

THE EFFECT OF MODIFICATION OF ZIG-ZAG RUN TRAINING ON DRIBBLING SKILLS IN FOOTBALL GAMES

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Abstract

This study aims to determine the effect of zig-zag run training modification on dribbling skills in soccer games for SSB KU-10 Porgap Pamoyanan Cicalengka participants. The research used is Quantitative with One Group Pretest-Posttest Design, the sample used is purposive sampling, data was collected using a dribbling test. The results of the data analysis showed the Normality Test Pretest value sig $0.088 > 0.05$ while the posttest value posttest value sig $0.762 > 0.05$, it can be concluded that the pretest-posttest data is normally distributed. The Homogeneity Test shows $0.594 > 0.05$, so the pretest and posttest data are homogeneous. Hypothesis testing using Paired Sample t-Test with sig value (2-tailed) shows the result of $0.000 < 0.05$ which means H_1 is accepted and H_0 is rejected, it can be concluded that there is an effect of zig-zag run training modification on dribbling skills (accepted). To find out how much the zig-zag run training modification affects dribbling skills, an R Square Test is carried out with a value of 0.923 which can be interpreted that the effect of the independent variable on the dependent variable is $0.923 \times 100\% = 92.3\%$. So with the modification of zig-zag run training in increasing dribbling skills significantly by 92.3%.

Keywords: Zig-zag run; Dribbling; Football

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INTRODUCTION

Football is the most popular sport, as seen from the large number of enthusiastic fans who attend national and international matches, which attract tens of thousands and even millions of people around the world, it is not surprising that this sport covers almost all age groups and genders, like according to (Newson, 2019) Football is a social phenomenon that is famous for its various associations, that playing football will be quite simple for senior citizens and children. Football is the best way to share children's interests, skills, happiness, even become an achievement. Football is a sport that is done in cooperation or played in teams that have the same goal, namely winning a match by putting the ball into the opponent's

goal. According to (Monaldi , 2024) With eleven players on each team, football can be considered a team sport where tenacity, speed, strength, agility, endurance, courage and teamwork are all required in a game played twice in forty-five minutes with proper technique.

Each sport has a specific goal. For example, in soccer, the goal of the players is to try to get the ball into the opponent's goal as many times as possible while preventing the opponent from conceding any goals. According to (Latuheru & Hasanuddin, 2023) the goal of the game of football is to try to guard the goal by putting as many balls into the opponent's goal as possible without conceding, if a party is within the specified time and is determined to put the most balls into the opponent's goal, they are declared the winner, if not declared a draw. With that, to achieve this goal in the game of football, skills are needed that players must master in playing football. The skills that must be mastered are basic techniques, where the basic techniques in the game of football include dribbling, passing, controlling, heading, and shooting. Of the five basic techniques, each has its own role that must be mastered by football players. Like one of them is the dribbling technique, dribbling is a movement of dribbling the ball which aims to control the ball and flow the ball, besides that dribbling is also very important in several situations when playing, for example, dribbling requires skill because players have to pass several opponents to enter the opponent's defense area as according to (Alimuddin, 2024) A football player must have a certain level of dexterity, a strong foundation in technical skills, mental toughness, dexterity and physical fitness are needed to create football playing skills.

One of the problems that often arise in soccer games is dribbling skills, especially the lack of ability or skill of players in changing direction quickly and poor foot coordination, as well as the ball that is easily released, this can hinder the game. The purpose of dribbling is to control the ball and pass the opponent by dribbling or carrying it with the touch of the foot. As according to (Widiyono, 2023) dribbling the ball tries to approach the goal, pass the opponent, and outwit the opponent. Therefore, the fact that a player's football handling style is clearly visible

is not surprising for football observers, especially from his dribbling skills. Strength, speed, flexibility, agility, and other necessary exercises must be considered to improve dribbling skills. (Bengkulu, 2023). A soccer player needs to have a strong understanding of the basic techniques of dribbling to develop into a competent player, coaches should emphasize on teaching or training them how to play soccer by making them focus on learning the basics as per (Marta & Oktarifaldi, 2020) One of the skills that requires focus is dribbling the ball, because strong control of the ball will help players score goals in football matches, according to (Amaruloh & A Rukmana, 2018) Basic knowledge of football is necessary to become a good player, this is especially true for elementary school students, who are still in the early stages of the game, teaching them the basics of football is beneficial for their future development.

The purpose of dribbling in football is a basic skill that allows a player to control and carry the ball while moving, this movement involves the technique of dribbling the ball with the feet skillfully to avoid opponents and create attacking opportunities such as according to (Sma, 2024) The ability to dribble the ball is an important part of controlling the game and preparing the attacking team as according to Ainer Marten (2004: 170) in Wiguna (2017) said that skills are the quality of a person's performance in carrying out a task. Therefore, technical skills are basic movement patterns that need to be learned by an athlete. A soccer player must be proficient in dribbling the ball in order to increase the potential for basic technical attacks must be mastered by each player as according to (Rohendi & Sudrazat, 2020) The ability to coordinate and control the body when performing basic techniques, especially in ball control, is a combination of basic technical skills. Effective dribbling requires coordination, speed, and precision of movement to keep the ball under the player's control, thus dribbling techniques are very influential in the game of football as according to (Pradana, 2024) Good ball control, body balance to keep the ball, and physical condition to maintain dribbling speed while moving while accelerating, all greatly affect dribbling skills. With that, a combination of good technical ability, ball control, body movement to dribble the

ball is needed, but more importantly, optimal physical condition as according to (Sudrazat & Rustiawan, 2020) One of the responsibilities of athletes is to maintain good physical condition to improve performance on the field. Athletes should train early to improve dribbling skills according to (Latuheru & Hasanuddin, 2023) Coaching should start at a young age to encourage positive outcomes, and the development of talented young athletes is essential to achieving high standards. To become a competent and talented footballer in the game of football, players must have a solid understanding of the fundamentals. according to (Arpansyah, 2022) An athlete's physical condition, technical proficiency, tactical awareness and mindset shape and determine their performance, the main component to achieve peak performance is technical proficiency.

One of the soccer training programs carried out by parties outside the educational unit or school at the elementary school level is SSB, which is a place for players to channel their hobbies and interests in soccer. One of them is SSB PORGAP Pamoyanan which is a soccer school located in the Cicalengka area of Bandung Regency. Children who train at SSB PORGAP Pamoyanan aspire to become successful role models or like their idols, namely those who want to have impressive dribbling and are not easily separated. However, children have great difficulty dribbling the ball in a directed manner during training or internal games. Based on the results of the survey and observations by the researcher, the researcher estimated that the dribbling skills of SSB PORGAP KU-10 Pamoyanan participants were below standard or not good. This can be seen from the fact that there are still many players who dribble the ball incorrectly, have poor foot coordination, dribble that is easily lost from control, and there are players who collide with their teammates during soccer game training while dribbling as according to (Iuliano, 2023) Football requires good dribbling techniques to avoid opponents' blocks, control the ball, and carry the ball while passing opponents. However, in action on the field it is difficult to apply, dribbling skills are usually not displayed optimally as according to (Jasmani, 2024) The level of basic dribbling skills is very necessary to play every game, speed, accuracy, strength, flexibility, agility, balance,

endurance, coordination, and reaction are important elements in the game of football. Thus, effective training is needed to improve dribbling skills. This invites researchers to conduct a comprehensive situational study of dribbling training by modifying the zig-zag run training. The reason behind the use of this training model by researchers when comparing the modification of the zig-zag run dribbling training with other training techniques, the model of the modified zig-zag run dribbling training is more efficient because it involves body movement coordination and sharper turning angles and uses many variations of training.

Modified zig-zag run exercise is one of the exercises to improve soccer dribbling skills through modified zig-zag run exercises. The purpose of this exercise is to help players improve dribbling skills such as agility, ball control, dribbling speed on various obstacles and develop dribbling speed accuracy, improve balance, train coordination, and train players to move quickly and change direction effectively when playing ball. As according to (Brink, 2023) Agility training called "zigzag run training" uses cones as speed barriers on various routes and requires high balance control, with repeated zigzag run training helping athletes improve their agility. Thus, modified zigzag run training is one form of training that can help players' skills become more agile and skilled according to (Malla Avila, 2022) Zig-zag run is a type of exercise that involves circular movements through a marked area or cones with the aim of developing the ability to change direction quickly. This exercise is designed to mimic the speed and agility required to dribble the ball in soccer as according to Bompa (1999) in training theory, athletes can improve their physical, technical, tactical, and mental skills through a methodical training process such as improving speed, agility, and motor coordination. According to the statement that players can improve dribbling skills by improving speed, agility and motor coordination skills thus the modification of the zig-zag run exercise there are various exercises to improve these skills.

In previous studies there are studies that are relevant to the problems of this study, for example in the study of the Effect of zig-zag runs to improve agility. The results of the study showed that zig-zag runs are known to be able to improve agility

by developing balance and agility in zig-zag run training, Furthermore, improving the Dribbling Ability of the Porma FC Kepahiang U-20 Football Athlete Club Through Weighted Zig-Zag Running Training. Weighted zig-zag running training has a large positive influence on the dribbling skills of Porma FC Kepahiang U-20 players. Responding to previous studies such as research (Lestari, 2024) just focus on how the zig-zag run affects agility, then research (Feby Elra Perdima, 2023) focuses on the dribbling skills of Porma FC Kepahiang U-20 players through Weighted Zig-Zag Running Training, has not examined how the effect of zig-zag run training modifications on SSB KU-10 soccer dribbling skills. Therefore, the renewal in this study is the application of zig-zag run training modifications to improving dribbling skills in soccer games in early childhood SSB KU-10.

In response to the above problems, dribbling skills are very necessary in this soccer sport because of its high intensity on a very large field, so good skills are also needed. This study focuses on the implementation of a series of exercises aimed at developing dribbling skill components. This study will develop a program to introduce modified zig-zag-run training in soccer games to improve overall performance and, in particular, dribbling skills among early age group SSB participants who participate in soccer matches.

With the research that I will do, it can provide benefits and new innovations in the world of sports, especially in soccer games at elementary school or early childhood levels. This modified zig-zag run exercise involves good foot coordination activities, and accompanying the ball through obstacles can train concentration in dribbling. This exercise can help improve the accuracy of good foot coordination and balance in dribbling, which is important to maintain the accuracy of proper foot coordination when dribbling. With better stability, players can have better skills when dribbling the ball. By implementing this modified zig-zag run exercise, it can help players improve their dribbling skills.

METHOD

The method used is quantitative Pre Experiment, because this study is suitable for researching clear problems, and intends to test the hypothesis besides that I also

want this research to run systematically so that this research runs objectively. The design in this study is One Group Pretest and Posttest Design. This population is participants of SSB KU-10 Porgap Pamoyanan Cicalengka, the sampling method uses non-probability sampling, the type of sampling used is saturated sampling where the entire population is used as a research sample, namely 20 participants of SSB KU-10 Pamoyanan Cicalengka.

To collect data from research samples, a tool called an instrument is needed. The research instrument is a tool for measuring data. According to Sugiyono (2018) "A research instrument is a tool used to measure natural or social phenomena that are observed" Based on the understanding above, to obtain research data, a research instrument was used in the form of a dribbling test in a soccer game from Irianto, et al. (2010) which has a validity of 0.799 and a reliability of 0.599.

Data collection techniques were carried out during the initial and final tests in the form of pretest and posttest data. The quantification technique uses a dribbling test. Data collection through primary data by measuring the speed of each sample (seconds) (pre-test and post-test data). Paired sample tests, assisted by SPSS version 26 software, were used to conduct the analysis.

RESULT AND DISCUSSION

The results of this study began with data from the pretest and posttest results of the study before and after the treatment was given to 20 participants of SSB KU-10 Porgap Pamoyanan Cicalengka. Descriptive statistics were conducted to determine the lowest, highest, and average scores for SSB KU-10 Porgap participants.

Table 1. Statistik Deskriptif

	N	Minimum	Maxiumum	Mean	Std.devation
Pretest	20	23,68	27,13	25,74	1.03158
Posttest	20	23,21	19,21	21,55	1.02279

Based on the table above, it can be seen that all samples totaling 20 people who took the pretest and posttest. With the lowest value in the pretest 23.68 while in the posttest 19.21. For the highest value in the pretest 27.13 and posttest 23.21. For the

average value of the pretest 25.74 while the average value of the posttest is 21.55. Then for Std. Deviation in the pretest is 1.03158, while for Std. Deviation in the posttest is 1.002789.

Tabel 2. Normality Test Shapiro-wilk

	Minimum	df	Sig
Pretest	20 0.917	20	0.888
Posttest	20 0.970	20	0.762

Based on the table above in the normality test section that has been carried out. It can be concluded that the data in this study that has been taken through the dribbling test shows that the pretest results have a significance of $0.088 < 0.05$ while for the posttest it is $0.762 < 0.05$. Thus it can be concluded from the normality test data that it is normally distributed.

Tabel 3. Simple Paired Test T-tests

	t	df	Sig. (2-tailed)
Pretest-Posttest	65.274	19	0.000

Based on the table above, it can be seen that the Sig. (2-tailed) value shows a result of $0.000 < 0.05$, which means that H_1 is accepted and H_0 is rejected. Thus, it can be concluded that there is "The influence of the application of zig-zag run training modifications on improving dribbling skills in SSB KU-10 Porgap Pamoyanan participants" is accepted.

Tabel 4. Homogeneity Test

	levene statistic	df1	df2	Sig.
Pretest-Posttest	0.289	1	38	0.594

Based on the table above, it shows that the significant value of homogeneity of data variance from the Pretest and Posttest results is $0.594 > 0.05$. With these results, it can be said that the pretest and posttest data are homogeneous.

Tabel 5. R square test

Model	R	R Square	Adjusted R Square	Std. Error of Estimate
1	.961 ^a	.923	.919	.29316

The results in the table show that the R Square value is 0.923 which can be interpreted that the influence of the independent variable on the dependent variable is $0.923 \times 100\% = 92.3\%$. So with the modification of the zig-zag run exercise in increasing dribbling skills significantly by 92.3%.

Discussion

Based on the results of the calculation of the data that has been obtained using the paired sample t-test above in table 4.4 that the sig value of $0.000 < 0.05$ thus shows a significant difference between the initial pretest and the final posttest. So it can be concluded that the application of the zig-zag run training modification has an effect on dribbling skills in soccer games.

This is in line with the theory according to Bompa (1999) in training theory, athletes can improve their physical, technical, tactical, and mental skills through a methodical training process that increases speed, agility, and motor coordination. According to (Maulana & Fauzan, 2024) Zig-zag run drills are an efficient solution, players must change direction quickly and effectively while passing through a series of obstacles or containers arranged in a zigzag pattern. The purpose of the zig-zag run drill is to improve ball control, agility, and coordination, all of which are essential for dribbling skills. Thus, zig-zag run drills are very helpful in improving a player's dribbling skills.

According to (Brink, 2023) Agility running training called "zig-zag run training" uses cones as speed barriers on various routes and requires high balance control, training with repeated zig-zag run training helps athletes improve their agility. Thus, modified zig-zag run training is a form of training that can help players' skills become more agile and skilled.

The application of the zig-zag run exercise modification is believed to be able to improve the dribbling skills of SSB KU-10 Porgap Pamoyanan participants. The training method used in this study is a modification of the zig-zag run exercise, with various types of exercises. As according to (Mawardi & Wahyudi, 2021) assumed that zig-zag running training had a significant impact on improving dribbling agility. Based on the explanation and calculations in the bag, the application of the

Zig-zag Run training modification has an effect on dribbling skills in football games for SSB KU-10 Porgap Pamoyanan Cicalengka participants.

CONCLUSION

Based on the results of this study, it can be concluded that the effect of zig-zag run training modification on dribbling skills in football games for SSB KU-10 Porgap Pamoyanan Cicalengka participants. Modification of training using zig-zag run modification affects dribbling skills, such as agility, balance, and foot coordination. Based on the results of data processing with the peered sample t-test and a 2-tailed significance value of $0.000 < 0.05$, H_1 is accepted while H_0 is rejected. Thus, it can be concluded that the implementation of zig-zag run training modification affects the improvement of dribbling skills in football games for SSB KU-10 Porgap Pamoyanan Cicalengka participants. By using the r-square test, the results obtained were $0.923 \times 100\% = 92.3\%$. Therefore, the R square value in this study was 92.3% which shows the magnitude of the effect of implementing the zig-zag run training modification on dribbling skills in SSB KU-10 Porgap Pamoyanan Cicalengka participants. The increase and change were caused by the implementation of training treatment using the zig-zag run training modification which had an effect on improving soccer dribbling skills. Therefore, it can be concluded that the zig-zag run training modification had an impact of 92.3% on SSB KU-10 Porgap Pamoyanan Cicalengka participants.

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