

## THE INFLUENCE OF SHUFFLE DRILL CROSSOVER EXERCISES ON THE DRIBBLING ABILITIES OF FUTSAL EXTRACURRICULAR STUDENTS

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### Abstract

*The problem in this research is that the dribbling ability of futsal extracurricular students at SMP Negeri 49 Palembang is not yet maximized. The purpose of this research was to determine the effect of crossover shuttle drill training on the dribbling ability of futsal extracurricular students at SMP Negeri 49 Palembang. The research method uses an experimental method with a one group paradigm pretest posttest design. The research sample amounted to 16 people with a total sampling technique. Data collection using a zig-zag dribbling test. Data analysis using t test. Based on the results of data calculations and research analysis, this research concludes that, a) The average ability of students in dribbling in the initial test is 33.37 seconds, while for the final test is 32.62 seconds. b) The data for the initial test and the post-test were normally distributed and homogeneous because the Asymp sig was greater than 0.05. c) There is a significant effect of crossover shuffle drill practice on the dribbling results of futsal games for players at SMP Negeri 49 Palembang where tcount is greater than ttable, namely (6,676 > 1,753).*

**Keywords.** Crossover Shuffle, Dribbling

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## INTRODUCTION

Futsal is a beautiful game to play. The characteristics of the futsal game can be seen from the skills of various techniques used when playing, for example the ability to pass, dribbling and shooting. This technique will be perfect if it is supported by a good biomotor. Dribbling ability, for example, dribbling technique is a type of technique that almost all the time used by futsal players to do it. Dribbling is an activity where players carry the ball using their feet to pass the opponent's obstacles. Good dribbling must of course be supported by agility,

considering that dribbling is not useful if the player carries the ball and is unable to change the direction of the body position quickly to avoid the opponent's obstacles.

There are ways that futsal coaches can do to support the quality of players' dribbling, one of which is to train players' agility. There are many methods that can be used to train agility, one of which is by utilizing the agility ladder type of exercise. There are many types of agility ladder exercises, including the crossover shuffle drill. According to Hadi (Hadi et al., 2016) explains that the exercise using the exercise ladder is one of the variations of exercise from the many variations that exist.. Variations that exist in the form of physical exercise are accompanied by movement skills whose function is to train speed, leg agility and synchronize motion in a balanced way. The more agile a player is, the better his dribbling skills are expected.

Futsal coaching in schools is usually not only carried out during compulsory school hours, some schools usually deliberately set up extracurriculars outside of class hours in order to bring up student achievement in the field of futsal. Moreover, futsal tends to be more popular than other sports. One of the schools that has long established futsal extracurriculars is SMP Negeri 49 Palembang. Since 2005, this school has been active in providing guidance to its students through futsal extracurriculars. Various achievements have been achieved by the school, ranging from winning inter-school championships to other prestigious trophies. Now this extracurricular continues to be developed by the school with exercises every 1 week, precisely on Tuesdays from 15.00 to 17.00 WIB.

Based on the findings through observations that the researchers saw on the extracurricular activities of futsal students at SMP Negeri 49 Palembang, it was found that the students' dribbling ability was still not maximal, this was seen by the frequent players losing the ball while being dribbled and easily snatched by the opponent. Some of the causes that may occur in this condition are that in

doing dribbling students have not been supported with good agility, coordination, speed and balance even though dribbling is a skill that requires the carrying capacity of physical abilities such as agility, coordination, speed and balance, the coach has not provided an appropriate training menu. so that it affects the quality of student training, the trainer is less experienced in training and does not yet have a license so that the training method is boring for students and is never given a crossover shuffle drill training menu in practice.

Dribbling ability is influenced by many factors, such as physical factors and player technique, this is in accordance with Zulfikar's opinion (Zulfikar, 2016) who argues that dribbling is strongly influenced by technical and physical factors. The technical factor is the talent possessed by the player, the coach who provides a good training menu, and the seriousness of the player in undergoing the training menu. Meanwhile, the physical factor is influenced by speed, agility, balance and coordination. Some of the factors above, support each other so as to create good dribbling skills.

Based on the above, the researcher wishes to provide a crossover shuffle drill training method which is part of a variation of the shuffle drill or ladder dexterity exercise so that it can affect the dribbling quality possessed by students. Considering that so far it has never been found that schools provide ladder training menus, there are only conventional forms of exercise such as speed endurance and so on. Based on the above assumptions, to prove that the crossover shuttle drill exercise can improve dribbling ability, a scientific study entitled "The Effect of the crossover shuttle drill exercise on the Dribbling Ability of Futsal Extracurricular Students of SMP Negeri 49 Palembang is needed".

According to Saryono (Saryono, 2006) explains that futsal is a game known as minimized futsal. The early history of futsal was founded in 1930. According to Aswadi (Aswadi et al., 2015) states that futsal is a kind of futsal game played on a small field. In simple terms, futsal can be interpreted as a game that can be played by two teams, each consisting of five people. According to

Ardianto in (Narlan et al., 2017) argues that futsal is a type of sport that is played indoors and is played with a total of 5 players.

Some of the above understanding can be concluded that futsal is a game played by two different teams with each team of 5 players including the goalkeeper by trying to put the ball into the opponent's goal and on the contrary keep the ball from conceding in its own goal which is packed with rules for approximately 2 x 20 minutes.

Ariston's opinion (Ariston, 2014) argues that "to play ball well players are equipped with good basic techniques". According to Laksana in (Sulistianoro, 2016) states that "futsal has basic futsal techniques, including: kicking (kicking), dribbling, and heading the ball". According to Syahrul (Syahrul, 2013) states that "basic futsal skills that need to be trained and most importantly in futsal games include: kicking the ball, stopping (stopping) and controlling the ball, carrying or dribbling techniques, movement techniques trickery, heading technique and throw-in".

Based on some of the opinions above, it can be concluded that the basic ability of futsal is the level of proficiency that a person has in playing futsal. This technique will be very useful if it can be mastered properly. The basic futsal techniques include: (1) passing, (2) shooting, (3) dribbling, (4) trapping, (5) juggling, (6) throw-in and (7) heading.

According to Bompa in (Mubarok, 2017) training is a process by which an athlete is prepared for high performance. According to Sukadiyanto (Sukadiyanto, 2011) states "the term exercise comes from an English word that can contain several meanings such as: practice, exercises, and training. According to Suroto (Suroto, 2004) explains that exercise derived from the word exercises is the main tool in the daily exercise process to improve the quality of the function of the human body organ system, making it easier for athletes to improve their movements.

Crossover shuffle drill is included in ladder training techniques, or types of exercises that utilize ladder dexterity in training leg muscle power, coordination and agility. According to Mubarok (Mubarok, 2017) states that the crossover shuffle drill type of activity is to step sideways with the right foot to the right of the stairs. Pass the second square of the ladder using your right foot immediately. According to Hadi (Hadi et al., 2016) explains crossover shuffle drills are exercises with crossed legs that aim to train speed and agility in the form of ladders placed on the ground or field which serves to train leg muscles. According to Maulana in (Irfan & Umansyah, 2019) states that the crossover shuffle drill is a method and form of exercise that demands high concentration and coordination of complex movements. According to Kusuma (Kusuma & Kardiawan, 2017) states that the type of training for agility, speed, body balance and being able to bring up power in the game.

Based on some of the opinions above, it can be concluded that the crossover shuffle drill is an excellent form of training to improve speed, coordination, agility, and overall power. This opinion illustrates that the crossover shuffle drill method is in accordance with the characteristics of the futsal game, considering that some of its skills require coordination and agility such as dribbling.

In this research, researchers used a variation of the crossover shuffle exercise. According to Brown, Lee in (Adhi & Wismanadi, 2018) explains the steps of the crossover shuffle drill movement are:

- a. Stand on the right side of the stairs, start crossing with your left foot first to the first box of the stairs.
- b. Step aside with your right foot to the right of the stairs. Pass the second square of the stairs using the right foot immediately.
- c. Step aside with your left foot to the left of the stairs Repeat again
- d. Remember: only one foot is on the ladder at a time.

## METHOD

The variable in this research consists of the independent variable (X) is the crossover shuffle drill. The dependent variable (Y) is the ability to dribble. This research took place on the futsal field of SMP Negeri 49 Palembang, Talang Betutu village, Palembang City. The research process is planned from May to June 2021, approximately 1 month of research. The population in this s research were male extracurricular students of SMP Negeri 49 Palembang which opened 16 people. The sample in this study was 16 people. The research method used in this study is an experimental method with a research paradigm of one group pretest posttest design. Data collection using a dribbling ability test. Data analysis using t-test.

## RESULT AND DISCUSSION

### Pretest Result Data

The data from the dribbling pretest results are arranged into a frequency distribution table, which is obtained as follows:

**Table 1.** Distribution of Pretest Dribbling

Interval	Frekuensi	Persentase
29.1 - 31.37	3	18,75
31,38 - 33.65	5	31,25
33,66 - 35.93	4	25
35,94 - 37.61	2	12,5
38.62 – 39,20	2	12,5
Total	16	100

Based on the bar chart above, it can be explained that students who scored long kicks with an interval of 29.1–31.37 were 3 people or 18.75%, students who scored with an interval of 31.38–33.65 were 5 people or 31.25%. , students who scored with an interval of 33.66–35.93 were 4 people or 25, students who scored with an interval of 35.94 –37.61 were 2 people or 12.5%. interval 37.62–39.20 as many as 2 people or 12.5.

### Posttest Dribbling Data Frequency Distribution

Research activities at SMP Negeri 49 Palembang produced preliminary test data (posttest) (attachment 1) which were obtained from the following dribbling initial test, which are presented in the frequency distribution table below:

**Table 2.** Distribution of Posttest Dribbling Frequency

No	Interval	Frekuensi	Persentase
1	26.8 - 29.07	2	12,5
2	29,08-31,35	2	12,5
3	31,36-33,63	5	31,25
4	33,64-35,63	5	31,25
5	35,64-38,15	2	12,5
Total		16	

Based on the frequency distribution table and histogram image above, it can be explained that the students who obtained dribbling results with an interval of 26.8–29.07 were 2 students or 12.5%, intervals of 29.08–31.35 were 2 students or 12.5%, interval 31.36–33.63 as many as 5 students or 31.25, intervals 33.64–35.63 as many as 5 students or 31.25%, intervals from 35.64–38.1 as many as 2 students or 12.5%.

### Research Data Analysis

The implementation of the normality test carried out in this research was to determine whether the data were processed using Kolmogorov Smirnov statistics. For more details, the results of the normality test can be seen in the table below:

**Table 3.** Summary of Normality Test

No.	Data	(Asymp Sig > 0,05)	Conclusion
2.	Pretest	0,818	Normal
1.	Posttest	0,961	

Based on the table above, the results of data processing carried out by the data normality test, then  $\text{sig} > \alpha 0.05$  thus the data in this study is normal, where from the two data obtained the value of  $\text{Asymp Sig} > 0.05$ .

(Arikunto, 2006) states that to analyze the results of the pre-test and post-test with the one group design pre-test and post-test technique, the results of hypothesis testing can be seen in the table below:

**Table 4.** Hypothesis Testing

Set	Mean	SD	$t_{hitung}$	$\alpha$	$t_{tabel}$	Keterangan
Pre Test	33,37	2,77	6,676	0,05	1,753	Signifikan
Post Test	34,62	3,50				

Based on the results of data calculations, the results obtained are  $t_{count}$  of 6.676 and  $t_{table}$  obtained by using the value  $\alpha = 0.05\%$  and degrees of freedom  $(n-1)$  namely  $(16-1 = 15)$  namely  $t_{table} = 1.753$  so that  $t_{count} > t_{table}$  ( $6,676 > 1,753$ ). Then the null hypothesis ( $H_0$ ) is rejected and the alternative hypothesis ( $H_a$ ) is accepted. Thus, there is a significant effect of crossover shuffle drill training on the dribbling results of futsal players at SMP Negeri 49 Palembang.

## DISCUSSION

Results Based on the data, the results obtained are  $t_{count}$  of 6.676 and  $t_{table}$  obtained by using a value of  $0.05\%$  and degrees of freedom  $(n-1)$  that is  $(24-1 = 23)$  namely  $t_{table} = 1.714$  so that  $t_{count} > t_{table}$  ( $6.676 > 1.753$ ). Then the null hypothesis ( $H_0$ ) is rejected and the alternative hypothesis ( $H_a$ ) is accepted. Thus, there is a significant effect of crossover shuffle drill training on the dribbling results of futsal players at SMP Negeri 49 Palembang.

Seeing the training conditions that occur in the field, the results are very reasonable. The reason is that the players have been training seriously for approximately 1.2 months. All the crossover shuffle drill training materials have been done well by the entire sample of 16 people, so that what the researchers hoped for was well fulfilled.



Specific findings during the research were (1) students enthusiastically participated in the exercises that had been programmed, (2) some students experienced physical physiology problems at the beginning of the exercise, but along with the variety of exercise programs and training programs were made according to their needs. the physiological characteristics of the student's body, the students are getting used to it every day, (3) the increase occurred in the 3rd (three) week of training, it is very clear that the ability of students to do crossover shuffle drill is very good. Based on the incident during the research, this led to an increase in the results of long kicks made by students during the posttest.

According to Maulana in Irfan & Umansyah (Irfan & Umansyah, 2019) stated that the crossover shuffle drill exercise with the lateral run method is a form of exercise that demands high concentration and coordination of complex movements. These factors will affect the increase in the moment of muscle contraction force, resulting in an increase in the coordination of the motor skill system which can trigger increased agility.

According to (Kusuma & Kardiawan, 2017) stated that “The method of shuffle drill is a method that matches the characteristics of game that prioritizes speed and agility. The point is in the agility exercise that the athlete is required to run fast, turn fast, without losing balance. So it can be said that agility training can also indirectly train speed”. The explanation above means that the crossover shuffle drill is a type of agility, speed, body balance and is able to bring out power in the game.

Based on some of the opinions above, it can be concluded that the crossover shuffle drill is an excellent form of training to improve speed, coordination, agility, and overall power. This opinion illustrates that the shuffle drill or crossover shuffle drill method is in accordance with the characteristics of the futsal game, considering that some of its skills require coordination and agility such as dribbling.

Several previous researchers also revealed the same thing, for example Irkham .'s research 2017. The results showed that there was an effect of crossover shuffle drill with the lateral run method on improving dribbling skills because tcount was greater than ttable, namely ( $4.012 > 1.73$ ). Another research is Firdaus research. 2016. This study shows that there are significant results between ladder drills training on increasing the agility of u-17 students considering that tcount is greater than ttable ( $13,213 > 2.62$ ). The similarity lies in the research method while the difference lies in the subject, object, time and place of research.

If it is associated with relevant previous studies, the novelty contained in this study lies in the modification of the crossover shuffle drill exercise. Researchers designed the type of crossover shuffle exercise with various forms combined with dribbling techniques that match the characteristics of the game. Besides the type of exercise, the characteristics of the population and sample are also different from previous studies in terms of growth and development aspects.

## CONCLUSION

Based on the results of research and data analysis that has been described in chapter IV, this research can be said that:

- a. The average ability of students in dribbling in the initial test is 33.37 seconds, while for the final test is 32.62 seconds..
- b. Pre-test and post-test data are normally distributed and homogeneous because Asymp sig is greater than 0.05.
- c. There is a significant effect of crossover shuffle drill practice on the dribbling results of futsal games for players at SMP Negeri 49 Palembang where tcount is greater than ttable, namely ( $6,676 > 1,753$ ).

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