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# ANALYSIS OF DRILL AGILITY AND CONFIDENCE IN THE PASSING SUCCESS OF FOOTBALL ATHLETES

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## Abstract

*This study aims to assess the effect of drill agility and confidence on the success of passing techniques in football players. Passing is one of the most crucial basic skills in football, as it serves to build team collaboration and create opportunities to score. It is estimated that physical conditions related to agility and psychological aspects in the form of confidence have a significant relationship with players' passing ability. This study applies a quantitative approach through a correlational method. The subjects studied were football players selected by purposive sampling technique. Data were collected through drill agility tests, questionnaires about confidence, and passing success tests. Furthermore, the data were analyzed using descriptive statistics, analytical prerequisite tests, and regression and correlation tests to identify relationships and influences between variables. The findings of this study show that drill agility has a positive influence on the passing success of football players. In addition, confidence also contributes positively to the success of passing. Overall, drill agility and confidence significantly contribute to the successful passing results of football players. The better the level of agility and confidence of an athlete, the higher the effectiveness of the passing they make in the match. Therefore, coaches are advised to pay more attention to agility training and the development of the psychological aspects of athletes, especially in building confidence, in order to improve their passing ability in the game of football.*

**Keywords:** drill agility, confidence, passing, football players.

## INTRODUCTION

Football is a game that requires technical skills, physical condition, and mental readiness in a balanced manner. In terms of technique, players must master basic skills such as passing, dribbling, shooting, and ball control in order to play effectively. From a physical point of view, players need strength, speed, agility, and endurance to support performance during high-intensity matches. In addition, the mental aspect also has an important role, such as confidence, concentration, and the ability to control emotions, especially when facing pressure in a match. Therefore, these three aspects must be trained together so that players can achieve optimal performance.

One of the very important basic techniques in the game of football is passing or passing the ball. Passing is a skill used to maintain ball possession between players in one team and build an attack pattern. Good passing skills will help the team

in setting the tempo of the game and creating opportunities to score. Therefore, mastery of passing techniques is one of the important indicators in the success of the game of football.

However, in reality, there are still many athletes, especially at the football school level, who have not yet optimal passing ability. This can be seen from the frequent mistakes in passing the ball, lack of accuracy, and inaccuracies in decision-making when playing. These conditions show that the success of passing is not only influenced by technique alone, but also by other factors such as the physical and psychological condition of the athlete. (Prasetyo, 2022)

In the context of a real game, a player often faces stress from an opponent who wants to grab the ball. Therefore, agility is very important so that players can avoid such pressure with fast and efficient movements. In addition, agility also makes it easier for players to find empty spaces, create chances, and put themselves in advantageous positions before passing to teammates. In addition to physical factors, psychological aspects also have an important role, one of which is self-confidence. Confidence makes players more confident in making decisions when passing the ball, does not hesitate, and is able to pass accurately despite being under pressure from the opponent. Thus, the combination of good agility and high confidence will greatly support the success of players in passing optimally (Pratama et al., 2022).

Therefore, it can be concluded that agility is a crucial element that every football player needs to have. The higher the level of agility of a player, the greater the possibility of providing precise, fast, and efficient passes, so as to support the team's success in attacking and controlling the game.

To improve agility skills, the right training methods are needed, one of which is agility drills. Drill agility is a form of exercise designed to train the speed of change of direction, coordination, and body balance (Arisman & Agun Guntara, 2021). This exercise is usually done using a specific cone or obstacle that is arranged in such a way. Through programmed training, agility drills can help improve physical abilities while supporting players' technical skills, including passing. (Rahman & Sugiyanto, 2021; Sari & Nugroho, 2023)

In addition to physical factors, psychological factors also have a very important role in athletes' performance, one of which is confidence. Confidence is a person's belief in the ability he or she has to perform a task (Maretno & Arisman, 2020). Athletes who have high confidence tend to be more courageous in making decisions, not easily hesitating, and able to play more calmly in match situations. (Prasetyo, 2022; Son, 2022)

On the other hand, athletes who have low confidence tend to experience doubts in acting, so they often make mistakes, including in passing. This shows that confidence has a close relationship with the success of engineering skills in sports. Therefore, psychological aspects need to be considered in the training process in order to support the athlete's performance to the maximum. (Prasetyo, 2022; Son, 2022)

<sup>6</sup> Lack of confidence can have a direct impact on the concentration and focus of athletes when playing. Athletes who are not confident in their own abilities will usually be overwhelmed with fear of making mistakes. As a result, they tend to play too carefully and don't get loose in moving. This condition actually hinders performance, as players become hesitant to make important decisions, such as passing through passes or passing to areas that actually have great chances, even though they are risky. In fact, courage and confidence are needed so that their technical skills can be used optimally.

On the other hand, confidence does not arise instantly, but rather must be built through an ongoing process of practice. The role of coaches is very important in providing motivation and proper direction. In addition, a positive training environment and competitive experience also help increase athletes' self-confidence. With a directed training and a supportive atmosphere, athletes will have more confidence in their abilities and will not easily feel doubtful when on the field

Based on this description, it can be concluded that the success of passing in football is influenced by various factors, both physical and psychological. Drill agility as a form of physical training and confidence as a mental aspect are suspected to have an influence on athletes' passing ability. Therefore, this study was

conducted to analyze the role of drill agility and confidence test on the passing success of football athletes. (Rahman & Sugiyanto, 2021; Putra, 2022).

<sup>10</sup> This study aims to see the relationship between agility drill training and success in passing while playing football. Drill agility training is a type of exercise that emphasizes the ability to change direction quickly and precisely. With this exercise, it is hoped that players can pass more effectively and accurately when competing and when practicing. With this research, it is hoped that we can understand how much the influence of agility drill training on the passing success of football players.

<sup>8</sup> In addition, this study also aims to find out how much of a relationship between the level of confidence and success in passing by football players. Confidence is very important for athletes because it can affect courage, calmness, and how to make decisions when passing on the field. Players who have high confidence can usually show better passing ability compared to players who lack confidence. This research was conducted to gain an understanding of the relationship between confidence and passing success in players.

Furthermore, this study aims to understand how drill agility and confidence work together to affect passing success in the game of football. With this research, it is hoped that it can be found out how much influence the two variables have in helping the passing ability of players. <sup>8</sup> The results of this study are expected to provide input for coaches, athletes, and parties involved in designing more effective training programs. It covers both physical and psychological aspects to improve the passing ability of football players.

#### <sup>4</sup> METHOD

This research is included in quantitative research with a correlational approach. Quantitative research is research that uses data in the form of numbers which is then analyzed using statistical techniques. This approach was chosen because the <sup>10</sup> study aims to find out the relationship between agility and self-confidence and passing success in the game of football.

The correlational approach is used to see the presence or absence of a relationship and the level of strength of the relationship between the variables studied. In

this study, agility and confidence were independent variables, while passing success was a bound variable. Through this approach, researchers can find out whether there is a significant relationship between the two free variables and the passing success of football players.

This research was conducted at the Kendal Black Horse Football School (SSB). This place was chosen because it has an active football training program and students who match the characteristics of the sample studied. The selection of a place for this study was based on considerations of ease of access to the location, the availability of the subject to be researched, and the support of coaches and managers of football schools in the implementation of the research. With a situation like this, it is hoped that the data collection process can take place well and in accordance with the research objectives.

The time for this research was carried out from April 22 to May 27, 2026. During that time, researchers carried out several steps in the research which included preparing tools, collecting data, conducting tests and measurements, to processing research data results. The research time is adjusted to the training schedule of SSB KudaHitam Kendal so that the research can be carried out smoothly and does not interfere with the existing training program.

The population in this study is all children aged 15–16 years who are members of the Kuda Hitam Football School (SSB) located in Boja District, Kendal Regency. The population was chosen because it had characteristics that matched the purpose of the study, namely adolescents who became athletes and actively practiced football regularly. In addition, the 15–16 year old age group is a stage of athletes' development that is improving their technical, physical, and mental abilities. Therefore, this age is considered appropriate to be used as a focus in research on drill agility, confidence, and success in passing.

In this study, the number of samples used was 30 athletes from all existing populations. A sample is a person or object that is studied and used as a source of information in research. The sampling method used is a nonprobability sampling technique by purposive sampling. This technique is used because the researcher selects samples based on certain considerations and criteria that suit the needs of

the research. The sample criteria in this study were: (1) athletes who actively practice football at SSB Kuda Hittam, (2) athletes who are 15–16 years old according to the age group of the team, (3) athletes who routinely participate in training 2–3 times a week, and (4) athletes who are in good health and did not experience injuries during the study. With this criterion, it is hoped that the selected sample can provide the right data and support the research objectives well

Techniques for Taking Samples, How to Measure Data, and the Process of Analyzing Data. In this study, the sampling technique used is Nonprobability sampling by the Destination sampling. This technique is used because the researcher selects the sample by considering and following certain criteria that are in accordance with the purpose of the study. The sample criteria used in this study were: (1) athletes who actively practice football at SSB Kuda Hitam, (2) athletes who are between 15 and 16 years old according to the age group of the team, (3) athletes who routinely participate in training 2 to 3 times a week, and (4) athletes who are in good health and did not have injuries at the time of the study. By using this method, it is hoped that the selected sample can provide data that is in accordance with what is needed in the research.

The data measurement method in this study was carried out using test tools and questionnaires. Confidence level measurement was carried out using the Athlete Self-Confidence Questionnaire (ASQ). Meanwhile, the measurement of success in passing and drill agility was carried out through physical skills and abilities tests that have been adjusted to the purpose of this study. Before data collection tools are used, research instruments must first be tested to ensure their validity and reliability. This is important so that the data obtained has good accuracy and consistency.

The validity test of the measuring instrument aims to see how well the instrument can <sup>1</sup>measure the variables to be studied. According to the results of the validity test from the previous study involving 32 respondents, a score of 0.396 was obtained. These results show that the Athlete Self-Confidence Questionnaire (ASQ) tool has good accuracy and is suitable for use in measuring the confidence level of athletes.

In addition, a tool reliability test was also carried out which aimed to find out how consistent the tool was in measuring one variable. <sup>1</sup> The reliability test in this study <sup>3</sup> was carried out using the Cronbach Alpha formula and the help of a statistical program. An instrument is considered reliable if its Cronbach Alpha value is more than 0.70. Based on previous research, the athletes' confidence measurement tool got a Cronbach Alpha value of 0.979. This value shows that the tool used has a very high level of reliability, so it is suitable for use as a means of data collection in this study.

Furthermore, in this study, data analysis was carried out using statistical analysis. The goal is to understand the relationship between variable drill agility, confidence, and passing success. Data analysis is carried out using statistical programs so that research results can be processed in an orderly, objective, and in accordance with the research objectives that have been determined (Nursaba et al., 2024).

## <sup>1</sup> RESULTS AND DISCUSSION

**Table 1. Descriptive Statistical Test**

| Variable            | N  | Minimum | Maximum | Means | Std. Deviation |
|---------------------|----|---------|---------|-------|----------------|
| Drill Agility (X1)  | 20 | 12,00   | 16,00   | 14,10 | 1,07115        |
| Confidence (X2)     | 20 | 25,00   | 50,00   | 37,50 | 7,52190        |
| Passing Success (Y) | 20 | 28,00   | 48,00   | 36,95 | 6,58927        |

From the descriptive statistical analysis obtained through the SPSS output, information about the total data, lowest values, highest values, mean, and standard deviations for each research variable are as follows:

The VAR00001 variable had a total of 20 respondents (N). The lowest value is 12.00 and the highest value is 16.00. The mean of this variable is 14.10 with a standard deviation of 1.07115. This shows that the data on the VAR00001 variable is relatively uniform because <sup>4</sup> the standard deviation value is lower than the mean value, so the data distribution is quite small and close to the average.

The VAR00002 variable also had a total of 20 respondents (N). The lowest value is 25.00 and the highest value is 50.00. The average is 37.50 and the standard deviation is 7.52190. These findings suggest that the distribution of data on VAR00002 variable varies significantly, but is still relatively normal because the standard deviation does not exceed the mean value.

The VAR00003 variable had a total of 20 respondents (N). The score is 28.00 and the highest score is 48.00. The mean of this variable is 36.95 with a standard deviation of 6.58927. This indicates that the data on the VAR00003 variable has a fairly good distribution and is not far from the average. Overall, the results of the descriptive statistical analysis showed that all variables in the study had the same total of 20 respondents. The average value of each variable indicates the tendency of the data to be in the medium to high category, while a standard deviation that is smaller than the average value indicates that the research data is fairly stable and does not show excessive deviations.

**Table 2.** Normality Test Results

| Variable            | Sig.  | Remarks |
|---------------------|-------|---------|
| Drill Agility (X1)  | 0,064 | Normal  |
| Confidence (X2)     | 0,200 | Normal  |
| Passing Success (Y) | 0,088 | Normal  |

Through the use of the Kolmogorov-Smirnov One-Sample method in normality testing, a significance value for the X1 variable was 0.064, for the X2 variable 0.200, and for the Y variable was 0.088. All significance values obtained showed a number higher than 0.05, so it can be concluded that the data from the variables of drill agility, confidence, and passing efficiency were distributed normally. Thus, the data in this study has met the normality requirements and can be used for parametric statistical analysis.

**Table 3.** Pearson Correlation Test Results

| Variable Relationships           | Correlation Coefficients (right) | Sig.  | Remarks                    |
|----------------------------------|----------------------------------|-------|----------------------------|
| Drill Agility (X1) ↔ Passing (Y) | -0,915                           | 0,000 | Very powerful, significant |
| Confidence (X2) ↔ Passing (Y)    | 0,836                            | 0,000 | Very powerful, significant |

From the results of the Pearson correlation test, it is known that the relationship between agility in drill (X1) and success in passing (Y) results in a correlation coefficient of -0.915 with a significance level of 0.000 which is smaller than 0.05. This indicates a significant relationship between agility in drills and passing success for football athletes. A negative correlation value indicates that the less time it takes for agility or the better the agility of the athlete, the higher the success in passing. The power of this relationship is very strong. Furthermore, the relationship between

confidence (X2) and passing success (Y) showed a correlation coefficient of 0.836 with a significance value of 0.000 which is also smaller than 0.05. This indicates a significant relationship between confidence and passing success for football athletes. A positive correlation value shows that the higher the athlete's confidence, the greater the success in making the achievable passing. The strength of this relationship is also very strong.

**Table 4.** Multiple Linear Regression Test Results

| Model Summary        |          |                       |
|----------------------|----------|-----------------------|
| R                    | R Square | Remarks               |
| 0,930                | 0,865    | Contribution 86.5%    |
| Test F (Concomitant) |          |                       |
| F Calculate          | Sig.     | Remarks               |
| 54,441               | 0,000    | Significant           |
| T test (Partial)     |          |                       |
| Variable             | Sig.     | Remarks               |
| Drill Agility (X1)   | 0,000    | Significant effect    |
| Confidence (X2)      | 0,075    | No significant effect |

Multiple linear regression analysis showed an R value of 0.930 which indicated a very strong relationship between drill agility and confidence in passing success. The R-Square value was at the level of 0.865, which indicates that 86.5% of passing success was influenced by drill agility and confidence, while the remaining 13.5% was influenced by other factors not included in the study.

The results of the simultaneous test (F test) showed that the F number was calculated as 54.441 and the significance value was 0.000 which was less than 0.05. This indicates that together, drill agility and confidence have a significant influence on the passing success of football athletes. Through a partial test (t-test), the drill agility variable recorded a significance value of 0.000 which was smaller than 0.05, indicating that drill agility had a significant influence on passing success. On the other hand, the confidence variable produced a significance value of 0.075 which was greater than 0.05, so that separately, confidence did not show a significant influence on the passing success of football athletes. The multiple linear regression equation obtained was:  $Y = 93,352 - 4.813X_1 + 0.325X_2$  Persamaan this suggests that any increase in drill agility ability will increase the passing

success of athletes, while confidence has a positive, although not partially significant impact on passing success.

## <sup>6</sup>**CONCLUSION**

Based on the research that has been conducted, it can be concluded that there is a relationship between the variables of training agility and confidence in success in passing in football athletes. Descriptive statistical analysis shows that the research data has a fairly stable distribution and is in good condition. In addition, the results of the normality test showed that all variables in this study were normally distributed, which means they were eligible for parametric statistical analysis.

Pearson's correlation testing indicated that exercise agility had a very strong and significant negative relationship with passing success. This shows that the better an athlete's agility, the higher the pass success rate they achieve. On the other hand, confidence shows a very strong and significant positive relationship with passing success in football athletes.

<sup>9</sup>From the results of the multiple linear regression test, it is known that training agility and confidence together have a significant influence on the passing success of football athletes. The amount of contribution of the two variables to the success of passing is shown by the determination coefficient value of 86.5%, <sup>7</sup>while the rest is influenced by other factors outside the variables studied. Individually, training agility showed a significant influence on passing success, whereas confidence has not shown a significant effect when analyzed separately.

Therefore, it can be concluded that agility is a major factor that impacts the passing success of football athletes, while confidence serves as an additional factor that supports the performance of passing techniques on the field.

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