

ABSTRAK

Hubungan *Speed*, *Agility* dan *Quickness* Terhadap Kemampuan Menggiring Bola SSB Laen Manen U16

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Latar belakang: Kemampuan menggiring bola (*dribbling*) merupakan salah satu teknik dasar yang harus dikuasai oleh setiap pemain sepak bola. Keberhasilan dalam menggiring bola tidak hanya dipengaruhi oleh penguasaan teknik, tetapi juga oleh kondisi fisik, terutama *speed* (kecepatan), *agility* (kelincahan), dan *quickness* (kecepatan respons gerak).

Rumusan masalah: Berdasarkan hasil observasi pada pemain SSB Laen Manen U16, kemampuan menggiring bola masih belum merata sehingga diperlukan penelitian untuk mengetahui hubungan ketiga komponen kondisi fisik tersebut terhadap kemampuan menggiring bola.

Tujuan Penelitian: untuk mengetahui hubungan *speed*, *agility*, dan *quickness* terhadap kemampuan menggiring bola pada pemain SSB Laen Manen U16.

Metode Penelitian: menggunakan pendekatan kuantitatif dengan metode korelasional. Populasi penelitian berjumlah 14 pemain dan seluruhnya dijadikan sampel dengan teknik sampling jenuh. Pengumpulan data dilakukan menggunakan tes sprint 30 meter, *Illinois Agility Test*, *Quick Feet Test*, dan tes *dribbling*. Analisis data menggunakan statistik deskriptif, uji prasyarat analisis, uji korelasi Pearson, dan regresi linear berganda dengan bantuan program SPSS.

Hasil penelitian: Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara *speed* dengan kemampuan menggiring bola sebesar $r = -0,856$; Sig. = 0,000 ($p < 0,05$), *agility* dengan kemampuan menggiring bola sebesar $r = -0,913$; Sig. = 0,000 ($p < 0,05$), dan *quickness* dengan kemampuan menggiring bola sebesar $r = -0,887$; Sig. = 0,000 ($p < 0,05$). Hasil analisis regresi linear berganda menunjukkan bahwa *speed*, *agility*, dan *quickness* secara simultan berhubungan signifikan terhadap kemampuan menggiring bola dengan nilai $F_{hitung} = 46,218$, Sig. = 0,000, dan koefisien determinasi (R^2) = 0,933, yang berarti 93,3% variasi kemampuan menggiring bola dapat dijelaskan oleh ketiga variabel tersebut, sedangkan 6,7% dipengaruhi oleh faktor lain di luar penelitian, seperti penguasaan teknik dasar menggiring bola, koordinasi gerak, keseimbangan, kekuatan dan daya ledak otot tungkai, fleksibilitas, waktu reaksi, tingkat konsentrasi, kepercayaan diri,

pengalaman bermain, kualitas program latihan, motivasi berlatih, serta kondisi lapangan dan faktor lingkungan.

Simpulan: Berdasarkan hasil penelitian dapat disimpulkan bahwa speed, agility, dan quickness memiliki hubungan yang positif dan signifikan terhadap kemampuan menggiring bola pemain SSB Laen Manen U16, baik secara parsial maupun simultan. Variabel agility merupakan variabel yang memiliki hubungan paling kuat terhadap kemampuan menggiring bola dengan nilai korelasi $r = -0,913$, diikuti oleh quickness ($r = -0,887$) dan speed ($r = -0,856$). Secara bersama-sama ketiga variabel memberikan kontribusi sebesar 93,3% terhadap kemampuan menggiring bola ($R^2 = 0,933$; Sig. = 0,000), sehingga peningkatan kemampuan speed, agility, dan quickness perlu menjadi fokus utama dalam program latihan untuk meningkatkan kemampuan menggiring bola pemain SSB Laen Manen U16.

Kata Kunci: *Speed, Agility, Quickness*, kemampuan menggiring bola, sepak bola.

ABSTRACT

The Relationship of Speed, Agility, and Quickness to Dribbling Ability of SSB Laen Manen U16 Players

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Background: Dribbling is one of the fundamental techniques that every soccer player must master. Successful dribbling is influenced not only by technical skills but also by physical fitness components, particularly speed, agility, and quickness.

Research Problem: Based on observations of SSB Laen Manen U16 players, the dribbling ability among players was not evenly distributed. Therefore, this study was conducted to determine the relationship between these three physical fitness components and dribbling ability.

Objective: This study aimed to determine the relationship of speed, agility, and quickness to the dribbling ability of SSB Laen Manen U16 players.

Methods: This study employed a quantitative approach using a correlational research design. The population consisted of 14 players, all of whom were selected as the research sample using a total sampling technique. Data were collected through the 30-meter sprint test, the Illinois Agility Test, the Quick Feet Test, and a soccer dribbling test. Data were analyzed using descriptive statistics, prerequisite assumption tests, Pearson product-moment correlation, and multiple linear regression with the assistance of SPSS software.

Results: The findings indicate that there is a significant relationship between speed and dribbling ability with a correlation coefficient of $r = -0.856$; Sig. = 0.000 ($p < 0.05$), agility and dribbling ability with $r = -0.913$; Sig. = 0.000 ($p < 0.05$), and quickness and dribbling ability with $r = -0.887$; Sig. = 0.000 ($p < 0.05$). Multiple linear regression analysis revealed that speed, agility, and quickness simultaneously have a significant relationship with dribbling ability, with an F-value of 46.218, Sig. = 0.000, and a coefficient of determination (R^2) of 0.933. This indicates that 93.3% of the variance in dribbling ability can be explained by these three variables, while the remaining 6.7% is influenced by other factors not examined in this study, such as dribbling technique, motor coordination, balance, lower-limb muscle strength and power, flexibility, reaction time, concentration, self-confidence, playing experience, training quality, motivation, and environmental factors, including field conditions.

Conclusion: It can be concluded that speed, agility, and quickness have significant relationships with the dribbling ability of SSB Laen Manen U16 players, both partially and simultaneously. Agility showed the strongest relationship with dribbling ability ($r = -0.913$), followed by quickness ($r = -0.887$) and speed ($r = -0.856$). Collectively, these three variables contributed 93.3% to dribbling ability ($R^2 = 0.933$; Sig. = 0.000). Therefore, improving speed, agility, and quickness should become the primary focus of training programs to enhance the dribbling performance of SSB Laen Manen U16 players.

Keywords: Speed, Agility, Quickness, Dribbling Ability, Soccer.