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Zig-Zag Run Training on Dribbling Ability at SMAS Pesantren IMMIM

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ABSTRACT

The purpose of this study was to determine how zig-zag run training affects the dribbling ability of high school students at IMMIM boarding schools. Zig-zag run training is a good example of physical exercise for Football players because it can improve their speed and agility. Their ability to dribble is affected by these improvements. For this study, a quasi-experimental design was used in which a sample of 25 students was divided into two groups. The results showed that with a significant difference between the pre-test and post-test, zig-zag run training had a significant effect on students' dribbling ability.

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INTRODUCTION

Due to its worldwide popularity, Football requires strong physical and technical abilities. Dribbling, or dribbling, is an important technical skill in Football. By dribbling, players can control the ball while moving forward and passing opponents. These dribbling skills are essential for building attacks, breaking down opposing defences, and creating goal opportunities. Warren (2001) describes dribbling as a set of movements performed with control of the ball with the feet to carry the ball past opponents or to a more favourable area. He says that dribbling is a technique and quick decision used to create space for the team and avoid opponents. In situations like this, players must have the ability to control the ball and make quick and effective decisions when facing an opponent's attack that tries to stop them.

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Prawirasakti (2020) says dribbling ability is not only mastering the ball; it also has the ability to deal with pressure from opponents and make strategic decisions in certain situations. Dribbling is the way football players control the ball while moving so that they can avoid opponents and make attacks. Dribbling, according to Bangsbo (2007), is a way to keep the ball and advance towards or past opponents. Bangsbo says dribbling is not only about speed, but also the ability to change direction suddenly, keep the ball under control, and choose the right time to move or perform another action.

Therefore, the ability to master the dribbling technique is one of the very important components for success in the game. Agility, speed and coordination of movement greatly affect dribbling ability. Performing agility drills, such as zigzag running, is one way to improve these skills. The focus of this exercise is fast, purposeful movements that involve sharp changes in direction. In zigzag running drills, players are trained to go through several poles or obstacles while keeping control of the ball. This is very beneficial for improving the players' movement speed and their ability to get past opponents.

Zigzag run training has many benefits, according to Widodo (2022) one of which is to improve ball control in situations that require a quick change of direction. This exercise helps players avoid opponents, such as opponents trying to grab the ball or physical obstacles. In addition, the body agility improved by this exercise is very important to improve the body's response when facing pressure from opposing players who are getting closer. Players will learn to change direction quickly without losing balance during this exercise, which is very important for games that require high speed.

Prasetyo (2023), the quality of dribbling is greatly influenced by the agility gained from zigzag run training. The ability to move quickly and change direction is essential in modern football, where games often involve quick transitions between defence and attack. The zigzag run technique helps players master space, avoid pressure from opponents, and even outwit opponents with more agile movements. Athletes must be quick to adapt to changes in direction as zigzag training involves rapid lateral movement. This is particularly relevant in the game of Football, where players often have to move quickly to avoid opponents or create space.

Hidayat (2021) found that athletes who regularly do zig-zag training have longer reaction times and better manoeuvrability. Therefore, agility and dribbling support each other in a Football game. Players who master dribbling techniques well, supported by agility exercises such as zigzag running, will be better at managing attack and defence and creating dangerous opportunities on the field.

Therefore, every player needs to train these two parts regularly so that they can play more productively and efficiently. IMMIM Pesantren SMAS students are very talented in sports, but they are often lacking in dribbling techniques. Therefore, this study examines how zig-zag run training affects students' dribbling ability. This study will not only show whether this exercise technique is effective but will also provide suggestions for school sports coaches and teachers. As a result, it is expected that students can improve their abilities and contribute better to the game of Football.

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METHODS

The use of a quasi-experimental design in this study aims to measure the impact of the treatment given to two groups. The first group did zig-zag run training, while the second group did other types of training. Every student of SMAS Pesantren IMMIM who participated in the Football training program was included in the population and sample of this study. 24 students from the sample were randomly divided into two groups: group A did the zig-zag run exercise and group B did not. This study used a dribbling test. This test calculates how long the participant has to dribble the ball through an obstacle course consisting of cones at a certain distance. Records of the fastest and slowest times, both before and after the training period, were included in the data collected. Training was conducted four times a week and lasted for four weeks. Each training session was rigorously conducted and supervised. Zig-zag drills were used, where participants ran around cones arranged in a zig-zag manner to encourage them to make quick changes of direction. The dribbling test with a ball was the tool used in this study. The dribbling test with the ball was conducted in the following manner: On the "ready" signal, participants stood behind the starting line with the ball in their hands. After the "start" signal, participants dribbled the ball to the left past the first cone, then followed the path of the next obstacle according to the direction of the arrow until crossing the finish line. If a participant makes a directional error while dribbling, they must correct it with their feet only. The stopwatch is kept running during the correction. Dribbling is done with both feet alternately, or at least one of the feet must touch the ball at least once.

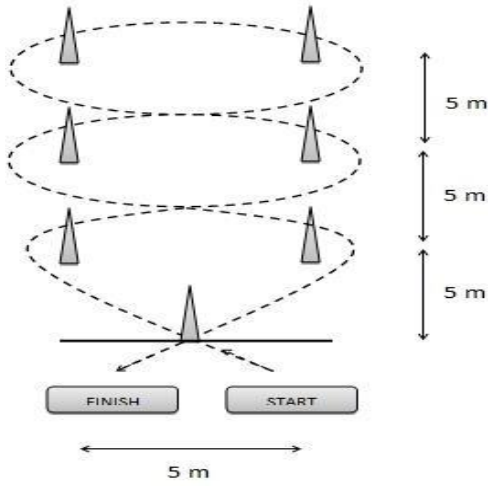

Figure 1.
Zig-zag run test form.

Table 1.
Zig-zag run dribbling norms

Categories	Man
Very Good	< 18.99 Seconds
Good	19.00 – 21.00 Seconds
Medium	21.01 – 23.00 Seconds
Les	23.01 – 25.00 Seconds
Very Less	> 25.01 Seconds

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RESULTS AND DISCUSSION

In this study, 25 samples were tested for their dribbling ability before they were given the agility treatment. The results of the initial dribbling ability test (pre-test) showed different times. The fastest time was 21.12 seconds, and the slowest time was 26.45 seconds. After the initial test, the participants were given agility training for 16 meetings. After that, they underwent a final test, known as the Post Test, to measure how well their dribbling skills had developed. The final test results showed a fastest time of 19.89 seconds and a slowest time of 25.92 seconds. Of the 25 samples, none achieved a time below 18.99 seconds, and only 0 (0%) fell into the "Excellent" category based on the frequency distribution of the pre-test data. No one achieved a time of 19.00-21.00 seconds for the "Good" category either. A total of ten people, or forty percent, fell into the "Medium" category with a time of 21.01-23.00 seconds; twelve people, or forty percent, fell into the "Deficient" category with a time between 23.01-25.00 seconds, and three people, or twelve percent, fell into the "Very Deficient" category with a time of more than 25.01 seconds. Meanwhile, after the agility training was given, the results of the post-test data frequency distribution showed changes. In the "Excellent" category, none of the participants obtained a time below 18.99 seconds; however, 2 participants, or 8 percent of the participants, achieved a time of 19.00-01.00 seconds. A total of 13 people, or 52 percent, fell into the "Moderate" category with a time of 21.01-23.00 seconds; 8 people, or 32 percent, fell into the "Poor" category with a time of 23.01-25.00 seconds, and 2 people, or 8 percent, fell into the "Very Poor" category with a time of more than 25.01 seconds. A normality test was conducted before the t-test analysis to ensure that the data came from a population with a normal distribution. The normality test was conducted with the Lillefors test with a real level (α) = 0.05. The calculation results show that the Lcount (Lh) value is smaller than the Ltabel (Lt) value at the real level α = 0.05. Therefore, it can be concluded that this research data has a normal distribution and meets the requirements for hypothesis testing. This study says "There is an Effect of Agility Training on Football Dribbling Ability in Immim Pesantren High School Players." The t-test, which is made using the t-test formula, was used to test this hypothesis. The t-table value at a significant level α = 0.05 and degrees of freedom (dk) = 24 (25-1) is 1.71. The Ha hypothesis is accepted because the t-count value is greater than the t-table (2.03 is greater than 1.71). The t-test results show that the Football dribbling ability of IMMIM Pesantren High School players is strongly influenced by agility training. Therefore, the dribbling ability of players who became the sample of this study has been improved through agility training.

In this study, the discussion is based on theoretical studies and statistical analysis that has been carried out on the results of pre-test and post-test testing. This study aims to determine the effect of agility training on Football dribbling ability in Immim Pesantren High School players. Based on the results of statistical analysis using the t-test, agility training is proven to have a significant effect on improving the dribbling ability of the players. The calculation results show the t-count value of 2.03, while the t-table at a significant level α = 0.05 with degrees of freedom (df) = 24 is 1.71. Because t-count> t-

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table (2.03> 1.71), the proposed hypothesis is accepted and it can be concluded that agility training has a positive effect on the player's dribbling ability. Agility, according to Hamzah (2019), is the ability to change direction of movement quickly at maximum speed while maintaining body balance. Scheunemann in research cited by Efendi, Pahliwandari, and Arifin (2018) also explained that agility is the ability to change direction quickly while moving at high speed. Soekarman in Jusran S's research (2018) states that agility is an important component in the physical conditions needed in football, which allows a player to change body position quickly and efficiently while moving at high speed. Surohudin (2013) also emphasized that agility is one of the important aspects of football that allows players to react quickly in dynamic situations on the field. In contrast to agility, dribbling ability in football requires special skills, including good ball control and the ability to maintain body balance while dribbling through opponents. Sakti (2017) explains that dribbling requires proper eye and foot coordination, as well as fast foot agility to avoid interference from opponents. Fahrizal (2016) states that dribbling in football functions to maintain the ball when crossing opponents or when moving towards open space on the field. In this case, the dribbling technique uses various parts of the foot such as the inner side, outer side, or sole of the foot to control the ball efficiently. According to Saputro (2018), dribbling is a basic skill that every Football player must master. Hasanuddin (2018) adds that dribbling is a technique that involves moving the ball with one foot, from one place to another, while maintaining possession of the ball. Surbakti (2015) reveals that this technique is very important to outwit opponents, bring the ball to an empty area, or even score goals. Jayadi, Sukamto, and Hasbunallah (2015) also emphasize that dribbling is a skill that allows players to change the position of the ball quickly, which is very important in dealing with opponent pressure. Based on the above findings, it can be concluded that agility training carried out with the right intensity, duration, and interval can improve the football dribbling ability of Immim Pesantren High School players. Agility training, which includes rapid changes in direction, greatly helps players improve their dribbling skills and deal with opponent pressure. Without structured agility training, players' dribbling ability will not develop optimally. Conversely, as the intensity, duration, and interval of agility training increased, players' dribbling ability improved, and the final test results showed a significant increase. Thus, agility training is proven to make a major contribution to the improvement of dribbling skills in football, which will have a direct impact on player performance on the field. Therefore, it is very important for every player to follow a well-designed agility training program to support the development of their technical abilities in the game of football.

CONCLUSION

Based on the results of the study, it can be concluded that zig-zag run training has a significant effect on improving the dribbling ability of IMMIM Islamic High School students. This can be seen from the significant increase in dribbling test scores after students have participated in zig-zag run training for 4 weeks. This exercise proved to be

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effective in training agility and speed which are indispensable in Football dribbling techniques. Therefore, zig-zag run training can be used as an effective method to improve basic football skills, especially for students who want to develop their dribbling ability.

It is suggested that teachers and coaches routinely include zig-zag run training in football training programs to improve students' dribbling ability. Students should also perform this exercise consistently to strengthen their skills and performance. In addition, schools need to provide adequate facilities to support the training process so that the results are maximized. Further research with variations in training methods and duration is also needed to deepen the understanding of the effectiveness of this exercise.

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