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THE EFFECT OF SLALOM DRIBBLING AND CIRCUIT DRIBBLING TRAINING ON SPEED ABILITY OF DRIBBLING THE BALL SSB SETYA BHAKTI

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ABSTRACT

This study aims to analyze the effect of Slalom Dribbling and Circuit Dribbling exercises on the dribbling speed ability of soccer players from SSB Setya Bhakti. The research method used was experimental with a pretest-posttest control group design. The research sample consisted of 12 soccer players selected using a total sampling technique. The players were divided into two groups: the experimental group, which underwent Slalom Dribbling training, and the control group, which underwent Circuit Dribbling training, each consisting of 6 players. The training was conducted over 16 sessions with a frequency of three times a week. Dribbling speed was measured in meters before and after the intervention. The results showed a significant improvement in dribbling ability after the Slalom Dribbling training, with an average increase of 8.10%. Meanwhile, Circuit Dribbling training also showed improvement but to a lesser extent, with an average increase of 2.73%. The t-test indicated that Slalom Dribbling training was more effective than Circuit Dribbling in improving dribbling ability, with t-value 3.163 > t-table 2.228 and a significance value of 0.010 < 0.05. From these findings, it can be concluded that Slalom Dribbling training has a greater impact on improving dribbling speed than Circuit Dribbling training. This research is expected to serve as a reference for soccer coaches in designing more effective training programs to enhance player performance.

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Slalom Dribbling;; Circuit Dribbling; Speed Ability

Introduction

Physical education and health is one of the subjects taught from elementary school to college. Physical education, sports, and health is an educational process that utilizes physical activity to acquire individual abilities, both physically, mentally and emotionally. According to Aguss & Fahrizqi (2020) sports and health education is an educational process that utilizes physical activity to produce holistic changes in the quality of individuals both physically, mentally and emotionally. According to the Ministry of National Education Physical Education, Sports, and Health (Penjasorkes) is an important component of overall education. Its purpose is to teach students physical skills, movement skills, critical thinking skills, social skills, and social skills reasoning, emotional stability, moral actions, healthy lifestyles, and awareness of a clean environment through certain physical activities, sports, and health that are selected and planned systematically (Aguss & Fahrizqi, 2020). Physical education, sports and health have various kinds of sports, namely athletics, big ball, small ball, water sports, and martial arts. One of the big ball games carried out in the process of physical education, sports and health is soccer. According to Wisahati & Santosa (2017) soccer is a team game consisting of 11 players per team. Meanwhile, to win a game, a team must be able to keep their goal from being conceded and try to put the ball into the opponent's goal as much as possible. To achieve this, each player must be able

to combine and coordinate basic techniques in soccer and determine good attack and defense strategies. Soccer is a complex sport that is not just kicking and running, but there are several combinations of movements and physicality that make soccer beautiful to watch. Running, dribbling, and kicking are some of the dominant aspects found in soccer. Football is not just a muscle sport, but intelligence is also needed to play the sport well. in football, basic technical skills are needed to achieve optimal achievements, because to become a football athlete you must have basic football technical skills. One of the basic techniques that every soccer player must master in order for them to play football well is dribbling. Dribbling demonstrates a player's technical abilities and special skills to get past opponents and uncover opponents' secrecy, which contributes to the success of the game of football. According to (Mielke, 2007) dribbling is a technique of carrying the ball quickly and directed to pass the opponent which can be done with the inside foot, outer foot and instep, depending on the situation on the field. Dribbling techniques are divided into 3 types, namely dribbling techniques using the inner side of the foot, dribbling techniques using the instep, and dribbling techniques using the outer side. In addition, dribbling skills are greatly influenced by agility, speed, balance, and foot coordination.

In football, basic technical skills are needed to achieve optimal performance, because to become a football athlete must have basic football technical skills. One of the basic techniques that must be mastered by every football player so that they can play the ball well is dribbling. Dribbling shows the technical ability and special skills of a player to pass opponents and reveal the secrets of opponents, which contributes to the success of the game of football (Arifan et al., 2022).

The development of football is increasingly rapid to remote areas. In addition, many traditional sports that used to be just a small game are now raised into interesting sports to be competed in, such as rowing, racing, and so on. However, regardless of the achievements they want to achieve, many humans do sports to maintain the health of their bodies. Today, football is one of the most popular sports in the world (Gilat & Cole, 2020). The growth of the football industry in Europe was followed by the transfer value of players and the very high salaries of players. This also happened in our country. In Indonesia, people began to pay attention to football as a sport. Indonesian football became better after the establishment of a professional league

The training must be done by every soccer player to improve his ability, as done by SSB Setya Bhakti SSB Setya Bhakti is one of the football schools of the Gersik Academy. SSB Setya Bhakti is located in an urban environment in Pelem Watu village, Menganti district. Pelem Watu Village has its own football field, although the quality is substandard. The SSB Setya Bhakti Program Training is held three times every week which is held on Tuesdays, Thursdays, and Sundays. SSB Setya Bhakti U-10, U-12, and U-15 groups. However, because three age groups are used in a single training session, the exercise program is not effective. As a result. The problems on the field show that the dribbling technique of SSB SETYA BHAKTI participants is still very lacking. Students have difficulty in developing the game because the ability to dribble is easy to guess and easy to stop movement. This lack of ability or skill can be seen from the many violations that often occur when playing games or matches. During the match, there are many violations, such as dribbling with the head bowed, the ball rolling too far and the feet and the ball touching too rarely. This is due to many influencing factors. One of them is the lack of variety of exercises from coaches that can improve students' abilities, knowledge, and skills, especially when it comes to dribbling. Judging from the existing problems, it is necessary to find an effective training model that can improve students' ability to dribble the ball.

In essence, dribbling the ball is not a basic technique that must be mastered in playing soccer, but dribbling the ball has its own advantages in the game of soccer, namely to facilitate fast break attacks (quick counterattacks after being attacked), to get to the opponent's goal faster, to break

through the opponent's defense, to control the game, to dribble the ball in various directions and speeds.

There are many models of dribbling exercises, such as: dribbling with the inside of the foot, dribbling with the outside of the foot, dribbling with the instep, Slalom dribbling and Circuit dribbling. Models of dribbling exercises that are trained by coaches to make their players good dribblers.

According to the results of observations and observations conducted by researchers on SSB Setya Bhakti U-12 children and based on the data obtained, the obstacles faced by players when dribbling the ball are still the ball is still slow and far from control, the cause is the results of SSB Setya Bhakti U-12 Pelemwatu players are still very low technical ability below average. Mistakes that often occur when dribbling the ball, namely the ball is too far from the feet and is out of reach, the ball is stuck between the feet when dribbling and changing direction quickly towards the opponent.

Based on the explanation above, the researcher is interested in analyzing the Effect of Slalom Dribbling and Circuit Dribbling Training on the Speed Ability of Dribbling the Ball at SSB Setya Bhakti in order to find out Slalom Dribbling and Circuit Dribbling and the development of their application when given good training.

The novelty in this study lies in the direct comparison between the two types of exercise. By analyzing and comparing Slalom Dribbling and Circuit Dribbling, this study provides more comprehensive information for coaches and athletes in choosing the most suitable training method to improve dribbling speed. In addition, the study emphasizes on improving dribbling speed, which is an important aspect of the game of football. With this focus, the study makes a new contribution to the existing literature, which often places more emphasis on dribbling power.

The methodology used in this study is also a novelty in itself, as it applies systematic statistical analysis to evaluate the impact of the two exercises. The results provided strong evidence of dribbling practice, which could serve as a reference for future research. Finally, the practical implications of this research are particularly relevant for coaches and athletes. The results of the study are expected to assist coaches in designing more effective and relevant training programs, as well as provide guidance for athletes to improve their abilities specifically. Thus, this research not only provides an academic contribution, but also practical value that can be applied in the development of football at the local level.

Based on the explanation above, the researcher is interested in analyzing the Effect of Slalom Dribbling and Circuit Dribbling Training on the Speed Ability of Dribbling the Ball at SSB Setya Bhakti in order to find out Slalom Dribbling and Circuit Dribbling and the development of their application when given good training.

The urgency of this research lies in the need to improve the long-range kick accuracy capabilities of football players at the local level. With the increase in competition, coaches and athletes need effective, evidence-based training methods. This research provides insight into the influence of dribbling practice, specifically Slalom Dribbling and Circuit Dribbling, which can help players develop essential skills to compete. In addition, this study fills in the gaps in the existing literature on this exercise among local players, thus providing practical guidance for coaches in designing more relevant and effective training programs. Thus, this research contributes to the development of the quality of the game of football at the local level.

This study aims to investigate the potential positive impact of dribbling training, especially Slalom Dribbling and Circuit Dribbling, in improving dribbling ability in soccer players who are members of SSB Setya Bhakti, Pelem Watu. It is hoped that this study can provide an important contribution in the development of a more effective and relevant training program for this soccer club, as well as being a valuable reference for further studies in this field.

his research was conducted in Pelem Watu village, Menganti sub-district, Gresik regency. The main focus of this research is "The Effect of Slalom Dribbling and Circuit Dribbling Training on the Speed Ability of Dribbling the Ball at SSB Setya Bhakti".

Dribbling training is a process of preparing an athlete's organism "systematically" to achieve maximum performance quality by being given regular, directed, increasing, and "repeated" physical and mental loads. The systematic above means that the training process is carried out regularly, planned using certain patterns and systems, methodical, continuous from simple to complex, from easy to difficult, from little to much, and so on. While the repeated referred to above means that each movement must be trained gradually and done many times so that movements that were initially difficult to do, less coordinated become easier, automatic, reflective movements become efficient.

In the practice of accompanying with slalom dribbling is kicking intermittently or slowly, therefore the part of the foot used in accompanying the ball is the same as the part of the foot used to kick the ball. Slalom dribbling practice by winding through poles or con/pegs installed at a certain distance, players are required to change the direction of dribbling movement quickly and be able to control the ball well'' winding practice between poles, when moving forward, the ball is dribbled with the right foot, then returned with the left foot

From the above understanding, it can be concluded that Slalom Dribbling training is a training with simple movements and its implementation also emphasizes using high speed, great and strong power and shortening the contact time between the soles of the feet and the ball. So that it can affect Slalom Dribbling training on dribbling the ball.

Dribbling circuit is the stages of dribbling training in a training that has been systematically designed to increase the speed of dribbling soccer players. It is explained that there are two circuit training program designs, the first by O'Shea that the number of stations is 8 places, while the second design by Fox states that the number of stations is between 6-15 places. So in this training stage there are eight posts with a total distance from post one to post eight of 60 meters where each post has different obstacles. At the first post there is a zigzag obstacle passing 5 kun with a distance of 10 meters with the dominant foot, the second post the player must dribble the ball crosswise past 5 kun with a distance of 10 meters with the dominant foot, at the third post the player dribbles the ball straight with the inside of the right foot a distance of 5 meters, at the fourth post the player dribbles the ball with the outside of the right foot a distance of 5 meters, at the fifth post the player dribbles the ball in a circle with a distance of 10 meters using the dominant foot, at the sixth post the player dribbles the ball straight using the inside of the left foot with a distance of 5 meters, at the seventh post the player dribbles the ball using the outside of the left foot with a distance of 5 meters, and at the eighth post the player dribbles the ball using the dominant foot by jumping over a small goal measuring 30 x 50 cm. With the circuit dribbling training, it is expected that players will be able to improve their mastery of dribbling the ball with maximum speed and skill

Method

The research used in this study is quantitative research. Quantitative research is used because the data and results are numerical data. According to Sinambela & Sinambela (2021) quantitative research is a type of research that uses numbers to process data to produce structured information. According to Sugiyono (2022) quantitative data is an empirically-based research approach (concrete data) where research data is measured in numerical form using statistics as a computational test tool and relevant to the question being researched to draw conclusions. Therefore, the experimental research method can be interpreted as a research method that seeks the influence of certain treatments on others under controlled conditions.

Experimentation is a method in which researchers find a causal relationship between two factors that are deliberately created by eliminating or reducing or excluding other confounding factors (Arikunto, 2022).

The purpose of conducting experiments is always to observe the effects of a treatment. The research design used in this study is a pretest posttest group design. In the design, there is a pre-test when the subject does not receive treatment, after which it is given treatment, and post-test is given to the subject after being given treatment (Sugiyono, 2019).
The design can be described as follows.

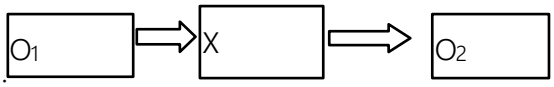

Figure 3. 1 Experiment Model Eksperimen with Desain One Group Pretest-posttest Design (Sugiyono, 2019)

Keterangan :
O1 : *Pre-test* (using the dribbling speed test)
X : Given slalom dribbling training, dribbling circuit, training circuit
O2 : *Post-test* (using the dribbling speed test)

According to the above opinion, researchers conclude that experimental research methods are a collection of experimental actions carried out with the aim of studying something or a problem with the aim of producing results. Therefore, in experimental research methods, certain elements must be tested (Arikunto, 2022). In this case, the elements tested were the dribbling slalom exercise and the dribbling circuit exercise to find out how both affect dribbling speed. The research tool used was a soccer dribbling speed test.

Population is a generalization area consisting of objects and subjects and has certain qualities and characteristics that are determined by researchers to be studied and then conclusions are drawn (Gunawan & Nainggolan, 2024). Based on this understanding, what is meant by population in this study is all SSB Setya Bhakti soccer athletes, all male athletes totaling 12 people.

Data collection is the process of procuring both primary and secondary data for research purposes. Data collection is an important part of research because the data collected will be used to test hypotheses or the basis for making conclusions (Maksum, 2012).

Tests and measurements are data collection techniques that will be used during the implementation of the research. The data in this study uses tests and measurements for each variable given to the research subjects. The test used is a test to determine the speed of dribbling the ball. Next, an analysis will be carried out and based on the results obtained from the test

Data collection techniques are techniques researchers use to collect information or data to be studied. Data collection in this study researchers use triangulation techniques. The analysis technique used in this study is data triangulation, data triangulation is the use of various data sources in a study Experimental research has many designs. This design is adjusted to the research elements and the problem topics to be discussed. In this study, pre-test, post-test, and group designs were used. All samples were given an initial test to measure the initial conditions of the sample, then the experimental group was given treatment, and then all samples were given another test as a final test. To facilitate the research stage

The necessary steps are explained in the chart below.

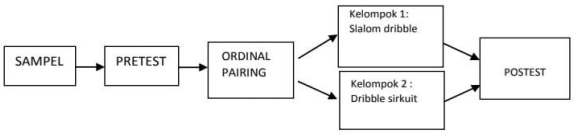

Figure 3.2 Research variables

The figure shows that each sample was first given a dribbling test, which produced a result number with time or points. From this data, researchers can find out the initial condition of the Setya Bhakti football school athletes. After that, the ranking was carried out, from the highest to the lowest dribbling test time or points, and then divided into two groups using ordinal pairi.

Before testing the hypothesis, it is necessary to conduct a swimmer test. Testing the measurement data related to the research results aims to help the analysis to be better. For that, in this study, the normality and homogeneity tests of the data will be tested. Before moving on to the t-test, there are requirements that must be met by the researcher that the data analyzed must be normally distributed, for that it is necessary to conduct a normality test and a homogeneity test. Normality test is actually nothing more than conducting a test on the normality of the distribution of data to be analyzed. The test is carried out depending on the variables to be processed.

The normality test of data distribution uses the Kolmogorov-Smirnov Test with the help of SPSS 16. In addition to testing the distribution of values to be analyzed, a homogeneity test is needed to ensure that the groups forming the sample come from a homogeneous population. Homogeneity is sought by the F test of pretest and posttest data using the SPSS 16 program.

Hypothesis testing uses the t-test with the help of the SPSS 16 program, namely by comparing the mean between group 1 and group 2. If the calculated t value is smaller than the t table, then Ha is rejected, if the calculated t is greater than the t table and the sig p value <0.05, then Ha is accepted (Afifah et al., 2022). To find out the percentage increase after being given treatment, the percentage increase calculation is used with the following formula:

$$\text{Percentage increase} = \frac{\text{Mean Different}}{\text{Mean Pretest}} \times 100\%$$

Mean Different = mean posttest-mean pretest

Results and Discussion

This research was carried out on all participants of SSB SETYA BHAKTI totaling 12 people The exercise was carried out 3 times a week, namely on Tuesday, Thursday, and Sunday. The pretest aims to search for student data before being given treatment or to compare with posttest results. The dribbling test (posttest) was carried out after SSB Setya Bhakti participants were given dribble slalom training and the dribble circuit for 12 meetings. The dribbling test is carried out as quickly as possible for two times then the results are summed up.

The results are as follows:

Table 1. Pretest and Posttest Dribbling Group

No. Subjek	Slalom Dribbling Group		Circuit Dribbling Group	
	Pretest	Posttest	Pretest	Posttest
1.	19.00	18.00	26.03	21.00
2.	20.00	18.00	26.00	21.00
3.	21.00	17.00	20.30	19.00
4.	22.01	16.00	23.03	19.30
5.	21.00	18.01	23.75	20.00

6.	22.00	17.01	29.00	20.10
7.	22.00	18.34	19.00	18.00
8.	19.00	18.01	22.25	20.00
9.	19.00	18.21	19.30	18.00
10.	20.00	18.20	20.00	19.05
11.	19.20	18.00	21.00	19.00
12.	21.20	19.00	19.00	18.00

This study aims to determine the effect of the slalom dribbling training model and circuit dribbling training on the level of dribbling speed of SSB SETYA BHAKTI participants, the results of the pretest and posttest research on dribbling speed of SSB Setya Bhakti participants.

The results of the study are described using descriptive statistical analysis as follows, for the pretest results the minimum value = 19.00, maximum value = 22.01, average (mean) = 20.45, with standard deviation (std. Deviation) = 1.2, while for the posttest the minimum value = 19.00, maximum value = 17.75, average (mean) = 21.37, with standard deviation (std. Deviation) = 2.03.

Table 2. Descriptive Statistics of Dribbling Ability Slalom Dribbling

Stastistics	Pretest	Protest
N	12	12
Mean	20,45	21,37
Median	20,00	18,01
SD	1.231	1.364
Minimum	19	22
Maximum	16	21

The results of the study are described using descriptive statistical analysis as follows, for the pretest results the minimum value = 19.00, maximum value = 22.00, average (mean) = 22.64, with standard deviation (std. Deviation) = 1.3, while for the posttest the minimum value = 19.00, maximum value = 17.75, average (mean) = 22.64, with standard deviation (std. Deviation) = 2.03.

Table 3. Descriptive Statistics of Dribbling Ability Circuit Dribbling

Stastistics	Pretest	Protest
N	12	12
Mean	22,64	18,97
Median	21,20	18,34
SD	3.194	1.337
Minimum	19	17
Maximum	29	22

The normality test is performed to find out if the residual data in the regression model is normally distributed. One of the methods used is the Kolmogorov-Smirnov and Shapiro-Wilk Test.

Table 4. Test of Normality Slalom Dribbling

	Kolmogorv-Smirnov			Shapiro-Wilk		
	Stat	DF	Sig.	Stat	Df	Sig.
Result	.194	12	.200	.845	12	.032
Speed Result	.285	12	.008	.879	12	.086

If there is a discrepancy between the two tests, Shapiro-Wilk is often used as the primary reference, especially for small samples. Thus, this result indicates a high probability that the data is normally distributed.

Table 5. Test of Homogeneity of Variance Slalom dribbling

	Levene Statistic	d1	df2	Sig.
Based on Mean	.325	1	22	.575
Based on Median	.190	1	22	.667
Based on Median and with adjusted df	.190	1	19.636	.668
Based on trimmed mean	.335	1	22	.569

The homogeneity of variance test aims to test whether the variance of two or more data groups is homogeneous or not. In this context, the Levene test is used with several approaches, namely based on the mean, median, median with adjusted df, and trimmed mean.

Table 6. Hipotesis Slalom dribbling

	Paired Differences						
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the difference		t	df	Sig. (2-tailed)
				Lower	Upper			
Result – Speed Result	17.754	2.054	.419	16.886	18.621	42.348	23	.000

Based on the results of the Paired Samples Test, there is a statistically significant difference between "results" and "speed results". This shows that the changes or treatments given produce a real difference in the data being tested.

Table 7. Test Normality Circuit Dribbling

	Kolmogorv-Smirnov			Shapiro-Wilk		
	Stat	DF	Sig.	Stat	Df	Sig.
Result	.208	15	.081	.889	15	.064
Speed Result	.215	15	.060	.882	15	.051

Data on both variables, both results and speed, were normally distributed based on the Kolmogorov-Smirnov and Shapiro-Wilk tests.

Table 8. Test Homogeneity Circuit dribbling

	Levene Statistic	d1	df2	Sig.
Based on Mean	10.415	1	28	.003

Based on Median	4.327	1	28	.047
Based on Median and with adjusted df	4.327	1	19.418	.051
Based on trimmed mean	9.555	1	28	.004

The results of the homogeneity of variance test indicate that, except for the test based on the median with df adjustment (where the variance is assumed to be homogeneous), the group variances are not homogeneous in all other methods. Therefore, a non-parametric approach or statistical method that does not assume homogeneity of variance can be considered.

Table 9. Hipotesis Circuit Dribbling

	Paired Differences						
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the difference		t	df	Sig. (2-tailed)
				Lower	Upper			
Result – Speed Result	19.308	3.381	.617	18.046	20.570	31.280	29	.000

Based on the analysis results, there is a significant difference between "results" and "speed results". The average difference value is 19,308 with a 95% confidence interval between 18,046 and 20,570, and a p value <0.05 indicates that the difference did not occur by chance.

Based on the results of the Paired Samples Test, it was found that there is a statistically significant difference between the pre-test and post-test results in both the slalom dribbling and circuit dribbling training groups. This shows that both training methods have a positive influence on the improvement of dribbling speed of SSB Setya Bhakti players. This finding is in line with the results of research conducted by Putro (2018) which states that there is a significant influence of speed games training on increasing the dribbling speed of soccer players. obtained an average pre-test value of 21.48 and post-test of 18.96, which shows an increase in dribbling speed of 11.73%. Thus, it can be concluded that training that is structured and focused on aspects of coordination and speed, such as slalom dribbling and circuit dribbling, is able to provide effective stimulation in developing specific motor skills, namely the speed of dribbling the ball in early age soccer players. This can be explained because the training requires players to adapt to fast movement patterns, change of direction, and quick decision-making in game conditions.

Furthermore, the findings of this study also support the theory that training involving complex movement patterns, such as rapid direction changes and repetitive ball control, can enhance neuromuscular adaptation associated with improvements in speed and fine motor control in young players. This aligns with the principles of motor learning, which suggest that motor skills develop more

effectively when practice closely simulates real-game conditions. Moreover, this study makes a significant contribution to age-appropriate training approaches, where the slalom dribbling method proves to be more effective in stimulating speed adaptation due to its demand for quick responses to immediate obstacles. Therefore, in the context of youth player development, coaches are encouraged to integrate training methods that emphasize a combination of speed, agility, and decision-making, as demonstrated by the effectiveness of slalom dribbling exercises.

Conslusions

Based on the results of data analysis, description, testing of research results, and discussion, conclusions can be drawn, there was an effect of slalom dribbling practice on improving dribbling ability in SSB SETYA BHAKTI participants, with a calculated t value of 42.348 > t table, and a significance value of 0.000 < 0.05, then Ha was accepted. There was an effect of dribbling circuit training on improving the dribbling skills of SSB SETYA BHAKTI participants, with a t-value calculated at 31,280 > table, and a significance value of 0.000 < 0.05, then Ha was accepted. Slalom dribbling training was more effective than dribbling circuit training on dribbling skills in SSB SETYA BHAKTI participants, namely the difference in posttest scores of -0.1475 seconds.

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