

## **Survey of Eye Toe Coordination and Dribbling Ability of Students at State Vocational School 4 Makassar**

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### **Abstract**

This research is a type of descriptive research using the Surve research design. This study aims to see and know the description of the level of ankle coordination and ability to dribble in soccer games for students of SMK Negeri 4 Makassar. The population is all students of SMK Negeri 4 Makassar. The sample used was 20 people. The sampling technique is Simple Random Sampling. The data analysis technique used is descriptive analysis. The research results show that; 1) ankle coordination in students of SMK Negeri 4 Makassar is in the moderate category with a percentage of 40.00%. 2) The ability to dribble a football game for students at SMK Negeri 4 Makassar is in the moderate category with a percentage of 40.00%.

**Keywords:** *Coordination, Footbal*

### **Introduction**

Football is a game sport that uses a field played by two teams, each consisting of eleven players. Football is a very popular sport in Indonesia (Muhammad Sidik et al., 2021). Football games generally aim to put as many balls into the opponent's goal and defend the goal so that the ball does not concede (Barat, 2022). This game requires good teamwork and must be supported by good technique and physique. So that the physical condition plays a very important role when carrying out an athlete training program (Barat, 2022).

According to (Rahmani, 2014: 99), football is a game consisting of 2 teams and played by 11 people on each team, this game is played on the field and of the 11 players, 10 players play in the middle and 1 player is a goalkeeper. Football is a sport that is cheap and can be done by anyone and anywhere. Not infrequently, football is played on muddy, clay, rice fields, roads, or narrow alleys. Football is a game that requires a lot of energy, stimulates enthusiasm as well as gives joy through being together as a team. The game may be done with all parts of the body except the two arms (hands). Almost all games are done with foot skills, except for the goalkeeper in playing the ball freely using his limbs, with his feet or hands (Barat, 2022).

Each sport has different characteristics and must meet the requirements according to the sport you want to do (Ramadhan et al., 2020). A soccer player must own and master good playing techniques, especially techniques with the ball, which are needed when attacking, defending and controlling the ball. One of the techniques needed in football is the dribbling technique

(Ramadhan et al., 2020). What needs to be trained properly, apart from avoiding and feinting to outwit your opponent when in control of the ball, you need to have leg muscle strength, speed and agility to make outwitting moves and avoid your opponent's ambushes.

For this reason, becoming a reliable or professional soccer player is not easy. The process from previously unable to become proficient takes a long time and requires regular practice (Muhammad Sidik et al., 2021). To become a professional player, you must have a prime physique, master all the techniques in playing football and have a good mentality. Apart from that, you must also have high seriousness. In the game of football there are several basic techniques that must be mastered (Yona Mahatmasari, 2018). Each player's position in a team has its own function and purpose. To be able to carry out good teamwork, each player must have good skills in mastering techniques in playing football, so that each player must be equipped with several elements, namely physical, technical, tactical and mental elements (Muhammad Sidik et al., 2021).

A dribbling movement requires good coordination of the feet of a player. The coordination needed by every player in the game of football is ankle coordination, because the eye is a vital point to see the conditions around the field and the role of the foot as a ball processor when dribbling. The physical condition of soccer players is the main object to be fostered and developed by football coaches in addition to technique, tactics, mentality and match maturity (Ramadhan et al., 2020). The physical condition is a unified whole of components that cannot be simply separated, either increasing or maintaining (Sajoto, 1995: 7).

Excellent physical condition and ready to face the match is an important element in the game of football. Excellent physical condition and good technical mastery can make a significant contribution to having the ability to play soccer. This means that in an effort to improve physical conditions, all of these must be developed. The components include: endurance, strength, speed, agility, explosive power, accuracy, coordination, flexibility, balance. (balance), and reaction (reaction). Of the several physical conditions needed in the sport of soccer, namely speed, strength, endurance, flexibility, agility and coordination (Timo Scheunemann, 2014: 156). Training in soccer is a process that is useful for training or improving mastery of the basic technical skills of playing soccer, improving physical abilities and forming a good mentality (Yona Mahatmasari, 2018). With the right and proper training, a skill will increase and the physical component will also increase.

In optimizing and improving the physical condition of players. As in the description above, one of the things related to the success of improving the game is technique and physical condition, namely the readiness of the physical condition, so researchers want to measure the physical condition and technique of students at SMK Negeri 4 Makassar.

## **Methods**

This type of research is descriptive. Descriptive is a method of researching an object to make a systematic, factual and accurate description, picture or picture of the facts, characteristics and relationships between the phenomena being investigated. The method used in this study is a survey method with test and measurement techniques. Research variables are symptoms/objects that are the focus of researchers to observe and data will be collected.

According to Suharsimi Arikunto (1992:54), says that: variable is the object of research or what is the point of attention of a research. In this study the single variable involved, namely the single variable ankle coordination and the ability to dribble which makes the object of the players at SMK Negeri 4 Makassar, will be identified in this study.

After all the research data has been collected, the next step is to analyze the data, so that a conclusion can be drawn from the data. In this study, statistical analysis was used with the help of a computer through the SPSS version 21 program to find out how the ankle coordination and dribbling skills in soccer games for students at SMK Negeri 4 Makassar are used.

## Results

Empirical data obtained in the field through tests and measurements of ankle coordination and the ability to dribble football games on students of SMK Negeri 4 Makassar, were then analyzed using descriptive statistical techniques. Descriptive data analysis is intended to get an overview of the research data, then proceed with testing the analysis requirements, namely the data normality test in this study.

Table 1. Summary of research results

Statistik	Leg Muscle	The ability to kick the ball
Sample	20	20
Average	17.60	21.405
Median	17.50	21.65
Standar Dev	2.415	1.574
Varians	5.831	2.477
Range	9	6.02
Minimum	13	18.10
Maximum	22	24.12

From table 1 above, it can be presented an overview of the data for each indicator on the following variables:

### Ankle Coordination in Students of SMK Negeri 4 Makassar

Based on research data on ankle coordination in students of SMK Negeri 4 Makassar obtained a minimum score of 13 times and a maximum value of 22 times with a range of 9 times. The average value is 17.60 times, has a median of 17.50 times with a standard deviation of 2.415 times, and a variance of 5.831 times.

Table 2. List of Frequency Distribution of the results of leg muscle strength of students at SMK Negeri 4 Makassar

No.	Interval Class			Frequency Absolut	Frequency Relatif (%)
1	13	-	14	2	10.00
2	15	-	16	4	20.00
3	17	-	18	7	35.00
4	19	-	20	4	20.00
5	21	-	22	3	15.00
Total				20	100.00

### The ability to dribble a soccer game on students at SMK Negeri 4 Makassar

Based on research data on the ability to dribble football games for students at SMK Negeri 4 Makassar, a minimum score of 18.10 points was obtained and a maximum score of 24.12 points with a range of 6.02 points. The average value of 21,405 points has a median of 21.65 points with a standard deviation of 1,574 points and a variance of 2,477 points.

Table 3. List of Frequency Distribution of the results of the ability to dribble students of SMK Negeri 4 Makassar

No.	Interval Class	Frequency Absolut	Frequency Relatif (%)
1	18.10 - 19.20	2	10.00
2	19.30 - 20.40	3	15.00
3	20.50 - 21.60	5	25.00
4	21.70 - 22.80	7	35.00
5	21 - 22	3	15.00
Total		20	100.00

### Qualification Results of eye-foot coordination and the ability to dribble football games in students of SMK Negeri 4 Makassar

#### Ankle coordination in students of SMK Negeri 4 Makassar

Table 4. List of percentage conversion scale assessment criteria for ankle coordination in students of SMK Negeri 4 Makassar

No	Category	Interval Class	Frequency Absolut	Frequency Relatif (%)
1	Very well	X 21.22	1	5.00
2	Well	21.22 ≥ >18.81	5	25.00
3	Currently	18.81 ≥ > 16.39	8	40.00
4	Not enough	16.39 ≥ < 13.98	5	25.00
5	Less Once	13.98 X	1	5.00
Total			20	100

### The ability to dribble a soccer game on students at SMK Negeri 4 Makassar

Table 5. List of percentage conversion scale assessment criteria for the ability to dribble a football game for students at SMK Negeri 4 Makassar

No	Category	Interval Class	Frequency Absolut	Frequency Relatif (%)
1	Very well	X 19.04	2	10.00
2	Well	19.04 ≤ <20.62	4	20.00

No	Category	Interval Class	Frequency Absolut	Frequency Relatif (%)
3	Currently	20.62 ≤ < 22.19	8	40.00
4	Not enough	22.19 ≤ < 23.77	5	25.00
5	Less Once	23.77 X	1	5.00
Total			20	100

## Discussion

### **Ankle coordination in students of SMK Negeri 4 Makassar**

The very good category was obtained by 1 (5.00%) person who had a score greater than 21.22. Based on the assessment of ankle coordination in students of SMK Negeri 4 Makassar, the samples had ankle coordination movements above the average value of 17.60 times. The good category was obtained by 5 (25.00%) people who had a value in the class interval that was smaller than the value of 21.22 and greater than the value of 18.81. Based on the assessment of ankle coordination in students of SMK Negeri 4 Makassar, the samples had ankle coordination movements above the average value of 16.60 times. The average category is obtained by 8 (40.00%) people who have a value in the class interval that is smaller than the value of 18.81 and greater than the value of 16.39. Based on the assessment of ankle coordination in students at SMK Negeri 4 Makassar, the samples had leg muscle strength movements in class with an average value of 16.60 times. The less category was obtained by 5 (25.00%) people who had scores in class intervals smaller than the value of 16.30 and greater than the value of 13.98. Based on the assessment of ankle coordination in students of SMK Negeri 4 Makassar, the samples had ankle coordination movements in the class below the average value of 17.60 times. The less category was obtained by 1 (5.00%) person who had a value in the class interval that was smaller than the value of 13.98. Based on the assessment of ankle coordination in students of SMK Negeri 4 Makassar, the samples had ankle coordination movements in the class below the average value of 17.60 times. Based on each of these categories, the ankle coordination category of students at SMK Negeri 4 Makassar is moderate with a percentage of 40%.

### **The ability to dribble a soccer game on students at SMK Negeri 4 Makassar.**

The excellent category was obtained by 2 (10.00%) people who had the ability to dribble a soccer game at class intervals smaller than 19.04. Based on the assessment of the implementation of the ability to kick a soccer ball in Makassar 4th Vocational High School students, the samples had the ability to dribble a soccer game faster than the class average value of 21,405 in the ability to dribble a soccer game. Meanwhile, from the observation aspect of dribbling carried out by each of these samples, it shows that the ability to dribble past obstacles is very good. The good category was obtained by 4 (20.00%) people who had the ability to dribble football at class intervals smaller than 20.62 and greater than 19.04. Based on the assessment of the implementation of the ability to kick a soccer ball in Makassar 4th Vocational High School students, the samples had the ability to dribble a soccer game faster than the class average value of 21,405 in the ability to dribble a soccer game. Meanwhile, from the observation aspect of dribbling

carried out by each of these samples, it showed good ability to dribble past obstacles. The average category is obtained by 8 (40.00%) people who have the ability to dribble football at class intervals smaller than 22.19 and greater than 20.62. Based on the assessment of the implementation of the ability to kick a soccer ball in Makassar 4th Vocational High School students, the samples had the ability to dribble a soccer game faster than the class average value of 21,405 in the ability to dribble a soccer game. Poor category obtained 5 (25.00%) people who have the ability to dribble football game points at intervals smaller than 23.77 and greater than 22.19. Based on the assessment of the implementation of the ability to kick a soccer ball in Makassar 4th Vocational High School students, the samples had the ability to dribble a soccer game faster than the class average value of 21,405 in the ability to dribble a soccer game. In the very poor category, 1 (5.00%) person has the ability to dribble a soccer game at intervals greater than 23.77. Based on the assessment of the implementation of the ability to kick a soccer ball in Makassar 4th Vocational High School students, the samples had the ability to dribble a soccer game faster than the class average value of 21,405 in the ability to dribble a soccer game. Based on each of these categories, the category of students' ability to dribble the ball at SMK Negeri 4 Makassar is moderate with a percentage of 40%.

## Conclusions

Leg muscle strength in students of SMK Negeri 4 Makassar is in the moderate category, with a percentage of 40.00% and the ability to kick a football game in students of SMK Negeri 4 Makassar is in the medium category, with a percentage of 40.00%.

## Suggestion

The trainer is expected to be able to provide reinforcement and maintain ankle-foot coordination, so that it can improve ankle-foot coordination in students of SMK Negeri 4 Makassar. The trainer is also expected to be able to provide strengthening of the ability to dribble in soccer games by paying attention to contact with the ball with the feet and obstacles so that they can improve the ability to dribble in soccer games for students at SMK Negeri 4 Makassar.

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