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The Comparison Between Dribble Exercise and Race Slalom Dribble Exercise on Junior Football Players at SSB Pekanbaru

Mayzen Yunefri[1]*, Ardiah Juita[1], Meri Haryani[1]

[1]*Faculty of Teaching and Science Education, Universitas Riau*
[*]*19051990.mayzen@gmail.com; ardiahjuita@gmai.com; Merihanifah25@gmail.com*

ABSTRACT
This research was conducted to determine whether there is influence between the dribble field exercise with a slalom race on dribbling skills on SSB Junior Pekanbaru. There was 18 people as the research sample. Then the data is processed with the statistics, normality test with Liliefors test at a significant level of α = 0:05. Based on the analysis of the initial test of data, then the effects of exercise across the field to dribble dribbling skills on SSB Junior Pekanbaru show the results as follows: a score of 19:54 seconds the fastest and slowest score was 23.5 seconds, with an average of 21 004 and a standard deviation of 1,161. Based on the frequency distribution table, 9 samples turned out to be as much as 2 people (22:22%) with the interval from 19:54 to 20:44 range. Then 4 people (44.44%) with the interval ranges from 20:45 to 21:35, while one person (11:11%) with the interval ranges from 22:27 to 23:17.

Keywords: *The dribble field, with a slalom race, dribbling skills*

1. INTRODUCTION

Various fields of science today has grown rapidly, and that is very noticeable is the mutual link between one field of knowledge to another field. So the problem becomes more complex as described and viewed from different angles interrelated knowledge. This also happens in problem-solving performance in sports. Various science associated reviewed, researched and finally applied to the material supporting the achievement of optimal performance in a sport.

Sports are forms of physical activity that may be in games, competitions and intensive physical activity in order to acquire recreation, victory and optimal performance [1]. (Sport as a socio-cultural phenomenon has been growing and developing rapidly and it could be said that the more advanced science and technology, it will be increasingly needed Sports pun people to maintain the balance of his life.

"States that sport is a physical activity that instituted the rules set by the perpetrator or externally and before doing the activity, but it has been recognized that the term sport is usually used with a broader concept that includes athleticism, games, games, gymnastics and the activities of individuals and teams, both competitive and non-competitive that" [2].

To realize science and technology needs to institutions that play a role in order to enhance human resources, especially in the field of sport, and these institutions are not only formal institutions but also non-formal institutions, as defined in Republic Act No. 3 of 2005 on National Sports system article 18 paragraph 2 of "Sports education implemented either in formal education and nonformal through intro and / or extra-curricular" [3].

Sports development activities have been carried out at the school known as physical education and extracurricular sports activities. From the government, side has been conducting business from the introduction of physical education kindergarten to University level. It is also seen with the development of associations or institutions according to the branch athletic sport. One of the sport's institute is SSB (Soccer School), a football institution where the institution that will provide sports, especially football education that is intended from an early age.

Football is a sport that is much-loved by people all around the world, hence this sport is very popular and a lot of demand. But this sport is not the type of exercise that is easy to play, especially the development of the modern football game requires each player to have [4]. Skill qualified which execution soccer techniques such as dribbling, control, passing, heading, shooting must be perfect meaning that it can be done at high speed and angle of the narrow space, awareness of tactical namely the cognitive ability to react and adapt to a variety of tactics soccer complex and physically primed the combined between speed, strength, endurance, and coordination of course.

In Indonesia, soccer is considered not able to provide a significant achievement for the nation. One of the causes of the failure is inadequate facilities to support the advancement of sport in Indonesia. Such as the lack of regeneration of young players, the mastery of technique and physical condition is not good. This should be a

problem or homework that must be considered in a sport that continues to be popular year after year this. And the government must also play a role in creating the new players that Indonesia's human resources are not inferior to the resources of foreign players. In the game of football itself demanded a good cooperation between the players with other players, because football is a team game, so teamwork is a soccer game that needs to be met by each of the teams that want to win. The victory in a football game will only be achieved through the cooperation of the team. Victory cannot be achieved individually in a team game, other than that each player must have a good physical condition, good technique, and a good mentality anyway.

Good physical condition and good mastery techniques can provide a substantial contribution to play football. But it needs to be investigated further by football experts in the homeland. Good physical condition without the support with technical mastery play, good tactics, and good mental, then the performance will be achieved cannot be in balance. Similarly, the opposite has a bad condition but the technique, tactics and mental well also less support for the achievement.

For that, we need good coaching in the sport of football as early as possible to achieve the goals that peak performance can be achieved as well as possible. In the process of training the elements of the physical condition leading positions to be trained, which continue to practice the techniques, tactics, mental and maturity to compete in scholastic achievement. The role of exercises to develop the elements of football games in order to improve skills play a very decisive. Exercise Regular physical condition and sustainably can contribute significantly to the improvement of technical development capabilities in the match.

Physical fitness is a condition of a person's body, which has an important role in the activity or activities of daily living. The physical condition includes several components, these components include speed, agility, power, balance, agility, coordination [5]. These components must be owned by any player football.

From these explanations, it is clear that success in playing football in addition to good physical condition as the capital of the most important and should be trained in football is playing techniques that kicked the ball, stop or control the ball, the technique brings the ball (dribbling), basic techniques of movement (motion hokey) and tactics game of tempo, combinations, attack, defense as well as the formation of the game (Kosasih, 1993). To achieve success in playing football is so indispensable is exercise. Exercise is a process of perfecting the ability to exercise that contains theory and practice materials, methods and implementation rules with a scientific approach, the principle of a planned and orderly so that the training objectives can be achieved on time.

Basic techniques of the game of football is no less important is dribbling (dribbling), as if the soccer player cannot master this technique then the player will not be able to play well, because the technique is this soccer player able to dribble, pass an opponent, feinting until finally able to score goals. Among the training programs that exist there are two types of exercises to increase the ability of the exercise dribble dribbling across the field and practice dribbling slalom race. Exercise dribble between fields does with their opponent to be on guard in every field that must be passed, while the slalom competition dribble exercise is done in a way past obstacles inanimate objects that have been made by the coach.

From the explanations above it can be concluded that the technique of dribbling is very important in the sport of football, but from the observation of the author and also information from coaches, players SSB Junior Pekanbaru yet have dribbling skills are maximized, it is seen at practice or in a game, this is due application of dribbling exercises are less varied, and therefore needs to be increased variations in practice for this technique, given the important role of this technique in the success of the game of football itself, to the need for training programs that correspond to the technical improvement. Variations that can be applied to practice dribbling include 1) the variation football practice marbles, 2) racing dribble, 3) variations cone to cone, 4) variations in sheep and wolves,

Many forms of exercises that can be applied and combined to improve dribbling skills in the game of football, depending on how the trainer to apply and vary the exercises will be an interesting and effective program for applied on athletes. From these explanations, the authors are interested in conducting research to compare what is more effective exercise to improve dribbling skills in the game of football, and this study entitled "Comparison of the effects of exercise dribble between fields with practice dribbling slalom race on dribbling skills in the game of football in Junior SSB Pekanbaru "

2. METHODS

The shape of the design of this research is Pre-test and post-test, as will be seen in the following table:

Table 1. Research design.

Pre-test	**division**	**Treatment / Exercise**	**Post-test**
	group Exercise		
Test	Matching techniques	X1 (Dribble	Test
Ability	pairing	between fields)	Ability
lead		X2 (Slalom Competition	Lead
Ball		Dribble)	Ball

2.1 Population

The population is the subject of research (Suharimi and the population in this study were all members of the football team SSB Junior Pekanbaru consisting of 18 people [6].

2.2 Samples

Sampling method in this study using sampling techniques saturated ie sampling technique when fewer than 30 persons, all members of the population used as a sample

(Sugiyono, 2011), so the number of samples in this study based on the population and sampling techniques amounted to 18 people.

2.3 Data and Instruments

To collect the necessary data in this study using a test instrument dribble [7]. Tools used: balls, stopwatch, 6 pieces of obstacles, flagpole and lime. Implementation guidelines:

a) On cue "ready" testy stand behind the starting line with the ball in the mastery of his legs.
b) On cue "yes" testy start to dribble to the left past the first hurdle and the next to the next obstacle in accordance with the direction of he crossed the finish line.
c) If the wrong direction in dribbling, he had to fix it without the use of limbs in addition to the foot in which the error occurred and during the stopwatch continue.
d) The ball dribbled by the left and right legs alternately, or at least scan one foot never touched the ball one touch.

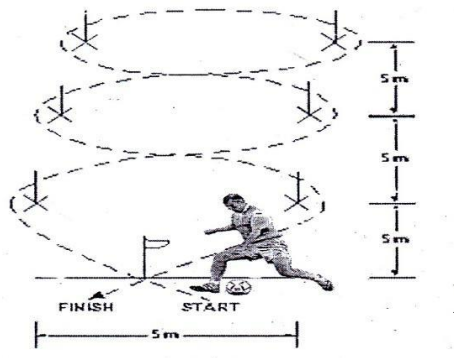
The movement was declared a failure when:

a) Testi dribble with only one foot only.
b) Testi dribble is not in accordance with the direction of the arrow.
c) Testi using other limbs apart legs to dribble.

How suspended is the time taken by a testy from the start cue "yes" until he crossed the finish line? The time recorded to tenths of a second. For more details can be seen in the following figure:

Figure 1: Field Test Drive the ball [7]

2.4 Data Collection Techniques



To get the data in this study, conducted two tests, namely the initial test (pretest) that tests dribbling skills using tests dribble before samples do practice dribbling across the field and practice race slalom dribble and final test (posttest) using test dribble after dribble exercise do samples between the field and practice dribbling slalom race.

2.5 Data Analysis Techniques

Data obtained from the results of the second study group will be processed using statistical analysis techniques procedure. To prove whether the hypothesis proposed in this study can be accepted or rejected. Analysis of the data used in this case is comparative data analysis. The data analysis technique used to test the hypothesis of comparative is by using t-test is to test the comparative data. To test two different independent samples, the t-test can be done with a procedure to be described by the formula [6].. To test two different independent samples using formula.

The research hypothesis that will be tested are:

H0 : There is no significant difference between the exercise of fields to practice dribbling slalom race on dribbling skills in the game of football in Junior SSB Pekanbaru.

Hα: There is a significant difference between the exercise of fields to practice dribbling slalom race on dribbling skills in the game of football in Junior SSB Pekanbaru.

Hypothesis testing criteria are as follows:

Reject H0 and accept Hα if arithmetic> t table the significant level $\alpha = 0.05$

accept H0 and reject Ha if arithmetic<t table the significant level $\alpha = 0.05$

3. RESULT

Based on the explanations and descriptions collected previously, so in this chapter will do the analysis and discussion obtained in this study. The results of the research will be described in accordance with the objectives previously proposed the hypothesis.

Group Exercise Ball Dribbling Inter-Sector

3.1.1 Pre-test

Based on the analysis of the initial test data, then the effect of inter-field dribbling drills on dribbling skills On Pekanbaru Junior SSB showed the following results: a score of 19.54 seconds and the fastest slowest score was 23.15 seconds with an average of 21.004 and a standard deviation of 1.161, more data will be created for the distribution of distributions following table: Based on the frequency distribution table on top of the 9 samples, was as much as 2 people (22.22%) with a range of interval from 19.54 to 20.44, then 4 (44.44%) with a range of interval from 20.45 to 21, 35, whereas 1 (11.11%) with a range of interval from 21.36 to 22.26 and 2 (22.22%)

Based on the analysis of the final test data, dribbling exercises influence between fields t on dribbling skills On Pekanbaru Junior SSB showed the following results: a score of17.40 seconds the fastest and slowest 21.42 seconds with an average of 19.42 and a standard deviation of 1.219.

Distribution table on top of the 9 samples, was as much as 2 people (22.22%) with a range of interval from 17.40 to 18.41, then 4 (44.44%) with a range of interval from 18.42 to 1943, while two people (22.22%) with a range of interval from 19.44 to 20.45, and 1 (11.11%) with a range of interval from 20.46 to 21.47, for more details, can be seen on the histogram:

3.1 Competition Exercise

Based on the analysis of the initial test data, then the effects of exercise on the race slalom dribble dribbling skills On Pekanbaru Junior SSB showed the following results: a score of 20.10 seconds and the fastest slowest score was 23.46 seconds with an average of 21.268 and a standard deviation 1.152. For more details can be seen in the frequency distribution as follows: Based on the frequency distribution table on top of the 9 samples, apparently as many as 4 people (44.44%) with a range of interval from 20.10 to 20.94, then 2 (22.22%) with a range of interval from 20.95 to 21, 79, then 2 (22.22%) with a range of interval from 21.80 to 22.64, and 1 (11.11%) with a range of interval from 20.65 to 23.49.

3.1.2 Post-test

Based on the analysis of the end of the test data, the effects of exercise dribbling slalom race on dribbling skills On Pekanbaru Junior SSB showed the following results: a score of 17.87 seconds the fastest and slowest 20.10 seconds with an average of 18.813 and a standard deviation of 0769. For more details can be seen in the frequency distribution as follows:

Based on the frequency distribution table on top of the 9 samples, it turns out each of the 4 people (44.44%) with a range of interval from 17.87 to 18.43, then 1 (11.11%) in grade intervals 18,44- 19.00, then 3 (33.33%) in the interval from 19.01 to 19.57, and 1 (11.11%) in grade interval from 19.58 to 20.14, for more details can be seen on the histogram:

3.2 Data analysis

3.3.1 Testing Requirements Analysis

The research hypothesis is tested using t-test analysis. Prior to the t-test analysis, first, the normality test to determine whether the data comes from a normally distributed population or not da homogeneity to test whether the data comes from a homogeneous population or not.

a. Normality test

Normality test analysis data were the Lilliefors test. It was found that the result is less than Lt Lo, it can be concluded that the data were normally distributed.

b. Homogeneity test

Results of the homogeneity test analysis of each variable in the present. It can be seen that the result Fh smaller than Ft, it can be concluded that the data Homogeneous.

3.3.2 Hypothesis

To test whether the hypothesis proposed in this study received them or not then do the test data taking samples t-test tied to each testing this hypothesis can be stated as follows:

1. **There Influence Exercise Ball Dribbling Dribbling Skills Against Inter-Sector SSB Junior Ball In Pekanbaru.**

From the analysis, the value of t arithmetic between the initial test and final test between field dribbling drills on dribbling skills showed the number of 2.828 and then compared with the value of t table the significant level of 0.05 degrees of freedom N - 1 (8) was found to show the numbers 1,860, it indicates that the value of t arithmetic (2.828)> t table (1.860), it can be concluded that the hypothesis that there are significant inter-field dribbling drills on dribbling skills the football player Junior SSB Pekanbaru received its existence (complete calculation of testing this hypothesis can be found in appendix)

2. **There Influence Exercise Ball Dribbling Slalom Race Against Ball Dribbling Skills In Junior SSB Pekanbaru.**

From the analysis, the value of arithmetic between the initial test and final test race slalom dribbling exercises to increase dribbling skills showed the number of 2.828. Furthermore, the value obtained compared with t table the significant level of 0.05 with a degree of freedom N - 1 (8) turns value obtained was 1,860 this indicates that the value of t arithmetic (2.828)> t table (1,860) thus it can be concluded that the hypothesis that there are significant practice dribbling slalom race on dribbling skills On Junior SSB Pekanbaru. acceptable existence (complete calculation of testing this

3. **There is a difference Effect of Exercise Ball Dribbling Inter-Sector and Competition Slalom Dribbling Dribbling Skills Soccer Ball Against At Junior SSB Pekanbaru.**

From the analysis carried out that the value of arithmetic Dribble between exercises between the field and practice dribbling slalom race on dribbling skills for the next 2,448 earned value compared to the value of t table the significant level of 0.05 degrees of freedom N1 + N2 - 2 (16) apparently shows the number 1,734, it indicates that the value of t arithmetic (2.448)> t table(1.734), then the hypothesis that there are differences in the effects of exercise Dribbling between the field and practice dribbling slalom race on dribbling skills On Junior SSB Pekanbaru. (Detailed calculations testing this hypothesis can be found in the appendix)

3.3 Discussion

Analysis is done, the discussion in this study is based on the study of theory and statistical calculations as well as referring to the conclusion of the then the next will be discussed.

From the calculations have been done shows that the practice dribbling across the field and practice dribbling slalom races each show an increase in the dribbling skills. This means that the profits after dribbling exercises between the field and practice dribbling slalom race that is as dribbling skills enhancement.

Based on the above it is clear that the inter-field drills Dribbling and dribbling drills slalom race can affect

dribbling skills to support good skills in the game of football. Provision of exercise during the 16 sessions that carry an exercise program three times per week to avoid the occurrence of chronic fatigue.

Exercise between this field is to improve dribbling skills and develop skills mental ball. This exercise is performed 10 to 15 minutes, with the number of players are divided into several groups with 4 players per group. While the practice dribbling slalom race is to improve the speed dribble and improve ball control and improve fitness. This exercise is performed for 10 to 15 minutes with the division of the team into three groups to know more by the number of 3-5 players per group. Two forms of exercise can improve dribbling skills, as he had done the research.

Therefore, it can take the conclusion that the result of inter-field dribbling drills and practice dribbling slalom race equally give effect to increase dribbling skills, but when viewed from the rat-average increase in the practice dribbling skills between fields Dribble better than in practice dribbling slalom race. So that this exercise program can continue developed and implemented for the purpose of the exercise can be achieved, namely the maximum performance for the athletes themselves, especially sport of football.

4. CONCLUSIONS

4.1 Conclusion

Based on data analysis and discussion, it can be concluded that:

1. There is significant influence of dribble exercise across the field toward dribbling skills On Pekanbaru Junior SSB proven with arithmetic 2.828> t table 1,680 at $\alpha = 0.05$.
2. There is influence of a slalom race exercise on dribble skill In Pekanbaru Junior SSB proven with t arithmetic 2.828> 1.680 t table at $\alpha = 0.05$.
3. There is a significant difference between the exercise dribble between fields with practice dribbling slalom race against at dribbling skills Junior SSB Pekanbaru where t arithmetic 2,448 > ttable1,734 at $\alpha = 0.05$. Where the effects of exercise dribbling slalom race better when compared to the inter-field dribbling drills on dribbling skills On Junior SSB Pekanbaru.

4.2 Recommendation

In accordance conclusion of the study, it can be recommended to:

To produce results good dribbling skills then suggest to the coach or athlete to practice dribbling do between field and dribbling slalom race exercise regularly.

Among the results of the exercise were obtained, after doing the exercises dribble between fields with practice race slalom dribble, then dribbling skills obtain better results, it is advisable to always exercise dribble between fields with practice race slalom dribble to get skills a particularly good dribbling At Junior SSB Pekanbaru.

Next to the researcher, in order to conduct further research using larger samples and longer.

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