

# The Effect of Three Corner Drill Training Against Futsal Playback Probability

Muhammad Fadillah , H.M Kusaini, Edwin Wahyu Dirgantoro, Abd. Hamid  
*Department of Sport Education and Health*  
*Lambung Mangkurat University*  
edwin.dirgantoro@ulm.ac.id

**Abstract**— This research aims to determine the presence or absence of the effect of the ladder drill in-out shuffle exercise towards the agility on the futsal players of Junior High School SMK Negeri 1 Barabai. The research method used is the quasi-experiments method (pre-experimental design ) by implementing the Illinois Agility Run Test. The research design used to pretest and posttest in one group. The population in this survey was all of the futsal players of Junior High School State Vocational School 1 Barabai amounted to 12 people and who became sample amounted to 12 people. The Sampling technique uses a saturated sample technique. Based on data collected during the study are pretest and posttest data. The Results from pretest data were performed futsal players of Junior High School State Vocational High School 1 Barabai and with the maximum time of 19.85 seconds, the minimum time of 16.80 seconds, and with an average pretest time of 18.33 seconds. While on the posttest of agility performed futsal players of Junior High School State Vocational School 1 Barabai, with the maximum time 18.62 seconds, the minimum time 15.49 seconds, and with the average time of the post-test is 17.01 seconds. The conclusion of research: there is an effect of the in-out ladder drill shuffle exercise towards the agility on the futsal players of Junior High School SMK Negeri 1 Barabai.

**Keywords:** three corner drill, agility

## I. INTRODUCTION

Futsal entered Indonesia at the end of 2000 and so far has grown rapidly. In 2010 Indonesia could hold futsal throughout Asia in Jakarta. At that time, the first Indonesian Futsal National team was born, along with the development of the era and sports. The number of tournaments that are held between students, between students, and between futsal clubs makes the futsal team of SMK Negeri 1 Barabai participate in futsal matches between students. The progress of sports is also influenced in terms of facilities, facilities and complete infrastructure, experienced trainers and physical components such as: strength, endurance, speed, explosive power, flexibility, agility, balance, coordination, and speed of reaction ability in mastery in techniques play like dribbling, passing, stopping the ball, kicking in, kicking towards the goal, guarding the goal, and kicking off a dead ball, and players who have the physical ability in the form of an ideal body posture, to tactics and strategy formation on the field which is certainly very assist in the development of futsal sports achievements. Other supporting factors that must be owned by futsal players are external factors, namely: the role of parents, families, schools, teachers, community, coaches, and infrastructure. And factors from within such as talent, basic abilities, and physical condition.

The selection of futsal players and clear training programs also support the achievement of sports achievements. As in the futsal team of SMK Negeri 1 Barabai in the last few years, they started to do futsal extracurricular activities in schools, in terms of good coaching and the availability of funding specifically to give more value in the process of guiding the futsal team. In the futsal team of SMK Negeri 1 Barabai, expect that every match always gets a victory in the futsal championships in the Upper Sungai Tengah and even at the level of the province of South Kalimantan. In futsal, games are not as easy as imagined and require a long time and must have the talent and practice correctly. Futsal is a game that contains elements of technical, physical, tactical, and mental. Technical aspects of playing futsal must be mastered. Basic techniques that must be mastered by futsal players include techniques for processing the ball, dribbling, kicking the ball, stopping the ball, heading the ball, and the goalkeeper technique [1]. In addition to physical element techniques, it is also very necessary, physical elements that must be possessed by players are strength, speed, agility, explosive power, flexibility, and endurance. In futsal games, it can be observed that agility is an important element that must be possessed by every player. Players who have good agility will easily pass your opponent when dribbling. Agility is the ability to change the direction and position of the body quickly and precisely when it is moving without losing balance and awareness of body position [2].

But from the observations on the field of futsal players of SMK Negeri 1 Barabai the agility factor becomes a problem. There are still many players who do not have good agility. This can be seen during the game when running dribbling the player is very difficult to pass his opponent, even the ball can be captured easily by the opponent. Of course, this problem will degrade the quality of the team, and it is complicated to win at the time of the match and trying to achieve maximum performance. The reason for the lack of agility of futsal players in SMK Negeri 1 Barabai is because there is no good physical training program when training only warms up and directly does the game, there is no training that leads to increase agility. And so far, there has never been a test to determine the agility of the futsal team players of SMK Negeri 1 Barabai.

As a solution or a way out, the school futsal team and trainers must complete the facilities and infrastructure to support and create an excellent training program. Researchers will provide treatment in the form of an exercise program that increases agility, namely three corner drill. Some agility training methods are shuttle run, combination zig-zag drill, dot

drill with one foot, three corner drill, hip rotation, skier three-way hurdle, and diagonal crossover hurdle [3]. With the three corner drill training, it is expected that the futsal players of SMK Negeri 1 Barabai can improve their agility and can provide optimal performance in each match that is participated in.

## II. METHODS

The method used in this study is a quasi-experimental method (pre-experimental design). The design in this study uses the One-Group Pretest-Posttest Design. A group of subjects was subjected to treatment for a certain period of time, while measurements were made before and after the treatment was given and the effect of the treatment was measured from the difference between the initial measurement ( $O_1$ ) and the final measurement ( $O_2$ ) [4]. The population in this survey was all of the futsal players of Junior High School State Vocational School 1 Barabai amounted to 12 people and who became sample amounted to 12 people. The Sampling technique uses a saturated sample technique. Based on data collected during the study are pretest and posttest data.

## III. RESULTS AND DISCUSSION

The results of the study after a test for normality and homogeneity test and test hypothesis test twice difference measurements by using the program Microsoft Office Excel 2010 show rehearsal Three corner drill can improve agility results futsal players SMK 1 Barabai. Based on observations in the field and with the results of the initial agility test when making measurements is very less then after getting guidance from the supervisor lecturer the researchers conducted research by giving treatment treatment of three corner drill, when heating is carried out passive, active and around the field then given three corner drill exercise treatment, in the final test agility get a significant increase. The ability to change the direction or position of the body quickly and is done together with other movements [5]. Agility is the ability to change direction in running conditions [6]. So a person who has high agility allows that person to move quickly easily and can move quickly in all directions. In this study, researchers tried to conduct an experimental method with the treatment of three corner drill exercises. This is intended to get an idea of whether this three corner drill exercise can improve the agility of futsal players at SMK Negeri 1 Barabai.

The researcher gives the treatment of the three corner drill exercise by paying attention / referring to the principles of the exercise and arranging a clear and correct training program. The purpose of the exercise is to increase the agility that takes place in the futsal field Total Barabai, also the strong will of the players and the motivation of the researchers as trainers directly on each futsal player at SMK Negeri 1 Barabai. Based on the experimental results that have been analyzed by statistical testing, there is an increase in the agility of futsal players after the Three Corner Drill exercise. This can be seen in the increase in the average agility, before being given a

Three-corner drill exercise an average of 18, 33, and after being given treatment, the training obtained an average of 17.01. Thus the researchers assume that the implementation of the Three Corner Drill exercise 3 times a week for six weeks starting on July 23 - August 31, 2018, with the final agility test on September 4, 2018 has an influence on the agility of futsal players at SMK Negeri 1 Barabai. A significant effect can be proved by t test or test 2 two averages that after the analysis showed the value of t stat of  $33 > t$  table amounted to 1.80 so that the hypothesis  $H_0$  is rejected stating that there are effects of exercise Three corner drill to increase the agility of players futsal vocational high school 1 Barabai.

Increased agility in futsal as a result of providing treatment with exercises that lead to the progress of futsal players to increase the agility provided by the coach. Through Three corner drill training, futsal players understand the principles of correct training so that they do not experience errors in training that can be fatal, injury, or overtraining that endangers the player or athlete itself.

If the longer time for this exercise treatment is given, the increase will be higher, but due to limitations and costs that do not allow given longer treatment, researchers who can only examine up to here. Researchers believe with the results of the data obtained in this study, and if the treatment is longer, it will achieve satisfactory results informing the physical athlete or player.

## IV. CONCLUSION

Based on the results of data analysis and the submission of hypotheses, it can be concluded that there is an effect of the Three Corner Drill exercise on increasing the agility of the futsal players of SMK Negeri 1 Barabai.

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