

Available online at: <http://journal.unj.ac.id/unj/index.php/gjik>
Gladi: Jurnal Ilmu Keolahragaan, 16 (01) 2025, 145-154
Permalink/DOI: <https://doi.org/10.21009/GJIK.161.14>

EXPLORATION OF SHARPENING FOOTBALL DRIBBLING TECHNIQUE SKILLS BY APPLYING THE TEACHING GAMES FOR UNDERSTANDING (TGFU) APPROACH STRATEGY: A REVIEW STUDY

Rama Doni¹, Leni Apriani^{2*}

^{1,2} Physical Education, Health and Recreation, Faculty of Teaching and Education, Islamic
University of Riau

Corresponding author. Email: leniapriani@edu.uir.ac.id

(Submission Track: Received: 06-03-2025, Final Revision: 20-03-2025, Available Online: 28-03-2025)

Abstract. Dribbling is one of the skills base in football holding role important in success games. However, learning dribbling techniques often face challenge in matter effectiveness and engagement Players. Approach Teaching Games for Understanding (TGFU) is a learning strategy that emphasizes understanding tactical and taking decision through modified game so that can increase dribbling skills in more effective. This study aiming for explore effectiveness implementation of TGFU strategy in hone skills soccer dribbling techniques based on study literature latest. The method used in study This is review study with analyze various literature that discusses implementation of TGFU in learning skills base football. Study results show that TGFU approach is capable increase dribbling skills through experience play more contextual, improvement understanding tactical, as well as involvement active player in learning. In addition, this strategy also provides benefit in matter motivation, creativity, and decision making more decisions good in the field. With Thus, the TGFU approach can be used as an effective alternative strategy in learning soccer dribbling skills.

Keywords: dribbling; football; teaching games for understanding



Copyright © 2025 Rama Doni, Leni Apriani

This work is licensed under a Creative Commons Attribution-ShareAlike 4.0 International License

INTRODUCTION

Football is the most popular sport in the world, played by millions of people in various countries and is an international competition that attracts global attention. In football, each player must master various technical and tactical skills to be able to contribute optimally to the game. Basic skills such as dribbling, passing, shooting, and ball control are the main foundations that must be mastered by each player. In addition, understanding tactics and game strategies also play an important role in the success of the team on the field (Gazali, 2016).

Skills in football are the key to success in playing football. Skills football is a series ability technical and tactical needs controlled by the player For can play in a way effective in the field (Yuliasari & Indriarsa, 2013). Skills base like Passing, dribbling, shooting and ball control are very important in build foundation strong game. In addition, the ability in survive, move without ball, and taking the right decision also affects performance players on the field. Every skills This No only focus on ability individual, but also related close with ability collaborate in team, coordination, and communication between player (Indra & Marheni, 2020). For increase skills football, structured and situation - focused training game real is very necessary, so player can apply techniques and strategies that have been studied in condition real match (Hidayat & Rahayu, 2015). Improvement skills football No only depend on repetition practice, but also on understanding player about when and how skills the used in context game (Iskandar & Agustan, 2018).

Skills dribbling in football is ability for control the ball while moving in the field, with objective pass against or create room for self myself and my partner team. Effective dribbling need good balance, coordination and ball control (Aprianova & Hariadi, 2016). Players must capable dribbling the ball with fast and precise, good use part inside, outside, or instep, depending on the situation Games. Skills This No only important for avoid guard opponents, but also for open opportunity attack and create space on the field. Along with ability Technically, dribbling also relies on taking quick decisions and ability read game, so that player can choose When must speed up movement or dribbling the ball with more Be careful (Putra et al., 2023).

Effective exercise in dribbling involving various situation challenging dynamic player For increase ball control in pressure and sharpening creativity as well as agility in

situation game real (Dahlan et al., 2020). TGFU is an integrated approach learning technical with understanding tactical in context game real. Instead of focus only on mastery technique in a way mechanically, TGFU drives player For understand context and necessary decisions in situation dynamic game (Romadhona et al., 2024). Approach This considered effective in develop skills technical at a time increase understanding more tactical deep, especially in game football. Study This aiming for explore implementation of TGFU strategy in practice skills dribbling football. With using TGFU, it is expected player No only control dribbling technique, but also able to understand when and how use skills the in context more matches wide. Approach This can give better understanding comprehensive about connection between techniques, tactics and taking decision in situation the real game (Firmana et al., 2023). Therefore that's important For to study effectiveness of TGFU in hone skills dribbling, so that can implemented in the training program football For increase quality game in a way overall (Wismarni, 2021).

During one decade Lastly, researchers previously has pushed For do studies deep about exploration of honing football dribbling technique skills by implementing the teaching games for understanding (TGFU) approach strategy. Studies the can in the form of methods that have been tested can know benefits of TGFU on ability technique dribbling football. However, not yet there is a continuation review systematic This until 2024 and discuss it especially in Indonesia. So that matter This be one of gap that can developed at a time become reason Why importance studies This done.

Through studies literature this, research aiming for to study method of improving soccer dribbling skills using the teaching games for understanding (TGFU) approach. Focus study is for evaluate effectiveness of TGFU in increase skills technical and understanding tactical players, as well as give guide to trainer, educator, and practitioner sport in designing an optimal training program. This study expected become reference important for increase learning football through a more approach integrated and based game. “How much Far teaching games for understanding TGFU can increase skills technique soccer dribbling?”.

METHOD

The search was initiated using the Google Scholar database, both considered as leading indexing systems for citations (Farid et al., 2020), and frequently visited by previous researchers worldwide (Perdima, Feby et al., 2022; Sweileh, 2020; Yang et al.,

2021). The search strategy included a combination of keyword variations (“Exploration” OR “Skills” OR “Dribbling” OR “Football” OR “Teaching Games for Understanding (TGFU)”). Starting on November 19, 2024, the search aimed to identify articles within the last 5 years (2019–2024) that met the inclusion criteria. The search was conducted following the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines (Shaffril et al., 2019). Additionally, PRISMA emphasizes reporting reviews that evaluate randomized trials, which can serve as a basis for reporting systematic reviews across different types of studies (Onofre et al., 2021). Criteria exclusion used is as following: (1) Articles in Language besides Language Indonesia, (2) Articles that are not in a way explicit exploration of honing football dribbling technique skills by applying the teaching games for understanding (TGFU) approach strategy.

Initially, 20-publication obtained from Google Scholar. After following exception criteria, only 5 remaining articles. Most of the items are discarded Because article No touch on exploration of honing football dribbling technique skills by applying the teaching games for understanding (TGFU) approach strategy. All article extracted from the database and analyzed through device Mendeley software (figure 1).

RESULT AND DISCUSSION

RESULT

Five categories (Author and Year excluded) listed in Table 1 is explained and discussed in 5 articles compiled. Country categories are not displayed, because all article focused on all countrie.

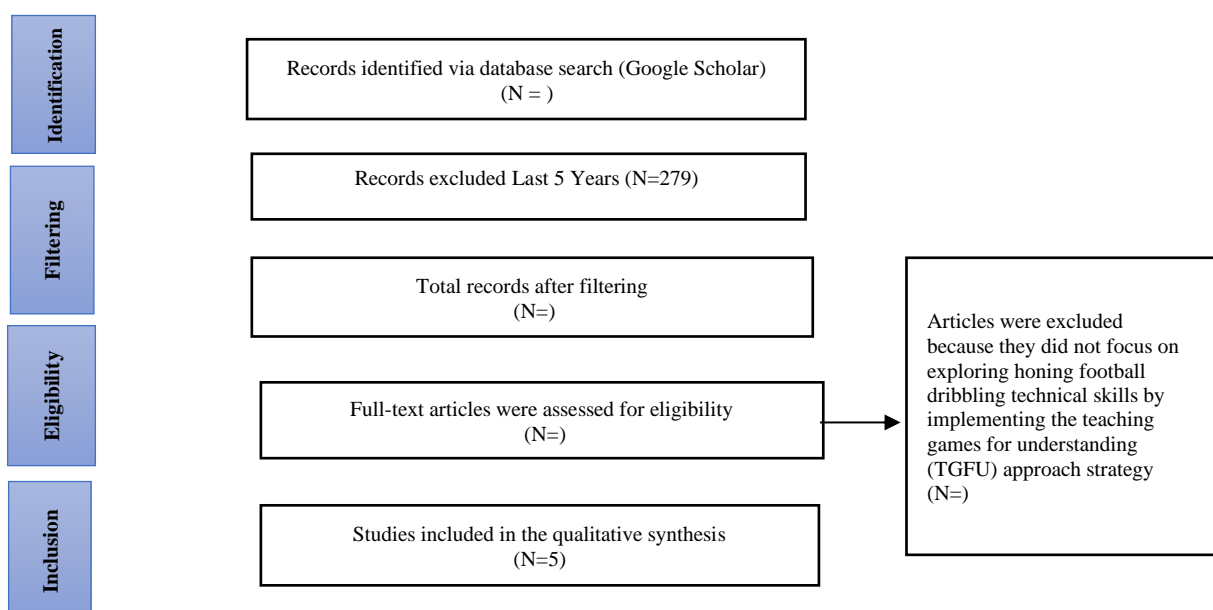


Figure 1: Data Collection Process

Table 1: Exploration of Sharpening Football Dribbling Technique Skills by Applying the Teaching Games for Understanding (TGfU) Approach Strategy

Author and Year	Research Methods and Types	Content	Benefits of research	Research result
(Mubarok & Mudzakir, 2020)	Experiment	Small Sided Games Training on Improving Football Players' Dribbling Skills	Guard fitness because of in exercise This Lots very activity his physical.	Implementation exercise small sided games with interval method is very effective For increase skills dribbling in soccer. This exercise No only develop dribbling ability, but also provides impact positive in game football in general overall.
(Saputro et al., 2017)	Experiment	Rapid Dribble Relay Training on Dribble Speed in Extracurricular Football at Pekanbaru Forestry Vocational School	Can increase quality player dribbling more Good Again	There is significant influence exercise relay dribble with fast to speed dribble
(Ramadhansyah & Putri, 2021)	Classroom Action Research (CAR)	Efforts to Improve Skills Football Dribbling with Circuit Method Through Posskillkidd for Grade V Students of Sd Negeri 3 Nangsri Kebakkramat	Maximize implementation approach play can increase competence skills dribbling football	Use implementation with method circuit through learning posskillkid can increase competence ability dribbling the ball in learning Student Football.
(Hermaman & Syahrudin, 2022)	Classroom Action Research (CAR)	Improving dribbling learning outcomes in football games through the Collaborative Approach Method during the Covid-19 Pandemic	Improving dribbling learning outcomes in football games through the Collaborative Approach Method	There is a significant increase in the results of learning to dribble the ball in soccer games.
(Prayogi & Sari, 2021)	Classroom Action Research (CAR)	Repetitive Methods in Improving Learning Outcomes in Dribbling the Ball in Soccer Games.	Variation learning can improve the learning process dribbling the ball in the game Football.	Implementation of Repetitive Method can increase results Study Dribbling the ball in the game football.

How much Far Teaching Games for Understanding TGFU Can Increase Football Dribbling Technique Skills?

Implementation exercise small sided games with interval method is very effective Because create conditions that resemble game real, where the players must face fast and full situation pressure. In practice this, player given chance For train dribbling in more space narrow with high intensity, which helps they hone skills control the ball, avoid opponent, and make decision fast (Mubarok & Mudzakir, 2020). In addition to increasing technique dribbling, the interval method also provides pause short between session exercises that allow recovery, so that player can practice Power stand physical and concentration them. With train in this setting, the player No only increase skills individual, but also learning for adapt with dynamics game real football, like speed, agility, and retrieval decisions in the field.

Relay dribble drill with fast give significant influence to speed dribble Because exercise This involving movement dynamic and continuous in distance short. In practice relay, player sued For dribbling the ball with fast and efficient from One point to point others, which encourages they For increase agility, coordination and ball control in situation fast (Saputro et al., 2017) . Repetition exercise with intensity tall This help player speed-up reaction and increase ability dribbling the ball with more-fast without lost control. In addition, the exercise this also improves Power stand muscle and capacity physique players, so that they can maintain speed dribble although in condition tired. In overall, practice relay dribble with fast help player repair aspect technical and physical requirements for dribble the ball more fast and more effective in match.

Implementation method circuit training through approach Posskillkid can in a way significant increase competence dribbling ball in learning football. This method consists of from a series exercises performed in a way sequentially, where each station exercise focused on the aspects important skills dribbling, such as agility, ball control, and ability avoid opponent. With involving various exercise in a way continuously, students can develop skills technical they in a way more comprehensive (Ramadhansyah & Putri, 2021). In addition, circuit training also helps increase stamina and strength physical, because student trained in various challenging situations. Approach Posskillkid Alone designed for create atmosphere fun and interactive learning, which is motivating student

for more active practice and improve ability dribbling they with an effective and enjoyable way.

Significant improvement to results Study dribbling the ball in game football can achieved through structured and consistent training. Training that focuses on technique base dribbling the ball, like control, agility, and evasion opponent, in direct influence improvement skills players. Through repetition and variation practice, player will more skilled in dribbling the ball with more effective, good in situation One against One and also in scenario more games complex (Hermaman & Syahrudin, 2022). In addition, exercises that simulate condition game real allow player for apply skills herding ball in a more complicated situation dynamic and full challenges. Approach This No only increase ability technical, but also honing ability taking decisions and adaptation player in condition actual match. By overall, approach proper exercise will give impact significant to results learning and ability player in play football.

Implementation method repetitive can increase results Study dribbling the ball in game football because focus on repetition exercise in a way consistent. With repeat technique dribbling the ball in various variety and intensity, players can strengthen skills motor, improve agility, as well as control control the ball with more-good. Repetition This give chance for player For repair error, refine techniques, and speed up reaction body to change situation on the ground (Prayogi & Sari, 2021) . In addition, the exercises repetitive also helps increase confidence self-players, because they feel more familiar and comfortable with techniques learned. In overall, method repetitive give strong foundation for increase skills dribbling the ball, which will impact positive on performance player in match football.

DISCUSSION

Highlighting How combination approach This can increase skills dribbling player in a way comprehensive and holistic. Small-sided games (games with amount player limited) is component main in TGFU approach, where players train in a more complicated situation realistic and dynamic. With more space narrow and quantity limited players, players given more Lots chance for control the ball, dribble it in a situation full of pressure, and make decision fast in face opponent. This exercise help develop skills dribbling in context game real, where the players must capable avoid opponent, looking

for room For attack, and understand when and where to take risk. Small-sided games this also improves ability taking decisions and communication between players, which is very important in game real football.

Implementation method relay dribble emphasize exercise speed dribbling in time short and with intensity high. Player race for dribbling the ball in distance certain with focus on agility, ball control, and accuracy movement although in pressure time. This exercise No only increase technique dribbling, but also improving Power stand physique player in maintain speed dribbling although in condition fatigue. With increase speed reaction and agility, players will more Ready face situation fast in match.

Posskillkidd Method offer a fun and creative approach in teach skills dribbling. With focus on an interactive and user -based approach game, dribbling taught with an interesting way, so that players, especially children, still motivated and engaged in learning. Approach This allow player For Study without pressure, while increase skills they in a pleasant and unpleasant context monotonous.

In terms of development team, Collaborative approach or approach collaborative focus on the importance of Work The same team in control skills dribbling. In the context of this, player not only Study for develop skills individual, but also learning for collaborate in situation games. They pushed For Work together, creating room for One with each other, and designing strategies together collective. This is not only hone technique, but also strengthen understanding about their respective roles in team and its importance communication as well as coordination for reach objective together in games.

Repetitive method, which focuses on repetition technique dribbling in a way continuously, allowing player for repair technique basic, improve agility, and building skills motor skills required for dribbling the ball with effective. Repetition structured and varied training help increase consistency in technique dribbling, speeding up reaction players, as well as increase confidence self-moment face pressure on the field.

CONCLUSION

In general, implementation various approach in this TGFU No only increase skills technical dribbling players, but also provide benefit addition in matter taking decision, ability adapt with change situation games, work the same team, and guard motivation and engagement throughout the learning process. Combination approach This enrich

experience Study player, create they more Ready face challenge in match real football, with better understanding Good about dynamics more games and skills sharpened.

REFERENCES

- Aprianova, F., & Hariadi, I. (2016). Metode Drill Untuk Meningkatkan Teknik Dasar Menggiring Bola (Dribbling) Dalam Permainan Sepakbola Pada Siswa Sekolah Sepakbola Putra Zodiac Kabupaten Bojonegoro Usia 13-15 Tahun. *Jurnal Keplatihan Olahraga*, 1(1), 63–74. <http://journal2.um.ac.id/index.php/jfik/article/view/11801/5424>
- Dahlan, F., Hidayat, R., & Syahrudin, S. (2020). Pengaruh komponen fisik dan motivasi latihan terhadap keterampilan bermain sepakbola. *Jurnal Keolahragaan*, 8(2), 126–139. <https://doi.org/10.21831/jk.v8i2.32833>
- Firmana, I., Subarjah, H., Mahendra, A., Nuryadi, N., & Sofyan, D. (2023). Improving football playing skills through teaching games for understanding: A Small-Sided Games Approach. *Journal Sport Area*, 8(2), 184–194. [https://doi.org/10.25299/sportarea.2023.vol8\(2\).12508](https://doi.org/10.25299/sportarea.2023.vol8(2).12508)
- Gazali, N. (2016). Pengaruh Metode Kooperatif dan Komando Terhadap Keterampilan Teknik Dasar Bermain Sepakbola. *Journal Sport Area*, 1(1), 56. <https://doi.org/10.30814/sportarea.v1i1.373>
- Hermaman, & Syahrudin. (2022). Meningkatkan hasil belajar dribbling pada permainan sepakbola melalui Metode Collaborative Apporach di masa Pandemi Covid-19. *Jurnal Ilmu Keolahragaan*, 5(1), 71–76. <https://doi.org/10.26418/jilo.v5i1.54395>
- Hidayat, W., & Rahayu, S. (2015). Evaluasi Program Pembinaan Prestasi Sepakbola Klub Persibas Banyumas. *Journal of Sport Sciences and Fitness*, 4(2), 10–15.
- Indra, P., & Marheni, E. (2020). Pengaruh Metode Latihan Dan Motivasi Berlatih Terhadap Keterampilan Bermain Sepak Bola Ssb Persika Jaya Sikabau. *Jurnal Performa Olahraga*, 5(1), 39–47. <https://doi.org/https://doi.org/10.24036/jpo138019>
- Iskandar, Y., & Agustan, B. (2018). Pengaruh Pendekatan Taktis Terhadap Keterampilan Passing Bola Pada Sekolah Sepakbola Turangga Sakti. *JUARA : Jurnal Olahraga*, 3(1), 8–17. <https://doi.org/10.33222/juara.v3i1.211>
- Mubarok, M. Z., & Mudzakir, D. O. (2020). Pengaruh Latihan Small Sided Games Terhadap Peningkatan Keterampilan Dribbling Pemain Sepakbola. *Jurnal Pendidikan Olahraga*, 9(1), 28–40. <https://doi.org/10.31571/jpo.v9i1.1381>
- Prayogi, M. A., & Sari, L. P. (2021). Penggunaan Metode Repetitive Dalam Perbaikan Hasil Belajar Menggiring Bola Pada Permaianan Sepak Bola. *Jurnal Bina Pengabdian Kepada Masyarakat*, 1(2), 38–43. <https://doi.org/10.55081/jbpkm.v1i2.269>
- Putra, W. G., Sumantri, A., & Juwita. (2023). Analisis Kemampuan Teknik Dasar Dribbling Dan Ketepatan Shooting Dalam Keterampilan Bermain Sepakbola di Klub PERSETAB. *Silampari Journal Sport*, 3(1), 23–25. <https://doi.org/10.55526/sjs.v3i1.476>
- Ramadhansyah, A. T., & Putri, M. W. (2021). Upaya Meningkatkan Ketrampilan Dribbling Sepakbola Dengan Metode Sirkuit Melalui Posskillkidd Pada Siswa Kelas V Sd Negeri 3 Nangsri Kebakkramat. *Sport Education Jurnal*, 2(2), 73–81. <https://doi.org/10.32529/bsej.v1i2.1491>

- Romadhona, N. S., Kurniawan, R., & Darmawan, A. (2024). Investigating the effect of Teaching Games for Understanding (TGfU) models on motivation and academic learning time in physical education. *Edu Sportivo (Indonesian Journal of Physical Education)*, 5(1), 82–93. [https://doi.org/10.25299/esijope.2024.vol5\(1\).16176](https://doi.org/10.25299/esijope.2024.vol5(1).16176)
- Saputro, D., Ramadi, & Wijayanti, N. P. N. (2017). Pengaruh Latihan Relay Dribble Dengan Cepat Terhadap Kecepatan Dribble Pada Ekstrakurikuler Sepakbola SMK Kehutanan Pekanbaru. *Education Coaching Sport*, 1–12.
- Wismarni, E. (2021). Peningkatkan Hasil Belajar Passing Bawah Bola Voli Melalui Pendekatan Teaching Games for Understanding (TGFU) Pada Kelas Xii Mipa5 Sma Negeri 1 Pontianak. *Jurnal Inovasi Penelitian Tindakan Kelas Dan Sekolah*, 1(1), 1–8. <https://doi.org/10.51878/action.v1i1.282>
- Yuliasari, A., & Indriarsa, N. (2013). Peran Dominan Motivasi Intrinsik Dan Motivasi Ekstrakurikuler Dalam Mengikuti Kegiatan Ekstrakurikuler Futsal. *Jurnal Pendidikan Olahraga Dan Kesehatan*, 1(2), 314–317.