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The Relationship between Balance, Agility, and Eye-Foot Coordination to Dribbling Ability in the Football Game of the Tancung Putra Team of Wajo Regency

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ABSTRACT
This study aims to determine the relationship between balance, agility and eye-foot coordination on dribbling ability in football games. The sample in this study was the Tancung Putra Wajo Regency team totalling 30 people with saturated sampling technique. The data analysis technique used is the correlation coefficient. The results of the research conducted show that there is a significant relationship of balance to the ability to dribble in a football game with a value of r = 0,747, there is a significant relationship of agility to the ability to dribble in a football game with a value of r = 0,766, there is a significant relationship of eye-foot coordination to the ability to dribble in a football game with a value of r = 0,702 and there is a significant relationship of balance, agility and eye-foot coordination together on the ability to dribble in a football game with a value of R = 0,825.

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INTRODUCTION

According to Rahayu (2013), sport is a systemic process in the form of all activities or efforts that can encourage the development, and foster the physical and spiritual potential of a person as an individual or member of society in the form of games, competitions / competitions, and intensive physical activities to obtain recreation, victory, and peak achievement in the context of the formation of a quality Indonesian human being based on

Pancasila. Sport is a necessity of life that is continuous, meaning that sport as a tool to maintain and foster health, cannot be abandoned. Sport is a tool to stimulate physical, spiritual, and social functional development (Mulyana, 2012).

One sport that is very popular with the people of Indonesia today is football. Starting from children to parents really like this football sport. Almost every region in Indonesia has a football field. In big cities that are densely populated, many Sport Centres are built that rent out football fields with synthetic grass whose size is modified according to the area owned.

Muhajir (2016) states that football is a team game that emphasises cooperation between players to win the match. To establish good cooperation requires good coordination between players. While Rahmani (2014) argues, football is a game consisting of 2 teams and is 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 becomes the goalkeeper. As for some basic skills in the game of football according to Sudjarwo, et al (2005) in Mahatmasari (2018), namely: passing, stopping the ball, shooting (kicking the ball towards the goal), heading the ball, and dribbling.

Based on the observations of researchers when the team participated in several tournaments, it shows that the dribbling technique in the football game of the Tancung Putra Team of Wajo Regency is still not effective. When dribbling, some players fall easily when trying to pass opponents. The dribbled ball is also very far from the foot, resulting in the ball being easily grabbed by the opponent. When dribbling, there are several players who always bump into opposing players because they always pay attention to the dribbling ball without paying attention to the opponents who come across.

Widiastuti (2017) suggests that balance is the ability to maintain proper posture and body position while standing or while performing movements that do not cause injury or damage. Meanwhile, according to Fenanlampir and Faruq (2015), balance is an important ability because it is used in daily activities such as walking, running, most sports and games. There are two kinds of balance, namely static balance and dynamic balance. Static balance is the ability to maintain a balanced state at rest, while dynamic balance is the ability to maintain a balanced state in motion, such as running, walking, bouncing and so on.

According to Fenanlampir and Faruq (2015), agility is one of the components of physical fitness that is indispensable in all activities that require rapid changes in body position and its parts. In addition, agility is a prerequisite for learning and improving movement skills and sports techniques, especially movements that require coordination of movement. Furthermore, agility is very important for sports that require high adaptability to changes in the situation in the match. Widiastuti (2017) argues that agility is an important component needed by almost all sports. Winarno (1994) suggests that agility is the ability to move quickly in all directions. The elements of agility are the ability to start and stop making movements quickly, move quickly with a high level of acceleration or acceleration, move quickly changing directions, fast movement time and reaction time, and dexterity. This physical ability is needed in various sports that require dexterity of footwork, for example badminton, table tennis, volleyball, football, basketball and so on.

According to Sukadiyanto and Dangsina Muluk (2011), coordination is the ability of muscles to control movements precisely in order to achieve a specific physical task. Coordination is required in almost all sports that involve physical activity, coordination is also important when in unfamiliar situations and environments, such as changes in the playing field, equipment, weather, lighting, and opponents. Eye-foot coordination is a person's ability to combine eye movements when receiving stimuli with foot movements into a certain movement pattern so as to produce coordinated, effective, smooth, and efficient

movements (Syarif and Suwardi, 2017). For this reason, researchers want to conduct research with the title: The Relationship between Balance, Agility, and Eye-foot Coordination to Dribbling Ability in the Football Game of the Tancung Putra Team of Wajo Regency.

MATERIALS AND METHODS

The type of research used in this study is correlation or correlation research. According to Faenkel and Wallen in Kusumawati (2015), correlation or correlational research is a study to determine the relationship and level of relationship between two or more variables without any attempt to influence these variables so that there is no manipulation of variables.

This research was conducted at the Betteng Pola Tancung football field, Tanasitolo District, Wajo Regency. There are two variables involved in this study, namely the independent variable and the dependent variable. The independent variables in this study are balance, agility, and eye-foot coordination. While the dependent variable is the ability to dribble in a football game.

According to Sugiyono (2018) population is a generalisation area consisting of: objects/subjects that have certain qualities and characteristics set by researchers to study and then draw conclusions. The population in this study were all 30 football players of the Tancung Putra Wajo Regency Team. Furthermore, according to Sugiyono (2018), the sample is part of the number and characteristics of the population. Samples are part of the population taken using certain techniques. The sampling technique used in this study was saturated sampling technique. Saturated sampling technique is a sampling technique when all members of the population are used as samples. So that the sample in this study were 30 football players from the Tancung Putra Team, Wajo Regency.

The test instruments used in this study are: balance test measured by modified bass test of dynamic balance, agility test measured by dodging run, eye-foot coordination test measured by soccer wall volley test, and dribbling ability measured by dribbling ability test in football game.

After all the research data is collected, the next step is to analyse the data, from which a conclusion can be drawn. The data analysis technique in this study is to conduct a prerequisite test using the normality test. Then test the hypothesis by doing a simple correlation and multiple correlation test.

RESULTS AND DISCUSSION

Based on the results of the research that has been conducted, the results of statistical analysis relating to the scores of balance, agility, eye-foot coordination and dribbling ability in football games are presented in the following table:

Table 1. Statistical Analysis of Data from Test Results of Balance, Agility, Eye-Foot Coordination and Dribbling Ability in Football Games

Statistical Value	Balance (X_1)	Agility (X_2)	Eye-Foot Coordination (X_3)	Dribbling Ability (Y)
Valid	30	30	30	30
N	0	0	0	0
Missing				
Mean	79.73	12.8360	13.8333	18.5147
Median	80.0000	12.8500	14.0000	18.1200
Mode	78.00	12.85	14.00	18.34

Std. Deviation	3.571	0.97929	2.276	2.31586
Variance	12.754	0,959	5.178	5.363
Range	15.00	3.55	8.00	8.88
Minimum	70.00	11.00	10.00	15.45
Maksimum	85.00	14.55	18.00	24.33
Sum	2392.00	384.98	415.00	555.44

Test of Normality

Table 2. Summary of Normality Test Results Balance, Agility, Eye-Foot Coordination and Dribbling Ability in Football Game

Variables	KS-Z	P	SIG/α	Description
Balance (X_1)	0,656	0,782	0,05	Normal
Agility (X_2)	0,586	0,882	0,05	Normal
Eye-foot Coordination (X_3)	0,708	0,699	0,05	Normal
Dribbling ability (Y)	0,895	0,400	0,05	Normal

Hypothesis Test

The first hypothesis to be tested in this study is "there is a relationship between balance (X_1) on the ability to dribble in a football game (Y) Team Tancung Putra Wajo Regency". Based on the results of the research that has been carried out, the data on the results of correlation analysis related to the results of dribbling in football games will be presented in the table as follows:

Table 3. Relationship between Balance and Dribbling Ability in Football Game

Correlation	N	r	P	Description
X_1 Y	30	- 0,747	0,000	Significant

The second hypothesis to be tested in this study is "there is a relationship between agility (X_2) and the ability to dribble in a football game (Y) Team Tancung Putra Wajo Regency". Based on the results of the research that has been carried out, the data on the results of correlation analysis related to the results of dribbling in football games will be presented in the table as follows:

Table 4. The Relationship of Agility to Dribbling Ability in Football Games

Correlation	N	r	P	Description
X_2 Y	30	0,766	0,000	Significant

The third hypothesis to be tested in this study is "there is a relationship between eye-foot coordination (X_3) on the ability to dribble in a football game (Y) Tancung Putra Team, Wajo Regency". Based on the results of the research that has been conducted, the data on the results of correlation analysis related to the results of dribbling in football games will be presented in the table as follows:

Table 5. The Relationship between Eye-Foot Coordination and Dribbling Ability in Football Game

Correlation	N	r	P	Description
X_3 Y	30	- 0,702	0,000	Significant

The fourth hypothesis to be tested in this study is "there is a relationship between balance (X_1), agility (X_2), and toe coordination (X_3) on the ability to dribble in a football game (Y) Team Tancung Putra Wajo Regency". Based on the results of the research that has been carried out, the data on the results of correlation analysis related to the results of dribbling in football games will be presented in the table as follows:

Table 6. The Relationship between Balance, Agility, and Eye-Foot Coordination to Dribbling Ability in Football Games

Correlation	N	R	R^2	P	Description
X_1 X_2 X_3 Y	30	0,825	0,727	0,000	Significant

Discussion

Based on the results of the study, it shows that there is a significant relationship between balance (X_1) on the ability to dribble in football games (Y) Tancung Putra Team Wajo Regency, with a correlation coefficient (r) of 0,747. According to Mappaompo (2024) good balance can help players stay stable and have better control of the ball when they are dribbling it. A football player who has good balance, will not fall easily when avoiding opponents when performing dribbling techniques. Players with good balance will easily change direction quickly, retain the ball, and make a positive contribution to the team when attacking.

Based on the results of the study, it shows that there is a significant relationship between agility (X_2) and dribbling ability (Y) in the football game of the Tancung Putra Team of Wajo Regency, with a correlation coefficient (r) of 0,766. According to Harsono (2018), agility is 'speed in changing body position or direction' or speed in changing direction or body. Players who have good agility will easily dribble past opposing players. This is in line with the opinion of Mappaompo, et al. (2024) which states that doing agility training, students can place their body position appropriately, maintain balance and have the ability to perform varied dribbling movements.

Based on the results of the study, it shows that there is a significant relationship between eye-foot coordination (X_3) on dribbling ability (Y) in the football game of the Tancung Putra Team of Wajo Regency, with a correlation coefficient (r) of 0,702. A football player who has good eye-foot coordination, will easily dribble without having to clash with opposing players. Players with good eye-foot coordination will easily find gaps that can be traversed to dribble towards the opponent's goal so that it will make it easier to create opportunities to score goals. This is in line with the opinion of Supriadi (2015), who argues that eye-foot coordination plays a very large role in supporting the mastery of a person's skills such as dribbling skills in football games. Furthermore, it is stated that eye-foot coordination will allow football players to make reaction speed, free kicks, make feints and dribble. This opinion can be clarified that eye-foot coordination will support a player to make fast movements and will be alert again in making movements that are difficult to read by opposing players, especially when dribbling.

Based on the results of the study, it shows that there is a significant relationship between balance, agility, and eye-foot coordination on the ability to dribble in the football game of the Tancung Putra Team of Wajo Regency, with a value of R = 0.825 and a coefficient of determination (R^2) of 0,727 or 0,727x100% = 72,7%. Based on these results it can be said that there is a significant relationship between balance, agility and foot eye

coordination on the ability to dribble in the football game of the Tancung Putra Team of Wajo Regency by 72,7% and the remaining 28,3% is influenced by other factors. A football player who has good balance, agility, and eye-foot coordination, will very easily dribble through the opponent's defence. When someone has good dribbling techniques, the ball will not be easily captured by opponents. The dribbled ball will always be in his control, so the team that has a player who is reliable in dribbling, will be more dominant when in the field. Some players who have good dribbling skills include Leo Messi, Eden Hazard, and Yakob Sayuri.

CONCLUSION

Based on the results of data analysis, description, testing of research results, and discussion, it can be concluded that: There is a significant relationship between balance and dribbling ability in the football game of Tancung Putra Team of Wajo Regency, there is a significant relationship between agility and dribbling ability in the football game of Tancung Putra Team of Wajo Regency, there is a significant relationship between eye-foot coordination and dribbling ability in the football game of Tancung Putra Team of Wajo Regency, and there is a significant relationship between balance, agility, and eye-foot coordination on dribbling ability in the football game of Tancung Putra Team of Wajo Regency.

The suggestions from researchers, namely, for students and all football players, are expected to improve their dribbling skills in football games by paying attention to balance, agility and eye-foot coordination so that they can perform dribbling techniques well. Furthermore, for trainers, the results of this study can be a benchmark for success in performing dribbling techniques in football games.

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