

## SURVEY OF THE LEVEL KNOWLEDGE OF DRIBBLING SKILLS STEP OVER TECHNIQUE

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### Abstract

*The purpose of this research is to find out whether the players of Ma Shirothul Fuqoha futsal team Malang Regency know about the dribbling skills of the step over technique because there is no data about it. This quantitative descriptive research was conducted. The subjects of this research were Ma Shirothul Fuqoha Malang Regency futsal players, consisting of 30 players. This researcher used descriptive method to conduct quantitative research. Questionnaires were used to determine student interest. In this study, the standard norms of interest classification were used to analyze the data. The results showed that the average answer was classified as "knowing enough", with a percentage value of 66.7%, or 20. This indicates that of the 30 players, the average "knows enough" about the skill of dribbling the step over technique in the Tumpang selection futsal team Malang Regency.*

**Keywords:** Knowledge, Dribbling Skills, Step Over Technique.

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## INTRODUCTION

Futsal is a type of soccer played indoors by two teams, each with five players (Widiyono et al., 2022). The aim of the game is to manipulate the ball with the feet and put it into the opponent's goal. It is allowed to use five reserve players in addition to the five main players (Widiyono & Mudiono, 2021). Juan Carlos Ceriani invented futsal in Montevideo, Uruguay, in 1930 (Ardiansyah et al., 2019). Futsal is of great interest in South America, especially in Brazil (Rangga et al., 2021). After being appointed by the AFC to hold the "Futsal Asian Championship" tournament in 2002, one of the private television stations in Indonesia broadcast the tournament live, allowing Indonesians to get to know the

sport of futsal (Raibowo et al., 2021). After the tournament, the public began to accept it gradually (Purdadi et al., 2022). Many employers often organize futsal tournaments at their employees' workplaces (Raibowo et al., 2021).

Due to the smaller number of players and With a smaller field size, futsal games tend to be more dynamic. In addition to learning about cognitive aspects, people also learn about affective aspects, namely behavior and attitudes (Prasetya et al., 2023). This affective aspect includes various expected goals, such as being sportive, having a sense of responsibility, wanting to cooperate, making decisions quickly, respecting opponents, and playing (Oktafiani et al., 2023). One of the problems that often occurs during these futsal sports activities is how to apply positive values both on and off the field (Analysis of the Effect of Giving Two Step Ladder Drill Exercises on Agility and Speed Journal Innovation In Education, n.d.).

A well-planned and consistently performed exercise under the supervision and guidance of an experienced coach is the only way to achieve high achievement (Irawan & Prayoto, 2021). Players must be equipped with good basic techniques so that they can play well (Fernando & Mahfud, 2021). Mastering the basic futsal game skills that players have is very important to achieve good results in futsal games (Febrina et al., 2019). The basic techniques of playing futsal include the basic techniques of passing, holding the ball (control), hull (chipping), dribbling, and shooting (shooting) (Agustian et al., 2019). To be able to master the basic skills of playing futsal well, you need to practices grabbing the ball. In addition to learning to dribble, futsal players must also understand the movement techniques they use to pass opponents (Okilanda el al, 2021). One of the movements often performed by futsal players is dribbling using the step over technique. Futsal players from Indonesia, such as Ardiansyah Runtuboy and Badiri, often use this technique. Players of Ma Shirothul Fuqoha Team Malang Regency, which consists of 20-30 players, do not have sufficient technical knowledge about futsal games. They are only given training materials about practice and rarely get theoretical knowledge about the dribbling techniques they

use (Raibowo et al., 2021). For their own training, they usually use the futsal field around their house. They often think the step over dribbling skill originated from Brazil because they often see videos of Brazilian players doing it, but the videos are not always correct; sometimes they are only able to perform the dribbling skill movements, without knowing the history or other knowledge about the step over technique. This technique is quite effective when used correctly.

## METHOD

In this study, the type of research used was descriptive quantitative. Descriptive research is a type of research that provides a systematic, factual, and accurate description of the facts and characteristics of a particular population. Operational Definition of Variable Variable ad.

## RESULT AND DISCUSSION

Research Results: The following Table 1 shows the results of a survey on the level of knowledge of dribbling step over techniques in the Ma Shirothul Fuqoha futsal team in Malang Regency, which consists of 30 players.

Tabel 1. Research Data Results

| No | Name | Vision Step Over | %   | Category   |
|----|------|------------------|-----|------------|
| 1  | M1   | 5                | 100 | Excellent  |
| 2  | M2   | 5                | 100 | Excellent  |
| 3  | M3   | 5                | 100 | Excellent  |
| 4  | M4   | 3                | 60  | Sufficient |
| 5  | M5   | 3                | 60  | Sufficient |
| 6  | M6   | 3                | 60  | Sufficient |
| 7  | M7   | 3                | 60  | Sufficient |
| 8  | M8   | 3                | 60  | Sufficient |
| 9  | M9   | 3                | 60  | Sufficient |
| 10 | M10  | 3                | 60  | Sufficient |
| 11 | M11  | 3                | 60  | Sufficient |
| 12 | M12  | 3                | 60  | Sufficient |
| 13 | M13  | 3                | 60  | Sufficient |
| 14 | M14  | 3                | 60  | Sufficient |
| 15 | M15  | 3                | 60  | Sufficient |
| 16 | M16  | 4                | 80  | Good       |
| 17 | M17  | 3                | 60  | Sufficient |
| 18 | M18  | 3                | 60  | Sufficient |
| 19 | M19  | 3                | 60  | Sufficient |
| 20 | M20  | 3                | 60  | Sufficient |
| 21 | M21  | 3                | 60  | Sufficient |

|         |            |   |     |            |
|---------|------------|---|-----|------------|
| 22      | M22        | 3 | 60  | Sufficient |
| 23      | M23        | 5 | 100 | Excellent  |
| 24      | M24        | 4 | 80  | Good       |
| 25      | M25        | 5 | 100 | Excellent  |
| 26      | M26        | 3 | 60  | Enough     |
| 27      | M27        | 4 | 80  | Good       |
| 28      | M28        | 4 | 80  | Good       |
| 29      | M29        | 4 | 80  | Good       |
| 30      | Sufficient | 3 | 60  | Sufficient |
| Average |            |   |     | Sufficient |

Tabel 1 Table 1 shows the results of the study, which resulted in 20 average answers with a fairly good classification and a percentage of 66.7%. Therefore, of 30 players in the futsal team Ma Shirothul Fuqoha Malang Regency, the average of their answers is "Good enough". Research: The discussion on "Survey of Knowledge Level of Step Over Technique Dribbling Skills on Players of Futsal Team Ma Shirothul Fuqoha Malang Regency" was generated from data collected and tested using the SPSS 21 program. The results of this study can be explained as follows: Based on the description of the age of the respondents, it was found that 17-year-old respondents were more than 18-year-old respondents. Respondents aged 17 years have a percentage of 73.3%, or 22 respondents, and 18-year-old respondents have a percentage of 26.7%, or 8 respondents. The results of the knowledge level survey with a 5-point Likert scale above show that the frequency of answers followed by thirty players is in the good enough category. The previous table also shows that the highest response is given to the quite good category, which has a percentage of 66.7% and a value of 20. Conversely, the lowest response is given to the categories of less good and very less good, with a percentage of 0% each. The results of the survey of the level of knowledge of dribbling skills of the step over technique on 30 players of the Malang Regency Tumpang selection futsal team above show that the average player's answer is "quite good" with 20 people with a percentage of 66.7%. This shows that the average player's answer is "good enough" about the level of knowledge of step over skills. This research is expected to increase the knowledge of futsal team players about step over dribbling techniques. It is hoped that each player can not only apply the technique, but also understand and understand each movement.

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## CONCLUSION

This research is expected to increase the knowledge of futsal team players about step over dribbling techniques. It is hoped that each player can not only apply the technique, but also understand and understand each movement

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