



## JUARA: Jurnal Olahraga

E-ISSN 2655-1896 ISSN 2443-1117

<https://doi.org/10.33222/juara.v7i3.2434>



### The Effect of Training Methods and Eye-Foot Coordination on the Skills of Dribble, Passing and Football Control

Denny Safarrudin<sup>1\*</sup>, Setya Rahayu<sup>2</sup>, Sulaiman<sup>3</sup>

<sup>1,2,3</sup> Faculty of Sport Science, Universitas Negeri Semarang, Semarang City, Central Java 50229, Indonesia

\*e-mail: [Dennysafarrudin123@gmail.com](mailto:Dennysafarrudin123@gmail.com)

#### Info Artikel

##### Article History:

Received 19 July 2022

Approved 01 November 2022

Published 08 November 2022

##### Keywords:

Exercise, Eye-Foot Coordination, and football

#### Abstract

This study aimed to determine and analyze the effect of passing and dribbling, the impact of high and low eye-foot Coordination, the result of passing and dribble control with eye-foot Coordination, and the interaction between training methods and eye-eye Coordination—foot on the ability to dribble and control football Quasi-experimental method with 2x2 factorial design. The results of this study: 1) There is a significant difference in the effect of the small-sided game's method with the ladder sprint passing target method on the dribbling, passing and control of SSB Academy R19 Kendal U-15 players in 2022. So that the target practice of passing ladder sprint is better in improving dribbling, skills passing and control. 2) There are significant differences in dribbling, passing and controlling SSB Academy R19 Kendal U-15 players in 2022 who have high and low eye-foot Coordination. So high eye-foot Coordination is better in improving dribbling, passing and control abilities. 3) There is no significant interaction between training (small-sided game and ladder sprint passing target) and eye-foot coordination on dribbling, passing and control of SSB Academy R19 Kendal U 15 players in 2022.

© 2022 Denny Safarrudin, Setya Rahayu, Sulaiman  
Under the license CC BY-SA 4.0

✉ Alamat korespondensi: Kampus Pascasarjana UNNES Jl. Kelud Utara 3, Gajahmungkur Semarang

E-mail: [Dennysafarrudin123@gmail.com](mailto:Dennysafarrudin123@gmail.com)

## INTRODUCTION

Exercise can be a method for reducing stress (Safitri & Sulaiman, 2021). Sport is a form of physical activity carried out on a large scale by various groups, children, adolescents, adults, men and women (Herve & Qoriah, 2021). Applying physical activity to daily health behaviours requires awareness to create

active lifestyle habits, which are long-term and pattern-based (Piech et al., 2022). In the early 2010s, the physical activity of most adolescents that was explicitly organized was 40 minutes per day with a hygienic level of 12-15 hours per week (Global Physical Activity Questionnaire in Andrieieva et al., 2022). Football has become a trendy sport in Indonesia and even the world because of its

appeal, both from the beauty of the game shown and the euphoria in a match to the social impact caused by a soccer sporting event. It can be a source of national pride (Juzzahri et al., 2017; Ramadan, 2017).

The factor that determines the team's success in playing soccer is the basic technique (Utomo, 2021; Hadiana et al., 2020). According to Alafgani and Russia (2021), the technique is the ability of a player to develop an effective and efficient mindset; therefore, players must master techniques without the ball and techniques with the ball; techniques with the ball include kicking techniques, controlling the ball (stopping the ball), dribbling. Ball, head, throw-to-in, tackles, and goalkeeping. According to Primary and Kunci (2021), the ability to shoot a ball is a handy skill. For the team to win the match. Wonder & Atoms (2019) The game of soccer requires a combination of technique, tactics, physical fitness, mental strength and teamwork. Jef Sneyers (2008) states that the factor determining a team's success in soccer is the mastery of basic techniques. Because soccer players who excel must pay attention to techniques and mechanics that are carried out correctly, mental, champion, and physical maturity also has an effect.

The basic technique in playing soccer is essential for a good soccer game because the basic technique is the initial foundation for someone to play soccer; some of the most basic techniques to master, namely dribble, passing and control. Agree with Wahidi (2017), who explains that the techniques that must be mastered in playing soccer include:

techniques for heading the ball, holding the ball, dribbling, and kicking the ball. Forming the correct swimming motor movement system depends on developing functional abilities and physical and psychological readiness (Hlukhov et al., 2022). Coordination is a complex motor skill, a relationship of mutual influence between muscle groups during work (MM Faruq, 2015). There are two kinds of Coordination in the game of soccer, and the first is the Coordination of movements between the hands, feet and eyes (MM Faruq, 2008). Coordination is required in almost all contested sports and games. The level of excellent or lousy Coordination of a person's movements is reflected in their ability to carry out a movement smoothly, precisely, fast, and efficiently. Thus, good eye-foot Coordination is required to achieve maximum performance for players in practising soccer playing skills, in this case, the ability to dribble, pass and control.

The difference in eye-foot Coordination is a critical consideration in determining the proper training method according to each player's character so that they can achieve optimal training results according to their potential. Coaching and training are essential to improving abilities, especially in improving football achievements in Indonesia (Rahmanta & Akhiruyanto, 2021). Sports coaching is carried out using a synchronous structured pattern using the developmental function of athletes at the age of coaching (Ismi & Hartono, 2021). Children of this age have anthropometric measurements; to achieve success in sports, it is necessary to develop

athletes early (Nugraha, 2015). dribbling, passing, and control skills SSB Academy R19 Kendal U-15 Kendal Regency players have a low dribbling ability category with an average of 47.91 seconds, and passing and control have a medium average of 10, which still needs to be improved to be even better. It can be perfect. In addition to collecting observational data, interviews were conducted with the SSB Academy R19 Kendal U-15 coach, Kendal Regency, Ahmad Farichun. Information was obtained to carry out performance coaching; not entirely satisfied with the achievements that have been obtained so far, there are still many things that must be developed, one of which is dribbling, passing and control.

SSB Academy R19 Kendal U-15 Kendal Regency for players in terms of dribbling, passing and control skills still need to be improved, and this can be seen in the series of official matches, trials and training. The players still often make passing mistakes to their friends, often controlling those who are not correct, and often dribbling about the opponent or losing the ball when dribbling. In the exercises carried out, there has never been a form of training that combines several forms of training with dribbling, passing and control skills to improve dribbling, passing, and control skills, namely in the form of sided games, 20 Yard Ladder Sprints and permanent small target passing.

## **METHODS**

This research is a quasi-experimental research that aims to compare two treatments

of research subjects using factorial design techniques (Ramadan & Juniarti, 2020). The experimental method is considered the right way because the experimental method is an experimental activity which includes initial tests and exercises and ends with a final test to test the truth (Sugiyono, 2011). the data in this study are arranged in a research design framework with a 2x2 factorial design. The data analysis technique uses Analysis of Variance (ANOVA) at a significance level ( $\alpha$ ) of 0.05. The population in this study were SSB Academy R19 Kendal U-15 players in Kendal Regency in 2022, totalling 36 people. The sample in this study was SSB Academy R19 Kendal U-15 players in Kendal district in 2022, totalling 28 players.

The sampling technique in this study was to use purposive sampling. The independent variables in this study are Small Sided Games and the target of passing the sprint ladder. The attribute variable in this study is the level of eye-foot Coordination. The dependent variable in this study is the ability to dribble, pass and control. Tests and measurements perform data collection techniques to obtain objective data. To measure eye-foot Coordination is measured by the Football Wall Volleyball Test (MM Faruq, 2015) and to measure the ability to dribble using a dribbling tool (Hasan, 2007). The ranking results are divided into three groups: high, medium and low eye-foot coordination levels. (Miller, 2002).

The data analysis technique used is the analysis of variance (ANOVA) technique with a 2x2 factorial design at  $\alpha = 0.05$ . If a

significant F (Fo) value is obtained, then the analysis is continued with the Hewman-Keuls range test (Sudjana, 2002). To fulfil the assumptions in the ANOVA technique, a normality test (Kolmogorov Smirnov test) and a Homogeneity Variance test (with yeast test) were carried out (Sudjana, 2002). Hypothesis testing uses the General Linear Model (GLM) -Two Way Anova with the help of the SPSS 16.0 program.

## FINDINGS AND DISCUSSION

### Findings

Hypothesis testing uses the glm test (two-way ANOVA) to determine whether the ability to dribble the ball is the same after being given different exercises. Hypothesis the study is accepted if the significance value is less than 0.05 (sig < 0.05), and if the sig value is more significant than 0.05 (sig > 0.05), then the research hypothesis is rejected.

Table 1. Test the differences in the effect of Small Sided Games and Ladder Sprint Passing Target exercises on dribble, passing and control abilities

Source	Type III Sum of Squares	Df	Mean Square	F	Sig.
Corrected Model	23.132 <sup>a</sup>	3	7.711	4.128	.017
Intercept	39318.021	1	39318.021	2.105E4	.000
Exercise	9.373	1	9.373	5.018	.035

The results of testing the first research hypothesis proved a significant difference between Small Sided Games and the target of passing sprint ladders on the dribbling, passing and control abilities of SSB Academy R19 Kendal U-15 players in Kendal Regency in 2022. It was proven from the results of the

ANOVA test with Fount = 5.018 with a significance value of 0.035, with a significance level of 0.035 < 0.05 for dribbling, Fount = 4.409 with a significance value of 0.046, with a significance level of 0.046 < 0.05 for passing and control.

Table 2. Test the differences in dribbling, passing and control abilities of SSB Akademi R19 Kendal U-15 2022 players who have high and low eye-foot coordination

Source	Type III Sum of Squares	Df	Mean Square	F	Sig.
Corrected Model	23.132 <sup>a</sup>	3	7.711	4.128	.017
Intercept	39318.021	1	39318.021	2.105E4	.000
Coordination	6.036	1	6.036	4.409	.046

The ladder sprint passing training method is better than the Small Sided Games in improving dribbling, passing and control skills. The results of testing the second hypothesis indicate a difference in the effect of

players who have high eye-foot Coordination and players who have low eye-foot Coordination on dribbling, passing and control. This is evident from the results of the ANOVA test with count = 6.758 with a

significance value of 0.016. with a significance level of  $0.016 < 0.05$ . SSB Academy R19 Kendal U-15 Kendal Regency in 2022 who have high ankle coordination have an average increase in dribbling skills

that is greater than the Semarang Regency Student Star Training players with low ankle coordination. However, there is a significant difference in improvement.

Table 3. Test the differences in dribbling, passing and control abilities of SSB Akademi R19 Kendal U-15 players 2022 who have coordination

Source	Type III Sum of Squares	Df	Mean Square	F	Sig.
Corrected Model	23.132 <sup>a</sup>	3	7.711	4.128	.017
Intercept	39318.021	1	39318.021	2.105E4	.000
Latihan * Koordinasi	1.750	1	1.750	1.278	.269

The results of testing the third hypothesis showed no interaction between training (Small Sided Games and ladder target passing sprint) and ankle-foot Coordination in dribbling, passing and control in SSB Academy R19 Kendal U-15 players in Kendal Regency in 2022. The analysis results show no interaction between agility training (T-Drill and 40 Yard Ladder Sprint) and eye-foot Coordination on the ability to dribble in soccer training for Bintang Pelajar players in Semarang Regency in 2018.

This is evident from the results of the ANOVA test with Fount = 0.608 with a significance value of 0.443. With a significance level of  $0.443 > 0.05$  for dribble, Fount = 1.278, with a significance value of 0.269. With a significance level of  $0.269 > 0.05$  for passing and control. From the statement above, there is no significant interaction between the exercises (Small Sided Games and the target of passing sprint ladders)

and eye-foot Coordination on dribbling, passing and control abilities.

## Discussion

This study used the Small Sided Games and Ladder Sprint Passing Target exercises, adapted to the coach's goals, to improve players' dribbling, passing and control skills. The procedure for carrying out Small Sided Games exercises is for players to play soccer in the form of a small field, and the rules are changed according to the purpose of the exercise.

The Ladder Sprint Passing Target exercise combines the Ladder Sprint and Target Passing exercises. This exercise is one exercise that starts with making Ladder sprints after passing the target with several repetitions. Eye-foot Coordination is one of soccer's most influential physical abilities (Mappaompo, n.d.). Many movements in soccer require Coordination and one of these coordinations is eye-foot Coordination (Adil, 2011; Kusuma et al., 2019). Coordination is a

person's ability to integrate various movements into a single movement effectively (Ichsan, 2011). A soccer player with good Coordination, especially eye-foot Coordination, besides being able to perform dribbling skills perfectly, is also easy and fast to perform skills that are still new to him. He can also change and move other movement patterns quickly so that his movements become efficient. The results of the data analysis show that there is no significant interaction between Small Sided Games and Ladder Sprint Passing Target exercises and eye-foot Coordination on dribbling, passing and control abilities due to several factors, among others, which were influenced by the small number of samples. In one experimental group, namely seven players.

## CONCLUSION

There are differences in the effect of the small-sided games method and the ladder sprint passing target method on dribbling, passing and control of SSB Academy R19 Kendal U-15 players in 2022. There are differences in dribbling, passing and controlling SSB Academy R19 Kendal U-15 players in 2022 who have high and low ankle coordination. Then there is no interaction between the two training methods and ankle-foot Coordination in dribbling, passing and control of SSB Academy R19 Kendal U 15 players in 2022. Even so, target training of passing ladder sprint is better and better eye coordination height is better for improving dribble, passing and control.

## ACKNOWLEDGEMENTS

This writing can be completed thanks to the help of various parties. Therefore, the author would like to express his highest gratitude and appreciation to those who have helped complete this thesis. The author would like to thank the lecturers of the Postgraduate Program at Semarang State University. The big family who has provided support, encouragement, motivation and moral and material support in completing this paper.

## REFERENCES

- Adil, A. 2011. Kontribusi Kecepatan, kelincahan, Dan Koordinasi Mata-Kaki Terhadap Kemampuan Menggiring Bola Pada Permainan Sepakbola PS. ASPURA UNM. Jurnal ILARA, 2(1), pp. 70-77.
- Aji, R. N. B. (2013). Nasionalisme dalam Sepak Bola Indonesia Tahun 1950-1965. *Lembaran Sejarah*, 10(2), 135–148. <https://doi.org/https://doi.org/10.22146/lembaran-sejarah.23702>
- Alafgani, A., & Rustiadi, T. (2021). Pengaruh Metode Passing Triangle dan Metode Small Side Game Terhadap Ketepatan Passing Siswa Akademi Sepak Bola Satria Kencana Serasi Ku. *Journal for Physical Education and Sport*, 2(1), 78–83. <https://journal.unnes.ac.id/sju/index.php/inapes>
- Andreeva, O., Blystiv, T., Byshevets, N., & Moseychuk, Y. (2022). Assessment of the impact of outdoor activities at leisure facilities on physical activity. *Journal of Physical Education and Sport*, 22(8), 1839–1847. <https://doi.org/10.7752/jpes.2022.08231>
- Hadiana, O., Wahidi, R., Sartono, S., Agustan, B., & Ramadan, G. (2020). Efektivitas penerapan video feedback (VFB)

- terhadap motivasi belajar pada pembelajaran futsal. *Jurnal SPORTIF : Jurnal Penelitian Pembelajaran*, 6(1), 184–198.  
[https://doi.org/10.29407/js\\_unpgri.v6i1.13831](https://doi.org/10.29407/js_unpgri.v6i1.13831)
- Hervi, A., & Qoriah, A. (2021). Survei Manajemen Olahraga Petanque Pada UKM Petanque Unnes Kota Semarang. *Indonesian Journal for Physical Education and Sport*, 2(1), 230–234.  
<https://doi.org/10.15294/INAPES.V2I1.44213>
- Hill-Haas, S. V., Dawson, B., Impellizzeri, F. M., & Coutts, A. J. (2011).
- Hlukhov, I., Pityn, M., Drobot, K., & Hlukhova, H. (2022). Improving Students' Physical Fitness through a Swimming Training System at the University. *Journal of Physical Education and Sport*, 22(8), 1878–1884.  
<https://doi.org/10.7752/jpes.2022.08237>
- Mappaompo, M. A. (n.d.). *Jurusan Pendidikan Olahraga FIK Universitas Negeri Makassar Jln. Wijaya Kusuma Raya No.14, Kampus Banta-bantaeng Kode Pos 90222, Tlp. (0411) 872602.93–99.*
- Ismi, AK, & Hartono, M. (2021). *Indonesian Journal for Tracing Sports Interests and Talents in Middle School Students*. 2(1), 145–152.  
<https://journal.unnes.ac.id/sju/index.php/inapes>
- Nugraha, B. (2015). Early Childhood Sports Physical Education. *Journal of Children's Education*, 4(1), 557–564.  
<https://doi.org/10.21831/jpa.v4i1.12344>
- MM Faruq. (2015). Tests and Measurements in Sports. Yogyakarta. CV Andi Offset
- Juzzahri, Sukamto, A., & H., H. (2017). The Effect of Still and Moving Ball Training Methods on Increasing the Skill of Kicking the Ball into the Goal in Football Games at BPG Pallangga Club, Gowa Regency. *SPORTIVE: Journal of Physical Education, Sport and Recreation*, 1(1), 46–51.  
<https://doi.org/https://doi.org/10.26858/sportive.v1i1.5463>
- Kusuma, M. N. H., Syafei, M., & Rilastiyo, D. (2019). The Effect of Nutritional Status, Level of Physical Activity and Hemoglobins on Physical Endurance. *JUARA: Jurnal Olahraga*, 4(2), 186.  
<https://doi.org/10.33222/juara.v4i2.607>
- M. Faruq. (2008). Improving Body Fitness and Football Sports. Surabaya. Grasindo
- Nur Hasan. (2007). Tests and Measurements. Bandung. Just
- Piech, K., Bodasińska, A., & Zalech, M. (2022). The influence of covid-19 pandemic on the recreational and sports behaviour patterns of physically active people. *Journal of Physical Education and Sport*, 22(8), 1941–1947.  
<https://doi.org/10.7752/jpes.2022.08246>
- Pratama, D. S., & Kunci, K. (2021). *Journal of Sport Coaching and Physical Education Pengaruh Box Step Up Jumps terhadap Tendangan Atlet Sepakbola PPLOP Jawa Tengah*. 6(1), 35–40.
- Rahmanta, P. A., & , Andry Akhiruyanto, T. R. (2021). Survei Pembinaan Klub Sepakbola PS. AD Kota Semarang. *Indonesian Journal for Physical Education and Sport*, 2(1), 250–257.  
<https://journal.unnes.ac.id/sju/index.php/inapes>
- Rajidin. (2003). *MODEL LATIHAN SHOOTING KE GAWANG PADA MAHASISWA UKM SEPAK BOLA IKIP-PGRI PONTIANAK*. 88, 192–201.
- Ramadan, Gilang & Juniarti, Y. (2020). *Metode penelitian : pendekatan kuantitatif, kualitatif dan R & D*. CV Sadari Press.
- Ramadan, G. (2017). Pengaruh Metode Pembelajaran Dan Motivasi Belajar Terhadap Hasil Belajar Passing Sepakbola. *JUARA: Jurnal Olahraga*,

- 2(1),  
<https://doi.org/10.33222/juara.v2i1.27>
1. Sugiyono. 2011. Quantitative, Qualitative and RnD Research Methods. Bandung, Alfabeta
- Relvas, H., Littlewood, M., Nesti, M., & Gilbourne, D. (2010). Organizational Structures and Working Practices in Elite European Professional Football Clubs: Understanding the Relationship between Youth and Professional Domains. *European Sport Management Quarterly*, 4742(2).  
<https://doi.org/10.1080/16184740903559891>
- Taga, K., & Asai, T. (2012). The Influence of Short-term Intensive Dribbling Training on Ball Skill. *Football Science*, 9, 35–4.  
<https://www.shobix.co.jp/jssf/tempfiles/journal/2012/038.pdf>
- Safitri, D., & Sulaiman. (2021). Survei Kondisi Fisik dan Teknik Atlet Sepaktakraw BPPLP Jawa Tengah. *Indonesian Journal for Physical Education and Sport*, 2(1), 278–286.
- Tryusa Rio Prasetyo Utomo, MS (2021). *Indonesian Journal for The Effect of Zigzag Dribble And T Dribble Practice on Ability*. 2(1), 182–190.  
<https://journal.unnes.ac.id/sju/index.php/inapes>
- Sudaryoto, M., Rahayu, T., & Rahayu, S. (2017). Model Penilaian Kemampuan Bermain Sepakbola dalam Small Side Game bagi Pemain Usia Muda Abstrak. *Journal of Physical Education and Sports*, 6(1), 72–75.  
<http://journal.unnes.ac.id/sju/index.php/jpes>
- Tarju, T., & Wahidi, R. (2017). Pengaruh Metode Latihan Terhadap Peningkatan Passing Dalam Permainan Sepak Bola. *JUARA: Jurnal Olahraga*, 2(2), 66-72.  
<https://doi.org/10.33222/juara.v2i2.35>
- Sudjana. 2002. Statistical Methods. Tarsito. Bandung
- Wonder, S., & Atoms, D. (2019). The effect of ten weeks mixed football training program on the dribbling, passing and shooting performance of Jimma University and Jimma Tesfa male football project. *International Journal of Physical Education, Sports and Health*, 6(5), 1–4