

The Effect Of Dribbling Training Variations On Ball Dribbling Ability Among U-12 Players At Ssb Ikhwan Fc Pedamaran

¹Lucky Romadhoni*, ¹Endie Riyoko, ¹Rury Rizhardi

¹ Universitas PGRI Palembang, Indonesia

Corresponding Author: luckyromadhoni301101@gmail.com

Abstract

Objectives: This study aimed to determine the effect of dribbling training variations on ball dribbling ability among U-12 players at SSB Ikhwan FC Pedamaran.

Materials and Methods: This study used a quantitative experimental method with a one-group pretest-posttest design. The participants were 22 U-12 football players selected using purposive sampling. The intervention consisted of dribbling training variations, including zig-zag dribbling, shuttle-run dribbling, slalom dribbling, circuit dribbling, and sprint dribbling. The treatment was conducted for 16 meetings, three times per week. Data were collected using a football dribbling test and analyzed using descriptive statistics, normality testing, and paired sample t-test.

Results: The results showed an improvement in players' dribbling ability after the intervention. The mean pretest score was 48.45, while the mean posttest score increased to 73.82. The paired sample t-test showed a significant difference between pretest and posttest scores, with Sig. (2-tailed) = 0.000 < 0.05 and t-count = 10.491 > t-table = 1.721.

Conclusions: Dribbling training variations had a significant effect on improving ball dribbling ability among U-12 players at SSB Ikhwan FC Pedamaran. These findings suggest that varied, structured, and progressive dribbling drills can be used as an effective training strategy in youth football development.

Keywords: dribbling training variation; ball dribbling; youth football; SSB Ikhwan FC; football skill

Introduction

Football is one of the most popular team sports and requires players to master various basic technical skills, including passing, shooting, heading, and dribbling. Among these skills, dribbling has an important role because it allows players to maintain ball possession, move past opponents, create attacking opportunities, and support tactical play during matches. In youth football development, dribbling must be trained systematically because children at the U-12 age level are in an important phase for developing motor coordination, agility, balance, speed, and ball control.

Dribbling is not only related to the ability to move the ball forward but also requires coordination between the eyes, feet, body posture, speed, decision-making, and changes of direction. Players with good dribbling ability are generally more confident in one-on-one situations and more capable of responding to dynamic game situations. Previous studies have shown that agility-based drills, zig-zag running, small-sided games, and structured technical training can improve football dribbling performance among young players (Padrón-Cabo et al., 2020; Suryadi et al., 2023; Duncan et al., 2022).

Initial observations at SSB U-12 Ikhwan FC Pedamaran showed that several young players still experienced difficulties in dribbling, particularly in terms of speed, agility, flexibility of body movement, and changing direction while maintaining ball control. These problems indicate the need for a more varied and structured training program. Repetitive and monotonous training may reduce motivation and limit technical development. Therefore, dribbling training variations are expected to provide a more enjoyable and effective training stimulus.

Training variation refers to the use of different forms of drills to improve specific skills while reducing boredom and increasing training motivation. In this study, the variation consisted of zig-zag dribbling, shuttle-run dribbling, slalom dribbling, circuit dribbling, and sprint dribbling. These forms of training were selected because they are closely related to football movement patterns, including acceleration, deceleration, turning, body control, and ball manipulation under movement pressure. Therefore, this study aimed to determine the effect of dribbling training variations on ball dribbling ability among U-12 players at SSB Ikhwan FC Pedamaran.

Materials and Methods

Study Design

This study used a quantitative experimental method with a one-group pretest-posttest design. The design involved one group that was measured before treatment, given a dribbling training variation program, and then measured again after the treatment. The research design was expressed as O1–X–O2, where O1 represents the pretest, X represents the treatment, and O2 represents the posttest.

Participants

The population consisted of all players registered at SSB Ikhwan FC Pedamaran, totaling 110 players from the U-8, U-10, and U-12 age groups. The sample consisted of 22 U-12 players selected using purposive sampling. The inclusion criteria were players who actively attended training, were in good health, and belonged to the U-12 age category.

Research Procedure

The study was conducted in three stages: pretest, treatment, and posttest. The pretest was conducted to measure the initial dribbling ability of the players. After the pretest, participants received dribbling training variations for 16 meetings. Training was conducted three times per week on Monday, Thursday, and Sunday. The training program included zig-zag dribbling, shuttle-run dribbling, slalom dribbling, circuit



dribbling, and sprint dribbling. After the treatment was completed, a posttest was conducted using the same dribbling test as the pretest.

Instrument

The instrument used in this study was a football dribbling test. The test measured players' ability to control and move the ball through a predetermined course. The same instrument was used in the pretest and posttest to ensure comparability of the results.

Data Analysis

Data were analyzed using descriptive statistics to determine the mean and standard deviation of pretest and posttest scores. A normality test was conducted before hypothesis testing. The paired sample t-test was used to determine whether there was a significant difference between pretest and posttest scores. The significance level was set at 0.05.

Results

The descriptive results showed that players' dribbling ability improved after the dribbling training variation program. The mean pretest score was 48.45, while the mean posttest score increased to 73.82. This indicates an average improvement of 25.37 points after 16 training meetings.

Table 1. Descriptive Statistics of Dribbling Ability

Test	N	Mean	Standard Deviation
Pretest	22	48.45	10.80
Posttest	22	73.82	11.00

The normality test showed that the data were normally distributed, allowing the use of parametric testing. The paired sample t-test showed a significant difference between the pretest and posttest scores. The significance value was 0.000, which was lower than 0.05. The t-count value was 10.491, which was higher than the t-table value of 1.721. Therefore, the null hypothesis was rejected and the alternative hypothesis was accepted.

Table 2. Paired Sample t-Test Result

Variable	Mean Difference	t-count	t-table	Sig. (2-tailed)	Decision
Pretest–Posttest	25.37	10.491	1.721	0.000	Significant

These results indicate that dribbling training variations had a significant effect on improving ball dribbling ability among U-12 players at SSB Ikhwan FC Pedamaran.

Discussion

The findings of this study show that dribbling training variations significantly improved the ball dribbling ability of U-12 players. The increase in the mean score from 48.45 in the pretest to 73.82 in the posttest indicates that structured and varied training can help young players improve their technical performance. This improvement may be explained by the characteristics of the training program, which combined movement speed, changes of direction, ball control, and repeated technical execution.

The use of zig-zag dribbling and slalom dribbling likely contributed to improved agility and body control. These drills require players to change direction while maintaining close ball control, which is similar to real match situations. This finding is consistent with Padrón-Cabo et al. (2020), who found that agility ladder training improved sprint, agility, and dribbling performance in youth soccer players. Similarly, Makhoulouf et al. (2022) emphasized that change-of-direction ability with ball control is an important component of dribbling performance in young soccer players.



The improvement may also be related to the repeated exposure to varied technical situations. Circuit dribbling and sprint dribbling provided players with opportunities to practice dribbling under different movement demands, including acceleration, deceleration, and directional changes. Suryadi et al. (2023) reported that a combination of agility variation exercises and small-sided games significantly improved football dribbling skills. This supports the present finding that varied training methods can be effective in developing youth football dribbling ability.

In addition, the training variation may have increased motivation and reduced boredom during practice. Young players often respond better to training programs that are enjoyable, challenging, and varied. Duncan et al. (2022) explained that children's opportunities to develop dribbling skills are influenced by the interaction between movement challenges and the learning environment. Therefore, varied dribbling drills may create richer learning experiences and improve technical adaptation.

The significant improvement found in this study also supports previous research showing that agility, speed, coordination, and balance are closely related to dribbling ability. França et al. (2022) stated that speed and agility are important predictors of performance among adolescent football players. Altmann et al. (2019) also emphasized the importance of valid speed and agility assessment in soccer performance. In this context, dribbling training variations helped players develop technical skill while also stimulating physical components needed in football.

Overall, the results confirm that dribbling training variations are effective for improving dribbling ability among U-12 players. Coaches can use this method as part of youth football training because it combines technical, physical, and motivational aspects. However, this study used a one-group pretest-posttest design without a control group; therefore, future studies should include a control group and larger samples to strengthen the evidence.

Conclusions

Dribbling training variations significantly improved ball dribbling ability among U-12 players at SSB Ikhwan FC Pedamaran. The mean score increased from 48.45 in the pretest to 73.82 in the posttest, and the paired sample t-test showed a significant difference with Sig. (2-tailed) = 0.000 < 0.05. Therefore, varied dribbling drills such as zig-zag dribbling, shuttle-run dribbling, slalom dribbling, circuit dribbling, and sprint dribbling can be recommended as effective training methods for improving dribbling ability in youth football players.

Acknowledgments

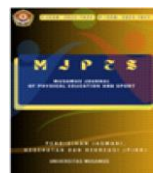
The author would like to express sincere gratitude to SSB Ikhwan FC Pedamaran, the coaches, and all U-12 players who participated in this study. Appreciation is also addressed to the Physical Education Study Program, Faculty of Teacher Training and Education, Universitas PGRI Palembang, for its academic support throughout the research process.

References

- Altmann, S., Ringhof, S., Neumann, R., Woll, A., & Rumpf, M. C. (2019). Validity and reliability of speed tests used in soccer: A systematic review. *PLOS ONE*, 14(8), e0220982. <https://doi.org/10.1371/journal.pone.0220982>
- Bozkurt, S., Çoban, M., & Demircan, U. (2020). The effect of football basic technical training using unilateral leg on bilateral leg transfer in male children. *Journal of Physical Education*, 31, e3164. <https://doi.org/10.4025/jphyseduc.v31i1.3164>



- Domaradzki, J., Popowczak, M., & Zwierko, T. (2021). The mediating effect of change of direction speed in the relationship between the type of sport and reactive agility in elite female team-sport athletes. *Journal of Sports Science and Medicine*, 20(4), 699–705. <https://doi.org/10.52082/jssm.2021.699>
- Duncan, M. J., Martins, R., Noon, M., & Eyre, E. L. J. (2022). Perception of affordances for dribbling in soccer: Exploring children as architects of skill development opportunity. *Sports*, 10(7), 99. <https://doi.org/10.3390/sports10070099>
- França, C., Gouveia, É., Caldeira, R., Marques, A., Martins, J., Lopes, H., Henriques, R., & Ihle, A. (2022). Speed and agility predictors among adolescent male football players. *International Journal of Environmental Research and Public Health*, 19(5), 2856. <https://doi.org/10.3390/ijerph19052856>
- Herlambang, M., Maulana, F., & Nurudin, A. A. (2022). Latihan kecepatan, kelincihan dan keseimbangan untuk meningkatkan kemampuan dribbling dalam permainan futsal. *Jurnal Educatio FKIP UNMA*, 8(4), 1601–1606. <https://doi.org/10.31949/educatio.v8i4.4047>
- Makhlouf, I., Tayech, A., Haddad, M., Behm, D. G., Granacher, U., & Chaouachi, A. (2022). Reliability and validity of a modified Illinois change-of-direction test with ball dribbling speed in young soccer players. *Biology of Sport*, 39(2), 295–306. <https://doi.org/10.5114/biol sport.2022.104917>
- Mubarok, M. Z. (2019). Pengaruh latihan small sided games menggunakan metode interval terhadap peningkatan dribbling pemain sepakbola. *Biormatika*, 5(2), 144–149. <https://doi.org/10.35569/biormatika.v5i02.513>
- Padrón-Cabo, A., Rey, E., Kalén, A., & Costa, P. B. (2020). Effects of training with an agility ladder on sprint, agility, and dribbling performance in youth soccer players. *Journal of Human Kinetics*, 73(1), 219–228. <https://doi.org/10.2478/hukin-2019-0146>
- Pratama, M., Alnedral, A., Sin, T., & Soniawan, V. (2020). Metode circuit training berpengaruh terhadap kemampuan dribbling sepakbola. *Jurnal Patriot*, 2(3), 874–884. <https://doi.org/10.24036/patriot.v2i3.677>
- Prayoga, N. A., Ali, M., & Yanto, A. H. (2022). Pengaruh latihan variasi kelincihan terhadap kemampuan dribbling pada pemain SSB. *Indonesian Journal of Sport Science and Coaching*, 4(2), 119–132. <https://doi.org/10.22437/ijssc.v4i2.19356>
- Saputra, D. P., Ridwan, M., Arifan, I., Arwandi, J., Irawan, R., Yudi, A. A., Soniawan, V., & Chan, A. A. S. (2023). Pengaruh latihan kelincihan terhadap kemampuan dribbling pemain sepakbola SSB Gelora Buana Kabupaten Kerinci. *Athena: Physical Education and Sport Journal*, 1(1), 6–15. <https://doi.org/10.56773/athena.v1i1.1>
- Suryadi, D., Okilanda, A., Yanti, N., Suganda, M. A., Mashud, Santika, I. G. P. N. A., Vanagosi, K. D., & Hardinata, R. (2023). Combination of varied agility training with small sided games: How it influences football dribbling skills? *Pedagogy of Physical Culture and Sports*, 27(3), 190–197. <https://doi.org/10.15561/26649837.2023.0302>
- Wijaya, A. W. E. (2021). Manajemen pembinaan prestasi di sekolah sepak bola. *Jurnal Olahraga dan Kesehatan Indonesia*, 2(1), 27–33. <https://doi.org/10.55081/joki.v2i1.542>



Khusaini, A., Rofi'i, & Cholid, A. (2022). Pengaruh program MFT dan Balke serta pengetahuan awal terhadap kemampuan menggiring bola. Jurnal Pendidikan Kesehatan Rekreasi, 8(1), 32–39. <https://doi.org/10.5281/zenodo.5813481>