



The Contribution of Agility Strength and Speed to The Dribbling Ability of 15-Year-Old Football Players at SSB Rejosari Fc East Oku

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Abstract

This study aims to evaluate the soccer refereeing management system in the East OKU Regency Association using the CIPP (Context, Input, Process, Product) evaluation model. An effective refereeing system is essential in maintaining the quality and integrity of football matches at the local level. The method used is descriptive qualitative with data collection through observation, interviews, and documentation. The results showed that although the organizational structure and implementation of referee duties were in place, there were still significant obstacles such as limited continuous training, lack of systematic performance evaluation, and lack of technological support and awards for outstanding referees. The context evaluation revealed the social pressure that referees experience during matches, while the input and process evaluations indicated the need for improvements in human resource management and coordination between regions. Refereeing management products have made a positive contribution, but the consistency of referee quality still needs to be improved. This research recommends the development of continuous training programs, the implementation of a structured performance evaluation system, and the provision of incentives to strengthen football refereeing management in the regions. These findings can serve as a reference for other district soccer associations in improving the quality of refereeing.

Keywords: Referee Management, Referee System Evaluation, Local Football, CIPP Evaluation Model, Referee Development

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A. Introduction

Sport has an important role in developing the quality of human resources, both physically, spiritually, and socially. Based on Law No. 11 of 2022, sport is defined as an activity that involves mind, body, and soul in an integrated and systematic manner to encourage and develop physical, spiritual, social, and cultural potential. In this context, the implementation of sports must be carried out in a directed and measurable manner in order to form positive character and improve individual fitness and health.

Physical education and sports are an integral part of efforts to improve the quality of life of the nation. The government is committed to providing adequate sports facilities and infrastructure to improve athletes' achievements and national and international competitiveness. Sports education can not only be obtained in the school environment, but also through various extracurricular activities such as sports clubs, which thoroughly develop the potential, abilities, interests and talents of students.

One of the most popular sports in the world is soccer. This sport requires each player to have high technical mastery and excellent physical condition. Basic techniques such as dribbling, passing, shooting, and heading must be mastered

well in order to be able to play fast and precise games in limited spaces. In addition to techniques, physical abilities such as strength, agility, and speed also play a crucial role in supporting the performance of soccer players.

Dribbling, as one of the basic techniques in football, is an important skill that requires players to be able to control the ball while moving, both to maintain possession and to prepare passes and shots. According to Danny (2007), dribbling is an essential ability that every football player must have to maintain control of the ball in various game situations.

SSB Rejosari FC OKU Timur, which was established in 2022, acts as a place for coaching young soccer players. Although still relatively new, this club has the potential to produce national and international quality players. However, the results of observations show that the basic dribbling skills of players at this SSB are still relatively low, especially in terms of coordination of movement and changes in body direction quickly and precisely.

The internal and external factors that influence the low dribbling ability need to be studied in depth. In particular, aspects of physical strength, agility, and speed are believed to contribute greatly to the dribbling ability of 15-year-old soccer players at SSB Rejosari FC OKU Timur.

Therefore, this study aims to analyze the contribution of strength, agility, and speed to the dribbling ability of young players as an effort to improve the quality of football coaching in the area.

The problem formulation in this study focuses on the relationship between the physical aspects of 15-year-old soccer players at SSB Rejosari FC OKU Timur and their dribbling ability. Specifically, the study wanted to find out whether strength, agility and speed have a direct effect on dribbling ability, and whether agility also affects speed in dribbling. The identification of these issues is important to understand the factors that can improve the performance of basic soccer techniques among young players.

The main purpose of this study was to test and analyze the effect of strength, agility, and speed on dribbling ability in 15-year-old football players at SSB Rejosari FC OKU Timur. In addition, the study also aims to determine the effect of agility on speed in the context of dribbling, so as to provide a comprehensive picture of the physical aspects that support technical skills in soccer games.

The results of this study are expected to provide theoretical benefits as additional insights and scientific references regarding the contribution of physical components to

dribbling ability in football. Practically, this research is expected to be a source of information for coaches, club managers, and the wider community in developing effective coaching programs, especially in increasing the strength, agility, and speed of young players to support their dribbling abilities. In addition, the results of this study are also expected to motivate future researchers to explore similar studies with a wider scope and methods.

B. Methods

This research was conducted at SSB Rejosari FC OKU Timur located in Rejosari Village, Belitang Mulya District, OKU Timur Regency, South Sumatra Province. The research implementation time is planned for six weeks, starting from May 5 to June 13, 2024, with a training frequency of three times a week, namely on Sundays, Tuesdays and Thursdays at 15.30 WIB.

The population in this study were all 15-year-old soccer players at SSB Rejosari FC OKU Timur, totaling 25 people. Given that the population is not too large, the researcher uses a total sampling technique by involving all players as research samples, in accordance with the principle conveyed by Arikunto that if the subject is less than 100, all should be sampled.

This study uses a quantitative approach with an experimental method that aims to test the cause-and-effect relationship between the independent variable and the dependent variable. The independent variables in this study include strength, agility, and speed, while the dependent variable is the dribbling ability of soccer players. The experimental design used is Pretest-Posttest Two Group Design, where the sample is divided into two experimental groups based on the initial test results with ordinal pairing techniques to ensure equality of characteristics between groups.

The data collection instrument consists of a series of physical and skill tests, namely leg muscle strength tests using a dynamometer, agility tests using the Dodging Run method, speed tests through 30 meter sprints, and dribbling tests to measure the ability to dribble with rapid changes in direction. All tests are carried out in a structured manner and use tools

such as stopwatches, obstacles, and marked start and finish lines.

Data were collected through direct observation during training and test implementation, supported by literature study to strengthen the theoretical basis. Data analysis techniques include normality test using Kolmogorov-Smirnov, homogeneity test with F-test, and hypothesis testing with t-test to determine the significant effect between the independent variable and the dependent variable. The test criteria are based on the significance value (p) with a limit of 0.05 and the comparison of the calculated t value with the t table.

With this systematic method, the research is expected to be able to provide a valid and reliable picture of the contribution of strength, agility, and speed to the dribbling ability of 15-year-old soccer players at SSB Rejosari FC OKU Timur.

C. Results and Discussion

Research Results

1. Pre-Research Description

This research was conducted on 15-year-old soccer players at *ssb rejosari fc east oku*, before carrying out the research the researcher made direct observations of the subjects and objects of research, and then formulated the problems from these observations into the form of

background problems and made specific formulation of problems, then the researcher looked for supporting theories in these problems from various sources such as; journals, theses, scientific papers, books and others relevant to the problems to be studied.

Various preparations made by researchers to obtain accurate data

such as *Pre Test and Post Test*. Where the *Pre Test and Post Test* is carried out by research using an assessment before and after treatment to measure changes that occur in 15-year-old soccer players ssb rejosari fc east oku totaling 25 people who are in the sample of the study, so that they can get results that are suitable for use to obtain data from subjects and objects of research, and do not forget that researchers must complete administrative requirements as a

form of procedure in a research both in a university environment, educational environment and school environment.

From the processing of data analysis obtained by all respondents totaling 25 soccer players aged 15 ssb rejosari fc east oku, these results aim to see the contribution of agility strength and speed to the *dribbling* ability of 15-year-old soccer players at ssb rejosari fc east oku.



Figure 1. Agility Test



Figure 2. Agility Test



Figure 3. Agility Test



Figure 4 Speed Test

From the data above, it can be seen that the contribution of the strength test to the *dribbling* ability of 15-year-old soccer players at *ssb rejosari fc east oku* there are 10 players with good strength.

And there are also 10 players with moderate strength, and 5 players with low strength. From these results that players at the age of 15 years have different strengths.



Figure 5. Strength Test

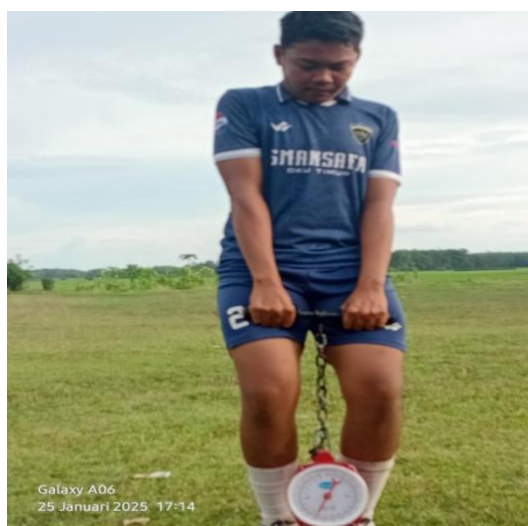


Figure 6. Strength Test



Figure 7. Strength Test

Discussion

This study examined the relationship between physical aspects-strength, agility, and speed-with dribbling ability in 15-year-old soccer players at SSB Rejosari FC OKU Timur. The measurement results showed variations in physical abilities among the players, which then resulted in significant differences in their dribbling abilities.

First, in terms of leg muscle strength, it was found that most players had varying levels of strength, ranging from low to good. Leg muscle strength is an important component in football, especially when dribbling under pressure from opponents or accelerating. Players with better leg strength tend to be better able to control the ball stably and perform effective dribbling movements, as strong muscles support

more optimal stability and propulsion. However, some players whose strength is still low show less than optimal dribbling ability, indicating the need for more intensive physical training to increase muscle strength as the basis for dribbling techniques.

Furthermore, **agility** is a variable that plays a very important role in supporting dribbling ability. The agility test illustrates that players with a high level of agility can make changes in direction quickly and precisely while dribbling. This is crucial considering that modern football requires players to be able to trick opponents and maintain possession of the ball in tight spaces. In this study, the relationship between agility and speed was also found to be significant, where more agile players tended to have better speed in the 30-meter sprint. This combination of agility and speed strengthens the effectiveness of dribbling, allowing players to react quickly to dynamic match situations.

Then, the aspect of **sprinting speed** directly affects dribbling ability, especially in the context of fast attacks and game transitions. Players with high speed are able to create distance from opponents and open up space for passes or shots. Under observation, speed also plays a role in maintaining the continuity of dribbling to remain effective when facing defensive pressure from the opposing team. However,

speed without sufficient agility and strength will not be optimal as players need ball control and physical stability to optimally utilize speed.

Overall, the results of this study confirm that the contribution of the three physical aspects (strength, agility and speed) simultaneously has a significant impact on improving the dribbling ability of young players. This is in line with sporting theories which state that technical abilities such as dribbling cannot be separated from excellent and trained physical conditions.

However, the findings also showed that not all players experienced the same improvement after intervention or testing, indicating that there are other factors that influence dribbling ability such as motor coordination, training experience, and psychological aspects of players. Therefore, coaches and club managers need to pay special attention to training programs that not only develop physical, but also technical and mental players.

This research illustrates that youth football coaching at SSB Rejosari FC OKU Timur can be improved by emphasizing leg muscle strength, agility, and speed training in an integrated manner. The implementation of a training program that focuses on developing these aspects has the potential to significantly improve the quality of player dribbling, thereby improving overall team performance.

D. Conclusion

Based on the results of the analysis and discussion, it can be concluded that the contribution of agility strength and speed to the *dribbling* ability of 15-year-old soccer players at *ssb rejosari fc east oku* has a variety of differences, there are players who are very influential on dribbling and some have no change. But from these results it can be developed again for players who have no effect.

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F. Conflict of Interest

The authors declare no conflict of interest.

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