

Differences Between Dribbling Abilities and Agility Training in SSB Unibraw 82 Football Players

Aji Fajri¹, Sudarsono², Rubbi Kurniwan³, Anangga Widya Pradipta⁴, Sudari⁵, Budijanto⁶

Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi,
Fakultas Eksakta dan Keolahragaan, Universitas Insan Budi Utomo

Article Info

Article history:

Received: 7 July 2026

Publish: 14 July 2026

Keywords:

Agility

Dribbling

Abstract

The results of this study aimed to determine the differences in dribbling ability of SSB Unibraw 82 soccer players with agility training. The research method was a quasi-experimental method. The sampling technique was simple random sampling. The sample was U17 soccer players in group A as the experimental class of 20 people and group B as the control class of 20 people. The data collection technique used tests and non-tests. The instruments were tests and non-test instruments in the form of questionnaires. The data obtained were analyzed using prerequisite tests for normality tests and homogeneity tests. The results of the t-test that had been carried out with the SPSS program, obtained that the t-count value was greater than the t-table value, meaning that there was a significant difference in dribbling ability of SSB Unibraw 82 soccer players with agility training.

This is an open access article under the [Lisensi Creative Commons Atribusi-BerbagiSerupa 4.0 Internasional](#)



Corresponding Author:

Aji Fajri

Universitas Insan Budi Utomo

Email: ajifajrisuwardi@gmail.com

1. INTRODUCTION

Football is one of the most popular sports in the world; it is a contact sport and a physical fitness challenge that requires various skills at different intensities (Cloak R et al., 2014). According to Yon et al. (2018), "football is a high-intensity alternating sprint sport that places very high demands on various components of motor performance". The game of football is a sport that requires all players to master basic football techniques, good football tactics and football strategies, maximum physical condition, good and neat cooperation, and mental competition between lines.

Saputra and Yenes (2019) emphasized that "football has its own appeal from other sports because football is more about skills, not just a sport that is easy for everyone to play." Mubarok (2019) explained that "a game played by two teams where each team consists of 11 players on the field and has the goal of scoring more points against the opponent's goal than conceding is the meaning of football." According to Syukur, A., & Soniawan, V. (2015), football is a game that requires a lot of energy, intelligence on the field, spurs enthusiasm, and at the same time provides joy through togetherness in a team.

In football, there are various basic techniques. Basic techniques are fundamental and must be mastered by all athletes to play football skillfully, based on multilateral movement skills. The main goal of football is to score as many goals as possible against the opponent (Indra and Marheni, 2020). Achieving this goal depends on the ability to control the ball. According to Luxbacher (2011), "success in attacking the opponent's goal depends on each player's skill in defending the ball."

The provision of soccer training is more precisely carried out from an early age, because coaching from a young age is one of the initial foundations for determining

success in achieving soaring achievements in the future; it must be accompanied by abilities that are known from an early age and require observation on a scale, continuously and sustainably. In addition, the development of facilities and infrastructure is also a foundation in coaching, because facilities and infrastructure are home to athletes (Wiratama, 2019). This coaching starts from the Soccer School (SSB). In the process of learning soccer, there are factors that will determine the success of the learning, including innate factors and internal factors such as talent, interest, motivation, intelligence, coaches, training time, etc. (Naldi & Irawan, 2020). Payakumbuh City is one of the cities that strongly supports the development of soccer athletes. This is proven by the many SSBs in Payakumbuh City, such as SSB Tunas Putra, SSB Global, SSB Perisai, SSB Sonyak Pratama, SSB Bintang Utama, SSB Porseba, SSB Bina Muda, and many other SSBs.

According to Budiman and Sin (2019), "training or exercise is a sports activity that is carried out regularly over a long period of time, the training load is increased progressively and individually, which leads to beneficial and psychological traits of humans to achieve goals that have been made in such a way". According to Arwandi, J., & Ardianda, E. (2018), in an effort to improve the performance of soccer players, training is one of the factors that is very decisive in achieving achievements. The form of training chosen will also be very decisive in achieving the desired training targets. The principle in training is a training program given to athletes to improve an achievement.

Wardani and Irawadi (2020) explain that "sports training is basically a regular process in completing the quality of a player's performance in the form of fitness, ability, and energy". According to Udam (2017), "the function of training is to improve or develop elements in the game of football so that playing skills are very important". Among the training of physical, technical, tactical, and mental conditions, one of them holds an important task for entering the professional world, namely physical condition, because physical condition is seen as one of the fundamental factors for a football player in playing or competing as well as possible. Physical preparation is the most important thing in training to achieve increased performance (Sandria & Arwandi, 2019).

According to Ridwan and Irawan (2018), "Physical condition plays a crucial role in developing a player's potential in terms of technique, tactics, and strategy in playing football." Physical condition is crucial in any training program, especially for high-achieving athletes. Physical conditioning training, in its implementation, focuses more on the overall development of an athlete's physical condition and is one of the primary and most important factors that must be considered as a necessary element in the training process to achieve the highest performance (Ridwan, 2020). Therefore, physical conditioning training must be based on a systematic, planned, and progressive training program aimed at enhancing the functionality of all body systems to improve a player's performance.

According to Hamzah (2019), "there are several elements of fitness that are always possessed by every branch of sport such as strength, agility, speed, endurance, balance, coordination and flexibility". Agility is an element of movement ability that must be possessed by a soccer player; with good agility, players can do several feints in the game or pass through the opponent's obstacles. According to Arwandi and Ardianda (2018), "agility is the ability of the body's limbs to change body position quickly without losing what is called balance". Similarly, Hutrisma and Sin (2019) said: "changing the direction of movement at high speed without losing balance is one of the uses in the game of soccer". The ability and willingness of a person's body to change direction quickly and precisely, in an instant, without using excessive power by maintaining balance (Gemael and Kurniawan, 2019). Agility is the way the body works to change direction suddenly and

quickly, which is measured in seconds (Efendi, 2017). A person who is able to change different positions at a good high-speed means that the player can be said to be agile.

In the world of football, besides physical condition, basic techniques are also important in the game of football. Without basic techniques, the game of football will not run well. In the journal, Wardani and Irawadi (2020) said that technique in football is something very important and requires a long time to learn. Therefore, training requires a very long time. Sandhi and Budiwanto (2017) explained "ball guarding techniques. The game of football includes two basic movement abilities or techniques that must be possessed and mastered by players, including movements or ball marking techniques and movements or techniques with the ball."

According to Saputra and Argantos (2019), "explaining techniques with and without the ball are basic techniques in football." Techniques with the ball are everything related to touching the ball; techniques without the ball are everything that is not related to the ball or not touching the ball. An example of a technique with the ball is dribbling or dribbling.

Dribbling is a technique of rolling the ball or moving the ball from one place to another using the feet while running. Umar (2019) said, "dribbling is a way of moving the ball from one place to another on the field using the feet and always in control". In the journal, Fetri and Donie (2019) said, "dribbling is a football technique that requires good eye-foot coordination and good agility by maintaining body balance at the fulcrum when there is an obstacle from the opponent.

According to Budiman and Sin (2019), "dribbling is dribbling the ball with various techniques to open the opponent's defense area or pass the opponent, so that the player can pass or shoot as close as possible to the goal to score or pass to a teammate". There are several factors in getting good dribbling, including agility, flexibility, speed, endurance, strength, coordination, in addition to technique, mentality, facilities and infrastructure, and training programs provided by the coach also greatly influence the improvement of dribbling skills (Akmal & Lesmana, 2019). This requires a player to develop maximum dribbling skills. If the player's dribbling ability is maximum, it will be easy to control the ball or control the game.

According to Budiman and Sin (2019), dribbling involves three phases: the preparation phase, the execution phase, and the follow-through phase. The preparation phase involves maintaining an upright posture, with the ball near the feet, and a straight head to ensure a good view of the field. The demonstration phase involves the player in a circle, kicking the ball fully, and pushing the ball forward several times. The final phase involves the position of the head and body when pushing the ball. Sardar (2014) states that "dribbling movements consist of several movements, including changing direction and protecting the ball, supported by biomotor components, including agility and flexibility."

SSB Unibraw 82 football players are not yet at their best in dribbling. A phenomenon that occurs on the field among SSB Unibraw 82 soccer players: often losing the ball while dribbling, the ball is easily snatched and taken by the opponent. Players are not yet able to control the ball well when dribbling and attacking by the SSB Unibraw 82 soccer players. often experience failure, especially when dribbling. Based on the description above, it appears that the problem to be studied is that dribbling requires an element of agility. Based on this description, dribbling skills play an important role in achieving high achievements in soccer games, because dribbling skills are very necessary for players to be able to dribble the ball past opposing players. Without good dribbling skills, a soccer player may not be able to dribble the ball past opposing players and cannot score goals.

2. RESEARCH METHODS

The research used a quantitative approach with an experimental research type (Moleong, 2015). The method is a descriptive *quasi-experimental method*. The design used is a *non-equivalent control group design* (Suharsini, 2010). The sample was some of the football players of SSB Unibraw 82. The sampling technique was *simple random Sampling*. The sample consisted of 20 U17 soccer players in group A as the experimental class and 20 in group B as the control class. The data collection technique used tests and non-tests. The instruments were tests and non-test instruments in the form of questionnaires. This data was analyzed using the homogeneity prerequisite test of *Levene* and normality (*Kolmogorov-Smirnov*), then tested with a t-test using the SPSS program.

3. RESEARCH RESULTS AND DISCUSSION

3.1 Research result

The results of the research can be seen in Table 1 below:

Table 1. Results of Hypothesis Test Calculation		
Statistics	<i>Pretest</i>	<i>Posttest</i>
t_{count}	1,598	3,84
t_{table}	2,021	2,021
Results	H_a rejected	H_a accepted

In Table 1 above, the results *pretest* obtained t value_{count} is 1,598 and the t -value_{table} is 2,021, the t -value_{count} smaller than t_{table} , so the null hypothesis (H_{the}) is accepted and the alternative hypothesis (H_a) is rejected. This means that there is no significant difference between the results of the *pretest* experimental class and control class.

In table 1 above, the results *posttest* obtained t value_{count} is 3.84, and the t value_{table} is 2,021 t -values_{count} from the *posttest* result is bigger than t_{table} , so the null hypothesis (H_{the}) is rejected and the alternative hypothesis (H_a) is accepted. This means that there is a difference between the results of the *posttest*. The experimental class and the control class differ significantly. The average dribbling in the experimental class increased compared to the average dribbling in the control class.

Agility training in soccer games can improve dribbling more significantly than conventional learning; the results of the normal gain test (*N-gain*) show that the experimental class is higher compared to the control class. In the experimental class, the value of *N-gain* A score of 0.88 indicates a high category, while a score of 0.60 for the control class indicates a moderate category. Dribbling in the experimental class improved more after learning with agility training in soccer compared to the improvement in dribbling in students in the control class.

3.2 Discussion

After the two classes were given different learning treatments with agility training in soccer games, the average scores of the two classes differed. Based on the results of the hypothesis test, the *posttest scores* between the control class and the experimental class, the t value was obtained_{count} greater than the t value_{table} namely $3.84 > 2.021$, meaning that there is an effect of agility training on improving dribbling in SSB Unibraw 82 soccer players. There is a difference in the average value of the results of *posttest*, students in the experimental class obtained an average score higher than

students in the control class. There is a difference between dribbling and agility training in SSB Unibraw 82 soccer players.

The research results show that agility training significantly improved the dribbling ability of extracurricular soccer students. This aligns with the basic concept that dribbling is a technical skill that relies heavily on physical abilities, particularly agility, speed, and motor coordination.

Theoretically, agility is a person's ability to change body direction and position quickly and precisely without losing balance. In the context of soccer, agility is crucial because players must be able to dribble the ball while avoiding opponents and dynamically controlling the direction of movement. Research shows that agility is strongly related to dribbling quality, as agile players are better able to control the ball when moving quickly and changing direction.

The results of this study are also supported by various experimental studies that show that systematic agility training can significantly improve dribbling skills. Exercises such as zigzag runs, ladder drills, and cone drills are effective in improving change of direction and foot coordination, which directly impacts ball control while dribbling. Furthermore, agility-based exercises such as ladder drills and ball feel also significantly contribute to improving dribbling agility.

In another study with an experimental design, it was found that agility training resulted in a significant increase in students' dribbling ability, as shown by the difference in pre-test and post-test results. In fact, the statistical test results showed a calculated *t* value greater than the *t* table, which means that agility training really has a significant effect on dribbling ability.

For SSB Unibraw 82 soccer players, this improvement is even more crucial because they are in the fundamental motor development phase. Agility training not only improves technical skills but also helps develop coordination, balance, and overall body control. This supports a more effective and enjoyable learning of basic soccer techniques.

Additionally, varied training approaches such as dribbling circuits have been shown to improve both agility and dribbling ability because they involve complex, repetitive movements in game-like situations. Thus, agility training not only improves physical performance but also enhances players' readiness for real-life match situations.

Based on the description, it can be concluded that agility training is an effective and relevant method to improve dribbling skills in SSB Unibraw 82 football players. A structured, sustainable, and varied training program will provide optimal results in developing basic football technical skills.

4. CONCLUSION

It was concluded that there were differences in dribbling ability and agility training in SSB Unibraw 82 soccer players.

5. BIBLIOGRAPHY

- Bayazid, M. I., Syah, H., & Marzuki, I. (2023). Pengaruh latihan agility ladder exercise dan drill terhadap kecepatan dribbling atlet sepak bola. *Jurnal Penelitian, Pengembangan Pembelajaran dan Teknologi*, 2(2), 85–92. <https://doi.org/10.61116/jp3t.v2i2.423>
- Febrian, R. A., & Bakti, A. P. (2021). Latihan ball feeling dan ladder drill terhadap kelincahan menggiring bola pemain sepak bola. *Jurnal Kesehatan Olahraga*, 9(3), 381–390. <https://doi.org/10.26740/jurnal-kesehatan-olahraga.v9i3.41403>

- Fakhriza, M. F., & Permono, P. S. (2025). Exploring the relationship between agility, flexibility, and dribble ability in football. *Sriwijaya Journal of Sport*, 5(1), 143–154. <https://doi.org/10.55379/sjs.v5i1.129>
- Hidayatullah, F., Widodo, H. M., & Purwoto, S. P. (2024). The effect of ladder drill training on dribbling agility of futsal students. *Journal of Sport and Exercise Science*, 6(2), 67–72. <https://doi.org/10.26740/jses.v6n2.p67-72>
- Pratama, A. S., Apriansyah, D., & Febrianti, M. (2023). Kontribusi agility terhadap kemampuan dribbling permainan sepak bola. *Educative Sportive*, 4(2), 115–122. <https://doi.org/10.33258/edusport.v4i02.4603>
- Rusli, M., Jumareng, H., & Jud, J. (2025). Optimalisasi kelincahan untuk meningkatkan kualitas dribbling pemain sepak bola. *Sport-Mu: Jurnal Pendidikan Olahraga*, 6(2), 98–105. <https://doi.org/10.32528/sport-mu.v6i2.4588>
- Sabdiming, P. P., Perdana, R. P., & Rubiyatno. (2025). Korelasi kecepatan dan kelincahan dengan kemampuan dribbling pemain sepak bola. *Jurnal Pendidikan dan Pembelajaran Khatulistiwa*, 14(10), 1–10. <https://doi.org/10.26418/jppk.v14i10.95479>
- Febriarus, J., & Hardinoto, N. (2021). Korelasi speed dan agility terhadap kemampuan dribbling pemain sepak bola. *Journal Physical Health Recreation*, 2(2), 50–58. <https://doi.org/10.55081/jphr.v2i2.646>
- Ardiansyah, A., Sufitriyono, S., & Hajara, S. (2024). Pengaruh metode latihan terhadap peningkatan keterampilan teknik dasar sepak bola. *Global Journal Sports*, 3(1), 45–52.
- Aziiz, Q., Muhlisin, M., & Listiyariny, D. (2024). Improving soccer skills through drill methods in students. *WASIS: Jurnal Pendidikan*, 5(2), 112–118.
- Hidayat, T. (2023). The effect of agility training on football skill performance. *Jurnal Sport Science*, 8(2), 101–109.
- Kurniawan, H. (2022). The influence of agility exercise on football performance. *Jurnal Pendidikan Olahraga*, 10(1), 55–63.
- Lestari, D. (2023). Motor learning approach in improving dribbling skills in football. *Jurnal Pendidikan Jasmani Indonesia*, 19(2), 88–96.
- Nugroho, R. (2022). Strategy for teaching football techniques in school athletes. *Jurnal Keolahragaan*, 10(1), 23–31.
- Prasetyo, E. (2024). Effectiveness of extracurricular sports training on student skills. *Jurnal Pendidikan Olahraga dan Kesehatan*, 12(1), 67–75.
- Putra, A. (2022). Basic football training effectiveness in youth athletes. *Jurnal Olahraga Prestasi*, 18(2), 140–148.
- Ramadhan, F. (2021). Basic dribbling techniques in early football training. *Jurnal Keolahragaan*, 9(2), 77–85.
- Santoso, B. (2023). Analysis of football technical skills in extracurricular students. *Jurnal Ilmu Keolahragaan*, 11(1), 33–41.
- Saputra, R. (2024). Skill-based training strategies in football athletes. *Jurnal Sport Science Indonesia*, 6(1), 25–34.
- Yuliana, S. (2022). The influence of drill and agility training on student sports skills. *Jurnal Pendidikan Olahraga*, 11(2), 120–128.