

Effects of Chase Down and Sudden Death Training on Dribbling Performance in Bhakti Puyung FC Football Players

¹Irfan Oktoviana Saputra, ¹Rusdiana Yusuf*, ¹Adi Suriatno

*Corresponding Author: Irfan Oktoviana Saputra, e-mail: irfanoktovianussaputra@gmail.com

¹Universitas Pendidikan Mandalika, Mataram, Indonesia

Abstract

Objectives: This study aimed to determine the effects of chase down training and sudden death training on the improvement of dribbling performance among Bhakti Puyung FC football players.

Materials and Methods: This study employed a quantitative approach with an experimental design using a one-group pretest–posttest framework. The sampling technique used was a population study, in which all 22 Bhakti Puyung FC players were included as the research participants. The players were given training interventions in the form of chase down and sudden death drills, and their dribbling performance was measured before and after the treatment. The data were analyzed using the *t*-test at a significance level of 5%.

Results: The results showed that both training methods contributed to the improvement of players' dribbling performance. The *t*-test value for chase down training was 4.891, while the *t*-test value for sudden death training was 3.180. These values were higher than the critical *t*-table value of 1.812 at the 5% significance level, indicating that the applied training methods had a significant effect on dribbling improvement.

Conclusions: Chase down training and sudden death training had a significant effect on improving the dribbling performance of Bhakti Puyung FC football players. These findings suggest that both methods can be effectively applied as part of football training programs to enhance players' dribbling skills.

Keywords: Chase Down Training; Sudden Death Training; Dribbling Performance; Football Players; Training Methods

INTRODUCTION

Football is a very popular sport in Indonesia. The rapid growth of football in Indonesia is not limited to professional athletes, but also to the general public. Sidik, NM, Kurniawan, F., & Effendi, R. Football is a sport that is very popular among all levels of society, in this case not only men but also women, from children to adults. Football is a team game that must include an element of cooperation between teams. Football is a game played by two teams where each team consists of 11 players. players who are on the field and have the aim of scoring points more goals scored against the opponent than conceded (Mubarok , Fadilah Syukur & Soniawan football is games that require Lots energy , intelligence within field spur enthusiasm , at the same time give excitement through togetherness in A team. Game football is game a team that has objective For enter as many ola as possible many to goal fight and defend goal Alone so that No conceded the most balls and groups put the ball in and out as winner (Fajar Ismoyo ,).

Success teams and individuals in play in the end depends completely on ability player in face existing opponents . As stated by Remmy Muhtar , " besides skills technique , quality physical from various element is condition absolute in football ”. So, the ability physique for a player football must trained and developed .

Basic techniques become one of the capital for a player football for reach performance best . Basic techniques become the main capital somebody For play football . Soedjono , et al. , Fadillah , explained technique base in Football includes : kicking , stopping , dribbling , heading , tackling , throwing to in (throw-in), keep goalkeeping . Techniques it is very supportive player football for show appearance the best and most important is support For get performance best . Many techniques in game football including : passing, *dribbling* , shooting, heading, control and so on . However , from that's all Lots technique in game soccer shooting is technique final used in game football in create goal (Indra, P., & Marheni, E. Paul Davis “There are consequences strong from fact that football is football and not something else Other influencing factors Good the bad something technique base is accuracy / precision . Precision is ability somebody in control movement free to something targets that can be achieved in the form of something object straight away that must be known , for example in put the ball in direction goal . Accuracy kick is important components in appearance football (Finnoff , JT et.al.). Accuracy is something technique movements accompanied by strength and good approximation , so can in accordance with what is planned and desired (Singgih Gunarsa , . , Nasrullah, F., Maidarman, M., Irawan, R., Soniawan, V., & Arifan, I. For become player good football Of course just must know techniques play football consisting of above : (a) technique base kicking the ball, (b) technique base stopping the ball, (c) technique base dribbling the ball, (d) technique base heading the ball, (e) technique base throw to in . Fadillah , passing is techniques used with use leg members (except the goalkeeper who can use hands and feet in implementation) for give the ball to other players in One team. Meanwhile, Mielke , the bait or passing is method transfer the momentum of the ball from One player to other players , passing can done with using the feet but also can use part member another body .

One of technique base base in play football must mastered every player that is technique base dribbling the ball (Aprianova, F., & Hariadi, I. Dribbling the ball is a fundamental technique in soccer because all players must be able to control the ball while moving, standing, or preparing to pass or shoot (Mielke) . is technique rolling the ball or move the ball from One place to other places with using the feet while run. Umar say “ *dribbling* is how to move the ball from One place to place others in the field with using feet and always in mastery ”. Udam said “ *dribbling* is something technique football that requires coordination good ankles and good agility with guard balance body stay on point support when existence obstacle from opponents . Budiman and Sin . say “ *dribbling* is dribbling the ball with various type technique For open up the defense area against or pass opponent , so that player can make a pass or shot as close as possible Possible goal For produce number or bait friends One team. Hadiqie define that " *dribbling* is one of the skills football is very much needed and mastered . Various kinds technique dribbling the ball there three , namely (a) dribbling the ball with using the foot part in , (b) dribbling the ball with using the foot part outside , (c) dribbling the ball using side of the foot turtle . Yunus stated that " *dribbling* football Can done with part instep in , *dribbling* with instep and *dribbling* with part instep in .

SSB Bhakti Puyung FC players have not yet maximum in do *dribbling* . The phenomenon that occurs in the field SSB Bhakti Puyung FC players often lost the ball at the time do *dribbling* , easy ball seized and taken by the opponent . The player Not yet Can control the ball with good in time control speed of the ball at the time dribbling and attacks carried out

by the SSB Bhakti Puyung FC players often experience failure especially at the time do *dribbling*. Taking off from the description above, it appears problems that will investigated that in do *dribbling*. Based on description said, the ability *dribbling* hold role important in achievement A high achievement in game football, because ability *dribbling* is very necessary for player For Can men *dribbling* the ball past player opponent. Without existence ability good *dribbling* so a player football possibility No capable *dribbling* the ball past player against and not Can create goal. By looking at background back above so researchers interested For do research entitled: " Influence exercise *chase down and sudden death* against improvement results Bhakti Puyung FC football *dribbling* 2023.

METHOD

research method used in this research is a design or design with an experimental method. The research design used a *one-group pretest-posttest design*. This design does not have a control group, and subjects are not randomly assigned. The advantage of this design is that both a *pretest* and a *posttest* are conducted, allowing for definitive identification of differences in outcomes due to the treatment. Population and Sample Because of research This use research experiment so samples used is players Bhakti Puyung FC football team consists of 22 players, which are divided into into two groups 1 *Chase Down Exercise* 11 people and group 2 *Sudden Exercise Death* 11 people. Retrieval technique sample use studies population. Technique data analysis using The T-test is a statistical test used to examine differences between two groups. This study used paired samples. Therefore, the T-test is used for paired samples or *related*. Analysis Requirements Testing Before data is analyzed to test a hypothesis, it must meet the requirements of normality and homogeneity. In the statistical testing process, the author used the Statistical *Product and Service Solution program*. under This instruments used:

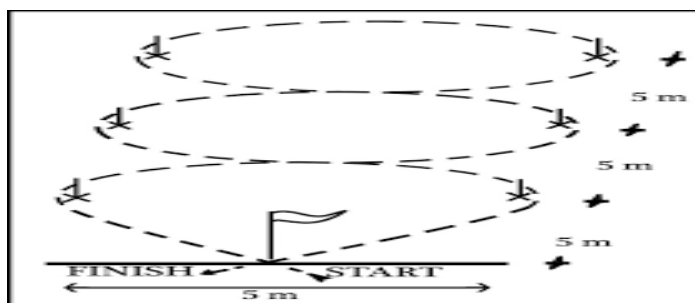


Figure 3.1 Dribbling Test
(Nurhasan, 2001:161)

RESULTS AND DISCUSSION

Table 4.7 N average value exercise *chase down*
Paired Samples Statistics

		Mean	N	Standard Deviation	Std. Error Mean
Pair 1	PRE	11.1064	11	.71633	.21598
	POST	11.0773	11	.71751	.21634

output results using SPSS 20 , the average value of the results before the training was given *chase down* is 11.1064 and after being given treatment with *chase down* training 11.0773 means that the average value of *Dribbling* There is an increase in football . Comparison of the average recorded time before and after training. *chase down* P erhadap improvement results *dribbling* Bhakti Puyung FC football The year 2023, depicted with a bar chart.

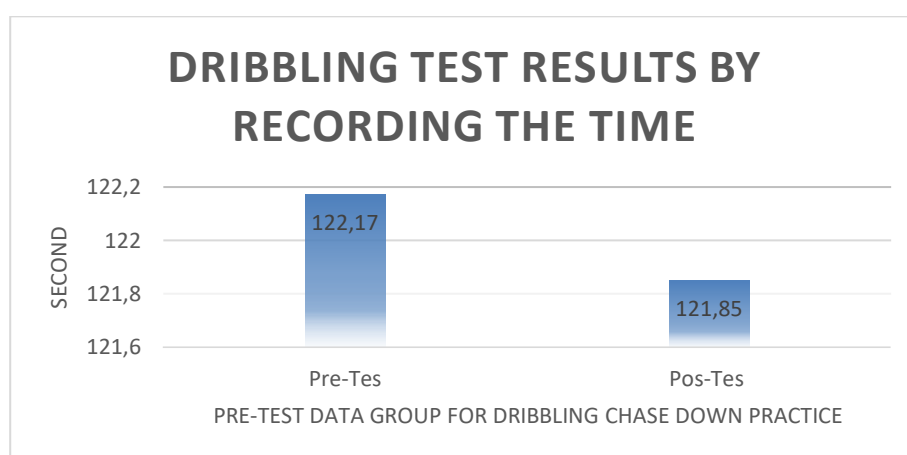


Table 2. Average value sudden *death* exercise

		Mean	N	Standard Deviation	Std. Error Mean
Pair 1	PRE	10.7373	11	.58841	.17741
	POST	10,7018	11	.60306	.18183

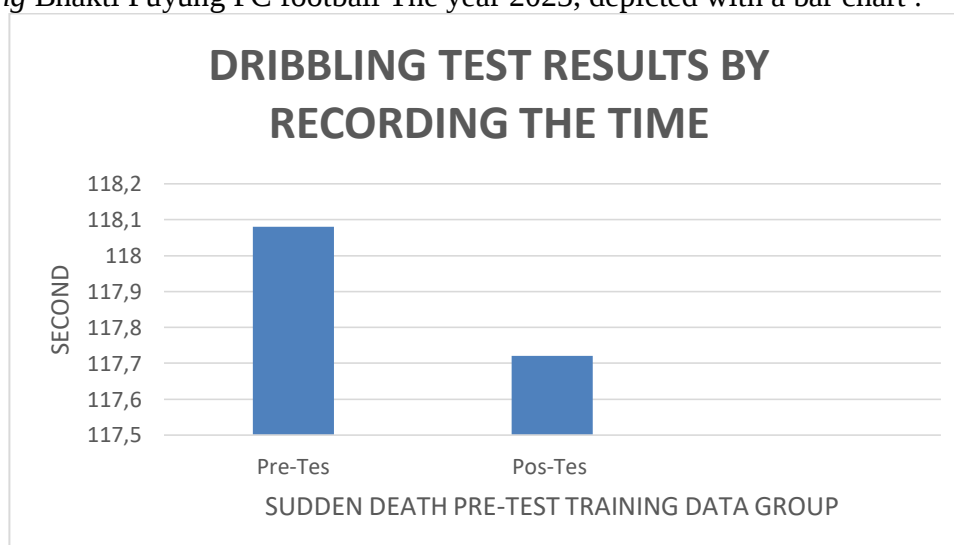
output results using SPSS 20 , the average value of the results before the training was given Sudden *death* was 10.7373 and after being given treatment with *chase down* training 10.7018 means that the average value of *Dribbling* football there is an increase n

Table 4.12 . Significance of Differences

Paired Samples Test

	Paired Differences					T	df	Sig. (2-tailed)
	M ea n	Standard Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Pa ir 1 PRE - POS	.03545	.03698	.01115	.01061	.06030	3,180	10	.010

In the significance test of the difference with SPSS 20, the results obtained were $t\text{-count} = 3.180$ $df = 10$ and $p\text{-value} = 0.00 < 0.05$, which means there is a significant difference. Influence exercise *sudden death* of improvement results *dribbling* Bhakti Puyung FC football In 2023, before and after *the sudden death* soccer training treatment. Based on this information, it can be said that the *sudden death* soccer training that was developed There is improvement, can effectively improve *dribbling*. Comparison of the results of the average time records before and after being given training *sudden death* against improvement results *dribbling* Bhakti Puyung FC football The year 2023, depicted with a bar chart.



Based on the figures obtained in the table above, it can be concluded that Influence exercise *chase down* and *sudden death* against improvement results *dribbling* Bhakti Puyung FC football Year 2023. If the value significance (2-tailed) < 0.05 then H_0 is rejected and H_a is accepted, if the value significance (2-tailed) > 0.05 then H_0 is accepted and H_a is rejected.

H_0 : There is no the average difference between exercise *chase down* and *sudden death* in *the pretest* and *posttest*. It means No There is Influence exercise *chase down* and *sudden death* against improvement results *dribbling* football, and H_a : There is a difference in the average between exercise *chase down* and *sudden death* in *the pretest* and *posttest*. It means There is exercise *chase down* and *sudden death* to improvement results *dribbling* football significant. This study aims to determine the influence of exercise *chase down* and *sudden*

death against improvement results *dribbling* Football . Based on the results of research and data analysis with t-test statistics with a significant level = obtained t_{hitung} (4.891) while t_{tabel} (3.180), then $t_{hitung} 8.16 \geq t_{tabel} 1.812$ then H_a is accepted and H_o is rejected. Thus H_a can be proposed and accepted, that There is Influence exercise *chase down and sudden death* against improvement results *dribbling* Bhakti Puyung FC football in 2023. The implication of this study is that the training *chase down and sudden death* modifications can be used as a type of exercise to improve performance results results *dribbling* .

Football training should begin at an early age to cultivate the potential of talented players. One way to provide coaching for young players is by enrolling them in a Football School (SSB). The role and responsibility of SSBs in developing players from an early age has a significant impact on the development of skilled footballers. Early childhood development requires a professional coach, as a strong coaching program and supportive facilities and infrastructure ensure smooth early childhood development . From the research results it shows (exercise *chase down*) X_1 is the calculated t value 4.891 , the calculated t value between X_2 (Exercise *sudden deathdrill*) of the calculated t value 3.180 , and the t-value calculated simultaneously between Y and X_1 , X_2 , draws conclusions from the table analysis at a significance level of 5% with the number of samples (n – 1), namely $11 - 1 = 10$, amounting to 1.812 . There is an Influence exercise *chase down and sudden death* against improvement results *dribbling* Bhakti Puyung FC football 2023 .

Mo c hamad Zakky Mubarok, 2020 Small-sided games training through interval and repetition training methods in improving *dribbling skills* of soccer players. This study uses an experimental method with a research design using a nonequivalent control group design. The subjects in this study were the Football Student Activity Unit at STKIP Nahdlatul Ulama Indramayu, totaling 22 players who were prepared to participate in the West Java Student League. The results of the study stated that: (1) Small-sided games training with the interval method has an effect on improving *dribbling skills* of soccer players. (2) Small-sided games training with the repetition method has an effect on improving *dribbling skills* of soccer players. (3) Small-sided games training with the interval method has a better effect than small-sided games training with the repetition method on improving *dribbling skills* of soccer players. The conclusion is that small-sided games training can improve dribbling skills .

Muhammad Imam Rahmatullah , 2021., Marta, IA, & Oktarifaldi, O. Basrizal, R., Sin, TH, Irawan, R., & Soniawan, V , Mahfud, I., Yuliandra, R., & Gumantan, A. States that method useful exercises For increase foot speed , agility , coordination and quickness in a way overall can done with prove that existence influence exercise *adder drill, zig-zag run* , as well *chase down and sudden death* to improvement agility player in dribbling the ball. On Various type form exercise can done as form effort increase technique in game football with objective increase skills *dribbling* football so that objective exercise can achieved in accordance with what is expected (Febrian, RA, & Bakti, AP).

CONCLUSION

Based on the data obtained, from the results of field trials and discussion of research results, it can be concluded that : There is a comparison of figures that show that the results of the initial test and the final test have developed in the group . *Chase down and sudden death* exercise *output* results using SPSS 20 that the average value of the results before being given. From the research results show (exercise *chase down*) X_1 between X_2 (Exercise *sudden deathdrill*) of and simultaneously between Y and X_1 , X_2 , drawing conclusions from the table

analysis at a significance level of 5% with a sample size of $(n - 1)$. There is an influence exercise *chase down and sudden death* against improvement results *dribbling* Bhakti Puyung FC football 2023.

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