out on the field, namely football.

Football is a game to seek victory according to *FIFA (Federation International de Football Association)* regulations, namely by scoring more goals against the opponent's goal than conceding. While the main goal of football is to score as many goals as possible in the opponent's goal, while avoiding the opponent putting the ball into his own team's goal. A team that scored more goals during the 90 minutes of the match was declared the winner. In addition, the goal of football is to strengthen the physical and health of players, develop technical, tactical, and mental skills.

*Dribbling* is the ability that every player has in mastering before being given to his friends to create opportunities in creating goals (Sumosardjono, 2016). So it can be concluded that *dribbling* is a basic skill that must be mastered by football players with the aim of controlling the ball before it is given to friends to create opportunities to support the team's strategy in carrying out a variety of attacks and defending using the inside, outside, and innermost feet. Balance is the ability to react quickly and efficiently to maintain the stability of the body's position before, during, and after a movement and quickly responding to disturbances from the outside (Annisa, 2015). From the above statement, it can be concluded that balance is the ability of the body to control the position of the body stably when carrying out a movement. Agility is also the ability of players to change the direction of their body position and position with speed and precision in moving, which is in



accordance with a situation faced in a certain place without experiencing instability in body balance (S. Rohman, 2015) From this statement, it can be concluded that agility is the ability of a player to change the position of his body or the direction of his body as quickly as possible.

Concentration is the ability of a player to focus attention on a chosen place at a certain time (Nusufi, 2016). So it can be concluded that concentration is the ability of the player to focus a deliberate attention on a certain movement that is activated by sensations in the body. Based on the results of the author's initial observation on Persiraja FC football players, players in doing football *dribbling* are not suitable or not good at doing the *dribbling* technique. Due to the weak balance in maintaining the position of the body, as well as when the player performs *the dribbling* technique, the player's agility to trick the opponent with body movements when dribbling is not optimal and the player does not know how to do the *dribbling* technique correctly. When doing the *dribbling technique*, the ball is often grabbed by the opposing player and cannot control the body with the balance of the body when playing *Dribbling* the ball Therefore, the author observes that football *dribbling* techniques are still far from expectations. The above problems are caused by several factors, including training activities that are not focused on the elements of *dribbling techniques*, in terms of physical condition, coaches who do not tighten training activities, and the willingness of infrastructure to support inadequate training activities, such as field conditions and football.

## METHODOLOGY

This type of research, namely quantitative correlation, aims to find information on a relationship between variables and other variables. The variables in this study are free variables, namely, balance (x1), agility (x2) and concentration (x3), bound variables namely *dribbling* ability (Y). In this study, the population is 24 Persiraja FC *football players*. This sampling technique uses total sampling which means that the entire population is used as a sample in the study with a total of 24 people.

The data that must be needed in this study is data on the *dribbling* ability test of Persiraja FC club players. The instrument that will be used for the initial and final measurements uses the soccer *dribbling* test. Meanwhile, to find out the balance of athletes, agility and concentration also use observation, literature and sports measurement tests. The time and place of the research will be held on December 23, 2023 at the Akmam Adi Putra Janji Raja field. For data collection, sports measurement tests are used, namely the football *dribbling* test, standing stork test, illinois agility test and Concentration Grid Exercise. As for the data analysis technique, it is a data normality test with the *Spearman Rho formula*, T distribution and using a double correlation test.



## RESULTS

### 1. Data on the Dribbling Ability Test of Club Persiraja Fc Players (y)

Table 1. Test Results (y)

Interval Classes	Ago	Relative Frequency(%)	Category
<18.99	2	8.33	Excellent
19,00-21,00	6	25	Good
21,01-23,00	11	45.83	Keep
23,1-25,00	5	20.83	Less
>25,01	0	0	Very Less
Sum	24	100	

### 2. Balance Test Result Data (x1)

Table 2. Test Results (x1)

Interval Classes	Ago	Relative Frequency(%)	Category
>50	0	0	Excellent
50-41	5	20.83	Good
40-31	15	62.50	Keep
30-20	3	12.50	Less
<20	1	4.17	Very Less
Sum	24	100	

### 3. Agility Test Result Data (x2)

Table 3. Test Results (x2)

Interval Classes	Ago	Relative Frequency(%)	Category
<15.5	0	0	Excellent
15,2-16,1	5	20.83	Good
16,2-18,1	12	50	Keep
18,2-18,3	2	8.33	Less
>18,3	5	20.83	Very Less
Sum	24	100	

### 4. Concentration Test Result Data (x3)

Table 4. Test Results (x3)

Interval Classes	Ago	Relative Frequency(%)	Category
>21 and above	8	33	Excellent
16-20	9	37.50	Good



11 to 15	6	25	Keep
6 to 10	1	4.17	Less
<5	0	0	Very Less
Sum	24	100	

### 5. Independent Variable Test Results Data

Table 5. Independent Test Results

Independent Variables (X1,X2,X3)	Coeficin			Information
	R count	T Count	T table	
X1 – X2	0,198	0,97	1,71	Not to be confused with
X1 – X3	0,159	0,76	1,71	Not Singnifikan
X2 – X3	0,479	2,56	1,71	Signifikan

## DISCUSSION

From the results of the analysis, it can be concluded that there is no significant relationship between balance and *dribbling* ability, where each variable stands in its own right. Therefore, it can be stated that balance does not have an important relationship with the *dribbling ability of Persiraja FC club players*. Balance is an ability in the body to be able to maintain the right body posture when making a movement, balance is included in one of the physical fitness processes (A. Rohman & Soegiyanto, 2013) . In a sports activity, the physical condition factor about balance also affects sports activities such as football. Balance can also be said to be a balance is the ability to maintain the focus of the center of gravity on the focus plane, especially when standing (A. Rohman & Soegiyanto, 2013). When doing basic football *dribbling* techniques, balance must be necessary because when doing soccer *dribbling*, a player must maintain the position of his body when making ball *dribbling movements* in order to be able to perform the basic technique well and because of the basic dribbling technique Football has a relationship with the physical condition factor of balance. It can be concluded that players who have good balance will *also be good* when doing dribbling techniques.

Agility is a body that moves and changes the position of the body in a short period of time without experiencing a loss of balance (Syahputra et al., 2021). Thus, agility plays an important role in carrying out basic football techniques, namely ball *dribbling* because when *dribbling* the ball players need to change the direction of the body position in the shortest possible time. Agility is also a person's ability to change the position of the body or change the direction of the body position quickly which is done together with other movements (Mahfud & Indonesia, 2020)



Concentration is a mental aspect in sports and plays an important role, with a reduction or disruption of players' concentration during training, especially in a match, various problems will arise or are less than optimal. Concentration is a state in which the player has full awareness and is focused on a certain object that is not easily shaken (Najib & Priambodo, 2019). Meanwhile, according to another opinion, Concentration is a state in which a person's consciousness is focused on a certain object at a certain time (Agustina & Priambodo, 2017). In a very complete football game, concentration is very necessary, for example when players want to carry out *dribbling techniques*, players must concentrate when they want to dribble the ball so that they can pass the opponent.

The relationship between balance, agility, concentration is an important factor that affects the *dribbling* ability of Persiraja FC club players. *Dribbling* is a basic skill in the game of football where each player performs running movements while pushing the ball using his feet so that there is a movement of the ball from one place to another or to open the opponent's area (Ardianda & Arwandi, 2018). Meanwhile, another opinion states that *dribbling* is a way to bring the ball in all directions to keep control of the ball while moving to avoid the opponent's spoils (Feby, 2017). In terms of the frequency of training, it can be concluded that continuous training and training for a long time will improve the ability to dribble the ball. Athletes who have good balance, agility, and concentration will get more *dribbling* skills as expected fast, precise and directed and have high jumping power.

## CONCLUSION

The results of the study showed 4 conclusions, namely (1) There was no significant balance relationship with the *dribbling ability of Persiraja FC club players* with the results of data analysis obtained  $t_{hitung} 0.51 < 1.71$ . (2) There was  $t_{tabel}$  a significant relationship between agility and the *dribbling ability of Persiraja FC club players* with the results of data analysis obtained  $t_{hitung} 2.29 > 1.71$ . (3)  $t_{tabel}$  There was no significant balance relationship with the *dribbling ability of Persiraja Fc club players with the results of data analysis obtained*  $t_{hitung} 1.59 < 1.71$ . (4)  $t_{tabel}$  There was a significant relationship between balance, agility, concentration on the *dribbling ability of Persiraja FC club players* and the results of data analysis obtained  $F_{hitung} 3.07 > 1.98.F_{tabel}$

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