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The Effect of Ball Feeling Training on Dribbling Ability in SSB Esa Pratama Players, Kerinci Regency

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ABSTRACT

This study aims to determine the effect of ball feeling training on dribbling ability in SSB Esa Pratama players, Kerinci Regency. This research is a quasi-experimental study using a "One Group Pretest-Posttest Design". The study was conducted for 16 sessions with 3 meetings per week at the Trides football field, Tebing Tinggi, Kerinci Regency. The population consisted of 40 SSB Esa Pratama players, and the sample was selected using a purposive sampling technique with 18 players meeting the criteria (aged 10-13 years, willing to participate in 16 training sessions, registered as SSB Esa Pratama students, and all male). The instrument used was a dribbling ability test. The results showed a significant effect of ball feeling training on dribbling ability. Before training, the pretest mean was 22.37 seconds, and after training, the posttest mean was 19.57 seconds. The standard deviation for the pretest was 2.678, and the posttest was 2.528. The minimum pretest time was 18 seconds, with a maximum of 27 seconds, while the posttest minimum time was 15 seconds, with a maximum of 25 seconds. Statistical analysis showed t-calculated (16.415) > t-table (2.110). Ball feeling training effectively improves dribbling skills in young football players and should be integrated into regular training programs. This study includes 25 references, 10 tables, 2 figures, and training program documentation as supplemental materials.

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A. Conception and design of the study;
B. Acquisition of data;
C. Analysis and interpretation of data;
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INTRODUCTION

Football is one of the most important aspects of life and a beneficial activity for improving physical fitness (Priyo Utomo, 2021). The specific goal of football is to strive and fight to win matches by playing to score as many goals as possible into the opponent's goal while trying to defend one's own goal from the opponent's attacks to prevent goals from being scored (Fajrin et al., 2021). Every player in football is required to have several techniques or movements, as mastering these techniques will enable a football player to control the ball well (Gazali et al., 2020).

Ball feeling represents the sensation of all body parts except the hands in controlling the ball. Ball feeling training is essentially basic training for getting to know

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the ball or also known as complete ball mastery, in any situation. Recent studies have emphasized the importance of technical skills development in football. According to (Suryadi et al., 2023), basic movements in football include techniques with and without the ball, where ball feeling is fundamental for developing other technical skills. (Gutawa & Kafrawi, 2022) Demonstrated that ball feeling training significantly affects dribbling skills in football players.

Dribbling is one of the fundamental skills that every player must possess, as dribbling is used to deceive opponents and get past them to score goals. Several research findings have shown the relationship between ball feeling training and technical skill improvement. (Pebrima et al., 2021) Found significant effects of ball feeling training on dribbling ability with t-table > t-alpha values of 20.843 > 2.10. (Febrian & Bakti, 2021)showed that ball feeling training experienced an improvement of 1.84 seconds compared to agility training programs of 1.68 seconds in dribbling skills.

However, there remains a gap in understanding the specific application of ball feeling training in Indonesian youth football development, particularly in regional football schools. Most previous studies have focused on general populations rather than examining the specific developmental needs of young players aged 10-13 years in Indonesian football academies.

This study aims to determine the effect of ball feeling training on dribbling ability in SSB Esa Pratama players, Kerinci Regency. The research novelty lies in its specific focus on regional youth football development and the systematic application of ball feeling training protocols designed for Indonesian young players.

METHODS

This research is a quasi-experimental study using a "One Group Pretest-Posttest Design". The study was conducted at the Trides (Three Villages) football field located in Tebing Tinggi Village, Siulak Mukai District, Kerinci Regency. The research was carried out for 16 training sessions with 3 meetings per week.

The population consisted of 40 SSB Esa Pratama players. The sample was selected using a purposive sampling technique with specific criteria: (1) aged 10-13 years, (2) willing to participate in 16 training sessions, (3) registered as SSB Esa Pratama students, and (4) all male players. Based on these criteria, 18 players were selected as the research sample.

The instrument used was the dribbling ability test by (Erianto et al., 2022) with a validity coefficient of 0.763 and a reliability coefficient of 0.637. The test measured players' dribbling skills through a zigzag course with 8 cones over 12 meters, performed in both directions. Players were given two attempts, and the best time was recorded.

Ball feeling training consisted of five main exercises: (1) rolling the ball between two feet using the inside of the foot, (2) stepping on the ball movements, (3) juggling with the instep, (4) rolling the ball sideways with the sole while walking, and (5) pulling the ball with the sole then pushing with the inside and instep. Each exercise was performed for specific durations with progressive intensity throughout the 16-session program.

Data collection involved pretest measurement before training, 16 training sessions over approximately 5-6 weeks, and posttest measurement after completing the training program. Data analysis used descriptive statistics and a paired t-test to determine significant differences between pretest and posttest results. Normality was tested using the Kolmogorov-Smirnov test, and homogeneity was tested using Levene's test.

RESULTS AND DISCUSSION

Result

Descriptive Results

The pretest results showed a mean dribbling time of 22.37 seconds with a standard deviation of 2.687 seconds. The fastest time was 18.12 seconds, and the slowest was 27.28 seconds. Most players (83.33%) were categorized as having poor dribbling ability, with 16.67% in the fair category and none in the good or excellent categories.

Table 1.
Pretest and Posttest Dribbling Performance Comparison

Measure	Pretest	Posttest	Improvement
Mean (seconds)	22.37	19.57	2.80
Standard Deviation	2.687	2.528	-0.159
Minimum Time	18.12	15.45	2.67
Maximum Time	27.28	24.64	2.64

The posttest results demonstrated significant improvement with a mean time of 19.57 seconds and a standard deviation of 2.528 seconds. The fastest time improved to 15.45 seconds and the slowest to 24.64 seconds. The distribution showed 5.55% in the excellent category, 5.55% in the good category, 11.12% in the fair category, 27.78% in the poor category, and 50% in the very poor category.

Statistical Analysis

The normality test using Kolmogorov-Smirnov showed significance values of 0.710 for pretest and 0.527 for posttest (both > 0.05), indicating normal data distribution. The homogeneity test revealed a significance value of 0.773 (> 0.05), confirming homogeneous data variance.

Table 2.
Paired t-test Results

Measure	Value
Mean Difference	2.802
Standard Deviation	0.724
t-calculated	16.415
t-table (α=0.05, df=17)	2.110
Significance	< 0.001

The paired t-test results showed t-calculated (16.415) > t-table (2.110) with significance < 0.001, indicating a statistically significant effect of ball feeling training on dribbling ability.

Discussion

The findings demonstrate that ball feeling training significantly improves dribbling ability in young football players. The mean improvement of 2.80 seconds represents a substantial enhancement in dribbling performance, supporting the effectiveness of systematic ball feeling training protocols.

These results align with previous research by (Susilawai & Esser, 2022), who found significant effects of ball feeling training on dribbling skills with t-calculated (7.971) > t-table (1.721). Similarly, (Pebrima et al., 2021) demonstrated significant improvements in dribbling ability following ball feeling training interventions.

The theoretical foundation for these improvements lies in the concept that ball feeling training enhances players' tactile sensitivity and ball control capabilities. According to (Febrian & Bakti, 2021), ball feeling training develops coordination between feet and ball, improving players' ability to manipulate the ball during dribbling movements. The repetitive nature of ball feeling exercises creates muscle memory and enhances proprioceptive awareness, leading to better ball control in dynamic situations.

The age group studied (10-13 years) represents a critical period for motor skill development in football. Children at this age are particularly responsive to technical skill training, as their nervous systems are highly adaptable to new movement patterns (Rusu et al., 2025). The systematic progression of ball feeling exercises, from simple ball rolling to complex juggling patterns, provides an appropriate developmental sequence for young players.

The practical implications of these findings suggest that ball feeling training should be integrated as a fundamental component of youth football development programs. Coaches working with young players should prioritize ball feeling exercises as preparation for more advanced technical skills training.

CONCLUSION

This study demonstrates a significant effect of ball feeling training on dribbling ability in SSB Esa Pratama players, Kerinci Regency. The 16-session training program resulted in a mean improvement of 2.80 seconds in dribbling performance, with statistical significance (t-calculated 16.415 > t-table 2.110, $p < 0.001$).

The findings support the integration of ball feeling training into youth football development programs as an effective method for improving fundamental ball control skills. The training progression from basic ball manipulation to complex coordination exercises provides an appropriate developmental framework for young players aged 10-13 years.

Research limitations include the single-group design and relatively small sample size from one football academy. Future research should consider larger, multi-institutional samples with control group comparisons and longer-term follow-up assessments to evaluate skill retention.

Recommendations for practitioners include implementing systematic ball feeling training protocols in youth football programs, ensuring progressive difficulty levels, and

combining ball feeling exercises with game-like situations to enhance transfer to match performance.

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