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THE RELATIONSHIP BETWEEN SPEED AND AGILITY TOWARDS THE ABILITY TO DRIBBLE THE BALL IN FOOTBALL GAMES OF STUDENTS AT INPRES 12/79 GATTARENG ELEMENTARY SCHOOL

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Abstract
This study was conducted to analyze the relationship between speed and agility and dribbling skills in football matches in students of SD Inpres 12/79 Gattareng as a basis for developing more effective exercises. This study aims to determine the relationship between speed and agility to dribbling skills in football matches for students of SD Inpres 12/79 Gattareng. The type of research used in this study is correlation research. The total population in this study is 124 students of SD Inpres 12/79 Gattareng. The sample in this study is 30 students who use purposive sampling techniques. This research instrument uses a 30-meter running test, agility T-test, and dribbling test. Data analysis uses computer-assisted statistical analysis through the SPSS program. The results showed that there was a significant relationship between speed and dribbling ability with a sig value of 0.005, there was a significant relationship between agility and dribbling ability with a sig value of 0.009, and there was a significant relationship between speed and agility along with dribbling ability with a sig value of 0.011.
Keywords: Speed, Agility, Dribble, Football

INTRODUCTION

The development of sports in Indonesia is increasing, particularly in football. This is inseparable from the increasing public awareness and understanding of the importance of exercise, which is an activity that can improve a person's immune system; in other words, exercise can make people healthy. Football has now become a very popular sport among the public and can be categorized as a sport that can be easily found everywhere. Football is a game played by kicking a ball, with the goal being to score goals and to defend the goal. In playing the ball, each player is allowed to use all parts of the body except the hands and arms. Only the goalkeeper is permitted to play the ball with his feet and hands (Hardi & Syahruddin, 2021).

Football is a sport that involves playing with the ball using the feet. The main objective of the game is to score as many goals as possible, which must be done according to established rules. To score goals, agility, alertness, speed, and good ball control are required (Syahrir et al., 2025). In the game of football, there are many skills that must be mastered, namely speed, agility, and dribbling the ball.

Speed is a crucial aspect of a football player, contributing to their game. Speed is the ability to perform similar movements in a short period of time (Romanda, 2022). Generally, speed refers to a person moving as quickly as possible in response to a stimulus. This ability shortens the distance the body moves. Speed not only involves moving the entire body quickly but also the movement of individual body parts in the shortest possible time.

Speed is defined as the ability to perform movement in the shortest possible time by utilizing maximum velocity. This definition emphasizes not only the rapid execution of movement but also the efficiency and effectiveness of neuromuscular coordination in producing optimal performance. Furthermore, Bompa, as cited in Wiguna (2023), explains that speed, specifically the ability to move quickly in a straight line, is a fundamental component that significantly contributes to success in various sports. In this context, speed plays a crucial role in enabling athletes to respond swiftly to game situations, reach targets faster than opponents, and execute technical actions with greater precision and timing. Therefore, the development of speed is essential in enhancing overall athletic performance, particularly in sports that demand quick acceleration, rapid movement, and high-intensity actions.

Speed and agility are closely interrelated physical components that collectively influence an athlete's performance, particularly in sports that require rapid movement and directional changes. In the context of game situations, speed enables an athlete to cover distance quickly, while agility allows efficient adaptation to dynamic and unpredictable conditions such as opponent movements or ball direction. The integration of these two components is essential for executing technical skills effectively, as athletes must not only move fast but also maintain control and balance when changing direction at high speed.

Agility is a crucial element of the body's biomotor components that plays a role in sports. According to Fatati & Setyawan (2025), agility is the body's ability to change direction quickly, including forward, backward, right, and left. Expressed a similar sentiment, explaining that agility is the body's ability to change position in different directions and is the body's ability to change various positions at high speed (Falentino & Suwirman, 2022).

Dribbling the ball is one of several basic techniques in football. Dribbling requires precise eye-foot coordination and quick footwork while maintaining balance to prevent falls if disturbed

or blocked by opponents (Karim & Jahrir, 2022). Although football does not specify a specific weight or size, all players are required to run continuously throughout the match. The physical and mental challenges faced by players are truly extraordinary. Team and individual success ultimately depends entirely on the player's ability to overcome these challenges. Physical ability plays a crucial role in supporting football performance, so players with good physical abilities will certainly have a greater chance of achieving success.

Dribbling is an important basic technique and must be mastered because players are required to run continuously with the ball. Dribbling can be defined as carrying the ball with the feet to get the ball into the opponent's goal, past opponents, and save the ball from opposing players (Fajrin et al., 2021). Based on the results of observations obtained by the author of the students of Elementary School Inpres 12/79 Gattareng, the author observed the students of Elementary School Inpres 12/79 Gattareng during training and also during matches. The author does not yet know how big the relationship between speed and dribbling results in Elementary School Inpres 12/79 Gattareng is, and the author also does not know how big the relationship between agility and dribbling results in Elementary School Inpres 12/79 Gattareng students. Therefore, the author wants to know how big the relationship between speed and agility is to the results of dribbling ability in Elementary School Inpres 12/79 Gattareng students.

In addition, the author is also interested in conducting research at Inpres 12/79 Gattareng Elementary School, considering that there has never been any research conducted at Inpres 12/79 Gattareng Elementary School regarding the relationship between speed and agility and dribbling ability. The author hopes that this research will serve as a reference for coaches and students at Inpres 12/79 Gattareng Elementary School to determine whether speed and agility are related to dribbling. This will allow coaches and students to improve their training using the research conducted by the author.

METHODOLOGY

The type of research used in this study is correlation research. The correlation method is a study conducted to describe two or more facts and characteristics of the objects being studied. The research is conducted to compare the similarities and differences between the two or more facts based on a specific framework (Syahrizal et al., 2023). This research is descriptive. According to Sugiyono in Hardi and Mutmainna (2024), descriptive statistics are statistics that function to describe or provide an overview of the object being studied through sample or population data as it is, without conducting analysis or drawing general conclusions.

A population is a generalized area consisting of objects/subjects that possess certain

qualities and characteristics determined by the researcher (Mulyana et al., 2024). The population in this study was 124 students of Inpres 12/79 Gattareng Elementary School. Sampling used a purposive sampling technique, which determines the sample based on the specific characteristics and general conditions of the population (Mushofa et al., 2024). The sample in this study consisted of 30 students.

Research instruments are tools or facilities used by the author in collecting data to make their work easier, and the results are better, complete, and systematic so that they are easy to process (Rahmawati et al., 2021). In this study, the instruments used were a 30-meter running test to measure speed, an agility T-Test to measure agility and a dribbling test to measure dribbling ability. After the research data was collected, namely speed, agility and dribbling ability test data, to test the truth of the proposed hypothesis, the data needed to be analyzed using statistical analysis with the help of a computer through the SPSS program.

RESULTS

Descriptive data analysis is intended to easily interpret and provide meaning to the data sequentially, as shown in the following table:

Table 1. Descriptive Analysis

Statistics	Speed	Agility	Dribbling
N	30	30	30
Mean	8,31	12,93	21,21
Std Deviation	0,334	0,622	0,571
Minimum	7.69	11,58	20,13
Maximum	8.86	13,82	22,46
Sum	249,37	388,07	636,36

Based on Table 1, which is a description of the data on speed and agility towards the ability to dribble the ball in the game of football, it can be stated that the Speed of 30 samples obtained a total value of 249.37 with an average value of 8.31 and a standard deviation of 0.334, a maximum value of 8.86, and the lowest value of 7.69. While agility of 30 samples obtained a total value of 388.07, with an average value of 12.93 and a standard deviation of 0.622, a maximum value of 13.82, and the lowest value of 11.58, the ability to dribble the ball from 30 samples obtained a total value of 636.36, with an average value of 21.21 and a standard deviation of 0.571, a maximum value of 22.46, and the lowest value of 20.13.

In testing normality, the researcher used the Shapiro Wilk test because the number of samples was smaller than 50 samples, and the samples used in this study were 30 samples.

Table 2. Normality Test

Variable		Df	*P*	Conclusion
Variable X	Speed	30	0.158	Normal
	Agility	30	0.132	Normal
Variable Y	Dribbling	30	0.181	Normal

Based on table 2, it can be seen that the results of the normality test calculations for speed, agility, and dribbling are normally distributed because each has a significance value < 0.05.

The hypothesis proposed in this study needs to be tested and proven through empirical data obtained in the field through tests and measurements of the variables studied.

Table 3. Correlation analysis between speed and dribbling ability.

Variable	*r*	P	Conclusion
Speed	0,428	0,006	Significant
Dribbling			

Based on Table 3, it can be seen that the results of the Pearson correlation calculation obtained a calculated r value (r) of 0.428 with a probability of 0.006 (P < 0.05), meaning that there is a significant relationship between speed and the ability to dribble the ball.

Table 4. Correlation analysis between agility and dribbling ability.

Variable	*r*	P	Conclusion
Agility	0,468	0,009	Significant
Dribbling			

Based on Table 4, it can be seen that the results of the Pearson correlation calculation obtained a calculated r value (r) of 0.468 with a probability of 0.009 (P < 0.05), meaning that there is a significant relationship between agility and the ability to dribble the ball.

Table 5. Correlation analysis between speed and agility in dribbling ability

Variable	*r*	R^2	F	P	Conclusion
Speed and agility	0,534	0,285	5,386	0,011	Significant
Dribbling					

Based on Table 5, it can be seen that the results of the multiple correlation calculation obtained a calculated r value (r) of 0.534. After conducting a significance test or multiple correlation significance test using the regression F test, the calculated F value was 5.386 with a probability of 0.011 ($P < 0.05$), meaning that there is a significant relationship between speed and agility and the ability to dribble the ball.

DISCUSSION

There is a significant relationship between speed and dribbling ability in football games in students at Inpres 12/79 Gattareng Elementary School. A footballer who has speed is automatically able to dribble the ball in any condition, including dribbling the ball quickly and running at full speed (Mappaompo, 2024). Therefore, speed also plays a very important role in the game of football when dribbling the ball because it is able to pass the opponent at maximum speed (Hasanuddin & Hasruddin, 2018).

In addition to speed, agility also contributes significantly to the effectiveness of dribbling performance, particularly in situations that require rapid changes in direction and body control. During a football match, players are often faced with dynamic and unpredictable conditions, such as opponent pressure and limited space, which demand quick decision-making and precise movement adjustments. In this context, agility enables players to maintain balance, coordination, and control of the ball while maneuvering past opponents. Therefore, the integration of speed and agility becomes essential in supporting optimal dribbling ability, as both components complement each other in enhancing movement efficiency and technical execution.

There is a significant relationship between agility and dribbling ability in football games in students at Inpres 12/79 Gattareng Elementary School. This can be explained by the fact that good agility will enable you to dribble the ball effectively in football (Purnomo & Irawan, 2021). Agility, as a physical component, encompasses movement patterns that are closely related to dribbling skills in football (Ariestika & Amni, 2022).

In game situations, agility not only supports the ability to change direction quickly but also enhances coordination between body movement and ball control. Players with higher levels of agility tend to exhibit better balance, faster reaction time, and improved control when maneuvering the ball under pressure. This becomes particularly important when facing defensive opponents, as players must adjust their movements rapidly while maintaining possession of the ball. Therefore, agility serves as a key factor in ensuring that dribbling is performed efficiently and effectively in competitive football situations.

Agility and dribbling skills are essential for deceiving opponents while dribbling and allowing for subsequent control of the ball. The ability to change direction, a characteristic characteristic of agility, is also essential for dribbling in football, particularly when dribbling past multiple players (Hidayat & Rahmadani, 2023).

In addition, the effectiveness of dribbling in football is not solely determined by agility or speed independently, but rather by the integration of both components in real game situations. When players combine rapid movement with the ability to change direction efficiently, they are more capable of maintaining ball control while overcoming defensive pressure. This coordination allows players to exploit open spaces, create scoring opportunities, and sustain offensive play. Therefore, the synergy between speed and agility becomes a critical factor in optimizing dribbling performance in football.

There is a significant relationship between speed and agility simultaneously with the ability to dribble the ball in the game of football in Elementary School 12/79 Gattareng. This can be explained by the fact that these two independent variables together provide a real contribution to the ability to dribble the ball in the game of football and, at the same time, prove that a football player must have speed and agility (Alfajri & Rezki, 2025). Speed in relation to the ability to dribble the ball quickly or run maximally and agility in relation to passing several players or the ability to change body direction (Hilmi & Nurrochmah, 2025).

Based on these findings, it can be concluded that the development of dribbling skills in football should be supported through training programs that simultaneously emphasize both speed and agility components. By integrating these two physical abilities in a structured and systematic manner, students are expected to improve their overall performance in controlling and maneuvering the ball during the game. Therefore, coaches and physical education teachers need to design training activities that are specifically aimed at enhancing speed and agility to achieve optimal dribbling ability in football.

CONCLUSION

Based on the results of the analysis, it can be concluded that there is a significant relationship between speed and dribbling ability, there is a significant relationship between agility and dribbling ability, and there is a significant relationship between speed and agility together and dribbling ability. Therefore, a football player must have speed and agility. Speed is related to the ability to dribble the ball quickly or run maximally and agility is related to passing several players or the ability to change body direction.

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